

**12 NOON HST, SEPTEMBER 8**  
**GO TO [VSH.ORG/ZOOM](https://vsh.org/zoom)**



**MY FATHER  
MARRIED A MEAT-  
PACKING HEIRESS**  
**WITH  
JEFF NELSON**

**HOW MY ROBBER BARON  
ANCESTORS AMASSED A FORTUNE  
DEVISING A SLAUGHTER BUSINESS  
USING THE LATEST TECHNOLOGY  
OF THEIR DAY - TO CREATE CHEAP,  
FAST FOOD, CHEMICALS AND  
MONOPOLIES,**

**AS WELL AS A PERSONAL TRIBUTE  
TO MY DEAR FRIEND, DR. JOHN  
MCDUGALL. WHO HELPED MY  
WIFE OVERCOME A SERIOUS  
AUTOIMMUNE DISEASE WITH HIS  
REVOLUTIONARY NUTRITIONAL  
APPROACH, WITH KEY INSIGHTS  
YOU CAN APPLY TO YOUR OWN  
HEALTH JOURNEY.**

**3 P.M. PDT, 6 P.M. EDT**  
**SUNDAY, 9/8/24**

**LECTURE FOLLOWED BY Q AND A.  
PLEASE ADJUST START TIME FOR YOUR TIME  
ZONE. FEEL FREE TO JOIN IN AT ANY TIME!**

Jeff Nelson is a writer-producer and the co-founder, with his wife Sabrina, of [VegSource.com](https://VegSource.com), which promotes the many good reasons to adopt a plant-based diet. Jeff has written books and produced TV movies, documentaries, videos and more on plant-based diets since 1996. Find his current comments and reports on issues concerning the plant-based community on VegSource and on the YouTube channel <https://www.youtube.com/vegsource>.

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OR IN HAWAII ON AKAKŪ TV, HŌ'IKE TV, OR  
THE VEGAN TV SHOW AT 'OLELO CH. 54,  
11 A.M. MOST SUNDAYS.**

**A VSH free live  
online educational  
event**



**Vegan Society of Hawaii**

**Human Health, Animal Rights &  
Protection of the Environment**

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