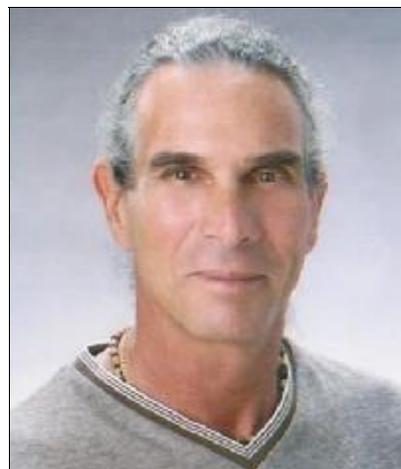


“WHY VEGAN? HOW A VEGAN DIET CAN SAVE YOUR HEALTH AND MONEY”

A PRESENTATION BY

HESH GOLDSTEIN



Illustrating with the persuasive booklet "Why Vegan?" by Vegan Outreach (veganoutreach.org) Hesh will describe the numerous ethical, health, and environmental advantages of a vegan diet. He will also explain how the U.S. "Health Care Crisis," so hotly debated in Washington recently, is in actuality the result of the government's own USDA agricultural subsidies, which give financial aid only to the unhealthiest products of U.S. agriculture.

When combined with the advertising tax deductions given by the IRS and exploited by the unhealthiest offerings of the U.S. food industry, we have an explanation for the blackout of real health news by the ad-driven American media.

**TUESDAY, AUGUST 17, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.**

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

Maui — Hesh will also be speaking on Maui on Thursday, August 19th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.



Vegetarian Society of Hawaii

Join Us!

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

Hesh Goldstein has been hosting a radio show called "Health Talk" since 1981 when he used to run Down To Earth. He pays for his air time and has no sponsors, so his honesty is not compromised. In 2007 Hesh got his Master's degree in nutrition to silence the M.D.s that would call in to his radio show asking for his credentials.

At 71 Hesh still plays two to three hours of basketball a week and teaches women's self defense classes — based on 20+ years of Wing Chun training. He has been a vegetarian since 1975 and a vegan since 1990. He has no illnesses and takes no medications. Hesh feels if he can do it anyone can.

**FREE Admission &
Refreshments**