

A different symposium sprouts in Santa Cruz

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More than 150 people will gather in Santa Cruz this weekend for a New Age whoop-de-do billing itself as the first International Living Foods Symposium.

Lest this conjure up visions of people named Rainbow Crystal-feath^r gulping down live goldfish should be clear from the site of the get-together that only

vegetarian dishes will be served — or discussed — at the conference.

In a nutshell, according to the conference organizer, living food encompasses raw, sprouted or fermented fruits and veggies — including, naturally, blue-green algae.

"These are living foods contrasted, say, with sodium burgers from McDonald's," says Steven

Hurwitz, symposium organizer and founder of the Living Health Institute in Santa Cruz.

Living edibles such as sprouts, eaten moments after being plucked from the soil, Hurwitz explains, "provide us with more vitality due to the foods" abundant bioelectrical forces.

"Kirlian photography has shown that the electrical energy
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New Age event is food for thought

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surrounding a tray of wheat grass will enhance your bioforce field by merely being in the same room."

Conferees will be able to sample living delicacies, to join in Sunday's living cuisine banquet, to receive a "free live cell" and, of course, to have a saliva pH analysis.

Speakers ranging from a beloved otogenarian nutrition guru to a man who says he communicates with whales and dolphins will discuss topics such as "Oxygen, your vital element," "Sprouting your food for traveling," "Dowsing for your optimal food" and "The power of cleansing."

Keynote speaker Ann Wigmore, 84, is the founder of the Ann Wig-

more Foundation in Boston and the Ann Wigmore Institute in Puerto Rico. According to symposium coordinators, Wigmore holds a diploma of naturopathy and a doctorate of divinity. She will talk about enzymes, immune systems and "healthy fast food."

Wigmore, according to her biography, developed "practical sprouting of grains and seeds for growing greens indoors in one-inch trays for seven days" as well as "the fermenting of vegetables for easy digestion."

Dowsing for food will be the topic when William S. "Willie the Whale" Bennett talks on Sunday. That means, explains Hurwitz, that by using traditional dowsing techniques one can discover which foods are right or wrong for that individual's consumption.

Bennett's nickname comes,

says Hurwitz, from his ability to communicate with marine mammals.

Once a successful engineer, according to his biography, Bennett "has defected to another, richer and more joy-filled world," i.e., dowsing.

If all this sounds rather . . . well . . . rather strange, Hurwitz encourages Doubting Thomases to attend the symposium.

The event will be held at Pacific Cultural Center, at Seabright and Broadway, in Santa Cruz. While people who signed up early paid \$250 for the three-day event, which begins today, late registrants will pay \$295 for three days or \$75 for today only and \$125 a day for Saturday and Sunday sessions.

For more information call (408) 457-1323.