

MEAT EATING AND MIND GAMES

HOW DRESSING UP MEAT MAKES HUMANS DESIRE IT
AND LOSE OUR HEALTH ALONG THE WAY,
BUT HOW WE CAN WIN IT BACK!

A VSH PUBLIC PRESENTATION BY
MILTON MILLS, MD



TUESDAY, SEPT. 11, 2018, 7 P.M.

**ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF 0.2 MI. DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE—ACROSS FROM THE TEXACO STATION)

THURSDAY, SEPTEMBER 13, 7 P.M.— MAUI
CAMERON CENTER, 95 MAHALANI ST., WAILUKU

Humans have the anatomy, physiology and palate of herbivores! We naturally love and crave the tastes, textures, colors and varieties of various plant foods. Although we often eat meat, we really don't like it! That's why we are compelled to change its form, taste and texture to make it acceptable, and palatable. But, as medical science has shown us, meat and other animal foods are detrimental to our long-term health, promote chronic disease and lead to premature death.

Learn what our biology and psychology are trying to teach us about who we are as a species, and what we should eat for our health, well-being and longevity, as opposed to what many of us choose to eat out of habit, custom and lack of knowledge!

WEDNESDAY, SEPT. 12, 6-8 P.M.—OAHU
ENJOY A VEGAN DINE-OUT WITH DR. MILLS!

Peace Café, 2239 S. King Street, Honolulu

*Dinner includes Miso Soup w/ veggies, Entrée, & Mochi Cake dessert:
(when RSVPing, select 1 entrée from below — full menu details at vsh.org.)*

- 1) *BBQ Tempeh Plate* w/ coleslaw, cornbread, green salad,*
- 2) *Peace Sampler Plate* w/ tofu scramble, sesame kale, poke, mung beans, yuzu carrots,*
- 3) *Heart & Seoul* w/ tofu, bi bim bap, yuzu carrots, miso dressing, or*
- 4) *Tex Mex w/ tortilla, quinoa, taco TVP, tomatoes, avocado, mixed greens, black beans, corn salsa.*

\$25 (includes tax & tip)

To RSVP (needed), please call Peace Cafe at (808) 951-7555.

*Note: Dining event only. Proceeds go to Peace Cafe, not to VSH. *gf*

Dr. Milton Mills is a graduate of Stanford University School of Medicine and a practicing Critical Care physician in the Washington, DC metro area. Dr. Mills' compassionate and encompassing worldview has led him to apply his knowledge about preventative healthcare toward the unique challenges of those who are underserved by the mainstream medical model: minority and less affluent populations. In the past Dr. Mills has served as Associate Director of Preventative Medicine for Physician's Committee for Responsible Medicine and co-authored published articles on the Racial Bias in Federal Nutrition Policy. Dr. Mills is a powerful public speaker, an empathetic healthcare ally, and most importantly a foremost advocate for a whole food, plant-based diet.



Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.

OAHU AND MAUI LECTURE REFRESHMENTS COURTESY OF DOWN TO EARTH.

**FREE Admission
& Refreshments**