

Viva!

Viva!, the world's largest vegetarian organisation, and the CNM, invite you to an inspiring talk by international health expert Dr Michael Greger

STOPPING CANCER BEFORE IT STARTS: DIET AND CANCER PREVENTION



Thursday 28 June 2007, 7pm-9pm

Carrs Lane Church Hall, Carrs Lane, Birmingham B4 7SX

All welcome! Entrance £5 (under 18s free)

More than half of all cancer deaths may be preventable through diet alone. In an engaging multimedia presentation, Dr Greger reveals the top whole plant superfoods that may block – even reverse – tumour formation, and explains what free radicals and antioxidants are and how they work. Looking at specific cancers such as breast and prostate, he shows how a phytonutrient-rich vegan diet may be our best protection against the cancer epidemic.

Dr Michael Greger is a GP specialising in clinical nutrition and a founding member of the American College of Lifestyle Medicine. He is director of Animal Agriculture and Public Health at the Humane Society of the United States. He stars on his exceptional DVD *Stopping Cancer Before It Starts* and is author of books *Heart Failure: Diary of a Third Year Medical Student*, *Carbophobia: The Scary Truth Behind America's Low Carb Craze* and recently *Bird Flu: A Virus of Our Own Hatching*.

A passionate vegan and a dynamic speaker, Dr Greger is an internationally renowned authority on public health issues.

Buy on door or book in advance to guarantee your place by calling Viva! on 0117 944 1000. Viva! merchandise and free materials available.

Organised by Viva!, the Vegetarian & Vegan Foundation and the College of Naturopathic Medicine www.naturopathy-uk.com. With help of:



Viva! Midlands

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Birmingham Vegetarians & Vegans www.bvv.org.uk

CNM

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