

# STOPPING CANCER BEFORE IT STARTS

A LECTURE BY

**MICHAEL GREGER, MD**

**WED., APR. 13, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE  
404 KAPAHULU AVE.**

**(.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY —  
ACROSS FROM CHEVRON STATION)**



**M**ichael Greger, MD is a nationally recognized speaker on a number of important public health and social justice issues. He has been invited to lecture at countless universities, medical schools, and conferences around the world, including the Conference on World Affairs. He is a general practitioner specializing in clinical nutrition and a founding member of the American College of Lifestyle Medicine. He is author of *Heart Failure: Diary of a Third Year Medical Student* and has contributed to a number of books on nutrition and food safety issues. Dr. Greger is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.

**U**p to 70% of all cancer deaths are preventable through diet alone. In this dynamic and engaging multimedia presentation, Dr. Michael Greger reveals the top whole plant superfoods that may block and even reverse tumor formation. Learn what free radicals and antioxidants really are and exactly how they work to protect your body from the ravages of aging, cancer, and other chronic degenerative diseases. Profiling specific cancers such as breast and prostate, Dr. Greger shows how a phytonutrient rich plant-based diet may be our best protection against the cancer epidemic.

**Dr. Greger will give three additional talks:**

**TBA, UH Manoa, "Going Vegetarian"**

**Thur., Apr. 14, 7 p.m., Castle Medical Center, Kailua,  
"Stopping Cancer Before It Starts"**

**Fri., Apr. 15, 7 p.m., Cameron Center, Wailuku, Maui,  
"Stopping Cancer Before It Starts"**



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