

# THE SECRETS TO AN EMPTY MEDICINE CABINET

A PRESENTATION BY  
**DUSTIN RUDOLPH, PHARM D**



America is sick and overmedicated, but much of what ails us is preventable through simple diet and lifestyle changes. Dustin Rudolph, PharmD, takes a closer look at food versus medicine in this talk about some of our most pressing chronic diseases—heart disease, type 2 diabetes and prostate cancer. Dr. Rudolph uncovers the tricks and secrets of industry insiders in how data is reported on popular drugs such as statins, aspirin and more to convince medical professionals and the general public that medications and surgery are the only and best options to treat serious medical conditions. Become informed, become knowledgeable and learn how to put yourself at a definitive advantage should a medical condition come calling your name.

Dustin Rudolph, PharmD, is a clinical pharmacist currently practicing in an acute care hospital setting. He graduated with a Doctor of Pharmacy degree in 2002 from North Dakota State University in Fargo, ND. In 2009 Dr. Rudolph adopted a vegetarian diet and then a whole foods, plant-based diet (vegan) a year later. He continued his education in the field of healthcare in 2010 by earning a certificate in Plant-Based Nutrition through the T. Colin Campbell Foundation and eCornell University. Dr. Rudolph has become an expert in nutrition and lifestyle medicine and uses his expertise as an educator, speaker and writer to help others learn how to prevent and reverse chronic diseases.

**TUESDAY, JUNE 9, 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)

**WEDNESDAY, JUNE 10, 6 TO 8 P.M.**

**DINE-OUT WITH DR. RUDOLPH**

**ETHIOPIAN LOVE RESTAURANT, 1112 SMITH ST.**

**\$21.60 INCL. TAX & TIP, TO RSVP AND PREPAY: CALL 725-7197**

**ETHIOPIAN LOVE LARGE VEGGIE SAMPLER INCLUDES:**

1. MESIR (SPICED RED LENTILS)
  2. KIK ALICHA (YELLOW SPLIT PEA STEW)
  3. TIKIL GOMEN (BRAISED CABBAGE)
  4. AZEFA (BROWN LENTIL SALAD)
  5. SHIRO WAT (CHICKPEA STEW)
  6. DINICH WAT (POTATO & CARROT DISH)
- SERVED WITH TRADITIONAL INJERA BREAD

GLUTEN-FREE AVAILABLE UPON REQUEST.

PLEASE NOTE THAT ALL VSH DINE-OUT PROCEEDS GO TO MEAL PROVIDERS.



**Vegetarian Society of Hawaii**

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For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)

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& Refreshments**

Refreshments courtesy of Down To Earth.