



**M**ilton Mills, M.D. has an extensive background in nutrition research, focusing on the role nutrition plays in the development of chronic diseases. He is a graduate of the Stanford University School of Medicine and is a practicing physician in the Washington, D.C. area. He also serves as the Associate Director of Preventive Medicine for the health policy group Physicians Committee for Responsible Medicine. He has lectured extensively throughout North America and is a Nutrition Health Education Video Spokesperson for the Discovery Health Channel.

# ARE HUMANS DESIGNED TO EAT MEAT?

A PRESENTATION BY  
**MILTON MILLS, M.D.**

**T**he major causes of death in Western countries are cardiovascular diseases and cancers. Abundant medical research linking these diseases to dietary and lifestyle factors, guidelines advanced by the American Heart Association, the American Cancer Society, and the Surgeon General, among others, counsel Americans to sharply reduce animal foods consumed and replace them with fruits, vegetables, and whole grains. In effect, they're recommending a more plant-based diet, which begs the question: Are humans designed to eat meat?

**SAT., NOV. 12, 7 P.M.**

**MCCOY PAVILION**

**ALA MOANA BEACH PARK**

**Dr. Mills will give two additional talks in Hawaii:**

- **Wed., Nov. 9, 7 p.m., "Are Humans Designed to Eat Meat?"** Cameron Center, 95 Mahalani St., Wailuku, Maui
- **Thurs., Nov. 10, 7 p.m., "Diet & Lifestyle Changes to Treat & Cure Diabetes,"** Castle Medical Center, Kailua. Call Castle at 263-5400 to register (required).



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