

# WINNING A LIFETIME BATTLE AGAINST OBESITY

A PRESENTATION BY  
**MIKE TEEHAN**

**M**ike Teehan is a Star McDougaller 2009 honoree whose personal story has inspired many in Hawaii and elsewhere. In this talk he'll show how a few changes in food choices and preparation resulted in huge improvements in his overall health and victory in his battle against obesity. He'll show how just eliminating one ingredient from his diet brought his cholesterol down from 220 to 139, and his blood sugar down from 124 to 89. He'll also demonstrate how the "low carb" gang is wrong about the effect on triglycerides as his fell from 150 to 59 while eating a diet of 80% carbs.

**TUESDAY, MAY 10, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
**404 KAPAHULU AVE.**

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)

Mr. Teehan will also be speaking on Maui: Thursday, May 12, 7 p.m., Kaunoa Senior Center, 401 Alakapa Pl., in Paia.



**Vegetarian Society of Hawaii**

**Join Us!**

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



**M**ike Teehan is the founder of the Hawaii Dog Foundation, a long time animal advocate, and a certified plant-based nutritionist. As an ethical 331 lb. "junk food vegan," he first learned about the science behind healthy vegan eating from Dr. Bill Harris 15 years ago. Using the new low-fat approach, he won his life-long battle against obesity by losing 176 pounds and maintaining this weight loss for over two years.

**FREE Admission &  
Refreshments**