"Health Care Reform: Emptying a Flooded Basement Without Turning Off the Tap"

A presentation by

William Harris, M.D.

In his presentation Dr. Harris will explain how government food policy is itself the cause of our rising rates of obesity and degenerative disease. He will also discuss the alleged deficiencies of omega-3 fats and "vitamin D." Are they real, and if so, how did it happen since the deficiencies never affected our distant ancestors?

A vegan for more than 45 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 1100 jumps.

Tuesday, July 20, 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 Thursday, July 22nd, 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

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