

WILLIAM HARRIS, MD

PRESENTS

**Beyond
Home Economics 101:
Putting Science
into Nutrition**



**SATURDAY, DECEMBER 11, 7 P.M.
MCCOY PAVILION, ALA MOANA PARK**

What's wrong with the establishment's approach to nutrition? Why does it lead to obesity and degenerative disease? By sorting foods by nutrient/Calorie instead of nutrient/weight, Dr. Harris will use data from Nutritionist IV and numerous graphics to show how the system can be fixed. He'll also discuss how the vegetarian grain based diets have set the stage for Atkins, Sears, and the low carb craze.

William Harris, M.D. received his medical degree from the University of California at San Francisco. After stints in San Diego, Los Angeles, and as a voluntary physician in Vietnam, he settled in Honolulu in the Emergency Department of Kaiser Permanente.

A vegan for over 40 years, Dr. Harris is a founding director of the Vegetarian Society of Hawaii and has served in a variety of functions including six years as the newsletter editor. He's currently the coordinator/producer of the weekly TV series "Vegetarian," broadcast on Thursdays at 6 p.m. on Oceanic Cable Channel 52.

Dr. Harris is the author of *The Scientific Basis of Vegetarianism*.

Dr. Harris will also be speaking on Maui on Wednesday, December 8 at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku.

**FREE
Admission &
Refreshments**



Vegetarian Society of Hawaii

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