

FOREVER THE RAINBOW: HOW THE COLORS OF THE GARDEN CAN SAVE YOUR LIFE

A PRESENTATION BY
MADHAVA DAS



There's so much conflicting information presented by so many "experts" in the field of nutrition. We need the simplest accurate concept of healthy eating. What can be more beautiful, simple and appealing than a rainbow in your garden.

By attending this lecture with question period, you will become familiar with the beautiful and powerful science-based approach to nutrition that dramatically reduces your risk of cancer, diabetes, heart disease, and obesity, and which improves your quality of life and happiness.

SATURDAY, NOVEMBER 20, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK

Mr. Das will also be speaking on Maui: Thursday, November 18, 7 p.m., Kaunoa Senior Center, 401 Alakapa Pl., in Paia.

 **Vegetarian Society of Hawaii**
Join Us!

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

Madhava Das holds a Certificate in Plant-based Nutrition from Cornell University & the T. Colin Campbell Foundation. He has studied nutrition for over 35 years. As a nutritional consultant and food healer, he has amassed a unique perspective on food and health. An accomplished speaker, Madhava is author of the book of the same title as his presentation: *Forever The Rainbow: How The Colors Of The Garden Can Save Your Life.*

FREE Admission & Refreshments