

“THE RAW FOOD DIET”

A PRESENTATION BY

WILLIAM HARRIS, M.D.

In this well-illustrated presentation, Dr. Harris will discuss the virtues of raw nuts, seeds, and avocados as components of an optimally healthy raw vegan diet based on fruits and vegetables. He will also include a critique of the high-carb, low-fat dogma.

TUESDAY, JULY 10, 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. Harris will also be speaking on Maui on Mon., July 9th, at 7 p.m., at Cameron Center, 95 Mahalani St., in Wailuku.



Vegetarian Society of Hawaii

Over 2000 Members Strong—Join Us!

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



A vegan for more than 40 years, William Harris, M.D., is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco and is the author of *The Scientific Basis of Vegetarianism*.

Retirement has allowed Dr. Harris to maintain and even increase his physical activity. He swims and does other aerobic exercise daily and continues to hone his trampoline skills. He's been an active pilot for many years and a skydiver with more than 800 jumps.

FREE Admission & Refreshments