

# VEGANISM: WHAT A BODY WANTS, WHAT A BODY NEEDS

A PRESENTATION BY

**ANKUR JAIN, M.D.**



Our bodies, and especially our digestive tracts, are best suited for a plant-based diet, both anatomically and physiologically. It has been proven that people who do not consume animal products have a better quality of life due to lower blood pressure and cholesterol and decreased incidence of heart disease, diabetes, arthritis, gastrointestinal disorders, and liver disease, as well as various cancers. Besides being healthy, a vegan diet is also economical and safe for the environment. Ethically and morally, every being has a right to live, and vegetarians treat all animals with compassion and respect.

These concepts will be discussed during Dr. Jain's presentation.

A life-long vegetarian, Ankur Jain, MD, FACG, is a Board Certified Gastroenterologist and Assistant Clinical Professor of Medicine at the University of Hawaii John A. Burns School of Medicine.

Dr. Jain grew up in Hawaii and graduated from Punahou School. He attended Northwestern University in Chicago, Illinois for both college and medical school. He completed an Internal Medicine residency at Loma Linda University Medical Center in Loma Linda, California, where he was later selected as Chief Resident, and a Gastroenterology fellowship at Kaiser Permanente Medical Center in Los Angeles, California.

After practicing in Southern California for 4 years, Dr. Jain returned to Hawaii in August 2013, and started a practice with his wife Dr. Shilpa Jain, who is also a Gastroenterologist and recently completed her fellowship at the University of Southern California in Los Angeles, California. He has a special interest in colon cancer prevention and has published several papers on colorectal screening.

**TUESDAY, AUGUST 12, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU**

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)

**THURSDAY, AUGUST 14, 5-6:30 P.M.**  
**VEGAN DINE-OUT WITH DR. JAIN AT LOVING HUT**  
**1614 S. KING ST., HONOLULU**

**SAMPLING MENU: SUMMER ROLL, HEAVENLY SALAD,  
BROWN RICE, HEALTHY STIR FRY, GURU CURRY\***

**\$17 INCL. TAX; GRATUITY EXTRA. TO RSVP & PREPAY: EMAIL  
YOUR NAME, PHONE NUMBER, AND NUMBER OF PEOPLE COMING WITH  
SUBJECT "VSH AUGUST 2014 RESERVATION" TO  
[LOVINGHUT.HONOLULU@GMAIL.COM](mailto:LOVINGHUT.HONOLULU@GMAIL.COM). YOU'LL GET BACK A PAYPAL  
INVOICE TO PAY ONLINE. PLEASE BRING YOUR PAYMENT RECEIPT W/  
YOU TO THE DINE-OUT. \*ALL DISHES WILL BE GLUTEN-FREE**



**Vegetarian Society of Hawaii**

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