Obesity, clogged arteries, Type-2 diabetes, many cancers and autoimmune diseases -- in fact, most of the chronic diseases that absorb most of the time, energy and finances in the health care system, are driven largely by the Standard American Diet, which is laden with an excess of animal-based products, refined carbohydrates and processed oils, along with many other adulterants. Changing to truly health-supporting food choices predictably results in dramatic improvement - if not complete resolution - of these fearsome diseases. Dr. Klaper will explain the (mal)nutrition-based pathophysiology of these common maladies, and present practical (and tasty) methods for instituting food choices that can effectively ameliorate these fearsome diseases!

Dr. Klaper will also present

**The Most Powerful, Unused Tool in Medicine**
TAMC Limited Audience, Wed., Oct. 10, 11 a.m., Tripler Army Medical Ctr

**A Doctor’s Prescription for Reversing Disease and Reducing Climate Change**
Saturday, October 13 at VegFest Oahu on Lawn near Skygate & Honolulu Hale, 558 S. King St. Details at vegfestoahu.com.

**Friday, Oct. 12, 6-8 p.m.—Oahu**
Enjoy Dining Out with Dr. Klaper!
Bodhi Tree Meditation Ctr., 654A Judd St., Honolulu

Delicious Vegan Vietnamese Dishes Buffet!
$19 total — please pay at event (cash or check)
To RSVP by Oct. 11, text or call Carol before 9 p.m. at (808) 728-6639, and let us know your name, contact info, & number of people coming.

Note: Dining event only. Proceeds go to meal providers, not to VSH.

Vegetarian Society of Hawaii
Join us!

For more information: call 944-VEGI (8344) or visit www.vsh.org.