



# TERRY SHINTANI, M.D.

PRESENTS

## “HOW TO PREVENT AND REVERSE HEART DISEASE”

**T**erry Shintani, M.D., M.P.H., J.D. is the author of the *Eat More, Weigh Less Diet*, *The Hawaii Diet*, and *The Good Carbohydrate Revolution*. He's been featured in Newsweek, on CNN and CBS News, on ABC national radio, and on Date-line NBC.

He received his master's degree in nutrition from Harvard University and his medical and law degrees from the University of Hawaii. He is Board certified in preventative medicine and is the Associate Chair of Alternative & Complementary Medicine at the John A. Burns School of Medicine at the University of Hawaii at Manoa.

**Fact:** The major cause of death in America is cardiovascular disease.

**Fact:** Nearly all cardiovascular disease is preventable.

**I**t is no longer necessary to suffer from a progressively deteriorating vascular system characterized by angina, heart attacks, heart failure, and premature death. In this presentation preventive medicine physician Terry Shintani will show you how to not only prevent heart disease but to actually reverse it.

**SAT., FEB. 11, 7 P.M.**

**MCCOY PAVILION**

**ALA MOANA BEACH PARK**

**Dr. Shintani will also be speaking on Maui on Tues., Feb. 14 at 7 p.m. at the Cameron Center, 95 Mahalani St, Wailuku, Maui.**



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