



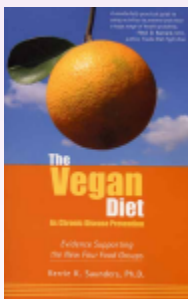
# DIET AS DISEASE PREVENTION

A PRESENTATION BY

**KERRIE SAUNDERS, PHD**

**K**errie Saunders, PhD is a nationally known presenter and author whose work is featured in numerous newspapers, magazines, and e-zines as well as on radio programs. Her popular advice column, "Dear Dr. Kerrie," is featured in the widely read magazine VegNews. She is also the author of *The Vegan Diet as Chronic Disease Prevention*.

Dr. Saunders is the Food and Fitness Consultant for



the *McIntyre Health Center* in Port Huron, Michigan where she teaches patients and professionals how to

use controllable lifestyle factors to help prevent or reverse food cravings and addiction, obesity, and many chronic disease processes.

**WED., MAY 11, 7 P.M.**

**ALA WAI GOLF COURSE  
CLUBHOUSE**

**404 KAPAHULU AVE.**

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

**A**mericans eating the Standard American Diet (SAD) have a 1 in 2 chance of dying of a heart attack and a 1 in 3 chance of dying from cancer. Extensive research tells us there's a way to make a dramatic difference in these unbelievable statistics. In this presentation you will learn to change lifestyle factors that are 100% within your control. Dr. Saunders will discuss cancer, blood sugar disorders, heart attack, stroke, and obesity and will provide practical advice on how to make the switch to a cutting edge, health promoting food and fitness plan.

**Dr. Saunders will also speak on Maui on Thurs., May 12 at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.**



**Vegetarian Society of Hawaii**

Over 1800 Members Strong—Join Us!

For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)

**FREE Admission &  
Refreshments**