

# THE PEACE DIET: HOW TO REVERSE DISEASE IN 10 DAYS

A PRESENTATION BY

**TERRY SHINTANI, MD, JD, MPH**



**D**r. Shintani describes major points of his new book, *"The Peace Diet: How to Reverse Obesity, Aging, and Disease by Eating for Peace of Body, Mind and Spirit."*

Some of the topics to be covered:

- Five lessons for long-term weight control and health
- Protein: Why vegetarian animals have bigger muscles than meat-eaters
- Why eating MORE may be better for weight loss
- Eight enhancements to whole person health
- Beat high blood pressure and diabetes with less meds
- How diet is related to your personal peace
- Anti-inflammatory diet for arthritis, asthma and autoimmune disease
- How to cut cholesterol with less medication
- ...and more.

**TUESDAY, JANUARY 13, 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, JANUARY 14, 5:30-8:30 P.M.**

**DINE-OUT WITH DR. TERRY SHINTANI**

**GOVINDA'S VEGETARIAN BUFFET, 51 COELHO WAY, HONOLULU**  
**VEGAN BUFFET: KOFTA BALLS, VEGETABLE CURRY, BLACK BEANS**  
**& LENTIL SOUP, & MORE. SEE FULL MENU AT WWW.VSH.ORG.**

**\$19, AGES 8-12 \$8, AGES 0-7 FREE (SENSITIVITIES: NO SOY. G-F)**

**TO RSVP & PREPAY, PH: (808)595-4913 OR (808)384-5498**

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

**T**erry Shintani, MD, JD, MPH, received his master's degree in nutrition at Harvard University and his medical degree and law degree at the University of Hawaii. He is board certified in preventive medicine and is Associate Chair of the Department of Complementary and Alternative Medicine at the University of Hawaii School of Medicine. He has been appointed to the National Advisory Board of the American College of Lifestyle Medicine.

He is the author of 12 books including the *Eat More Weigh Less® Diet*, the *Hawaii Diet*, the *Good Carbohydrate Revolution*, and the new *Peace Diet*. He has been featured in Newsweek, on CNN, CBS, ABC, NBC and the Encyclopedia Britannica. For his service to humanity, he is formally designated a "Living Treasure of Hawaii."



**Vegetarian Society of Hawaii**

**Join Us!**

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

**FREE Admission  
& Refreshments**

Refreshments courtesy of Down to Earth.