

Vegan Potluck & Lecture

Holistic Living -The Key to Rejuvenation

A VSH KAUAI PRESENTATION BY

**ANITA-JULIANE
WINKLER GREEN &
PATRICK EHLER**

**4:30 P.M. SUNDAY
MARCH 4, 2018**

**SUN VILLAGE CLUBHOUSE
3-3400 KUHIO HWY, LIHUE**

(Please park in visitor parking only, to avoid being towed.
Overflow parking will be at the hospital.)

FREE admission to the lecture.

**For the potluck dinner, please bring a VEGAN dish
(with recipe / ingredient list), or a donation—
\$10 suggested (free for children 12 and under).**

\$25 gift certificate for the best dish!

According to the most recent studies, there is no doubt that a plant-based diet is the prerequisite for living a healthier, longer and more youthful life. The daily exchange with our surroundings requires us to be aware of what we consume on all levels of our whole and natural being. Learn what other factors contribute to the maintenance of longevity that can be combined with the modern way of living without limiting our comfort. The knowledge shared provides methods for the prevention of age-related imbalances in the body through the improvement of our self healing properties as well as the optimization of a holistic lifestyle that contributes to the regeneration of our physical and mental appearance.



Please bring paper and pen to take notes during the lecture.



Vegetarian Society of Hawaii
Join us!

For more info: call (808)346-8743 or visit www.vsh.org.



Anita-Juliane Winkler Green — MSc, Bioinformatics, Ludwigs-Maximilian & Technical University. Munich, Germany. Researcher and author born in 1984 in Romania. Her progressive future thoughts of a healthy and fulfilled life combine well with her personal interest in natural sciences and holistic living. With the help of bioinformatics, she was able to acquire knowledge of the molecular biological and biochemical constitution of the human body, which can be modeled with the tools of modern technology. The interdisciplinary orientation of her studies have allowed her to unite the findings of all life sciences combined - ranging from modern biology to medicine - and to take into account the most important aspects of true health science. Using a holistic approach, she disseminates what she has learned from research about optimal physical, mental and spiritual health.

Patrick Ehler — Holistic health professional and author born in 1988 in Germany. In 2011, he was diagnosed with breast cancer and this changed his life. After unsuccessfully undergoing 2 years of hormone therapy, full of physical and emotional suffering he was able to recover in 6 weeks following Anita's acquired knowledge of holistic health. Since 2012, both have been working intensively on conclusions of the most recent studies on epigenetics, microbiology, nutritional science, and on theories of intuitive nutrition that all together are the key to a long, youthful, healthy and happy life.

Anita and Patrick work as co-authors at the Paracelsus University & Naturopathic School, and share their knowledge around the globe, doing seminars and lectures, as well as personal coaching,

<https://www.holistic-health-ambassadors.com/>