

CHOCOLATE, COFFEE & ANTIOXIDANTS

A PRESENTATION BY STEVE BLAKE, SCD
DOCTOR OF HOLISTIC HEALTH
MASTER HERBALIST,
REGISTERED HERBALIST, AHG



Find out if chocolate and coffee are good for you

- ✧ Learn about antioxidants in plants
- ✧ Find out more about polyphenols in coffee and chocolate
- ✧ How stimulants work
- ✧ Discover healthful plant stimulants!

Free
Admission

Sat., March 10, 7:30 pm

Potluck precedes lecture at 6 pm

San Francisco Vegetarian Society

Institute on Aging, 3600 Geary Blvd, San Francisco

Dr. Steve Blake has dedicated his life to helping people understand how easy it is to attain excellent health. Rather than practicing as a physician, he empowers people to learn natural medicine and prevent disease. Dr. Blake earned two doctorate degrees in natural medicine and is a registered herbalist. He pioneered the computerization of herbal



knowledge and also **developed one of the largest databases of natural remedies in the world.** Steve Blake has authored a dozen major publications including his just-released book, *"Healing Medicine, A Complete Guide to Safer Healing."* He has publications on Ayurvedic remedies, Chinese herbs and formulas, Aromatherapy, and software to visualize nutrition.

For more info, contact www.SFVS.org 415-273-5481