

THE DANGEROUS TRUTH ABOUT PROTEIN

A PRESENTATION BY

JANICE STANGER, PH.D.



Protein is the most misunderstood and overhyped nutrient. Popular myths hide basic facts: what protein is made of, how many kinds of protein there are, what happens to excess protein when you eat too much.

This presentation will transform your understanding of protein with must-know information on three dangers of consuming too much and the wrong kinds of protein. You'll also learn the truth behind three commonplace fallacies that keep you eating foods that can wreck your health.

Discover the secret of the whole foods, plant based diet that will get you an optimal amount of protein and all the other nutrients as well. And you don't have to count grams of protein!

Janice Stanger, Ph.D. is a nutrition expert, educator, speaker, and author of *The Perfect Formula Diet: How To Lose Weight and Get Healthy Now With Six Kinds of Whole Foods*. Her mission is to provide you solid, yet little-known, information on whole foods, plant-based diets so you can choose your diet based on facts, not myths.

Dr. Stanger has a Ph.D. in Human Development and Aging from University of California, San Francisco. She is certified in plant-based nutrition through the T. Colin Campbell Foundation and has an M.B.A. from University of California, Berkeley. She is in her eighteenth year of critically analyzing scientific studies on nutrition and health.

TUESDAY, JULY 9, 7 P.M.
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE.

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)

WEDNESDAY, JULY 10, 6:00-8:00 P.M
GOURMET VEGAN DINE-OUT WITH DR. JANICE STANGER
CHURCH OF THE CROSSROADS, 1212 UNIVERSITY AVE.
CHEFS KATHY MADDUX & ALYSSA MOREAU PRESENT
CURRY SWEET POTATO BISQUE, SUMMER "SLIDERS" & COLLARD WRAPS
QUINOA W/ MANGO VINAIGRETTE AND MORE! (FULL MENU* ON VSH.ORG)
\$20 (VSH MEMBERS 10% DISCOUNT), TO RSVP & PREPAY
EMAIL MACROCOMMHI@HAWAII.RR.COM OR CALL 845-2873
LAST SERVICE AT 7:30 P.M. * VEGAN, GLUTEN-FREE



Vegetarian Society of Hawaii

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