

PROSTATE & BREAST CANCER: LOWER YOUR RISK!

A FREE LIVE ONLINE VSH PRESENTATION BY

PETER ROGERS, MD

SUNDAY, JUNE 11, 2023

12 NOON HST (3 P.M. PDT, 6 P.M. EDT)

YOU'RE WELCOME TO ATTEND THIS FREE
ZOOM LECTURE FROM WHEREVER YOU ARE!
PLEASE ADJUST START TIME FOR YOUR TIME ZONE.

GO TO [VSH.ORG/ZOOM](https://vsh.org/zoom)



WHEN THE TALK STARTS (LATECOMERS
WELCOME, TOO!) & CLICK ON THE ZOOM
LINK TO JOIN VIA YOUR SMARTPHONE,
TABLET, OR COMPUTER; OR USE THE
DIAL-IN NUMBERS LISTED THERE TO
JOIN BY PHONE.

Learn how cancer grows, what you can do to prevent it, theories of cancer, and how to avoid tumor promoters. Once you know what they are, estrogenic chemicals are tumor promoters that are easy to avoid.

The greatest life-saving medical discovery of the last 50 years is the verification that a plant based diet optimizes health and diminishes the risk of heart attack and stroke. This also lowers the risk of diabetes, multi-infarct dementia, impotence and some cancers.



Vegan Society of Hawaii

Human Health, Animal Rights & Protection
of the Environment

A 501(c)(3) nonprofit educational, all-volunteer organization since 1990.

For info or to join (and enjoy member benefits!)

Call (808) 445-9920 or visit www.vsh.org.



Peter Rogers MD, also known as the Spartan Vegan, is a radiologist/neuroradiologist. He also did a fellowship at Harvard imaging guided surgery (interventional radiology).

While in his mid-30s, with the increasing responsibilities of his growing family and a heavy workload, he found his health deteriorating as his weight increased. However, inspired by the teachings of Dr. John McDougall, he learned his way to health and an ideal weight range in about 6 months through a whole food, plant-based diet.

He is the author of books about nutrition & study skills including "How to improve blood flow," and "Hot topics in nutrition," among many others. He was an outstanding student in medical school and shares his skills with others through his prolific writing. He believes most disease is caused by poor nutrition & toxins, and that major medical textbooks are 50-100 years out of date.