



# What's new in plant-based nutrition?

A PRESENTATION BY

**JOHN KELLY, M.D.**

**D**r. John Kelly completed the dual MD/MPH degree program at Loma Linda University and is Board Certified by the American Board of Preventive Medicine. He is Research Assistant Professor in the Department of Nutrition in the Loma Linda University School of Public Health where he is the lead researcher for the Lifestyle Research Initiative.

Dr. Kelly is the primary architect and Founding President of the American College of Lifestyle Medicine (ACLM), the medical specialty society for clinicians emphasizing therapeutic lifestyle interventions in the treatment of disease.

**F**ar from being a foolhardy fashion or far-out fad, plant-based nutrition is one of the most carefully studied subjects in the scientific literature and, increasingly, in the medical literature as well. Dr. Kelly will present the latest information on plant diets that is sure to surprise and inform us all. He will also present some of the astounding results from his own research on treating diabetes in the Marshall Islands. He will explain why the emerging fields of nutrigenomics and epigenetics are bringing plant nutrition to the forefront in nutrition science and medicine. His bringing together of cutting-edge nutrition science, lifestyle medicine, and genetic research together with a focus on veganism is sure to be both informative and entertaining.

**TUESDAY, AUGUST 14, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
**404 KAPAHULU AVE.**

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)

**Dr. Kelly will also be speaking on Maui: Wednesday, August 15, at 7 p.m.,  
Cameron Center Auditorium, 95 Mahalani St, Wailuku.**



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