



Steve Blake, ScD has authored over a dozen major publications including *Vitamins and Minerals Demystified* (McGraw-Hill, 2008). He is now working on a book on fats and oils. He has authored the *Diet Doctor* software, which displays the nutrients in diets. He lectures nationally, explaining scientific research in understandable terms.

Dr. Blake has taught anatomy, physiology, and exercise physiology. He has created an encyclopedic database of natural remedies from 50 countries. He was director of the Maui Holistic Health Center. He has doctorates in naturopathic medicine and holistic health. He and his wife Catherine live on Maui.

“FIGURING OUT FATS IN FOOD”

A PRESENTATION BY

STEVE BLAKE, ScD

The fats and oils in your food are vitally important for your health. Learn which foods contain trans fats and how they can hurt your health. Which oils are best for cooking? Are fish oils necessary and are they safe? Is coconut oil healthful?

Find out how industry processes food into oils and learn which nutrients disappear. The right balance of essential fatty acids can reduce inflammation and pain. Discover how dietary choices influence prostaglandin production. What are saturated fatty acids and which ones contribute to heart disease? What about cholesterol? This colorful slide show will clarify fats and oils in nutrition.

**SATURDAY, NOVEMBER 8, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK**

**Dr. Blake will also be speaking on Maui: Wednesday, November 12, at 7 p.m.,
Cameron Center Auditorium, 95 Mahalani St, Wailuku.**



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