

## **EVEN 2018 Lecture Series Big Success!**

We are thrilled to announce that EVEN's 2018 Lecture Series was a huge success, drawing attendees from all over the state who wanted to hear what these lovely, focused and powerful speakers had to share.

### **Dr. Alan Goldhamer - Escaping the Pleasure Trap - Mastering the Hidden Force that Undermines Health and Happiness**



**Human beings are susceptible to the pleasure trap.** We are fooled by artificial feedback, resulting in choices that seem right but are self-destructive....The pleasure trap is the root of the vast majority of disease, disability, and unhappiness in western civilization. – **Dr. Alan Goldhamer**

**The real culprits in most modern-day health problems** are excesses, not deficiencies. It is the subtraction of these excesses that will solve most of the problems, not the addition of medications or supplements. Not surprisingly, the subtraction of excess is nearly always more effective at restoring health than is the addition of anything, be it dietary supplements or medications. – **Dr. Alan Goldhamer**



If you missed Dr. Goldhamer's exciting presentation, **Escaping the Pleasure Trap**, on 8/18/18, never fear! You can see it [HERE!](#)



**Dr. Orestes Gutierrez – 5 Universal Principles of Veganism – Ancient and universal principles for inner and outer transformation that provide the foundation for an exceptional life.**



**Eating is a sacred act** of connecting to the life force and energy of our universe through earth, wind, sun, and rain. Eat slowly in a mindful way and remember the ancient wisdom of hara hachi bu (stop eating once your stomach is 80% full). Only eat an Anjali, the portion size of your two hands cupped in the shape of a bowl. Eat only when you feel hunger signals from your body. If you mindfully eat only what your body desires, you will naturally and effortlessly attain your ideal body weight. When we honor the planet, we only

consume healthy plant food that the body needs and avoid overconsumption. Controlling stress is crucial, so we can have the forethought to practice mindful eating every day. – **Dr. Orestes Gutierrez**

**Cardiovascular disease** is a preventable worldwide epidemic. In America, it has been the number one leading cause of death for an astounding ninety-three consecutive years and counting! The great news is heart disease is preventable and even reversible! It is sad and astonishing to note that in America a child by the age of ten years old has CAD with fatty streaks visible on the coronary arteries. The secret to living a long and healthy life, without heart disease, is to eat an organic whole-food, plant-based diet, rich in phytochemicals, vitamins, minerals, omega-3 fatty acids, and fiber. Also, be physically active for about one hour per day, maintain your ideal body weight, avoid smoking and drugs, and reduce stress by daily meditation and mindfulness. – **Dr. Orestes Gutierrez**



If you missed Dr. Gutierrez's inspiring presentation, **5 Universal Principles of Veganism**, on 7/7/18, never fear! You can see it [HERE!](#)





## Dr. Joanne Kong - The Power of Veganism



**How can we promote peace, justice, empathy and understanding in our world when we as a culture are enabling the largest amount of suffering, destruction, death and oppression taking place on our planet today? - *Dr. Joanne Kong***

**Never underestimate the powerful effect that your beliefs, convictions, and individual acts, no matter how small, can have upon the world. That veganism is moving more and more into mainstream awareness reflects not only the public's greater understanding of the immense benefits of a plant-based diet to health and the environment, but for some the realization that the choice of leaving meat off the plate opens the doors to a life more deeply rooted in compassion and spiritual transformation. - *Dr. Joanne Kong***



If you missed Dr. Kong's illuminating presentation, **The Power of Veganism**, on 3/10/18, never fear! You can see it [HERE!](#)



Thank you to EVEN **speakers** whose commitment to education made this an informative and fun lecture series for hundreds! Thank you to EVEN **volunteers, members and donors** for making these presentations possible and available to the public for free. Thank to **Eugene Faith Center, Eugene Public Library, and Emerald Media Group.**

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Eugene Veg Education Network (EVEN)  
[www.eugeneveg.org](http://www.eugeneveg.org)

***Eugene Veg Education Network***

***---EVEN - serving as a vegan resource since 2005---***

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members---** as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**



**Love Life. No matter whose.**

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