

THE 7 STEP HEALTH MAKEOVER: LOSE WEIGHT AND REDUCE YOUR NEED FOR MEDICATION

A PRESENTATION BY

TERRY SHINTANI, MD, JD, MPH



In his presentation Dr. Shintani will cover the following topics:

- America's new epidemic
- How to get off most of your meds safely
- Why cholesterol medication can cause memory loss
- Why diabetes medication may increase heart disease
- Why blood pressure meds causes fatigue and ED
- What factors cause both heartburn and constipation
- Why diet can help allergies and chronic pain

TUESDAY, JANUARY 8, 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 — Dr. Shintani will also be speaking on Maui on Thursday, January 10, at 7 p.m., at Cameron Center, 95 Mahalani St., Wailuku.



Vegetarian Society of Hawaii

Join Us!

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

Terry Shintani received his Master's degree in Nutrition at Harvard University and his Medical degree and Law degree at the University of Hawaii. He is Board Certified in Preventive Medicine and is a Professor at the University of Hawaii School of Medicine and is on the National Advisory Board of the American College of Lifestyle Medicine. He is the author of 10 books including the *Eat More Weigh Less Diet*, the *Hawaii Diet* and the *Good Carbohydrate Revolution*. He has been featured in Newsweek, on CNN, CBS, ABC, NBC and the Encyclopedia Britannica. For his service to humanity, he is formally designated a "Living Treasure of Hawaii."

FREE Admission & Refreshments

Refreshments courtesy of Down To Earth.