

Slick Facts—Truth and Myth about Dietary Fats

A PRESENTATION BY

MONA SIGAL, MD



Once again, Dr. Mona Sigal is separating the facts from the “un-truths” when it comes to explaining the sources of fats in our diets and how they affect our health and well-being. In this presentation you will:

- learn about the differences between naturally occurring and man-made fats,
- understand the differences between saturated and unsaturated fats (sorry—we’ll do a little bit of high school biochemistry),
- understand how marketing strategies affect our eating habits,
- learn about the origins of the “Mediterranean Diet,” what it is and what it is not,
- and much more!

TUES., FEBRUARY 9, 2016, 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)

Maui—Dr. Sigal will also be speaking on Maui on Thursday, February 11, at 7 p.m., at Kaunoa Senior Center, Hana Highway at Alakapa Place, Paia.



Vegetarian Society of Hawaii

Join us!

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

Tired of putting out fires instead of truly seeing her patients restore their health, Mona Sigal, MD, decided to switch careers from emergency to lifestyle medicine, which she believes is the future and will bring the necessary paradigm shift in health care.

Dr. Sigal is the founder of Nourish Health with Food for Life, LLC, the medical office for comprehensive lifestyle medicine interventions in Peabody, Massachusetts, where she teaches courses in plant-based nutrition for disease prevention and reversal, as well as works with individual patients. She is a certified Physicians Committee for Responsible Medicine (PCRM) Food For Life™ instructor, and holds certificates in plant-based nutrition from Cornell University and The Wellness Forum Institute.

Dr. Sigal is a frequent speaker at professional conferences and lay events.

**FREE Admission
& Refreshments**

Refreshments courtesy of Down To Earth.