

DR. BILL'S NEVER-FAIL GUARANTEED WEIGHT LOSS PLAN

A PRESENTATION BY

WILLIAM HARRIS, M.D.



The American Medical Association recently declared obesity to be a "US Disease." Dr. Harris suggests it should be called, instead, the "USDA-sease" since the US government, by giving \$14 billion of annual price supports to the animal and junk food industries and IRS tax deductibility for their advertising expenses, is responsible for most of it.

In this presentation, Dr. Harris explains how to avoid this newly proclaimed "disease" with two simple basic rules and a few not-so-simple ones. He will also take questions from the audience on a wide spectrum of diet-related issues.

7 P.M., TUESDAY, SEPTEMBER 10, 2013

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE., HONOLULU

CASTLE MEDICAL CENTER — KAILUA

THURSDAY, SEPTEMBER 19, 2013

5-6:30 P.M. DINE-OUT WITH DR. HARRIS

VEGAN BUFFET AT THE BISTRO! \$10/PERSON

GREENS FROM CMC'S GARDEN, VARIETY OF HOT & COLD DISHES

To RSVP: Call 944-8344 or email info@vsh.org

7-8:30 P.M. FREE PUBLIC LECTURE

Register at castlemed.org or call 263-5400

(Please RSVP separately for the dine-out & the free lecture)

A vegetarian since 1950, vegan since 1964, William Harris, M.D., is a co-founder and current director of the Vegetarian Society of Hawaii. Prior to his retirement, he was an emergency physician and director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco, in 1963, and is the author of *The Scientific Basis of Vegetarianism*, now online free at http://www.vegsource.com/harris/book_contents.htm.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

FREE Admission & Refreshments

Refreshments courtesy of Down To Earth.