

“IN SEARCH OF THE OPTIMAL DIET”

A PRESENTATION BY

WILLIAM HARRIS, M.D.

In this presentation Dr. Harris outlines the historical points where humanity and vegetarianism made nutritional mistakes and suggests simple ways to fix them, with emphasis on the ancient agricultural revolution and the domestication of both animals and the wrong plant foods.

TUESDAY, JULY 14, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

Maui — Dr. Harris will also be speaking on Maui on Fri., July 17th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org



A vegan for more than 44 years, William Harris, M.D., is a founding and current director of the Vegetarian Society of Hawaii. Prior to his retirement he was an emergency physician and the director of the Kaiser Permanente Vegetarian Lifestyle Clinic. He received his medical degree from the University of California, San Francisco and is the author of *The Scientific Basis of Vegetarianism*, now online at his website (<http://www.vegsource.com/harris/>).

For exercise he swims and does other aerobic exercise daily and continues to maintain his trampoline skills. He's been a pilot for many years and a current skydiver with more than 1000 jumps.

FREE Admission & Refreshments