



Terry Shintani, MD, JD, MPH, KSJ is a Harvard-trained nutritionist and physician. He currently serves as the Associate Chair of the Dept. of Complementary and Alternative Medicine at the University of Hawaii Medical School. He is on the national advisory board to the American College of Lifestyle Medicine. He is the author of the *Eat More, Weigh Less® Diet*, and the *Good Carbohydrate Revolution*. His program won the highest national award from the U.S. Secretary of Health and he has been featured in Newsweek, CNN News, CBS This Morning, Dateline NBC, and in the Encyclopedia Britannica.

DR. TERRY SHINTANI

PRESENTS

“The Health Crisis Cure: How to Get Off Your Medication with Your Doctor’s Help.”

Dr. Shintani will cover topics such as:

- Why our health system is going broke
- The Missing Piece in Health Care Reform
- How to get rid of holiday pounds
- How to control diabetes with less meds
- How to lower cholesterol with less meds
- How to control blood pressure naturally
- How to lessen chronic pain with diet

SAT., JAN. 16, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

Dr. Shintani will also be speaking on Maui on Thurs., Jan. 14 at 7 p.m. at the Kaunoa Senior Center, 401 Alakapa Pl., in Paia.



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