Fasting: A Modern Application of an Ancient Practice

A presentation by

ALAN GOLDHAMER, D.C.

We are currently experiencing an epidemic of obesity and the diseases associated with dietary excess, including high blood pressure, diabetes, and autoimmune disease. This talk will review the cause and the cure for this epidemic and provide practical advice that actually works, including an overview of the use of fasting and the importance of eating a diet that is derived exclusively from plant-based foods, free of added oil, sugar, and salt.

Tuesday, Dec. 8, 2015, 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)

Dr. Alan Goldhamer has been the director of the TrueNorth Health Center for over 30 years. TrueNorth Health Center is an integrative medical facility in Santa Rosa, California, with a staff of 50, including doctors of medicine, osteopathy, naturopathy, chiropractic, acupuncture, and psychology. Its 59 bed inpatient facility specializes in medically supervised fasting and has supervised the care of over 15,000 patients. The affiliated TrueNorth Health Foundation is a 501(c)(3) non-profit foundation involved in public education and clinical research.

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