

“THE STARCH SOLUTION & WHY SALT IS A SCAPEGOAT”

A PRESENTATION BY

JOHN MCDUGALL, M.D.



The human diet is a starch-based diet. All large populations of trim, healthy people, throughout verifiable human history, have obtained the bulk of their calories from starch. Examples of once thriving people include Japanese, Chinese, and other Asians eating sweet potatoes, buckwheat, and/or rice, Incas in South America eating potatoes, Mayans and Aztecs in Central America eating corn, and Egyptians in the Middle East eating wheat. Starch tastes sweet to the human tongue. The tongue also enjoys saltiness. Salt is not a health hazard for most people. By understanding the true roles of starch and salt, a healthy diet becomes a powerful and preferable way of eating.

SATURDAY, NOVEMBER 14, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK

Maui — Dr. McDougall will also be speaking on Maui on Thursday, November 12th, 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

Dr. John McDougall's national recognition as a nutrition expert earned him a position in the Great Nutrition Debate 2000 presented by the USDA. He is a board-certified internist, author of 11 national best-selling books, the international on-line "McDougall Newsletter," host of the nationally syndicated television show "McDougall M.D.," and medical director of the 10-day, live-in McDougall Program in Santa Rosa, CA. Other McDougall activities include seminars and health-oriented adventure vacations.

FREE Admission & Refreshments