

“ASK DR. BILL”

A PRESENTATION BY

WILLIAM HARRIS, M.D.



In this well-illustrated PowerPoint show Dr. Bill will answer the most frequently asked questions received through his VegSource website (www.vegsource.com/harris). He will also provide a brief explanation of why anyone can successfully follow a vegetarian diet and will describe some of the fatal flaws in establishment nutritional theory, such as the preferencing of foods by nutrient/weight ratio. He will also point out some of our own misconceptions and take additional questions from the audience.

SAT., MAR. 11, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

Kauai — Sun., Mar. 12, 4 p.m., Seventh-Day Adventist Church Fellowship Hall, 4-1132 Kuhio Highway, Kapaa, (across from Shell station)

Maui — Tues., Mar. 14, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.



Vegetarian Society of Hawaii

Over 1900 Members Strong—Join Us!

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

A vegan for more than 40 years, William Harris, M.D., is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco and is the author of *The Scientific Basis of Vegetarianism*.

Retirement has allowed Dr. Harris to maintain and even increase his physical activity. He swims and does other aerobic exercise daily and continues to hone his trampoline skills. He's been an active pilot for many years and recently took up skydiving. He completed his 500th jump last August.

FREE Admission & Refreshments