Dairy: Essential Nutrition or Health Saboteur?

A Presentation by

Joseph Keon

North Americans are some of the least healthy people on Earth today, and much of the problem stems from poor dietary choices inspired by nutritional myths. Perhaps the biggest nutritional myth of all is that which says humans need the milk of a cow to be healthy. Joseph Keon, author of Whitewash: The Disturbing Truth about Cow's Milk and Your Health, will show how North Americans unwittingly sabotage their health every day by drinking milk, how our obsession with calcium is unwarranted, and that the inclusion of dairy products in the diet may increase the risk of serious diseases, including prostate, breast, and ovarian cancers, Crohn's disease, and osteoporosis.

Tuesday, September 13, 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 — Mr. Keon will also be speaking on Maui on Thursday, September 15th, at 7 p.m., at Kaunoa Senior Center, 401 Alakapa Pl., in Paia.

A wellness consultant for more than 25 years, Joseph Keon holds fitness expert certifications by both the Cooper Institute for Aerobics Research in Dallas, Texas, and the American Council on Exercise, and is a member of the American College of Lifestyle Medicine. He is past chairman of the board of directors for Dr. Helen Caldicott's Nuclear Policy Research Institute, and past member of the Marin Health Council, an advisory to the Marin County Board of Supervisors. He has been featured in numerous magazines and newspapers internationally and has also appeared on local and national broadcasts, including Martha Stewart Radio, CBS Evening News with Dan Rather, and ABC News.

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