

# THE SEARCH FOR TRUTH ABOUT PLANTS, ANIMALS, AND BETTER HUMAN HEALTH

A PRESENTATION BY

**H. LORRIN LAU, MD, MPH**



**W**e are told many confusing and conflicting things about what to eat and what to do about our health. Dr. Lau will show some ways to help you find the truth, including examples of his research, one of the ways, and present results that may not just surprise, but shock you, as well!

**TUESDAY, NOV. 12, 2013, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
**404 KAPAHULU AVE.**

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

**FRIDAY, NOVEMBER 22, 4 TO 8:00 P.M.**

**DINE-OUT WITH DR. LORRIN LAU AT**

**VSH'S ANNUAL PRE-THANKSGIVING DINNER**

**GOVINDA'S VEGETARIAN BUFFET, 51 COELHO WAY**

**\$22/ADULT, \$15 AGES 8-12, FREE AGES 0-7, LAST SEATING 7P.M.**

**TO RSVP: [WWW.VSH.ORG/THANKSGIVING](http://WWW.VSH.ORG/THANKSGIVING) OR CALL (808)445-9920**

**Maui — Dr. Lau will also be speaking on Maui on  
Thursday, November 14th, at 7 p.m., at  
Cameron Center, 95 Mahalani St., in Wailuku.**



**Vegetarian Society of Hawaii**

**Join Us!**

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

**FREE Admission &  
Refreshments**

**Refreshments courtesy of Down To Earth.**