

NUTRITION-BASED MEDICINE: THE KEY TO HEALING IN THE 21ST CENTURY

A VSH PUBLIC PRESENTATION BY
MICHAEL KLAPER, MD



TUESDAY, OCT. 9, 2018, 7 P.M.

**ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE)

THURSDAY, OCTOBER 11, 7 P.M.— MAUI

CAMERON CENTER, 95 MAHALANI ST., WAILUKU

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

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.

Michael A. Klaper, M.D. is a graduate of the University of Illinois College of Medicine in Chicago. He received postgraduate training in internal medicine, surgery, anesthesiology, and orthopedics at University of British Columbia teaching hospitals in Vancouver and obstetrics at the University of California at San Francisco. He has practiced acute care medicine in Hawaii, Canada, California, Florida and New Zealand. Far more fulfilling to him is his current practice, focusing on health-promoting food and lifestyle choices to help people prevent the need for hospitalization and surgery. A long-time radio host and a pilot, Dr. Klaper has served as nutrition advisor to NASA's programs for space colonists on the Moon and Mars. He makes the latest information on health and nutrition available through his website, DoctorKlaper.com, where visitors can find the numerous videos and DVDs he has produced, as well subscribe to his free newsletter, "Medicine Capsule."

**FREE Admission
to all lectures**



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