

HEALING OUR WORLD: A DEEPER LOOK AT FOOD

A PRESENTATION BY
WILL TUTTLE, PHD



Dr. Will Tuttle reveals crucial and empowering information that has been--until now--almost completely concealed. His book, the best-selling *The World Peace Diet*, has been heralded as the harbinger of a new world where peace, freedom, wellness, and harmony are actually possible, and in it, he elucidates the hidden keys to positive individual and social transformation. We will explore the unrecognized connections between our culturally mandated meals and our broad range of problems—psychological, social, and spiritual, as well as health and environmental.

Dr. Will Tuttle, visionary author and inspirational speaker, has presented widely throughout North America, Europe, and the Pacific. Author of the acclaimed Amazon #1 best-seller *The World Peace Diet*, which has been published in over a dozen languages, he is a recipient of the *Courage of Conscience Award* and the *Empty Cages Prize*. The creator of several wellness and advocacy training programs, his Ph.D. from the University of California, Berkeley focused on educating intuition and altruism in adults; and he has taught college courses in creativity, humanities, mythology, religion, and philosophy. A former Zen monk and a Dharma Master in the Korean Zen tradition, as well as a 35-year vegan, he is devoted to cultural healing and awakening, and has created 8 CD albums of original piano music. See <http://worldpeacediet.com> for more details.

TUESDAY, APRIL 14, 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)

WED., APRIL 15, 5 - 8 P.M. (5 & 6:30 SEATINGS)

DINE-OUT WITH DR. WILL TUTTLE

LOVING HUT, 1102 PENSACOLA ST., HONOLULU

\$16 INCL. TAX & TIP, TO RSVP, CALL VICKY AT 626-5626

(SECURE RESERVATIONS W/CREDIT CARD, MAY PAY CASH AT DINE-OUT)

ALL VEGAN MENU INCLUDES:

FLYING BUDDHA SOUP (KABOCHA PUMPKIN, BROCCOLI, CARROTS, GREEN BEANS, SHIITAKE MUSHROOMS, BUTTON MUSHROOMS, CABBAGE, TOFU, GINGER BROTH)

VEGGIE CELEBRATION (STIR-FRIED BROCCOLI, CARROTS, GREEN BEANS, BUTTON MUSHROOMS, CABBAGE)

REGAL RICE (TOFU, WILD BLACK MOCHI RICE, BROWN RICE)

DESSERT: BLACK BEAN MOCHI

LOW OIL & SALT. FOR THOSE WITH FOOD SENSITIVITIES: GLUTEN, ONION, & GARLIC FREE.

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



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.