

**FREE Admission
& Refreshments**

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NUTRITION IS
FAR MORE EFFECTIVE THAN
GENERALLY KNOWN

A PRESENTATION BY
T. COLIN CAMPBELL, PHD
STUDY DIRECTOR AND AUTHOR OF
THE CHINA STUDY



Nutrition, as a concept, is often discussed by most people, but it is not clear that many people really know what it means. This is most unfortunate because, if truly understood and properly used, nutrition has more power to create and restore health than all the pills and procedures put together. Professional medical institutions must take this science seriously, offer it in medical school training and participate in helping medical professionals and clinics establish programs and strategies to deliver this message. Anything less is unacceptable.

T Colin Campbell, PhD, is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University, and the author (with son and co-author Thomas Campbell II, MD) of *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health*, and (with contributor Howard Jacobson) *Whole: Rethinking the Science of Nutrition*. He was trained at Cornell (MS, PhD) and MIT (Research Associate) in nutrition, biochemistry, and toxicology. Since 1983, he has been the director of the Nutrition and Cancer Program Project (Collaborative Project with Chinese Academy of Preventive Medicine, Chinese Academy of Medical Sciences/China Cancer Institute, and University of Oxford). He has authored over 300 research papers, and is the recipient of a number of awards, both in research and citizenship.

TUESDAY, OCT. 14, 2014, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

WEDNESDAY, OCTOBER 15, 5:30-8:30 P.M.

DINE OUT WITH DR. T. COLIN CAMPBELL

GOVINDA'S VEGETARIAN BUFFET, 51 COELHO WAY
WHOLE FOODS, PLANT-BASED VEGAN BUFFET

SOUTHEAST-ASIAN THEMED MENU BASED ON RECIPES FROM
THE CHINA STUDY COOKBOOK & THE CHINA STUDY ALL-STAR
COLLECTION, FROM PEANUT NOODLES WITH VEGETABLES &
SESAME COLESLAW SALAD TO COCONUT MANGO PUDDING!

SEE FULL MENU AT WWW.VSH.ORG

\$19 AGES 13 & UP, \$8 AGES 8-12, FREE AGES 0-7
TO RSVP & PREPAY BY OCT. 14: PLEASE CALL (808)445-9920
OR EMAIL DINEOUT@VSH.ORG (G-F FOR THOSE WITH THIS SENSITIVITY)

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