



# anne clark

*Living a Healthy, Vibrant Life!*

Australia's First Raw Food Author  
• Speaker • Wellness Advocate

*Empowering people to master physical, emotional and mental health and wellbeing*



## Meet Anne

Anne has been speaking for over 30 years on health and wellbeing and is passionate about sharing her knowledge and empowering others to improve their health and happiness. She has written over 18 books and is a pioneer in healthy eating, being Australia's first raw food author.

Her qualities as a speaker are down to earth, real, relaxed and humorous. Her vibrant style is both entertaining and educational. She has the ability to instantly connect with an audience and inspire them to live a healthier life. She is skilled at talking about technical subjects in simple terms and has been a regular speaker on QLD Radio & TV and has been invited to guest present at top business networking events around Australia. Anne has been awarded 'The Lifestyle Award' at the 2013 Sunshine Coast Women's Lifestyle Expo.

Anne Clark is a qualified Lifestyle Health Consultant, Iridologist and Nutri Energetics System (NES) Practitioner, which treats the distortions and blockages in the body's energy field. She believes success in health and life is nothing more than a decision away.

## Contact

Anne can be contacted to discuss speaking engagements on **0402 166 187** or email [anne@anneclark.com.au](mailto:anne@anneclark.com.au)

See Anne's websites for further information:

[www.anneclark.com.au](http://www.anneclark.com.au)

Watch Anne on [YouTube](#)

## Speaking Topics

Anne speaks on a range of health and wellness topics, some of which are outlined below. She can also customise presentations to fit in with your event theme.

### Running on Empty

In this talk Anne shares insights and tools from her book “Running on Empty”. Discover how to recognise when you are running on stress or pure adrenaline and why your body needs time out to calm your mind and support your physical repair and regenerate ability. This talk will introduce you to your adrenal glands and how they act as a filter for every thought and perception about how life is treating you. They are connected to the fight or flight response and by the end of this talk you will know how to create different, positive outcomes for yourself.

### Brain Health

Annie shares how this day and every day is an opportunity to feed and nourish the brain, so that you can not only retain information, but be more mentally fit and ready for the gifts that each day brings us. Brain health will teach you about essential fatty acids and the role they play in mental health. You will learn about memory and how you can have a clearer ‘headspace’. Annie also guides the audience into a 2 minute meditation and how alternative nostril breathing can change your mood in seconds.

### Defining Moments

In 2014 Anne was asked to speak at the Doterra Conference on 'Defining Moments'. This is a talk that can be shared and repeated again and again, particularly well suited to sales events and charity functions. Defining moments is about what shapes human beings, what makes them move forward or stay still. Defining moments are our personal awakenings to shifting into a something that we never imagined possible or quite grasped before. We are defined by our reactions to events more than the event itself. Anne talks about Rosa Parks, growing up in suburban Montmorency in Victoria and surviving natural disasters.

### Demystifying Acid and Alkaline

The Power Of pH! This is a talk that is streamlined for people who have already embarked on a healthier lifestyle, but want to know more about food combining and how to use food for changing chemistry and thoughts. There is much confusion about what constitutes good nutrition and what foods are acid or alkaline, Anne will break down the myths and introduce you to 'user friendly food combining'.

### Raw Foods Exposed

Anne Clark has been teaching raw food preparation for over 3 decades, and wrote the first Raw Food Manual in Australia for fresh, simple raw food to nourish body, mind and soul. She has self-published over 18 books on health and lifestyle. This talk introduces the audience to the art of preparing and utilising more live food for clearer skin, improved thinking and higher consciousness. Anne utilises the years of experience facilitating raw food workshops regularly from Cooroy to Cairns to support others in creating wellbeing through raw food.

## Walking the Kokoda Track

In 2008 Anne Clark walked the Kokoda track. Why? Because for 20 years prior Anne dreamed of tackling this track to honour the Australians and Papuans who lost their lives defending the continent. In this talk she shares her experience of meeting the extraordinary Stan Bisset (World War II veteran - now deceased), and insights from her diary of not only walking the track but the time leading up to her departure. It includes how she trained for the track, how she packed and then what life was like after the experience. Anne's book "Walk It Out A - Kokoda Experience" is a testimony to her adventure. This talk is ideal for people who want to be encouraged and inspired to stretch and do more with their lives. A great corporate speaking topic.

## Surviving a Cyclone

Anne offers insights into how to deal with a disaster while it is happening and how it can be transformed into a wonderful gift for moving through the many trials and tribulations of life. This is a humorous talk too, which will get the audience thinking about, a) trees, b) timing and c) perseverance.

## Setting up a Health Retreat in Your Own Home

For ten years Anne ran a private health retreat from various locations in North Queensland. This talk is incredibly practical and beneficial for people who are on a budget and want to know how to make their own homes more healthy and healing. Anne will help you to identify how mould can be a disaster once discovered and you will learn tips for keeping your home free from moisture and mildew. A little bit of feng shui comes into this talk without the superstition and a lot of common sense about the benefits of de-cluttering and starting out fresh. After this talk you will be getting rid of a lot of 'stuff', and you will feel so much more accomplished for the effort.

## Lose Weight While You Sleep And Eat

This talk is dedicated to people who have been yo-yo dieting most of their lives, have extra weight on their bodies despite their efforts to exercise and yet are gaining more weight each year. It's refreshing and uplifting to learn that you can actually train your body to be more effective with metabolising body fat by getting more sleep, understanding the effects of hormones and how the different cycles of sleep are crucial to repair and maintenance. This is a talk for everyone, regardless of their physical size. What they will learn about sleep will enhance their whole perspective on those crucial hours of restorative slumber.

## The Body Factory

Discover the digestive system, ways to improve bowel health and the inner harmony that comes when all systems of the body are working in unison. Covering your teeth all the way to the waste management of the body this talk will have you laughing and smiling with Anne's descriptions of our internal employees and their role in dealing with our eating habits and lifestyle. Anne will have you looking at poo in a whole different light! Funny stories combined with excellent advice for a calm digestive system and the benefits of a more active lifestyle.

## Previous Events

Regular Guest Speaker at Enlightened Goddess Business Network, Sunshine Coast - 2011 to 2015

Guest Speaker doTERRA Convention, Gold Coast – 2013 & 2014

Guest Speaker at North Queensland Blooms Event – 2014

Coordinator of Art of Wellness Events, Sunshine Coast and North Queensland – 2009 to present

Sunshine Coast Women's Lifestyle Expo – 2009 to 2014

Presentation on Raw Foods, Montessori School, Brisbane – 2012

Regular Guest Speaker, Sunshine Coast Practitioners Breakfast - 2011

Presentation on Bowel Health, Minter & Alison Lawyers, Brisbane – 2009



## Testimonials

*Annie Clark has the most amazing ability to bring to life any subject. In her own unique, humorous way, Annie can spin a yarn that makes you believe you are right there living the experience"*

***Natalie McIvor, Jewel Events***

*"I was truly humbled at how naturally Anne engaged with the audience on the day. What struck me was how authentically and joyfully Anne presented. Anne appeared so comfortable with how she delivered the information. I remember thinking afterwards "I would love to be able to address a crowd like Anne".*

***Damien Wills, GoFly Aviation***

*"When we booked you to come and speak to our staff on the matter of Wellbeing, our expectation was to get the usual talk on 'good food' versus 'the naughty food'. We expected many of the usual recommendations which we often get from health practitioners.*

*Your talk was interesting as you shared information from a scientific perspective and there was no guilt attached to what we do or do not do. You listened to staff's thoughts, ideas and worries and answered again with no judgement or particular direction, but rather your answer was again from a physiological and physical background.*

*The staff felt inspired and reminded about how precious our bodies are and that small steps can bring about the beginning of big changes.*

*Thank you and we will be bringing you back to chat to us once we have started addressing some of the practical suggestions you left with us."*

***Yvonne Rinaldi, Principal, Caboolture Montessori School***