

A Practical Guide to Harnessing
Our Innate Capacity for
Health and Healing

Evolution Rx

What the latest research in genetics, biology,
and early human history reveals about

- ❖ preventing disease
- ❖ fighting infections
- ❖ avoiding unnecessary treatments
- ❖ extending life—and good health

William Meller, MD



Meller integrates his discoveries about ancient indigenous medicine with the most up to date medical research into his practice at the MedCenters of Santa Barbara, a California health facility with three offices and some 36,000 patient visits annually.

William Meller, MD, will talk and answer questions about his book *Evolution Rx*:

- The Primal Diet -- our Stone Age body's wants and needs.
- Germ warfare, allergies, and the dirt age -- taming our hyperactive immune system.
- Toxins -- the good, the bad, and the indifferent.
- The urge to merge -- dating, mating and reproduction.
- Evolution from the neck up -- sorting out the mental toolbox.
- Flawed heritage -- when good genes go bad.
- Living longer -- evolution and aging well.

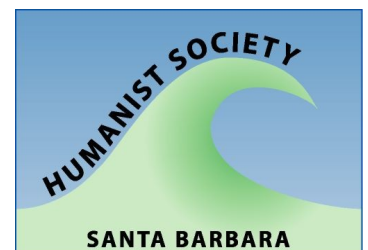
Dr. William Meller is a board certified internist as well as one of the nation's leading practitioners of evolutionary medicine.

He is a member of the American College of Physicians and the American Association for the Advancement of Science. He served as a clinical instructor at the University of Southern California for more than a decade and now co-teaches a pioneering course on evolutionary medicine in the College of Creative Studies at UCSB. Meller received his undergraduate degree from UCSB and his M.D. from the Georgetown University School of Medicine.

Presented by the Humanist Society of Santa Barbara.

Everyone is welcome - \$2 student or \$5 general donations would be appreciated. Information phone 805-259-6432.

Doors open 2:30pm, meeting starts **3pm Saturday, Feb. 20th.**
In the Patio Room at Vista del Monte, 3775 Modoc Road (Las Positas exit off 101) in Santa Barbara.



<http://sbhumanists.org>