

# NO MORE HEART ATTACKS

A PRESENTATION BY  
**STEVE BLAKE, SCD**



**W**e can virtually eliminate heart attacks as the #1 killer in America. Learn more about how clogged arteries develop and how to stop and even reverse arterial clogging. Find out which diets can lower your risk of heart disease. Learn which fats constrict arteries and increase the risk of a fatal clot. See how excess saturated fats increase arterial clogging and heart attacks. Oxidized cholesterol becomes a hazard to arterial health when foods high in cholesterol are cooked. See studies showing how nuts and seeds can open arteries, lower adhesion, and reduce clotting. We will review the latest research so that you can choose heart-safe lifestyle options including fitness and stress reduction.

**S**teve Blake offers classes at the University of Hawaii. He has taught classes at Stanford University, McLean Hospital, and at Boston University Medical Center. Dr. Blake authored the 2008 McGraw-Hill college textbook *Vitamins and Minerals Demystified*. He is the author of *A Nutritional Approach to Alzheimer's Disease*. His latest book is called *Arthritis Relief*. He also wrote *Understanding Dietary Fats and Oils*, *Healing Medicine*, and co-authored *Mosby's Drug Guide for Nurses, 4th edition*. He is the creator of *The Herb Doctors* database with worldwide medical plant information. He wrote the *Diet Doctor*, software for assessing dietary nutrients. He works as a nutritional biochemist at Hawaii Pacific Neuroscience where he has written a pilot study 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.

**TUESDAY, MAY 13, 2014, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE.**

0.2 MI. BEHIND WAIKIKI-KAPAHULU LIBRARY

ACROSS FROM THE CHEVRON STATION

**WEDNESDAY, MAY 14, 6-8 P.M.**

**GOURMET VEGAN DINE-OUT WITH STEVE BLAKE, SCD**

**CHURCH OF THE CROSSROADS, 1212 UNIVERSITY AVE.**

**PINTO & KIDNEY BEAN TAMALE PIE WITH QUINOA AND KIAWE FLOUR CORNBREAD CRUST TOPPED WITH CASHEW, CILANTRO, AND LIME "SOUR**

**CREAM", SUMMER GREENS & MORE. FULL MENU\* ON WWW.VSH.ORG**

**\$20 (VSH MEMBERS 10% DISCOUNT), TO RSVP & PREPAY:**

**EMAIL [MACROCOMMHI@HAWAII.RR.COM](mailto:MACROCOMMHI@HAWAII.RR.COM) OR CALL 845-2873**

**LAST SERVICE AT 7:30 P.M. \*GLUTEN-FREE**

**Maui — Dr. Blake will also speak on Thursday, May 8, 7 p.m., at Cameron Center, 95 Mahalani St. in Wailuku.**



**Vegetarian Society of Hawaii**

**Join Us!**

**For more info call 944-VEGI (8344) or visit [www.VSH.org](http://www.VSH.org)**

**FREE Admission & Refreshments**

**Refreshments courtesy of Down To Earth.**