



CARDIOLOGIST & RESEARCHER  
**CALDWELL ESSESTYN, MD**

PRESENTS

**“POOR NUTRITION:  
A WEAPON OF MASS  
DESTRUCTION”**

**P**lenty of quick fixes are available to treat heart disease — surgery, drugs, and other interventions that can provide temporary relief, but only one treatment has been proven effective in stopping completely the progression of coronary heart disease.

Since 1985 **Caldwell B. Esselstyn, Jr. MD** has conducted the longest running study that clearly proves that heart disease can be arrested or reversed. There is now compelling evidence, including published peer reviewed journal articles, showing clearly that heart disease can actually be reversed through lifestyle changes.

Dr. Esselstyn is a Preventive Cardiology Consultant in the Department of General Surgery at the renowned Cleveland Clinic. He has been president of the staff and a member of its Board of Governors, and is the immediate past-chairman of the Clinic’s Breast Cancer Task Force.

**F**ind out how you can prevent or reverse heart disease and become heart attack proof!

**SAT., NOV. 15, 2003, 7 P.M**

**HONOLULU CENTRAL SEVENTH-DAY**

**ADVENTIST CHURCH**

**2313 Nuuanu Avenue**

**FREE  
Admission &  
Food Samples**



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*Castle Medical Center*

**Adventist  
Health**