



Vegetarian Society of Hawaii

Calendar of Events October - December 2003

WILLIAM HARRIS, MD



SOME THOUGHTS ON THE RAW FOOD DIET

Sat., Oct. 11, 7 p.m.
McCoy Pavilion, Ala Moana Park

While a balanced diet comprised only of raw plant foods can reduce cholesterol and virtually guarantee weight loss, there are some caveats. Find out the good and the not so good aspects of a raw food diet and if raw foods is the optimal diet for you.

Is a raw food diet right for you?

William Harris, MD, a founding and current director of the Vegetarian Society of Hawaii, has been a vegetarian since 1950 and vegan since 1963. Prior to his retirement he

was an emergency physician and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic here in Honolulu. He received his medical degree from the University of California, San Francisco and is the author of *The Scientific Basis of Vegetarianism*.

Dr. Harris will also be speaking on Maui on Wed., Oct. 8 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave., (Entrance on Wakea), in Kahului.

CALDWELL ESSELSTYN, JR., MD



POOR NUTRITION: A WEAPON OF MASS DESTRUCTION

Sat., Nov. 15, 7 p.m.
Honolulu Central Seventh-Day Adventist Church, 2313 Nuuanu Ave.

Plenty of quick fixes are available to treat heart disease — surgery, drugs, and other interventions that can provide temporary relief, but only one treatment has been proven effective in stopping completely the progression of coronary heart disease.

Since 1985 Caldwell B. Esselstyn, Jr. MD has conducted the longest running study that clearly proves that heart disease can be arrested or reversed. There is now compelling evidence, including published peer reviewed journal articles, showing clearly that heart disease can actually be reversed through lifestyle changes.

Find out how you can prevent or reverse heart disease and become heart attack proof!

Dr. Esselstyn is a Preventive Cardiology Consultant in the Department of General Surgery at the renowned Cleveland Clinic. He has been president of the staff and a member of its Board of Governors, and is the immediate past-chairman of the Clinic's Breast Cancer Task Force.

Dr. Esselstyn will also be speaking on Maui on Wed., Nov. 12 at 7 p.m. at the Seventh-Day Adventist Church, 261 S. Puunene Ave., (Entrance on Wakea), in Kahului and at Castle Medical Center in Kailua on Thu., Nov. 13 at 7 p.m. (Registration required: 263-5400).

TERRY SHINTANI, MD & YANA LEHUA

Present

HEALTHY HOLIDAY EATING:

A LECTURE & COOKING DEMONSTRATION

Sat., Dec. 13, 7 p.m., McCoy Pavilion, Ala Moana Park



Learn quick and easy alternatives to traditionally time consuming and fat-laden holiday dishes so that you can "Eat More" and "Weight Less" during the holidays. And try some delicious and healthful holiday fare.

Terry Shintani, MD is the author of the *Eat More, Weigh Less Diet*, the *Hawaii Diet* and *The Good Carbohydrate Revolution*. He's been featured in Newsweek, on CNN and CBS News, ABC national radio, and Dateline NBC. Dr. Shintani received his master's degree in nutrition from Harvard University and both his medical and law degrees from the University of Hawaii. He is board certified in preventative medicine.

Yana Lehua, a vegetarian for over 25 years, has given hundreds of home style vegetarian cooking demonstrations as part of the Down To Earth Community Outreach Team. She's been featured on local television programs including "Cooking with Cutty," "The Vegetarian," "Local Kine Grinds," and "Tasty and Meatless" and has been a regular instructor for Down To Earth's Lifestyle Center cooking class and the "Veggie Life" cooking classes at Castle Medical Center.

Lectures are FREE and open to the public. Donations are appreciated and tax-free. Visit VSH.org or call-944-VEGI for more info.