

## Natural Health & Eco Fest In Livonia

Achieving vibrant health and transforming lives and the world in a positive way were the life's work of the late Dr. Ann Wigmore, a pioneer in the field of raw, living foods. The Natural Health & Eco Fest, taking place Sunday, November 11, 10:00 am to 5:00 pm. at Laurel Manor in Livonia, is dedicated to the memory of "Dr. Ann" and aims to celebrate and teach about the healing power of raw and plant-based foods and a natural, eco-friendly lifestyle

through lectures, food demonstrations, samples, exhibits and more. Tickets are \$15 when purchased in advance or \$20 at the door.

"The intention of the Natural Health & Eco Fest is that attendees walk away with the knowledge and inspiration for achieving optimum health, physically, mentally and spiritually," says event organizer Joyce Oliveto, a certified nutritionist and naturopath who, as a former student and friend of Dr. Ann's.

Highlighting the event are talks by author and teacher Viktoras Kulvinskas, widely considered to be "the father of living foods" who co-founded the landmark Hippocrates Health Institute in Boston with Dr. Ann; and Brian Clement, Ph.D., a leading expert in the natural health field and current director of Hippocrates Health Institute in West Palm Beach, Fla. Joyce Oliveto will also speak, as will Joel Kahn, M.D., cardiologist and corporate director of wellness for Detroit Medical Center and Terri VanDale, certified nutritional microscopist.

Along with food demonstrations, samples and a food court will be health- and eco-friendly exhibitors and artisans. Attendees can also view documentaries and archived videos of Dr. Ann Wigmore and her groundbreaking work with wheatgrass juice and living foods.

In addition to speaking, Dr. Clement will present an optional, in-depth workshop on how chronic conditions like diabetes, cancer and fibromyalgia can be conquered with a diet of organic, vegan, living foods.

Laurel Manor is located at 39000 Schoolcraft Rd., between Newburgh and I-275 in Livonia. A portion of ticket proceeds will benefit the Ann Wigmore Memorial initiative in Lithuania. For details and tickets, visit [NaturalHealthandEcoFest.com](http://NaturalHealthandEcoFest.com). See ad page 28.

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## Learn to Release Stress and Achieve Goals at Troy Event

On Sunday, November 11th from 11:15 am until noon Sandra A. Chimenti, M.Ed., Owner of Creative Books and Music, L.L.C. will present "Discover Your Real Power to Succeed! Experience the powerful Awakening Process" at the Spiritual Life Center Church in Troy. The free presentation follows the Sunday Service that begins at 10:00 am.



Sandra A. Chimenti

"This unique visualization exercise guides you to go from where you are to where you want to be," explains Chimenti. "I will guide you to use this guaranteed approach to release stress and help you achieve your goals. Learn how to use real power to create your happiness and success in your life. If you've tried other techniques, this is the one that really works!"

Chimenti is author of the inspirational book *The Real Me: Awakening Your True Self*. Chimenti shares empowerment presentations for churches, schools, businesses and individuals; and offers networking events. A book-signing will follow her free presentation.

*The Spiritual Life Center Church is located in the Michigan State University Management Education Center, 811 W. Square Lake Road, Troy. For more information, call 586-996-8660 or visit [CreativeBooksAndMusic.com](http://CreativeBooksAndMusic.com).*