

RAINBOW IN PARADISE: HOW THE COLORS OF THE GARDEN GUARANTEE YOUR HEALTH & LONG LIFE

A PRESENTATION BY
MADHAVA DAS



Health and nutrient density follows the order of the plant's reproductive life cycle; from leaf, to flower, to fruit and, lastly, to seed.

By attending this colorful slide show lecture with question period, you will become familiar with the secret of the healing and anti-aging power of the plant's life cycle and how nature has arranged things to be more simple and beautiful than we could have imagined on our own. Don't miss this one. (Madhava Das replaces originally scheduled speaker, Julieanna Hever.)

TUESDAY, MARCH 10, 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, MARCH 11, 5 TO 7:30 P.M.
DINE-OUT WITH MADHAVA DAS
GREENS & VINES RESTAURANT, 909 KAPIOLANI BLVD.
CORNER OF WARD AVENUE & KAPIOLANI BOULEVARD
FREE VALET PARKING ON GROUND FLOOR BEHIND RESTAURANT
\$26.50 INCL. TAX & TIP, TO RSVP AND PREPAY: CALL 536-9680
VEGAN DINE-OUT TASTER PLATE INCLUDES:
1) GREEN PAPAYA COCONUT SALAD
WITH LILIKOI KAFFIR LIME LEAF DRESSING, 2) APPLES & CHEEZ
3) FALAFEL BOAT. 4) BAGEL W/SOUR KREME, CAPERS & VEGGIES
5) TROPICAL CHEEZ CAKE
FOR THOSE WITH THIS SENSITIVITY, ALL DISHES ARE GLUTEN-FREE.
PLEASE NOTE THAT ALL VSH DINE-OUT PROCEEDS GO TO MEAL PROVIDERS.

Madhava Das is president of Nutritional Research Maui and holds a Certificate in Plant-based Nutrition from eCornell and the T. Colin Campbell Foundation. He has studied nutrition for over 40 years. As a nutritional consultant, food healer and chef, he continues to amass a unique perspective on food and health. An accomplished speaker, Madhava is author of the book, *Eat Your Way to Health: Healing, Kindness and the Plant Life Cycle* with a 5 star book review from Maynard Clark, Research Administrator at the Harvard School of Public Health.



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.