

DEFEATING DIABETES

A PRESENTATION BY

STEVE BLAKE, ScD



Learn how to defeat diabetes with diet and lifestyle changes. See how a successful program resulted in weight loss, freedom from insulin, and a reversal of diabetes. Results included weight loss, pain reduction, blood sugar reduction, cholesterol reduction, and results started in two weeks!

Understand how to rate food for blood sugar control. Learn more about how food affects diabetes. What about sat fats, trans fats, and omega-3s? How are anti-oxidants and phytochemicals helpful? Examples of breakfast, lunch, and dinner menus included. Shopping tips help you choose healthful food to reverse diabetes.

THURSDAY, AUGUST 14, 7 P.M.
CAMERON CENTER
95 MAHALANI ST., WAILUKU

Talks are structured for adult-level audiences. We are not able to provide a playroom for children at this time.



Vegetarian Society of Hawaii

Join Us!

For more info: 280-6865 or steve@drsteveblake.com

**FREE Admission &
Refreshments**

Steve Blake offers classes at the University of Hawaii. He has taught classes at Stanford University, McLean Hospital, and at the Boston University Medical Campus. Dr. Blake's books include the 2008 McGraw-Hill *Vitamins and Minerals Demystified*, *A Nutritional Approach to Alzheimer's Disease*, *Understanding Dietary Fats and Oils*, *Healing Medicine*, and *Mosby's Drug Guide for Nurses, 4th edition (co-author)*. His latest book is *Arthritis Relief*. He is the creator of *The Herb Doctors* database with worldwide medical plant information, as well as *The Diet Doctor*, software for assessing dietary nutrients. He is on the faculty at Hawaii Pacific Neuroscience and has written a pilot study for them to reduce prevalence of Alzheimer's disease using nutrition. Steve Blake earned a doctor of science degree in holistic health specializing in nutritional biochemistry. He and his wife Catherine live on an organic farm on Maui that is solar powered.