



HERBS AND SUPPLEMENTS IN HEALTH AND WELLNESS

PRESENTED BY

**MASTER HERBALIST
JOHN WESTERDAHL, PhD**

- Learn about the latest information regarding the safety and efficacy of many of the popular nutritional and herbal supplements used today.
- Learn about the key nutritional supplements people should take for health and wellness.
- Learn how key dietary supplements optimize a healthy plant-based diet.
- Learn responsible nutritional supplementation and how to choose quality products.
- Learn about anti-aging nutritional supplements.

John Westerdahl, PhD, MPH, RD, CNS is a nutritionist, registered dietitian, certified nutrition specialist and master herbalist. He is the Director of Wellness & Lifestyle Medicine for Castle Medical Center in Kailua, the Nutrition Editor for *Veggie Life* magazine, co-host of the weekly popular radio talk show, Nutrition and You on KWAU 1080 AM radio, and hosts Dr. John's Health Moment on Oceanic Cable 16's Tasty & Meatless.

Dr. Westerdahl is a former Senior Nutritionist for one of the leading international nutritional and herbal supplement companies and his research has led to the formulation of several state of the art nutritional and herbal supplements. He is an American Dietetic Association panel member of leading scientific experts on dietary supplements.

Dr. Westerdahl serves on the faculty of the American Academy of Nutrition and is a member of numerous scientific and professional societies including the American Dietetic Association and the American College of Nutrition. He is listed in *Who's Who in America* and *Who's Who in Medicine and Healthcare*. He is the author of *Medicinal Herbs - A Vital Reference Guide* and co-author of *The Millennium Cookbook: Extraordinary Vegetarian Cuisine*.

Maui—Dr. Westerdahl will also be speaking on Wednesday, October 20th at 7 p.m. at the Cameron Center, 95 Mahalani St., in Wailuku.

**Saturday, October 23, 7 p.m.,
McCoy Pavilion, Ala Moana Beach Park**



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