

RAW FOOD DIETS: WHAT'S TRUE, WHAT'S NOT? A PRESENTATION BY VESANTO MELINA, R.D.



Do our bodies need the enzymes from plant foods? Are cooked foods toxic? Is food combining important for optimal digestion and health? Are inorganic minerals useful or useless, nutritionally? Should we be eating buckwheat greens, sprouted legumes, raw mushrooms, and sea vegetables? For maximum benefit, must our diet be 100 percent raw? What do we learn from the major scientific studies about creating an optimal raw food, or high-raw diet?

Vesanto Melina is a Registered Dietitian and co-author of *Becoming Raw* (with Brenda Davis) and the *Raw Food Revolution Diet* (with Cherie Soria and Brenda Davis), as well as the best-selling nutrition classics *Becoming Vegan*, *Becoming Vegetarian*, *The New Becoming Vegetarian*, *Raising Vegetarian Children*, and *The Food Allergy Survival Guide*. Vesanto taught nutrition at the University of British Columbia in Vancouver, Canada and at Seattle's Bastyr University. She also co-authored the joint position paper on vegetarian diets of the American Dietetic Association and Dietitians of Canada. Her website is www.nutrispeak.com.

**SATURDAY, DECEMBER 18, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK**

Ms. Melina will also be speaking on Maui: Thursday, December 16, 7 p.m., Kaunoa Senior Center, 401 Alakapa Pl., in Paia.



Vegetarian Society of Hawaii

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