

# ARE GENETICALLY-MODIFIED PLANT FOODS BETTER THAN EATING ANIMALS — WHY ARE WE VEGETARIAN?

A PRESENTATION BY  
**JOHN KELLY, MD**

**C**ould the reasons that cause people to choose to consume a plant diet be altered by ever-advancing technology in such a way as to materially undermine those reasons?

Will vegetarianism always be better than eating animals, regardless of what may happen to the growing and producing of plant foods?

If you've already considered this question, you may want to do it again—food production technology is a fast-moving target, leading one international food scientist to point out that the nutritional content of our diet is changing faster than science can ascertain its effects on our health, or our planet.



**D**r. John Kelly completed his undergraduate studies in Biochemistry and Molecular Biology at Shepherd College in West Virginia, graduating Summa Cum Laude as a McMurrin Scholar.

He then completed the Dual MD/MPH Degree Program at Loma Linda University with honors. He is trained in Preventive Medicine and has done private and government-funded research in Lifestyle Medicine.

Dr. Kelly was the founding President of the American College of Lifestyle Medicine, and serves as adjunct faculty at two medical schools. He currently practices

Lifestyle Medicine at the Black Hills Health & Education Center in Hermosa, SD.

**7 P.M., TUESDAY  
NOVEMBER 8, 2016  
ALA WAI GOLF COURSE CLUBHOUSE  
404 KAPAHULU AVE., HONOLULU  
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)**

**MAUI: THURSDAY, NOVEMBER 10, 7 P.M.  
CAMERON CENTER, 95 MAHALANI STREET, WAILUKU**

*VSH events are on Oahu except for Nov. 10 lecture on Maui.*

**FREE Admission  
& Refreshments**

**VEGAN DINE-OUT WITH DR. KELLY  
6-8 P.M. WED, NOV. 9, 2016**

**INDIA BAZAAR MADRAS CURRY  
2320 S. KING ST., HONOLULU**

*Vegan Menu: Papadum; Chaat Salad -- Garbanzo, onion, potato, & mango; Chutney; Kabocha Cauliflower Curry; & Seasoned Basmati Rice*

**\$19 (all inclusive), pay at event. RSVP required.  
To make reservations, call (until 9pm) or  
text Carol at (808) 728-6639.**



**Vegetarian Society of Hawaii**  
**Join us!**

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

VSH dine-out proceeds go to meal providers, not to VSH.

Lecture refreshments courtesy of  
Down to Earth Organic & Natural.