

# SmartBrief

## **Award-Winning Raw Food Documentarian to Screen 'Supercharge Me!' in Boston**

NEW YORK, (PRNewswire) Nov. 3, 2008 -- "Supercharge Me!" film producer and director Jenna Norwood will screen her award-winning documentary and discuss her life-changing experience with raw foods on Saturday, November 8, from 10:30 AM to 1:00 PM at Newton-Wellesley Hospital's Shipley Auditorium. The National Institute of Whole Health is sponsoring this free, public event.

Later in the day, Norwood will screen her film at Harvard University. A limited number of tickets are available through [superchargeharvard@live.com](mailto:superchargeharvard@live.com).

"Supercharge Me!" is an honest, educational and often humorous documentary of Norwood's transformational experience at a raw foods detox center.

"I'd been a vegetarian for 24 years, but that didn't mean I was eating healthy food," said Norwood. "My diet included too much junk food and very few fruits or vegetables."

Motivated by a glamorous showgirl Halloween costume, Norwood was inspired to try a raw diet for thirty days, the outcome of which not only transformed her body and health, but also changed her life.

Norwood did indeed shed 15 pounds for a showgirl-enviable body, but her cholesterol also dropped 50 points, her blurred vision disappeared (along with her glasses) and her chronic aches and pains diminished.

"The health benefits were astounding," said Norwood, "but I was even more delighted to discover I felt sharp, more focused and energized. I was sleeping better, more connected spiritually and felt more sensitive to others. Perhaps most importantly, I just felt much happier."

Who knew the secret to a happy and content life could be as simple as a carrot stick?

Norwood was hooked and determined to share her newfound knowledge with others.

"I'd been running my own public relations firm since 1993. I left that behind and dedicated my life to educating others about the beneficial effects of getting back to nature."

Jenna also became a certified "Live Food Chef" and opened Veggie Magic and Vibe Cuisine, two raw food restaurants and a catering business, in Sarasota, Florida.

As Chair of the Executive Board of the Healthy Start Coalition of Sarasota she supports programs that lend resources and services to pregnant women and young children at risk.

Today, Norwood regularly teaches food preparation classes at Whole Foods Markets throughout the country and travels the world lecturing on the benefits of raw food diets, demonstrating her recipes and screening her film at universities, green festivals and health events.

"Jenna is a powerhouse for the transformation of the health of the people of our nation," said Monika Kinsman, Event Producer, Bastyr University, Seattle, WA. "She provides a fresh perspective on how people can create abundant health for themselves through committed action -- simply by increasing their intake of food from nature."

Norwood produces a weekly show on the subject of raw food. The program includes healthy demonstrations from her kitchen, interviews with experts and celebrities and footage from her adventures in the raw food world. The show may be viewed on her site: <http://www.JennaNorwood.com>. She also plans to release an "uncookbook" of more than 100 of her favorite raw food recipes in 2009 as well as expand her restaurant and catering businesses.

"Raw foods have become more than a diet for me," says Norwood. "This experience has literally changed how I see the world. My goal now is to share these aspects of healthier living with as many people as possible throughout the world, in a nonjudgmental way that makes a healthy lifestyle accessible and, most of all, fun and delicious!"

The free event on Saturday afternoon will be held at the Newton-Wellesley Hospital's Shipley Auditorium on the 2nd floor. The address is 2014 Washington Street, Newton, MA. For additional information, please contact the National Institute of Whole Health at 888-354-4325.

Jenna Norwood holds a B.S. in Journalism from the University of Maryland, College Park. She paid her way through college working in the restaurant business, is a native of Washington, DC and currently resides in Sarasota, Florida. For more information about "Supercharge Me!" and Norwood's tour schedule, please visit [www.jennanorwood.com](http://www.jennanorwood.com).

Web site: <http://www.jennanorwood.com>