



JOHN McDOUGALL, M.D.

PRESENTS

TRUTH OR DAIRY

A board-certified internist, John McDougall, M.D., is the author of 10 national best-selling books and the international on-line “McDougall Newsletter.” He hosts the nationally syndicated television show *McDougall M.D.* and is the medical director of the 10-day, live-in *McDougall Program* in Santa Rosa, California. Other McDougall activities include seminars and health-oriented adventure vacations.

Dr. McDougall has been studying, writing, and speaking out about the effects of nutrition on disease for over twenty years. A former Hawaii resident, he was once on the medical staff of Castle Medical Center.

The dairy industry is really big business, so you might expect hard line marketing from them. But would you expect them to aggressively sell their products if they were known to be harmful to people—especially to women and children? In this presentation, nutrition expert Dr. John McDougall will present the truth about the dangers of milk and other dairy products—information based on facts, not on a big marketing budget or milk mustaches.

WED., APR. 12, 7 P.M.
ALA WAI GOLF COURSE
CLUBHOUSE
404 KAPAHULU AVE.

(.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY)

Dr. McDougall will give two additional talks in Hawaii:
Maui: Wed., Apr. 5 at 7 p.m. at the Cameron Center, 95 Mahalani St, Wailuku, Maui. “Truth or Dairy”
Oahu: Tue., Apr. 11 at 7 p.m., Castle Medical Center, Kailua (Call 263-5400 to register—required). “Molecules of Life”



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