

TEN WAYS A PLANT-BASED DIET WILL HELP YOU AVOID THE SCALPEL

A PRESENTATION BY

IRMINNE VAN DYKEN, MD



What is the largest threat to Americans today? Many would argue it is the Standard American Diet. The SAD is responsible for a myriad of common diseases and disorders such as obesity, diabetes, certain cancers and many gastrointestinal disorders. Many of these diseases are completely preventable and reversible by improving our eating habits. In this interactive, informative and entertaining discussion Dr. Irminne Van Dyken will share her experiences as a surgeon treating many of these preventable and reversible diseases. She will discuss ten ways that adopting a plant-based diet will help you avoid having to go under the knife.

Born in the Netherlands and raised in Montana, Dr. Irminne Van Dyken is a general surgeon who practices at the Queen's Medical Center. She completed her MD degree, internship and residency at the University of North Dakota School of Medicine and is board certified by the American Board of Surgery. She is a member of the American Society of Breast Surgeons, the Society of Gastrointestinal and Endoscopic Surgeons and the American College of Surgeons.

Dr. Van Dyken is a passionate advocate of a whole foods, plant-based diet. She sees this as a way to prevent and treat many common maladies seen not only in the population of Hawaii but also in the entire United States of America.

TUESDAY, MAY 12, 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)

WEDNESDAY, MAY 13, 5:30 P.M. TO 7:30 P.M.

DINE-OUT WITH DR. VAN DYKEN AT SATORIHAWAII

SOTO MISSION (SOCIAL HALL), 1708 NU'UANU AVE.

\$20 (VSH MEMBERS \$19) LIMITED SEATING. RSVP BY MAY 12.

CALL (808) 445-9920, OR EMAIL DINEOUT@VSH.ORG

VEGAN SATORI MENU (SHOJIN TEMPLE FOOD)

BAKED VEGETABLE TOFU BALL WITH EGGPLANT AND GREEN PEPPER WITH HINT OF GINGER; GREEN PEAS SOUP; BROWN RICE; KALE, CARROTS AND CELERY KINPIRA; SESAME TOFU WITH YUZU MISO SAUCE; KONBU, RADISH & CUCUMBER PICKLES; MATCHA KANTEN JELLY WITH COCONUT CREAM AND AZUKI.

FOOD SENSITIVITIES NOTE:

DISHES WILL BE FREE OF GLUTEN, ONION & GARLIC.

ALL VSH DINE-OUT PROCEEDS GO TO THE MEAL PROVIDERS, NOT TO VSH.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

**FREE Admission
& Refreshments**

Refreshments courtesy of Down to Earth Organic & Natural.