

Come Hear The Video Health Lecture



Heart Disease: How Eating Real Food Saves Lives

By Dr. Richard Taw, MD

June 26, 2021 at 3 p.m.

Plant-Based Video Cooking Demo by
Chef Eric Lechasseur & Sanae Suzuki

Recipes For Everyone

Free • Everyone Is Welcome!

Register at www.SouthBayChurch.net
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& Video Cooking Demo.

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South Bay Adventist Church, Redondo Beach
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About Our Presenters

Dr. Richard Taw, MD

Dr. Richard Taw is a board certified internist and cardiovascular specialist as well as board certified in the new subspecialty of clinical lipidology (cholesterol disorders and prevention).

He founded and directs the Preventive Cardiology Center in Santa Monica, California. He is former Assistant Professor of Medicine at UCLA School of Medicine where he directed the Non-Invasive Cardiology Service. He is past director of the Echocardiography Laboratory at Saint Johns Hospital.

He now leads a cardiology practice focused on prevention in the areas of atherosclerosis and its complications (heart attack and stroke), congestive heart failure and arrhythmias. The center has additional expertise in cardiovascular ultrasound imaging of the heart and arterial system.

He has pursued new approaches to assessment of risk for first-ever stroke and heart attack and advocacy for screening all adults for atherosclerotic vascular disease.

Preventive Cardiology Center
2021 Santa Monica Boulevard, Suite 212E
Santa Monica, CA 90404.
Phone: 310-829-4327

Chef Eric Lechasseur & Sanae Suzuki

Eric Lechasseur • Author. Chef of plant-based vegan macrobiotics since 1995.

Eric trained as a classical French chef. In 1993, Eric began his plant-based vegan macrobiotic journey to help his wife, Sanae Suzuki, recover from ovarian cancer. He soon discovered that plant-based vegan macrobiotics was effective for treating his own very serious allergies. Soon after, his reputation caught on and he became a celebrity chef extraordinaire sought after by the likes of Oprah, Madonna, Tobey Maguire, Jim Carey, Leonardo DiCaprio, and Sting.

Sanae Suzuki BFRP • Author. Ovarian cancer and Lymphoma & near-fatal car crash survivor. Plant-based vegan macrobiotics whole health cooking instructor, educator, nutrition counselor and holistic healing practitioner for people and pets since 1995 in the USA, Japan, the Caribbean, and Europe. Sanae is a Bach Flower Registered Practitioner since 2001.

Eric and Sanae operated an organic vegan macrobiotic restaurant, Seed Kitchen, in Venice, California for 8 years (2008 ~2016).

<https://www.facebook.com/Chef-Eric-Lechasseur>.