



DEFENSIVE MEDICINE: HOW TO BEAT THE MEDICAL SYSTEM THROUGH BETTER HEALTH

A PRESENTATION BY

STEVE BLAKE, D.Sc.

Dr. Steve Blake has dedicated his life to helping people understand how easy it is to attain excellent health. Rather than practicing as a physician he empowers people to learn natural medicine and prevent disease. Dr. Blake earned doctorate degrees in naturopathic medicine and in holistic health and is a Master Herbalist. He pioneered the computerization of herbal knowledge and also developed one of the largest databases of natural remedies in the world.

Dr. Blake has authored a dozen major publications including his just released book,



“Healing Medicine, A Complete Guide to Safer Healing,” a concise and engaging look at how we can avoid chronic disease, and if

we do become ill, guide us back to a state of good health.

It’s not difficult to steer clear of doctors and hospitals. In this presentation you will:

- Learn to prevent and improve your resistance to disease
- Uncover a deeper understanding of life habits that lead to disease
- Look beyond germs and discover more about the true causes of disease
- See how you can prevent health problems—from colds to cancer—and become your own best doctor.

Most of the true causes of disease are under your control. Take control!

WED., JULY 13, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE.

(.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY)

“Healing Medicine explains the path of preventing disease through natural health.” John Robbins, author of *Diet for a New America*



Vegetarian Society of Hawaii

Over 1800 Members Strong—Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

FREE Admission & Refreshments