



**K**arl Seff earned his Ph.D. from M.I.T. and has been a professor of chemistry at U.H., Manoa for 41 years. He has authored more than 245 scientific papers that have appeared in leading chemistry journals. He has been on the Board of Directors of the VSH since 1992.

## What Are We Vegetarians Actually Consuming & Avoiding and What Sense Does It Make?

A PRESENTATION BY

**KARL SEFF, PH.D.**

**A**s individuals we vegetarians follow a wide variety of themes in our selection of food and drink. What about garlic and onions, preservatives, fruit, beans and legumes, organic foods, raw foods, bottled water, carbonated beverages, pesticides and herbicides, juicing, fatty foods, nuts and seeds, bleach vs. peroxide, vegetable oils, artificial sweeteners, saturated and trans fats, wine and chocolate, potatoes and yams, and coffee and tea? The bottom line keeps changing as a result of active research. After attending Vegetarian Society lectures for 16 years and giving some of them himself here and elsewhere, it is clear to the speaker that some of what we are doing has a pretty firm scientific basis, that others seem reasonable but lack full substantiation, and yet others are matters of taste.

**SATURDAY, FEBRUARY 14, 7 P.M.**  
**MCCOY PAVILION**  
**ALA MOANA BEACH PARK**

Dr. Seff will also be speaking on Maui: Friday, February 13, at 7 p.m., Cameron Center, 95 Mahalani St, Wailuku.

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