

A Voyage toward Greater Health and Happiness

The Holistic Holiday at Sea XIII

Jane Quincannon Stanchich

The Holistic Holiday at Sea Cruise is a relaxing vacation/educational experience that has profoundly changed thousands of lives.

—Sandy Pukel, Founder

Few moments in Nature are as inspiring as gazing out to the sparkling sun-filled horizon with sea birds and endless blue skies while standing on Caribbean shores or sailing on a unique cruise brilliantly designed for personal well-being, education, inspiration, and enjoyment. For thirteen joy-filled years, at every launch, my husband Lino and I have sailed and taught on the glorious Holistic Holiday at Sea. Passengers experience pure enjoyment and fun, others discover life-saving information, and some meet (or marry) the love of their life! It is clear to see why National Geographic Traveler has chosen Holistic Holiday at Sea as “one of the 100 best worldwide vacations to enrich your life.” Founded and presented by our longtime friend, Sandy Pukel, visionary macrobiotic educator, author, and wellness promoter, the cruise is a highlight of our year and life.

As Sandy reflects: “The Holis-



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tic Holiday at Sea is an ideal venue where we bring together about 1,800 people in a setting where we all live, study, and play together while enjoying 100% plant-based whole foods prepared by our own chefs and bakers. We invite a ‘Dream Team’ of nationally acclaimed presenters who share their knowledge and experiences with us in over 140 classes. It has been thirteen years and incredibly,

we attract between 500 and 1000 new passengers each cruise, along with hundreds loyal, returning guests. Our goal is to help educate the world about this way of life to bring peace, health, and harmony to all of mankind.”

The Holistic Holiday at Sea cruise has grown from Sandy’s vision, taking root in his famed Coconut Grove store, Oak Feed, growing into the Macrobiotic Foundation of Florida, the southern center of macrobiotic healing arts, education, and community. Lino and I taught macrobiotics and also grew with the Foundation as it conducted popular family camps, then extraordinary conferences at the famed Eden Roc Hotel on Miami Beach. Sandy and his friend, John Belleme, sharing a deep commitment to world peace through wellness and global ecology through conscious eating and living, brilliantly launched these transformative principles onto the Holistic Holiday at Sea cruise, the acclaimed “Floating Wellness Education-Vacation.” This cruise keeps growing! The first cruise had 400 participants; this year 1,800 very happy passengers embarked on this voyage to well being.

The Holistic Holiday at Sea is



EACH MORNING GUESTS CHOOSE FROM A VARIETY OF OUTDOOR ACTIVITIES

held on the spacious, ultra-modern Italian cruise ship, the MSC Divina. We are gratified that the ship maintains the most strict ecological standards and offers so much for our enjoyment. Children have their own program with counselors and a myriad of activities. As do we! One morning we might join a yoga class or workout session in the state-of-the-art gym. Later, after a hearty vegan breakfast, we might hear a presentation by an internationally respected physician or health expert, or join a lively vegan cooking class presented by one of America's celebrity chefs. We savor another delicious lunch, catered to everyone from raw foodists to the standards of staunch macrobiotic proponents. Afternoon may be a massage in our cabin, a macrobiotic consultation, a facial or sauna in Divina's spa, or perhaps a class that launches us into hysterical laughter or finally explains one's epic temper, stubborn overweight, disease, BM, or BMI. Lino and I are consummate students and gain new knowledge, facts, and inspiration from every class we attend.

North Carolinians, Anita and Charles Rutherford say, "The Holistic Holiday at Sea cruise is a vacation that allows us to connect with friends that we haven't seen in a year. It also gets us back on track for living a great life." Every night is a party with complimentary spirits, luscious vegan treats, and music, music, music! To celebrate Lino's 84th birthday, we joined the nightly party on the top deck with Cruise Songstress, Bridgette Kossner, who sings the songs that get us dancing under the stars, in the warm Caribbean wind...OMG! At the end of another terrific evening, we return to our cozy, comfortable cabin to rest and restore our energies for another amazing day on the Holistic Cruise. Now that's the Great Life.

Standard Cruise Food can be scary with too much quantity, too much animal food, fat, and sugar! A huge challenge and even an unhealthy detriment to most people, the usual cruise food is less than inspiring for one who chooses organic, whole, plant-based cuisine. Sailing on other cruises also finds passengers trapped at the same

table every meal with the same dining companions, eating suspiciously prepared non-organic dishes that contain unhealthy ingredients...a horror for a vegan adventurer. "No Problemo!" On the Holistic Holiday at Sea, we are free to change tables each meal, meet new people, and make lunch and dinner dates with whomever we choose—as we eat really well.

Most exciting for all of us discriminating "Foodies"...the Holistic Holiday at Sea Cruise offers a wide selection of 100 percent vegan cuisine styles, expertly prepared by the Holistic Cruise's own vegan cooking staff, supervised by Mark Hanna, renowned, internationally known natural food chef and author, with Sandy, of the incomparable recipes from the cruise, *Greens and Grains on the Deep Blue Sea*. Mark personally designs all

More than a cruise to the Caribbean, more than gourmet vegan macrobiotic meals three times a day, more than educational workshops, the Holistic Holiday at Sea cruise is a voyage to discover the joy of living—a joy so grand that it permeates everyone on board.

—Julia Ferré

the specific holistic menus, which include Vegan Gourmet, Raw, Oil-free, and Gluten-free options. Great care is taken to meet dietary requirements. A healing menu is also available, if requested. We observe many family members trying vegan gourmet food for the first time and loving it. And if that were not enough, those who want the Italian specialties may select items from the regular Divina menu. No more cruise cuisine anxiety! In fact, people often leave the Holistic Holiday at Sea pounds lighter and feeling great. This unique cruise is all about discovering, learning, and keeping the

good times (and good health) going after we get home, year after year.

The other unique aspect of this cruise is the incredible learning. Many of the world's preeminent teachers of wellness, nutrition, and fitness present their research, knowledge, and wisdom at the Holistic Holiday at Sea cruise. T. Colin Campbell, PhD, America's foremost nutritional scientist, expert in the film "Forks Over Knives," author of *The China Study* and *Whole* brought his "whole" family as educators. Thomas Campbell, MD, and his wife, Kim, taught plant-based nutrition, cooking

I loved attending the Holistic Holiday at Sea Cruise 2016 and always find it such an amazing experience!

What more could one ask for?

Floating in the Caribbean sea with over 1800 like-minded people who are conscious of creating a better world by changing their diet, lifestyle and direction in support of a healthier, cleaner world. In one week I walked away with some amazing connections, a relaxing time in the sun, and some of the most delicious vegan meals.

— Sheri Lynn DeMaris

classes, and panels. Nelson Campbell presented his ground-breaking new film, "PlantPure Nation." Another highly respected physician and educator, Neal Barnard, MD, who recently established America's first vegan hospital, taught exciting classes with proven vegan approaches to Diabetes, Power Foods for the Brain, and Dairy Addiction. Vegan physicians, Michael A. Klaper, MD, and Michael Greger, MD, widely popular authors and internet celebrities, presented very dramatic and often humorous presentations with research of the efficacy of vegan nutrition for



HEAD CHEF MARK HANNA AND TEAM PREPARE DELICIOUS VEGAN MEALS

health and disease prevention.

The Holistic Holiday at Sea is invaluable to health professionals. Attending lectures by the world's top nutritional and medical experts is like a university conference. Attendees glean the most current, cutting-edge research to validate and enhance macrobiotic and nutritional knowledge. In fact, Lino and I, along with hundreds of physicians, nurses, and other health professionals, earn continuing education credits for our nutritional licenses through the University of Miami's ICAMP program in Complimentary and Alternative Medicine. These professional credits are earned through attendance to select classes taught on board. It is great to be a student along with the nation's top medical professionals who get truly inspired by the plant-based, prevention-oriented classes. Some doctors tell us that they cannot wait to get back and share this knowledge with their patients.

A myriad of other well known, eloquent, and enjoyable teachers, including Lawrence Kushi, PhD,

taught. Several dynamic professors from the University of Miami ICAMP program, including the multi-talented Janet Konefal, PhD, MPH, AP, and Director of ICAMP, the popular David Blyweiss, MD, and the charismatic Shalesh Laushal, MD, PhD gave exciting presentations. The Holistic Holiday at Sea classes provide, for professionals and non-professionals, invaluable information about anatomy, health, prevention of disease, meditation, and scientific data. A true treasure! Knowledge is power—power to be healthy.

Dynamic macrobiotic educators, Verne Varona, Warren Kramer, Jessica Porter, Julia Ferré, Lino Stanchich, Les Boland, and Judy MacKenney taught comprehensive aspects of macrobiotic theory, philosophy, nutrition, remedies, exercise, golf, Do-In, and the macrobiotic plant-based approach to disease prevention. In fact, a macrobiotic diet is the original plant-based diet of this past century. It is exciting to observe the Holistic Holiday at Sea positively introducing hundreds of new-comers to the



PILATES AND YOGA TEACHERS GUIDE GUESTS OUT ON THE DECK

effective macrobiotic approach each year. Nationally known vegan chefs, authors, and celebrity bloggers, many appearing on television, teach incredibly delicious vegan dishes that participants enthusiastically devour and hopefully will try when they return home. Chef AJ, Nancy Montuori, Amy Chaplin, and Jessica Porter cooked up culinary excitement and enthusiasm with expertise that delighted the attendees.

Throughout the day, from sunrise to sunset, gym and exercise classes were busy. Nationally-known vegan body builders, yoga and Pilates teachers, and celebrities pumped us up, stretched us out, strengthened, and toned our grateful bodes. Among these highly popular teachers are Robert Cheeke, Larry Krug, Angelica Kushi, Chandrakant Hiester of the Amrit Method, Marcus Gary, Alese Jones, Bianka Steinfeldt, Marcella Torres, and Derek Tresize.

An amazing variety of personalized consultations and body treatments were available. Bob Ligon, acupuncturist, macrobiotic counselor,

and life coach, offered treatments and counseling. Wilber and Hansa May gave Ohashiatsu and Healing Touch treatments. Also, harmonic or Swedish massage, reflexology, hypnotherapy, essential oil therapy sessions, Reiki, Live Blood Cell Analysis, and natural skin and hair treatments were offered for our wellness and pleasure.

The Holistic Cruise schedule allows several mornings of free time for all to visit exotic ports of call in the Caribbean. It's fun just to stroll around the ports but is especially exciting to book excursions. Lino and I have thoroughly enjoyed exploring the Caribbean islands and walking up waterfalls, swimming, sunning on white sand beaches, and visiting historic landmarks such as Hemingway's house in Key West one year, or St. Thomas, St. John island, and Nassau, as we visited this year. When the cruise visited San Juan this year, we disembarked to spend time with Lino's niece, who is a professor at the university there. We always ask ourselves how one amazing week can hold so many enriching experiences

for which we are deeply grateful.

As the sages tell us, there are many paths to joy, inner peace, fulfillment, self-discovery, and wellness. Rarely do all the elements of one's personal and/or professional path converge in one place as they do on the Holistic Holiday at Sea—on a ship in the beautiful ocean with like-minded people, enjoying the discoveries and knowledge of a better life. Come sail with us in 2017—March 11-18—and launch your journey towards greater joy and wellness. And, meet us on the top deck for a dance under the stars!

This was our 11th consecutive Holistic Holiday at Sea cruise. This joyful event just keeps getting better and better each year from the food, the classes and educational opportunities with holistic-minded doctors and health-conscious teachers and counselors to hanging out with like-minded individuals in an itinerary akin to paradise. This has been a life-changing venue for so many people. My bride and I look forward to many more voyages!
— Larry "Love Boat" MacKenney

For details and to register for 2017, visit the Holistic Holiday at Sea Website: www.atasateofhealth.org.

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