Winning a Lifetime Battle Against Obesity
A Presentation by Mike Teehan

Mike Teehan is a Star McDougaller 2009 honoree whose personal story has inspired many in Hawaii and elsewhere. In this talk he’ll show how a few changes in food choices and preparation resulted in huge improvements in his overall health and victory in his battle against obesity. He’ll show how just eliminating one ingredient from his diet brought his cholesterol down from 220 to 139, and his blood sugar down from 124 to 89. He’ll also demonstrate how the “low carb” gang is wrong about the effect on triglycerides as his fell from 150 to 59 while eating a diet of 80% carbs.

Tuesday, May 10, 7 p.m.
Ala Wai Golf Course Clubhouse
404 Kapahulu Ave.
(0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron station)

Mr. Teehan will also be speaking on Maui: Thursday, May 12, 7 p.m., 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

FREE Admission & Refreshments