

# Reversing “Heart-O-Betes” Potluck

## Heart Disease – Obesity – Diabetes & Discussion

### With Simple, Whole, Unprocessed, Plant-Based Foods

Heart disease is the number 1 killer of men and women world-wide

70% of Americans are overweight or obese. 30% of children are overweight

Diabetics cost the U.S. Healthcare system 2 ½ times that of those without diabetes

### “Food Is The Medicine! Experience It!”

Low-fat, whole-food, plant-based diets without quantity restriction have been SCIENTIFICALLY proven to REVERSE heart disease, diabetes and obesity...

- WHEN:** Last Friday of the Month (Aug 25, Sep 29, Oct 27, Nov 17 (3rd Fri ), Dec 29, 2017)
- TIME:** 7:00 – 8:30 P.M.
- PLACE:** Health Associates waiting room, 3301 Alta Arden Suite 3, Sacramento, CA 95825
- TOPICS:** Heart Disease (Aug), Diabetes (Sep), Obesity (Oct), Alzheimer’s (Nov), Living to 100 (Dec)
- COST:** NO CHARGE!...BUT!...YOUR “TICKET” IS TO BRING A “SIMPLE”, SMALL, WHOLE-FOOD, PLANT-BASED DISH WITH “NO ADDED OIL” TO SHARE!

**NOTE:** Everyone agrees we need to eat more unprocessed, low-allergy, whole, plant-based foods to improve America’s health. Non-vegetarians are encouraged to come to learn how to incorporate more tasty, health protective plant foods into their diet. Come share some food, learn from your neighbor, and hear how you cannot just PREVENT but REVERSE chronic diseases such as heart disease, diabetes, obesity, early Alzheimer’s and in some cases the aging process. By bringing a simple plant-based dish, and listening and sharing you will be a teacher and a student at the same time.

**\*\*\*\*\* IMPORTANT:** To secure a space you must email your name, the names of the people you are bringing, the date and the SIMPLE oil-free, plant-based dish you are bringing (i.e. simple explanation - 3 bean salad, homemade hummus, rice and beans etc.) to Kirk Hamilton, SUBJECT HEADING, “Potluck” at [krhammer@surewest.net](mailto:krhammer@surewest.net) – Limited to the first 30 people who send their email address, name and description of their dish, and date of potluck.

### Questions & Sign-Up: Email Kirk Hamilton PA-C - [krhammer@surewest.net](mailto:krhammer@surewest.net)

Kirk Hamilton PA-C has been a practicing physician’s assistant for more than 31 years at Health Associates specializing in nutrition, prevention, integrative and Lifestyle Medicine. He is the author of the book “Staying Healthy in the Fast Lane” and hosts the Staying Healthy Today Show (Podcast) and Sloppy Vegan Cooking Show (YouTube) and speaks and teaches on Chronic Disease Reversal regularly. His passion is to teach people how to not only PREVENT but more importantly REVERSE chronic diseases with diet.