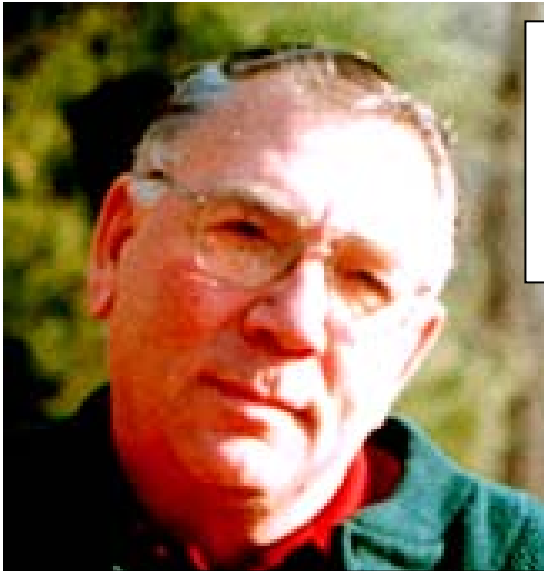


**EASTER SUNDAY** EarthSave Baltimore will present lectures by



## **Milton Mills, MD**

***THE NATURAL DIET OF HUMANS:  
COMPARATIVE ANATOMY OF EATING***

Former Cattleman, "*Mad Cowboy*"

## **Howard Lyman**

***INVENTORY OF PLANET EARTH:  
DO WE HAVE A FUTURE?***



**Howard Lyman, a Montana-born former fourth generation farmer, cattle rancher, and feedlot operator, turned vegetarian and became an organic farming lobbyist and food safety advocate. As a guest on the Oprah show, he revealed the dangers of eating beef like never before.**

Mr. Lyman is author of *Mad Cowboy: Plain Truth From the Cattle Rancher Who Won't Eat Meat and No More Bull!* Howard has a fascinating and touching story to relate. His warmth, honesty, and down-home country humor combine to make him one of the world's most sought after speakers on sustainable agriculture and ecology, vegetarianism, and animal protection.

**Dr. Milton Mills' presentation will illustrate in detail that, even though humans may be "behavioral" omnivores, anatomically we seem to be designed to eat a purely plant-based diet.** Mills is a graduate of Stanford University School of Medicine, and 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.

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

**April 8<sup>th</sup>**, 5:30 pm, **Women's Club of Catonsville** 10 St. Timothy's Lane, at Frederick Rd.

Men are welcome! Light refreshments included! Doors open at 5:15. Tickets \$20 in advance, \$25 at the door. You may register at the online store at [WWW.EARTHSAVE.ORG](http://WWW.EARTHSAVE.ORG), or send check or money order to "EARTHSAVE", at 517 Talbott Avenue, Lutherville, MD, 21093.

**EarthSave Baltimore** is a fully volunteer operated 501-C3 nonprofit 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 dinner/lecture series information please write [BALTIMORE@EARTHSAVE.ORG](mailto:BALTIMORE@EARTHSAVE.ORG) or call 410-252-3043. And please subscribe to our free monthly email newsletter.

**410-252-3043**

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

