

# DAIRY: ESSENTIAL NUTRITION OR HEALTH SABOTEUR?

A PRESENTATION BY  
**JOSEPH KEON**



North Americans are some of the least healthy people on Earth today, and much of the problem stems from poor dietary choices inspired by nutritional myths. Perhaps the biggest nutritional myth of all is that which says humans need the milk of a cow to be healthy. Joseph Keon, author of *Whitewash: The Disturbing Truth about Cow's Milk and Your Health*, will show how North Americans unwittingly sabotage their health every day by drinking milk, how our obsession with calcium is unwarranted, and that the inclusion of dairy products in the diet may increase the risk of serious diseases, including prostate, breast, and ovarian cancers, Crohn's disease, and osteoporosis.

**TUESDAY, SEPTEMBER 13, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**  
**404 KAPAHULU AVE.**

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

Maui — Mr. Keon will also be speaking on Maui on Thursday, September 15th, at 7 p.m., at 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)

**FREE Admission &  
Refreshments**

Refreshments courtesy of Down To Earth.