

“OPTIMIZING YOUR DIET FOR BETTER HEALTH”

A PRESENTATION BY

WILLIAM HARRIS, M.D.

Dr. Harris brings 57 years of personal experience to the topic ranging from lacto-vegetarian to raw vegan and will discuss the pros and cons of each step with referenced PowerPoint slides.

Content: the origins of all nutrients, protein, limiting nutrients, supplements or no, snake oil salesmen past and present, health controversies, and how the U.S. Government makes people fat and sick by its own bureaucratic policies.

TUESDAY, JULY 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. Harris will also be speaking on Maui on Tues., July 15th, 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