



Brenda Davis, registered dietitian and nutritionist, is a leader in her field and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. She is currently the lead dietitian in a diabetes intervention research project in Majuro, Marshall Islands.

A co-author of six books—the best-sellers, *Becoming Vegetarian*, *The New Becoming Vegetarian*, *Becoming Vegan*, *Defeating Diabetes*, *Dairy-free and Delicious*, and the newly released, *Raw Revolution Diet*—she is currently working on a 7th book to be released in the summer of 2009.

“RECLAIMING YOUR HEALTH: LESSONS FROM THE MARSHALL ISLANDS”

A PRESENTATION BY

BRENDA DAVIS, R.D.

Do you struggle with your weight, type 2 diabetes, high blood pressure, or cardiovascular disease? Has your doctor ever given you a prescription for a healthy lifestyle? While medications and surgery can help to reduce the symptoms of chronic diseases, only diet and lifestyle changes have the power to reverse them.

In this presentation, you will be touched by the amazing story of the Marshallese people and their battle with a nationwide diabetes epidemic. The Marshallese experience among the highest rates of type 2 diabetes in the world, with close to 50% of adults over 35 years being affected.

Registered dietitian, best-selling author, and internationally acclaimed speaker Brenda Davis will share a story of recovery that will inspire you to make diet and lifestyle changes that could save your life.

**SATURDAY, OCTOBER 18, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK**

**Ms. Davis will also be speaking on Maui: Friday, October 17, at 7 p.m.,
Cameron Center Auditorium, 95 Mahalani St, Wailuku.**

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