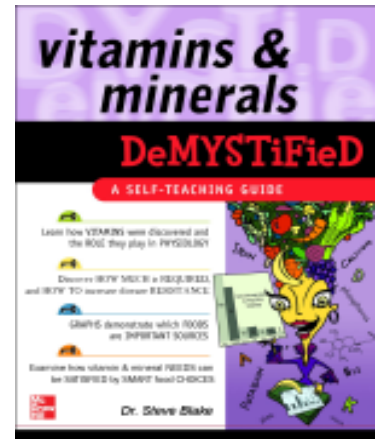


BORDER'S BOOKS PRESENTS:
VITAMINS AND MINERALS
DEMYSTIFIED

A PRESENTATION BY STEVE BLAKE, SCD
DOCTOR OF HOLISTIC HEALTH

AUTHOR OF *HEALING MEDICINE &*
VITAMINS AND MINERALS DEMYSTIFIED



Learn more about these vital micronutrients!

- ✿ How to get more energy and burn more fat.
- ✿ How to pick good vitamins.
- ✿ Which foods have the most vitamins and minerals?
- ✿ How to boost your child's nutrition.
- ✿ What are the special vitamin needs of older people?
- ✿ Learn how trivalent chromium reduces diabetes risk.

**Free
Admission**

Saturday, January 26th, 2 pm

Borders, Maui Marketplace
Dairy Road, Kahului, Maui
877-6160

Dr. Steve Blake has dedicated his life to helping people understand how easy it is to attain excellent health. He empowers people to learn natural medicine and prevent disease. Dr. Blake has earned two doctorate degrees in natural medicine. He has new software to analyze your nutrition called the *Diet Doctor*.



He pioneered the computerization of knowledge on natural remedies from around the world, now released as *GlobalHerb Pro 2007*. Steve Blake has authored a dozen major publications including "*Healing Medicine, A Complete Guide to Safer Healing*." He has **just completed a textbook called *Vitamins and Minerals Demystified* for McGraw-Hill.**

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