

## Nov. 14 seminar looks at diet, disease and health

Contributed by Editor  
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LAKEPORT &ndash; A seminar on diet, disease and health will be presented by Peter Y. Cho, M.D., at the Lakeport Community Seventh-day Adventist Church at Park and Hill, off Highway 29, from 2 p.m. to 4 p.m on Saturday, Nov. 14.

The seminar is an enlightening PowerPoint presentation illustrating the connection between diet, disease and health.

This presentation promises to change the way you look at food. The majority of cancers and almost all cases of heart disease are preventable. Find out how.

Topics covered are:

- The standard American diet and lifestyle;
- What is the connection between food and disease;
- Which foods have the highest nutritional density;
- Why enzymes are crucial in maintaining health and longevity;
- What roles antioxidants and phytonutrients play on our health;
- How whole, living foods help prevent, detoxify, fight and reverse disease;
- Connection between diet and spirituality.

There will be question and answer session following the seminar. Dr. Cho also will be speaking at the worship service at 11 a.m.