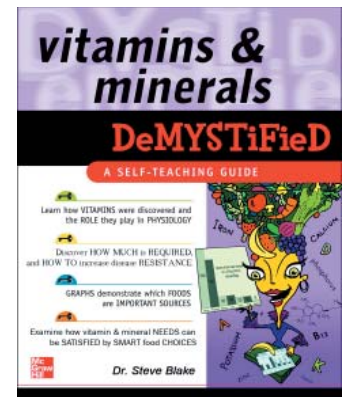


HEALTHY HEARTS, FATS AND CHOLESTEROL

A PRESENTATION BY DR. STEVE BLAKE, SCD

AUTHOR OF HEALING MEDICINE & VITAMINS AND MINERALS DEMYSTIFIED



Healthy Hearts is a workshop on how to lower the risk of heart attacks.

- ❄ Discover how arteries get clogged and how to unclog them.
- ❄ Find out more about cholesterol and trans fats.
- ❄ Learn how exercise and stress affect your risk of heart attacks.
- ❄ We will take a look at which foods decrease your risk of heart attacks.
- ❄ See how antioxidants in food can keep your heart and arteries healthy.

Who should attend: Anyone who needs information to keep themselves and their family safe from America's number one health problem.

Become informed about the dietary risk factors for heart disease and how to reduce your risk. You will also get tips for exercise and stress reduction that can keep your heart healthy.

FREE TALK AND SLIDE SHOW
TUESDAY, MAY 20TH FROM 1 TO 2:30 PM
MAUI VETERANS CENTER
35 LUNALILO STREET, WAILUKU, MAUI

Free
Admission

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



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.**

www.NaturalHealthWizards.com