

THE NUTRITIONAL REVERSAL OF CARDIOVASCULAR DISEASE: FACT OR FICTION?

A FREE LIVE ONLINE VSH PRESENTATION BY

CALDWELL ESSELSTYN, JR., MD

**12 NOON HST, SUNDAY,
SEPTEMBER 10, 2023**

3 P.M. PDT, 6 P.M. EDT

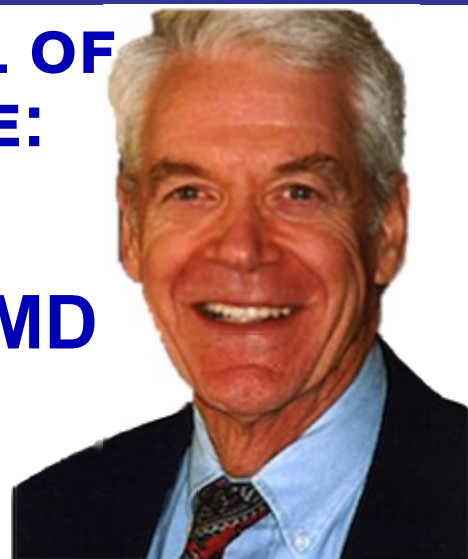
**YOU'RE WELCOME TO ATTEND THIS FREE
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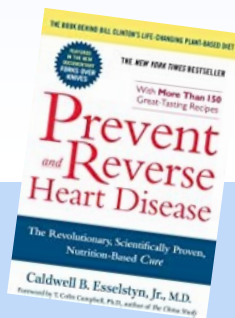
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LATECOMERS WELCOME, TOO!



Coronary artery disease is virtually non-existent in cultures which thrive on plant-based nutrition.

Similarly, patients with coronary artery disease who transition totally to plant-based foods may halt and selectively reverse their disease!



Caldwell B. Esselstyn, Jr., received his A.B. from Yale University in 1956 and his M.D. from Western Reserve University School of Medicine in 1961. In 1956, he received a gold medal in rowing at the Olympic Games. In 1968, as an Army surgeon in Vietnam, he was awarded the Bronze Star.

He was trained as a surgeon at the Cleveland Clinic and has been associated with the Cleveland Clinic since 1961. In 2005, he became the first recipient of the Benjamin

Spock Award for Compassion in Medicine. In 2013, he received Yale University's George Herbert Walker Bush Award for Lifetime Achievement.

Dr. Esselstyn has also received the 2015 Plantician Project Luminary Award, and the American College of Lifestyle Medicine 2016 Lifetime Achievement Award.

His scientific publications number over 150. His pioneering research is summarized in his best selling *Prevent and Reverse Heart Disease*.

In July 2014 his study of 200 patients confirmed an even larger group can be adherent to plant-based nutrition and achieve the same significant arrest and reversal of disease.

Currently he directs the Cardiovascular Disease Prevention and Reversal Program at the Cleveland Clinic Wellness Institute.

Vegan Society of Hawaii
Human Health, Animal Rights & Protection
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