

For Immediate Release
Contact: Steve Kimbrell
Phone: 810-513-1133
staceykimbrellpr@livinganointed.com
December 23, 2009

“Ultimate Health & Wellness Workshop”
Learn how to live a longer, healthier, happier toxic free life... Naturally!

Location: Riverdale Church, 5151 Calkins Rd. Flint MI 48532.

For directions call (810) 423-5721

Registration: 8:15 am • Workshop: 9 am – 6:30 pm. Admission is \$30.00 at the door.
\$10 off with this article! RSVP **Bring 2 lg. spray bottles & 1 wide mouth mason jar.

FLINT, MICHIGAN – On January 9, 2010 **Living Anointed** Wellness Center will present the “Ultimate Health & Wellness Workshop” designed to educate the public about the benefits of nutritional food and the possibility of reversing the damage from the years of poor diet choices. This event is for everyone! Individuals and families in the community will learn how better health starts with making wise decisions. Through eating whole food nutrition, eliminating toxic chemicals from foods and cleaning products, and using natural modalities, one can move to a healthier future.

Classes

Those attending this workshop will be able to relax while watching quick and easy food demonstrations, enjoy samples and take home recipes. Attendees will also receive hands-on training as they make non-toxic household cleaners to take home, and be introduced to great local resources available to the public.

Speaker

Stacey Kimbrell (author of “Living Balanced”) will expose which toxins are contained in most common foods and products. She will explain how very painful and debilitating health issues can be avoided by eliminating toxins from our every day products. Stacey will empower and encouraged everyone with her knowledge and testimony, provide resources, and share the knowledge needed to restore health and wellness.

About Stacey Kimbrell

Stacey wondered if toxic ingredients were the cause of her family’s range of ailments (dermatitis, sinusitis, allergies, infections, dyslexia, ADHD, depression, and mood swings). For close to a year she researched chemicals found in foods, drinks, and cleaning products. She attended numerous classes on toxins and studied under Dr. Nathan Peachey, D.N.M. Stacey realized that with the continued use of toxin laden products, the body cannot maintain a healthy balance and becomes more susceptible to illness and disease. She also found that toxins, we unknowingly consume, cause many illnesses and disease. Stacey felt an overwhelming responsibility to share this knowledge with as many people as possible. Thus, Living Anointed was created to act as a platform for teaching, lecturing, and consulting those interested in Holistic Health, Wellness and Chemical Awareness.

As a Natural Health Advocate, sought after lecturer, author of “Living Balanced” and creator of LivingAnointed.com and Livingtoxinfree.com, Stacey challenges audiences to become their own health advocates by taking control of what they ingest, inhale, and allow to be absorbed into their bodies.

Steve, Stacey's husband for more than 15 years, and two sons ages 14 and 10, all strive to live for more Healthy and Chemical Free Living. "I have been blessed by God with the knowledge to restore our family's health and well-being" – Stacey Kimbrell.

“Living Balanced: Healthy Mind & Body Reference Guide”

Stacey Kimbrell's book "Living Balanced" is designed to assist readers through daily life as they make positive changes to improve their health and well-being. Written in Stacey's down to earth style, "Living Balanced" will help you learn how to heal their body naturally through eating whole food nutrition and using non-toxic products. Readers will learn which toxic chemicals are in foods, cleaners, and skin-care products and how to replace them with non-toxic substitutes. This guide will also help readers eliminate toxins from their diet and lifestyle, explain ways to clear existing toxins and Candida from their body, provide ways to balance their pH levels, and assist in working towards having a healthier body and overall lifestyle. Better health starts with making wise decisions – decisions that lead to having a balance life.