

# THE DIET WARS: THE TIME FOR UNIFICATION IS NOW

A PRESENTATION BY

**JOHN MCDUGALL, M.D.**



The battle lines are drawn between those who recommend low-carb (meat, dairy, and oil) and high-carb (starch, vegetable, and fruit) diets. Our future is at stake. The philosophy behind animals serving as human food (promoted by the Paleo and Atkins diets) results in diets that make people sick, destroy planet Earth, and kill billions of animals yearly. Countering these evils is the philosophy of eating based on plant foods. Unfortunately proponents of these healthy diets are in conflicts between themselves. This lecture is a call for us to unite and to make the world a better place.

John McDougall, MD is a board-certified internist, author of 12 national best-selling books, the international on-line “McDougall Newsletter,” host of the nationally syndicated television show “McDougall M.D.,” and medical director of the 10-day, live-in McDougall Program in Santa Rosa, CA. He is an Associate Professor at the Touro University College of Osteopathic Medicine, Mare Island, Vallejo, California. Other McDougall activities include seminars and health-oriented adventure vacations.

**TUESDAY, NOV. 13, 7 P.M.**  
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