

EarthSave Baltimore Dinner Series presents

# Milton Mills, MD speaking on...

## The Natural Diet of Humans: Comparative Anatomy of Eating



**Saturday August 12**

**6:00 – 9:00 pm**

**Potluck Dinner & Lecture**

**New Meeting Location!!**

Learning Center/Yoga Studio of

**Your Prescription  
for Health**

10210 S. Dolfield Road Owings Mills,  
Maryland, 21117 (410) 356-2169

**Milton Mills, MD, will illustrate in detail how humans may be “behavioral” omnivores, but anatomically we seem to be designed to eat a purely plant-based diet.**

**Milton R. Mills, MD**, a graduate of Stanford University School of Medicine, is a board certified internist, practicing at Fairfax Hospital in Virginia. He is associate director of preventive medicine with **Physician's Committee for Responsible Medicine (PCRM)**, and is co-author of PCRM's report on *Racial and Ethnic Bias in the U.S. Dietary Guidelines*. He is the lead plaintiff in PCRM's class action lawsuit that asks for warning labels on milk. In his work at clinics in Washington, DC, he's been able to promote and observe the improvement of immune system function in those HIV and AIDS patients who follow his dietary recommendations.



**Seating for this special event is limited, and advance registration is suggested.**

Guests for this potluck dinner are asked to bring a dish made without animal products to serve at least 5 times the number in your party, along with a donation of \$5. Or you may attend without bringing a dish (with 2 days notice) for a \$12 fee. Please register at the online store at [WWW.EARTHSAVE.ORG](http://WWW.EARTHSAVE.ORG), or send your check or money order to “EARTHSAVE”, at 517 Talbott Ave. Lutherville, MD, 21093.

**EarthSave Baltimore** is a completely volunteer operated 501-C3 nonprofit group that educates people about the powerful impact our food choices have on the environment, our health, and all life on Earth. We promote a shift toward a whole foods plant-centered diet. For information on other Earthsave activities, please call 410-252-3043 or email [BALTIMORE@EARTHSAVE.ORG](mailto:BALTIMORE@EARTHSAVE.ORG). And please subscribe to our free monthly email newsletter or ask to be included on our monthly phone call list.

**410-252-3043**

**[WWW.EARTHSAVE.ORG](http://WWW.EARTHSAVE.ORG)**