

“EAT YOUR HEART OUT — OF TROUBLE”

A LECTURE BY
NEAL PINCKNEY, PHD



Twelve years later, without surgery, Dr. Pinckney has outlived three of the four cardiologists who told him he'd soon be dead if he didn't have immediate bypass surgery. He's put over 750 people through his free support groups and seen four printings of his book, *Healthy Heart Handbook*, sell out. In his talk he will discuss his experience and the ways you can prevent and reverse heart disease, diabetes, high blood pressure, and lose weight.

WED., JUNE 8, 7 P.M.

**ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.**

**(.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY —
ACROSS FROM CHEVRON STATION)**

Maui—Dr. Pinckney will also speak on Friday, June 10th at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.

 **Vegetarian Society of Hawaii**
Over 1800 Members Strong—Join Us!
For more info call 944-VEGI (8344) or visit VSH.org

Neal Pinckney is a graduate of the University of Southern California and Oxford University, where he received his PhD in clinical and educational psychology. He has done post-doctoral work at Stanford University and the University of Vienna. He is Professor Emeritus and former chair of Behavioral Sciences at California State University, Sacramento, and he taught at the University of California, Davis Medical School. He held a private practice in family and individual therapy and psychoanalysis for nearly 30 years. He is founder and director of the Healing Heart Foundation (www.kumu.org).

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