

2009's unmissable nutrition event!



Dr Michael Greger Presents the Latest in Vegan Nutrition

Book your tickets now to see world expert in London
Introduction by VVF and Viva! founder and director Juliet Gellatley

Saturday, 27 June 2009 / Edmond J Safra Lecture Theatre, Strand Building, Kings College, London WC2R 2LS / 1.15pm-5pm

Tickets £7 or £5 in advance. Buy on-line and for more info: www.vvf.org.uk/drgreger.html or phone 0117 970 5190 (Mon-Fri)

The Vegetarian & Vegan Foundation (VVF) and Viva! are hosting a fascinating afternoon with one of the world's premier clinical nutritionists, featuring the latest in cutting-edge health research and how giving up meat and dairy products can really transform your life! Learn first hand, from this internationally recognised speaker on nutrition, food safety and public health issues how going vegan is the most effective thing anyone can do to prevent, treat and even reverse chronic disease.

Topics Dr Greger will cover include:

- Soya for women with breast cancer?
- Meat
- Dairy products
- Fish: Omega 3's and Mercury
- Best-cancer fighting berry
- One egg a day: harmful?
- New antioxidant superstars
- Meat and arthritis
- Vitamin supplements worth taking

This is Dr. Greger's only talk in the UK in 2009! Buy now to ensure a place.



Viva!

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