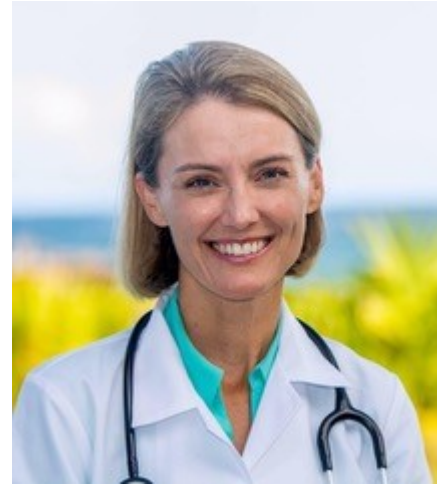


WHAT YOUR DOCTOR DIDN'T LEARN IN MEDICAL SCHOOL COULD KILL YOU

A VSH FREE PUBLIC PRESENTATION BY
LAURIE MARBAS, MD



7 P.M., TUES., NOV. 12, 2019
ALA WAI GOLF COURSE CLUBHOUSE
OAHU — 404 KAPAHULU AVE., HONOLULU

7 P.M., THURSDAY, NOVEMBER 14

MAUI—J. WALTER CAMERON CENTER
95 MAHALANI ST., WAILUKU

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

Upon graduating from medical school, physicians take the Hippocratic Oath, the original of which says, "I will keep them from harm and injustice." Most physicians don't want to harm their patients and only want what is best for them. Unfortunately, the one thing that could reverse chronic disease and stop the need for most prescription medications, physicians didn't learn about in medical school, so they continue to practice medicine the way they were taught, with a pen and prescription pad, and a scalpel. Those prescription medications have side effects and kill 106,000 Americans every year, according to one study. That would place your doctor as one of the leading killers of Americans. Scary isn't it?

Enjoy a Vegan Dine-out with Dr. Laurie Marbas!

6-8 p.m. Wed., Nov. 13, Loving Hut Vegan Cuisine — Oahu
1614 S. King St. \$22.10 cash, please pay before meal.

To RSVP by Nov. 12, text or call Carol before 9 p.m. (808) 728-6639.

Menu includes: 1/2 order of Heavenly Salad, plus choice of entrée: 1) Fabulous Pho, 2) Sweet & Sour Hapa, 3) Brocco Pua, or 4) Guru Curry.

Note: Proceeds to meal providers, not to VSH.

Laurie Marbas, MD, MBA, is a double board-certified family medicine and lifestyle medicine physician utilizing food as medicine since 2012.

She is the Managing Editor for the Plantrician Project's *International Journal of Disease Reversal and Prevention* and works closely with the journal's Editor in Chief, Dr. Kim Williams. She is also co-founder of the Healthy Human Revolution

(<http://healthyhumanrevolution.com>) whose mission is to provide individuals with the knowledge, tools and mindset to successfully adopt and sustain a whole food plant-based diet.

She received her dual degrees (MD and MBA) from Texas Tech University Health Sciences Center School of Medicine and the TTU School of Business. She was awarded the Texas Tech University School of Medicine Gold Headed Cane Award, a symbol for excellence in the art of medicine and the care of patients.

She is a USAF veteran who's served in the Middle East and South America. She is a wife, mom of three grown children, author, speaker, and an avid runner.

**FREE Lecture Admission
& Refreshments**



Vegetarian Society of Hawaii

Join us!

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