
The Ann Wigmore Institute Gets a Facelift!

Oscar Plotkin, President of Berkshire Development and long time friend and supporter of The Ann Wigmore Natural Health Institute (AWNHI) in Puerto Rico has provided the Institute with a generous \$50,000 donation.

The Institute is a not-for-profit holistic health education facility which carries on the legacy of the late Dr. Ann Wigmore. A healer, writer, and educator Dr. Ann developed the Living Foods Lifestyle® thus becoming a pioneer of holistic healing with the use of wheatgrass juice and living foods. Dr. Ann truly believed that there are no incurable diseases and that given the proper nourishment and environment the human body could heal itself. The Institute teaches the original Living Foods Lifestyle® developed by Dr. Ann Wigmore which encompasses the full spectrum of a healthy Mind, Body and Spirit.

The substantial gift from Mr. Plotkin will help the institute complete some long overdue cosmetic and safety renovations as well as finance scientific live food analysis.

When asked why he was choosing AWNHI to receive the considerable donation, Mr. Plotkin replied, "I love the institute and believe in what it stands for and what it is trying to do. I want to support their mission to teach the world how to lead a healthier lifestyle."

Mr. Plotkin is a very successful entrepreneur and outstanding member of the business community, he is a fitness advocate and health conscious individual. At the age of 54 Mr. Plotkin stays in shape through diet and exercise, maintains a demanding work schedule, and for several years has been competing in 12 to 100 mile races.

Lalita Salas, President of the AWNHI had this response, "Mr. Plotkin's generous contribution increases the institute's 2008 renovation budget and provides us with the necessary resources to complete our goals as outlined in our 2007 Business Plan. The business plan outlines major managerial and organizational restructuring as the Institute strives to develop a Tropical Retreat atmosphere. As we move forward, we are keeping the original teachings of Dr. Ann pure and alive while also integrating new ideas as scientific breakthroughs emerge."

As we embark on this new phase of our organizational life, we will continue to evaluate the need for further renovations or the relocation of the Institute, and the construction of environmentally friendly and efficient structures. Which ever avenue we take, we will be counting on the support of individuals to emulate Mr. Plotkin's generous gesture to assist us on our journey.