DEFATING DIABETES
A PRESENTATION BY
STEVE BLAKE, ScD

Learn how to defeat diabetes with diet and lifestyle changes. See how a successful program resulted in weight loss, freedom from insulin, and a reversal of diabetes. Results included weight loss, pain reduction, blood sugar reduction, cholesterol reduction, and results started in two weeks!

Understand how to rate food for blood sugar control. Learn more about how food affects diabetes. What about sat fats, trans fats, and omega-3s? How are antioxidants and phytochemicals helpful? Examples of breakfast, lunch, and dinner menus included. Shopping tips help you choose healthful food to reverse diabetes.

THURSDAY, AUGUST 14, 7 P.M.
CAMERON CENTER
95 MAHALANI ST., WAILUKU

Talks are structured for adult-level audiences. We are not able to provide a playroom for children at this time.

Vegetarian Society of Hawaii
Join Us!
For more info: 280-6865 or steve@drsteveblake.com

FREE Admission & Refreshments