

Cruising to New Horizons

Holistic Holiday at Sea VIII: Voyage to Well-Being

Jane Quinncannon-Stanchich
Photos by Mike Belleme

You can make yourself happy forever by distributing and establishing health and happiness, by discovering new horizons of joyful, amusing, and interesting living. – George Ohsawa

The Holistic Holiday at Sea cruise is an invaluable and unique journey for body, mind, and spirit, an extraordinary floating conference, an education charted to discover amusing horizons of self-discovery, healing, and enjoyment. The cruise launches an exciting path toward new awareness and positive changes with dynamic natural health classes intertwined with delicious vegan-macrobiotic quality meals, evening socials, music and dancing, and lively discussions with friendly, like-minded fellow cruisers from around the world. Add to that the rejuvenating, and much needed, wintertime elixir of sparkling sun, sea, and sights at Caribbean ports, and the stage is set for a deeply transformative and powerful experience.

The Holistic Holiday at Sea is more than a mere vacation. Nutritionist, author, and macrobiotic icon, Sandy Pukel, of Oak Feed-Cocconut Grove fame, and John and Jan Belleme, natural food entrepreneurs, researchers and authors, created this cruise. They know the dynamic syn-



**Cruise Organizer
Sandy Pukel**

ergy that is sparked with the blending of the beauty of tropical locales, the electricity of life-changing education, and the delight of ecological, whole foods cuisine. Perhaps the most meaningful of all the benefits are the miraculous changes that are reported from the participants.

Betty Hoehn from Florida exclaims, “If it were not for the education I learned on the cruise, I would not be alive. My life would have ended. My health problem reversed. In addition, my husband lost 60 pounds

since the first cruise we attended and he no longer has type 2 diabetes or needs blood pressure medicine.”

The Italian ship, MSC Poesia (poetry) is poetry in motion—sleek, elegant, and tasteful. Erica Rand says, “What a way to travel ... clean, comfortable cabins, great ports of call, making new friends, attending informative classes ... and the most delicious food.”

The Holistic Holiday at Sea offers three dietary menu options—the gourmet vegan macrobiotic menu, the classic macrobiotic healing cuisine, and the gluten-free menu. Mark Hanna and his talented chefs exquisitely prepare and beautifully present five-course whole food meals of high quality. Breakfasts are characteristic macrobiotic menus, along with a self-service buffet of cereal, vegan milk, fresh fruit, nuts, and seeds. At lunch, there is a salad bar with a huge selection from dozens of fresh vegetables and accoutrements, preceding a complete, mouth-watering lunch. Delicious gourmet dinners are served in a more elegant ambiance including two evening with optional formal attire. Mealtimes provide an education in culinary skills.

The cruise curriculum offers many classes and lectures. One highly inspirational session is the Recovery

Panel, during which survivors from life-threatening disease share their stories of healing. Teachers such as Judy MacKenney (lymphoma), Bob Mikell (kidney cancer), Janet Vitt Sommer (lung cancer), and Virginia Harper (Crohn's disease) relay the details of their dramatic recoveries and courageous healing journeys. Indeed, the cruise gives an exciting place to rekindle the fire of hope and to learn how not only to survive, but also to thrive against all odds.

Keynote speakers of international renown motivate audiences with energy, expertise, and esteemed work in the sciences of natural health and personal transformation. On this cruise, Dr. T. Colin Campbell, author of *The China Study*, reinforced the profound medical benefits of a plant-based diet and provided revolutionary scientific findings. Dr. Joan Borysenko, Harvard-trained medical scientist, pioneer in mind-body medicine, and author of fourteen books, presented, "The Promise of Change and the Power of Resilience," a lecture synthesizing modern psychology with spiritual traditions. Ronald Peters, M.D. inspired people with his expertise in mind-body medicine, nutritional biochemistry, and integrative medicine.

Bringing excitement, humor, and celebrity to the cruise was former NBA star, dedicated vegan, and television host, John Salley, who recently spoke to Congress advocating for improved child nutrition. He presented highly entertaining and motivational speeches to encourage the audience to live well and eat well with integrity and discipline. Internationally recognized authority in yoga and health transformation, Yogi Amrit Desai, gave a keynote lecture on a profoundly important and timely subject titled, "The Hidden Source of All Addictions and Self-Destructive Patterns."

Different participants shared their excitement. Renee and Ed Heathcott said, "We are leaving with tools and information to change our lives."



The MSC Poesia—Poetry in Motion

Cancer survivor, Emmy-award winning television show host, and author of five best-selling cookbooks, Christina Pirello, presented a new radical wake-up call to awareness, action, and activism as she exposed the dark side of the American diet. She presented a new call-to-arms speech, "I'm Mad as Hell and I'm Not Going to Eat It Anymore," as well as three cooking classes, including one on the importance of The Three Sisters, (corn, beans and squash) in traditional Native American health and culture. One delicious dish from this class was Warm Corn Salad with Black Beans and Spiced Squash (see recipe below).

Survivor of osteoporosis and author, Robert Pirello, shared his hard-won battle to reverse his bone loss and his secrets to living a long, healthy, more joyous life. Judy MacKenney, cancer survivor and internationally recognized macrobiotic educator, presented an invaluable post-Recovery Panel discussion and provided healing strategies for cruisers upon returning home.

Macrobiotic lectures abounded. British macrobiotic teacher and author, Simon Brown, presented interesting and informative lectures on

acid-alkaline, stress reduction, feng shui, chi energy, and the secrets of face reading. Warren Kramer, well-respected macrobiotic educator and counselor, taught basic macrobiotics and common mistakes, healthy digestion, and loving your liver. Jessica Porter not only entertained with her hilarious Welcome with teacher introductions, but also taught "Macrobiotic Cooking 101 with the Hip Chick." Jessica also taught ways to navigate the subconscious mind towards macrobiotic success, in "Hypnosis and Healing."

Lino Stanchich, macrobiotic counselor, teacher, and author, presented lectures on gaining maximum energy and healing from your diet, laughter therapy, stimulating self-massage, and slimming dance-walking. Shiatsu expert Patrick Riley and macrobiotic educators Bob Carr and Warren and Marquita Wepman rounded out the stellar macrobiotic line-up.

The cruise curriculum included extraordinary cooking classes with teachers who taught a full array of healing and gourmet macrobiotic dishes. Cookbook author Isa Chandra Moskowitz demonstrated vegan culinary favorites such as pancakes, vegan seafood, and flavors of the Ca-



Taste of Health Cruise Review

by Simon G. Brown

The cruise started for me when Sandy Pukel picked me up in his bright orange forty-something-year-old VW Beetle ragtop. With the warm Miami air blowing across our heads we drove back to his home. In the morning, I walked to a café and was surprised to find Sandy pushing his car home. Despite having his car die the day before the cruise and needing to finish lots of last minute details, Sandy was as cool as a cucumber. I like to consider myself calm but that would have tipped me over the edge. A few phone calls later and he had delegated everything.

The background sound in Sandy's home is the ringing of phones. Sometimes Sandy had a phone to both ears, such as giving directions to one person and arranging a cabin for another. More people arrived, and it felt like the Magnificent Seven coming together for one more macrobiotic show down.

Boarding the ship was exciting. My anticipation built going through the passport and luggage warehouse, finding my cabin, and attending the official introductions. There were 900 of us out of a total of 2800 passengers.

My talks were in interesting locations. The first on Face Reading was on a cabaret-style stage with a bar. I resisted the temptation to sing and dance through the talk. My Chi Energy and Healing Talk was in the disco, which during the daytime has wonderful views across the sea. Acid and Alkaline was in a cold theatre, which ensured people stayed awake. Freedom from Stress was in a lounge furnished in a black and white zebra-patterned carpet and I suspect designed to be a stimulating drinking hole. I was beginning to enjoy John and Sandy's sense of irony.

Although I find the subjects I teach fascinating, the main reason I do this work is because of the people. Being on the cruise was like being in heaven. Amid all the classes and cooking demonstrations, I had an opportunity to sit with many different people for an amazing three meals a day, socialising and making friends. Perhaps this is what macrobiotics is all about—conversations exploring life, sharing delicious natural foods, hugs, laughter, and lovingly supporting each other in the journey through life.

It is interesting that so much of human healing occurs with water. Whether with the sea, spas, teas, springs, wells, baths and so on, humans gravitate to water for health. I have always felt healthy when sailing in small boats and I noticed that I felt very good on the ship. Even though I went to bed later, I woke earlier and feeling really refreshed.

I felt sad when it came to an end. As we gave each other hugs and waved goodbye, I had to remind myself not to cry because it's over but to smile because it happened. People seemed to be transforming themselves whilst having lots of fun. Why would we want anything more?

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ribbean. (Her Gluten-Free Blueberry Buckwheat Pancakes recipe is below.)

Every day of the cruise offered plenty of activities. Each morning started with dynamic exercise routines such as yoga, Pilates, running, Qi-gong, or Do-in. Sessions were designed to increase vitality, manage pain, and to relieve anxiety and stress.

Music provided an interlude for the voyage. Several wonderful and talented musicians played the soundtrack. Bridgette Kossor, macrobiotic educator, professional singer, entertainer, composer and recording artist, performed familiar classic hit songs. Classical pianist Judith Alstadter delighted people with beautiful romantic melodies of love from Chopin, Cole Porter, and Rodgers and Hammerstein. Pianist Will Tuttle, Ph.D., accompanied by wife Madeleine on flute, gave a powerful evening concert dedicated to world peace and celebrating the beauty of the earth.

The educational options on this unique one-week experience were phenomenal. Nelson Mandela has said, "Education is the most powerful weapon which you can use to change the world." From Will Tuttle's teachings of the essence of spiritual practice to educator Alicia Sirkin's authority on Bach Flower Remedies, the Holistic Holiday at Sea provides a powerful education to create a life that is, as Ohsawa taught, "more joyful, amusing, and interesting," and to change one's world for a lifetime.

RECIPES FROM CLASSES

WARM CORN SALAD WITH BLACK BEANS AND SPICED SQUASH

from Christina Pirello

This warming salad takes tradition in a new direction with its unique flavors and pleasing textures.

Yield: 4 to 5 servings.



Yoga on Deck in the Early Morning

Spiced Squash:

- 1 butternut squash, halved, seeded, cubed, unpeeled
- extra virgin olive oil
- sea salt
- paprika
- curry powder

Salad:

- extra virgin olive oil
- 1 red onion, half-moon slices
- 2 cloves fresh garlic, crushed
- sea salt
- 1 jalapeno pepper, finely diced
- 2 cups corn kernels (fresh or frozen)
- 1 cup cooked black beans
- 2 Tbsp fresh lime juice
- 2 tsp brown rice syrup
- 3 to 4 cups baby arugula
- ½ cup toasted pumpkin seeds
- 2 Tbsp chia seeds

Prepare the squash. Place squash in a mixing bowl and add a generous drizzle of olive oil and a generous pinch each of salt, paprika, and curry. Toss to coat. Place a generous amount of oil in a flat-bottomed skillet and arrange squash in the pan, avoiding overlap. Cook, covered, over medium-low heat until the squash is soft and the edges are browned, about 15 to 17 minutes.

In another skillet, place a small amount of oil along with onions and garlic over medium heat. When the onions begin to sizzle, add a pinch of salt and sauté for 2 to 3 minutes. Add jalapeno, corn, and a pinch of salt and sauté for another 3 minutes, just to heat the corn. Remove from heat and stir in beans, lime juice, rice syrup, and sea salt to taste. Add the squash and stir gently to combine.

To serve, mound arugula on a platter and spoon bean, corn, and squash mixture on top. Sprinkle with pumpkin and chia seeds and serve.

GLUTEN-FREE BLUEBERRY BUCKWHEAT PANCAKES

from Isa Chandra Moskowitz

Buckwheat gives these pancakes a sultry, hearty flavor. Blueberries sweeten the deal!

Yield: 8 five-inch pancakes.

- ½ cup buckwheat flour
- ¼ cup quinoa flour
- ¼ cup corn flour (not cornmeal, corn flour is lighter)
- 1 Tbsp ground flax seeds (or flax meal)
- 2 Tbsp tapioca flour (cornstarch or arrowroot would be okay, too)

- 1 Tbsp baking powder
- ¼ tsp cinnamon
- ¼ tsp salt
- ½ cup non-dairy milk (such as soymilk)
- ½ cup water
- 2 Tbsp pure maple syrup
- 2 Tbsp non-flavored oil
- ½ tsp pure vanilla extract
- 1 cup blueberries

In a large mixing bowl, mix together all flours, flax seeds, tapioca, baking powder, cinnamon, and salt. Create a well in the center and add the remaining ingredients, except for blueberries. Use a fork to mix well for about a minute. Let the batter rest, and pre-heat a large, non-stick or cast iron pan over medium-high heat.

Fold the blueberries into the batter. When pan is hot, spray with a thin layer of cooking spray and use an ice cream scoop to pour batter and form pancakes. I did two at a time, but do as many as you can fit. The pancake should start to form little air bubbles, but not as much as normal pancakes do. Cook for 2½ to 3 minutes, then flip and cook for 2 minutes more. Keep warm on a plate covered with tin foil until ready to serve.

Jane Quincannon Stanchich is a Licensed Nutritionist and Macrobiotic Counselor who has studied with Herman and Cornelia Aihara, Aveline and Michio Kushi, Noboru Muramoto, and Shizuko Yamamoto. A Kushi certified macrobiotic teacher and counselor; Jane is author of Healthy Holiday Cooking: Delicious Macrobiotic Recipes for Autumn and Winter Celebrations, and producer of the DVD, Macrobiotic Cooking for the Whole Family and Cooking Ter-rific Tofu Turkey. Jane and husband, Lino Stanchich, live in Asheville, N.C. and they counsel and conduct macrobiotic classes and seminars throughout the USA and Europe. Visit Jane and Lino's website www.greatlifeglobal.com.