

10 A.M. HST, SUNDAY, OCT. 18, 2026
1 P.M. PDT, 2 P.M. MDT, 3 P.M.CDT, 4 P.M. EDT

GO TO [VSH.ORG/ZOOM](https://vsh.org/zoom)

YOU KNOW WHAT TO EAT--SO WHY IS IT SO HARD?

A FREE LIVE ONLINE VSH PRESENTATION BY
ALONA PULDE, MD



- ♦ Often-overlooked forces that shape how we eat.
- ♦ Rather than offering another list of foods to eat or avoid, Dr. Pulde helps uncover what gets in the way of turning what we know into what we actually do.
- ♦ How greater awareness, self-compassion, and connection can make healthy choices feel less like a battle.

Alona Pulde, MD, is a Family Practice physician, board-certified practitioner of Acupuncture and Oriental Medicine, New York Times bestselling author, and internationally recognized leader in lifestyle medicine. She developed the lifestyle program used by patients in the landmark documentary Forks Over Knives, and has co-authored six books on health, nutrition, and well-being.

Dr. Pulde's over two decades of work combines evidence-based nutrition, lifestyle

medicine, conventional medical care, and the wisdom of traditional Chinese Medicine to help create the biological conditions that allow the body to recover, restore resilience, and thrive.

Dr. Pulde served as Vice President of Health and Wellness for Whole Foods Market, helping to launch their national comprehensive medical & wellness centers, coaching and retreat programs, and integrated hospital and insurance networks. Now, as co-founder of Connection Docs, she specializes in helping individuals with cancer, chronic illness, and complex medical conditions navigate healing through personalized lifestyle interventions, nervous system regulation, and whole-person care.



Vegan Society of Hawaii

Human Health, Animal Rights & Protection of the Environment

A 501(c)(3) nonprofit educational, all-volunteer organization since 1990. For info or to join (and enjoy member benefits!)

Call (808) 445-9920 or visit www.vsh.org.

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