



Steve Blake, D.Sc. has authored over a dozen major publications, including *Healing Medicine*. He also created the *Diet Doctor*, computer software for evaluating and graphing the nutrients in diets. He lectures nationally and internationally about how to stay healthy. He has taught anatomy, physiology, and exercise physiology. He holds doctorate degrees in naturopathic medicine and holistic health.

“VITAMINS & MINERALS DEMYSTIFIED”

A PRESENTATION BY

STEVE BLAKE, Sc.D.

Dr. Blake will present fascinating facts from his new book, *Vitamins and Minerals Demystified*. Discover how vitamins and minerals work in the body. Learn which foods have nutrients crucial to enhancing energy and fat burning. Find out which four nutrients are vital for strong bones. See which five nutrients are important for a healthy pregnancy. Explore the special dietary needs of older people. An interesting slide presentation will show which foods are important sources of vitamins and minerals.

**TUESDAY, SEPTEMBER 11, 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. Blake will also be speaking on Maui: Wednesday, September 12, at 7 p.m.,
Cameron Center Auditorium, 95 Mahalani St, Wailuku.**



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