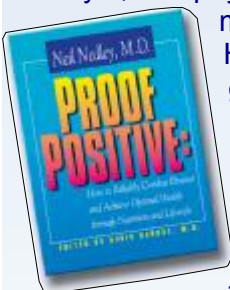




Neil Nedley, M.D., is a full-time practicing physician in Internal Medicine with emphasis in Cardiology, Gastroenterology, Preventive Medicine, Mental Health, and the difficult-to-diagnose patient. Dr. Nedley has lectured extensively in the United States, Canada, Europe, South America, and Russia on nutrition, lifestyle, and physical and



mental health. He has been a guest on numerous national television programs and radio stations throughout the United States. He authored the widely acclaimed book on the relationship between nutrition, lifestyle, and health entitled *Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health through Nutrition and Lifestyle*, now in its fourth printing.

PROOF POSITIVE: NUTRITION & MENTAL PERFORMANCE

A PRESENTATION BY
NEIL NEDLEY, M.D.

What we eat has a profound effect on our mental well-being. Food is used for energy, but it is also turned into neurotransmitters, impacting the way we feel, think, sleep, work, and experience life overall.

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SAT., DEC. 10, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

Dr. Nedley will give two additional talks in Hawaii:

- **Thurs., Dec. 8, 7 p.m., Castle Medical Center, Kailua, "Cancer Prevention and Treatment." Call Castle at 263-5400 to register (required).**
- **Mon., Dec. 12, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku. Maui, "Proof Positive."**



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