

Daily Dose of Natural Medicine

A PRESENTATION BY
MIKI PURNELL, MD

A 'Daily Dose of Natural Medicine' is Dr. Miki Purnell's recommendation for people who wish to prevent chronic illness, including chronic pain. It consists of a plant-based, anti-inflammatory diet, activity recommendation, and mindfulness practice. It is a simple DIY mind-body-spirit care. "Healthy eating" is very personal, and not all the foods are the same due to food alteration processes. Dr. Purnell would like to engage, empower, and encourage participants to do this simple practice for their health!



Miki Purnell, MD, is a physician, a speaker, and a jazz singer. She is board-certified with the American Board of Family Medicine and the American Board of Integrative Holistic Medicine. She graduated from Okayama University Medical School, Japan, and completed the University Of Hawaii Family Practice Residency Program.

As she worked in primary care settings, she became interested in integrative medicine and became certified with ABIHM (American Board of Integrative Holistic Medicine).

She believes that a healthy diet is the foundation of our health and especially that a plant-based diet helps to prevent many chronic diseases. She provides reliable information and ideas to live a healthy life while enjoying delicious natural food.

TUES., MAR. 14, 2017, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

OAHU: 404 KAPAHULU AVE., HONOLULU

(AT END OF 0.2 MI. DRIVEWAY BETWEEN THE WAIKIKI-KAPAHULU LIBRARY AND GOLF COURSE—ACROSS FROM THE CHEVRON STATION)

MAUI: THURSDAY, MARCH 16, 7 P.M.

**VELMA McWAYNE SANTOS COMMUNITY CENTER
395 WAENA STREET, WAILUKU**

**VEGAN DINE-OUT WITH DR. MIKI PURNELL
WEDNESDAY, MARCH 15, 5:30-7:30 P.M.**

GREENS & VINES RESTAURANT, 909 KAPIOLANI BLVD., HONOLULU

CORNER OF WARD AVE. & KAPIOLANI BLVD., ON GROUND FLOOR.

PARK AT NEAL BLAISDELL CTR. (ENTER FROM KING ST., LOT WILL CLOSE ABOUT 7:45 P.M.), NEARBY STREETS (NOT ON PRIVATE ONES, E.G., WAIMANU), OR, IF YOU HAVE MOBILITY ISSUES, USE ONE OF THE FEW PLACES BEHIND RESTAURANT.

\$17.55 INCL. TAX & TIP. TO RSVP & PREPAY, CALL (808) 536-9680.

GOURMET RAW VEGAN MENU

NOT TUNA SANDWICH, CHINESE PIZZA W/ MACADAMIA NUT SPREAD ON SPROUTED SEED CRACKER W/CILANTRO, KAFFIR MISO PAD THAI SALAD, LIVING LASAGNA-1/2 PIECE,

WICKED CHOCOLATE TART OR CHEEZ CAKE.GF

NOTE: DINE-OUT PROCEEDS GOES TO MEAL PROVIDERS, NOT TO VSH.



Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.

**FREE Admission
& Refreshments**

Oahu and Maui lecture vegan refreshments courtesy of Down To Earth.