



# TERRY SHINTANI, M.D.

PRESENTS

## “How to lose up to 10 pounds in 10 days: And turn your health around”

**T**erry Shintani, MD, JD, MPH is a Harvard-trained nutritionist and physician. He currently serves as the Associate Chair of the Dept. of Complementary and Alternative Medicine at the University of Hawaii Medical School. He is on the national advisory board to the American College of Lifestyle Medicine. He is the author of the *Eat More, Weigh Less® Diet*, and the *Good Carbohydrate Revolution*. His program won the highest national award from the U.S. Secretary of Health and he has been featured in Newsweek, CNN News, CBS This Morning, Dateline NBC, and in the Encyclopedia Britannica.

Dr. Shintani will cover topics such as:

- Why America is fat: our obesity epidemic
- 5 big weight loss lies
- How to eat more carbs and control blood sugar
- 7 dangers of protein
- 10 days to better health

For more info, go to  
[WebHealthForYou.com](http://WebHealthForYou.com)

**SAT., JAN. 12, 7 P.M.**

**MCCOY PAVILION**

**ALA MOANA BEACH PARK**

Dr. Shintani will also be speaking on Maui on Tues., Jan. 15 at 7 p.m. at the Cameron Center, 95 Mahalani St, Wailuku, Maui.



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