

TEN DANGEROUS NUTRITIONAL MYTHS

A PRESENTATION BY JANICE STANGER, PH.D.



If popular ideas about nutrition were correct, why would so many adults and children be overweight and sick? What if these commonplace notions, so widely accepted that they are seldom questioned, are faulty? Such misinformation can wreck your health.

This no-myth-left-untouched presentation will transform your understanding of six whole foods you should eat and the processed foods, animal foods, and supplements you should never consume. Learn to make your own best decisions. This information frees you to relax about nutrition.

Enjoy whole food feasts without guilt or worries about deficiencies. Discover the secrets to sustaining strong bones, unobstructed arteries, and youthful vigor – all without dissecting your food into protein, carbs, and fats.

TUESDAY, JUNE 14, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

Dr. Stanger will also be speaking on Maui: Thursday, June 16, 7 p.m., Kaunoa Senior Center, 401 Alakapa Pl., in Paia.

 **Vegetarian Society of Hawaii**
Join Us!

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

Janice Stanger, Ph.D. is a nutrition expert, author, educator, and speaker. Her mission in writing *The Perfect Formula Diet* is to help people, animals, and the planet through providing solid, yet little-known, information on whole foods, plant-based diets. She is in her sixteenth year of critically analyzing scientific studies on nutrition, weight loss, environmental toxins, and health.

Janice has a Ph.D. in Human Development and Aging from University of California, San Francisco – one of the country's leading health sciences campuses. She is certified in plant-based nutrition through the T. Colin Campbell Foundation and eCornell. She also has an M.B.A from University of California, Berkeley.

**FREE Admission &
Refreshments**