



HEALTH EXPERT
MICHAEL GREGER, MD
PRESENTS
**OPTIMUM VEGETARIAN
NUTRITION:**

**SURPRISING NEW RESEARCH ON
OMEGA 3'S AND VITAMIN B₁₂**

SATURDAY, SEPTEMBER 13, 2003, 7 P.M.

SEVENTH-DAY ADVENTIST CHURCH

261 S. PUUNENE AVE, KAHULUI (ENTRANCE ON WAKEA)

Are vegans and vegetarians as healthy as they can and should be? Dr. Michael Greger returns from the latest International Congress on Vegetarian Nutrition with cutting edge information on vegan and vegetarian nutrition. He will review the newest research - highlighting the mounting importance of Omega 3 fatty acids and Vitamin B₁₂ in the diet - and share his recommendations for maximizing vegetarian health and longevity.

Michael Greger, MD is a nationally recognized speaker on a number of important public health and social justice issues. As Farm Sanctuary's Chief investigator on mad cow disease, he debated the National Cattlemen's Beef Association Director before the FDA and was invited as an expert witness to defend Oprah Winfrey in the infamous "meat defamation trial." He currently coordinates the mad cow disease website for the Organic Consumers Association. Dr. Greger lives in Boston and is a general practitioner specializing in vegetarian nutrition. He is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine.



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