
A Voyage to Well-Being

on the Holistic Holiday at Sea Cruise 2010

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There are times in life when it all comes together, those special moments in which senses, pleasure, philosophy, and well being align with great friends, fabulous gourmet, macrobiotic/vegan food, and true nourishment of body, mind, and spirit. Add to the mix sunny skies, warm temperatures, one thousand like-minded folks, life-changing classes, music, parties, and that rarest of all experiences—total pampering—and you have the Holistic Holiday at Sea Cruise VII, the largest macrobiotic gathering on the planet. While every macrobiotic conference and gathering is enriching and rewarding in its own special way, this cruise is living the “Great Life” as a whole new experience!

I did not know I was a “Cruise Person.” The first cruise I ever took was the first Holistic Holiday at Sea, seven years ago. My husband, Lino, and I came on board when long-time friend, colleague, and macrobiotic legend, Sandy Pukel, took his highly successful annual macrobiotic conferences from Miami Beach to the Caribbean Ocean. Partnering with life-long friends, John and Jan Belleme, these macro warriors launched a uniquely exciting, empowering, and evolutionary conference where learning about and being in total wellness is the charted destination.



Fun at Dinner on Board

Photo by Mike Belleme

The Holistic Holiday at Sea Cruise is so well regarded that National Geographic Magazine named it, “One of the 100 best worldwide vacations to enrich your life.”

We were enriched with incomparable ambiance and food. The sleek, modern Italian cruise ship utilized award-winning ecological methods. The bright décor, comfortable cabins, and helpful personnel made the entire atmosphere extremely pleasurable. Renowned Head Chef Mark Hanna, who

prepares the highest quality meals at major macrobiotic conferences worldwide, led an expert crew in the preparation of dishes that were scrumptious, visually beautiful, and satisfying. The staff cared about our dietary needs. The chefs covered all the culinary bases with competence.

The cruise offered a buffet, proficient table service, a special healing menu, and a gluten-free selection. For that week, we could sit back and be served consciously prepared food. How

heavenly! Another special and unique policy is that we can sit wherever we choose. We could change tables each meal and eat with new dining partners, allowing terrific social exchanges, networking, and most of all, development of friendships. A singles table further encouraged conversation and connection. Two formal meals allowed us, if we wished, to jazz up our wardrobe for more elegant, candlelit dinners. As one man from Portland, Oregon said, "I am treated like a king here, served meals and cleaned up after. The food is outstanding, the people beautiful. It is quite restful."

Mark Hanna and staff prepared delicious vegan dishes. Each dish was served individually, beautifully garnished and abundant. How on earth did the chefs prepare such glorious dishes for one thousand people? A miracle. Most recipes are in Sandy Pukel and Mark Hanna's cookbook, *Grains and Greens on the Deep Blue Sea*.

VIVA ITALIANA AND HOT, HOT, HOT!

The wait staff performed riotous dances to Italian and Caribbean classic tunes in the dining room. Then, they got us up doing the conga line with wild abandon. Not my typical evening meal, to say the least. So often, back home, fun needs to be more frequent on our personal menu. On this cruise, it is the centerpiece. We felt as energized, nourished, and revitalized by the dining atmosphere and tablemates, as we did by the delicious wholesome food.

Permeating the cruise was a powerful commitment and passionate message of how profoundly our food choices impact the health of our planet and ourselves. Classes on the cruise were varied, exciting, and totally engaging. Nationally recognized health experts and popular best-selling authors taught traditional wisdom, shared cutting edge information, and inspired us on subjects from nutrition, lifestyle, and spirituality, to movement, meditation, and motivation. As the sun rose over the ocean each morning, we could choose among

dynamic fitness classes, such as Amrit Yoga, Pilates, Walk-Run-Stretch with Larry Krug, Do-In with Lino, and meditation with Abraham Oort.

Throughout the week, over 140 classes, taught by 45 teachers, including famed physicians, award-winning authors and cooking teachers, massage masters, well known macrobiotic educators, golf experts, fitness gurus, musicians, and dance therapists were food for the mind and soul. That's not just a "taste" of health, it's a whole smorgasbord of empowered learning!

We were honored to hear T. Colin



T. Colin Campbell

Photo by Mike Belleme

Campbell, Ph.D., author of *The China Study*, the largest epidemiological study ever conducted on diet and nutrition. Dr. Campbell riveted us with rock-solid findings on the nutritional superiority of the plant-based diet, which, of course, is in alignment with the macrobiotic diet. Always popular Neal Barnard, M.D., founder of the Physicians Committee for Responsible Medicine, presented several deeply compelling lectures on urgent contemporary health issues such as diabetes, ethical food choices, and becoming a health activist. Dr. Barnard's commitment and dedication to the vegan lifestyle, coupled with solid scientific research, have brought him

well-deserved international recognition as a profound voice for the vegan diet which positively impacts personal and planetary wellness, animal rights, and compassionate life on the planet.

Marilu Henner, actress, four-times New York Times best-selling author, health guru, talk-show host, and long-time proponent of the macrobiotic diet, energetically bounded around the stage passionately delivering her unique rapid-fire wisdom, organizational revelations, and motivational tips for health, beauty, and joy of life. Joel Fuhrman, M.D., of the Eat Right America Foundation, another popular cruise teacher, spoke of his high-nutrient eating style, micronutrients, and his disease-fighting dietary regime. Respected senior macrobiotic educator and Feng Shui expert and author, Bill Spear, offered his unique insights about spirituality, end-of-life experience, the world of emotions, thinking outside the macrobiotic box, and his unique perspectives about health, healing, and self realization.

Imagine hearing hilarious author and educator, Christina Pirello with tears running down your cheeks, and not from the chopped onions! Follow that class with one from famous cookbook author, Bryant Terry, on how to prepare vegan soul food, African cuisine, and Afro-Caribbean dishes made with zesty down-home flavors. Perhaps a personal session with Bob Carr would feel perfect, or attending Ohashi's shiatsu workshop to learn life-long massage skills. Decisions, decisions. Perhaps a refresher course in classic macrobiotic philosophy with Warren Kramer, Judy MacKenney, or Warren and Marquita Wepman. Maybe a comic, yet illuminating Jessica Porter cooking class, a fascinating introduction to Bach Flower Remedies with Alicia Sirkin, or a meaningful lecture on stress and cancer with Dr. Ron Peters. How about Laughter Therapy or Spiritual Development (Ho Ho or OMMMM) with Lino Stanchich. Will it be the extraordinary Recovery Panel, a discourse on Conscious Eating with Yogi Desai, or Dancing with the Waves with Sarah Wilde. Dilemma

solved! If we cannot attend a particular lecture, we can buy the tape of it at Ye Old Cruise Store, managed by Warren Wepman, where tons of health books and foods are available for purchase. Cruise 2010 was a feast of possibilities, perspectives, and impassioned enjoyment. Yum.

Holistic Holiday at Sea Cruise VII launched from Ft. Lauderdale, Florida. It was smooth sailing to several incomparable ports on white-sand Caribbean islands. The first Port of Call was St. Thomas and adjoining eco-island, St. John, in the U.S. Virgin Islands. The cruise offered a vast selection of excursions at each port including adventures such as sailing, parasailing, hiking, beach swimming, and cultural theater performances. The next day brought us to San Juan, Puerto Rico, with its sultry air, majestic Spanish architecture, and fascinating history. Grand Turk's sweeping white sand beaches, duty-free shops, and majestic vistas captivated us all.

After the beautiful meals and exciting evening classes, we strolled to the top deck to see the moon, hanging as if in a painting. The hosts, bless their hearts, presented a party every night, replete with organic vegan refreshments each evening. We were given more gifts: live music, dancing in couples and groups, and just plain fun! Bridgette Kossor, singer extraordinaire, got our booties moving to her heated, soulful renditions of musical favorites. I will always remember the final night Farewell Party with Marilu Henner teaching the crowd the "All That Jazz" dance routine she learned on Broadway. Marilu and Bridgette danced and sung on stage. Colleague and friend, radiant 82-year-old Martha Cottrell, M.D., joined them on stage after shouting over her shoulder, "I can dance as good as they can!" It was an absolute blast!

Note to self back home: follow lessons learned on the cruise. Dance more, let myself go, get more sunshine, listen to great oldies dear to the heart, practice stretching and yoga with more dedication, keep in better touch with

friends, cook some of those gourmet dishes from the cruise, serve beautifully garnished dishes, and attend the cruise in 2011! The ship will sail to Key West (Hemmingway's house, gorgeous beaches, fruit punch on a veranda), Jamaica (a huge, magnificent waterfall to hike up, dreadlocks, reggae music, the slow "No rush, Man, no worry" philosophy), Grand Cayman (more white beach sand in your toes, invigorating hikes, boat trips), and Cozumel, Mexico (a mix of beautiful scenery, beaches, shops, and adventures).

Cruise 2011 looks even more ex-



Yogi Desai

Photo by Mike Belleme

citing with Simon Brown, renowned macrobiotic educator and author of the incomparable new book in glorious color, *Modern Day Macrobiotics*, as well as *Practical Feng Shui*, and *Secrets of Face Reading*. Simon, founder of the Connection Therapy, was director of London's Macrobiotic East-West Centre. His teaching is quite empowering. Attend Cruise VIII to hear Simon and another group of preeminent natural health teachers and see beautiful Caribbean ports of call.

Bob Carr, popular macrobiotic educator and master massage therapist, encapsulated the Holistic Holiday at Sea Cruise beautifully when he said, "The

cruise is one of my favorite weeks in the year...imagine, all natural macro food and you don't have to shop, cook or do dishes. It is eating exquisite food with people of a similar bent who don't think you're crazy to eat seaweed. Then there is a coterie of teachers from differing perspectives to stimulate the brain, there's music and dancing and the vastness of the ocean. Oh, did I forget sunlight after a long, long winter? It's easy to get used to being treated like royalty! Sign me up for 2011!"

Yes, these are the times in our lives to learn new paths towards total health, ecological consciousness, and inner peace, to feel the passion of our heartfelt beliefs, and to embrace joy, beauty, and the sunny side of life. Just maybe that is the healthiest therapy of all. Join us for the next cruise that departs from Ft. Lauderdale, Florida from February 27th to March 6th, 2011. For details, visit www.atasteofhealth.org.

The following recipes are from the cooking classes.

BARBECUED TEMPEH SANDWICHES

Christina Pirello: Everybody likes barbecue. These hearty sandwiches keep the best part of this tradition and leave out the stuff that robs you of your health. Makes 4 to 8 servings.

Barbecue Sauce

- 1/2 cup tomato paste**
- 2 tsp spring or filtered water**
- 1 Tbsp brown rice syrup**
- 1 tsp avocado oil**
- 1 tsp apple cider vinegar**
- 1 tsp Dijon mustard**
- 1/2 tsp chili powder**
- 1/2 tsp soy sauce**
- 2 cloves fresh garlic, very finely minced**
- 8 ounces tempeh, cut in half lengthwise and pieces cut in half to create 4 slices**
- avocado oil**
- 1 red onion, cut into thin half-moon slices**
- 2 red bell peppers, roasted, cut**

- into thin ribbon slices
- 4 whole grain burger buns (or bread or baguettes)**
- 4 leaves romaine lettuce**
- 4 tomato slices**

Prepare Barbecue Sauce: place all ingredients in a small saucepan over low heat. Cook, stirring constantly for about 4 minutes. Cool slightly.

Lightly oil a cast-iron griddle and place over medium heat. Brush tempeh slices with barbecue sauce on both sides and lay on griddle. Toss onion and bell peppers with the remaining barbecue sauce and arrange on griddle to cook. Cook the tempeh until heated through and the edges are beginning to brown, 4 minutes on each side. Cook the onion and bell peppers, stirring constantly, until they are wilted and beginning to brown, 6 to 7 minutes.

Make the sandwiches. Lay burger buns open on a dry work surface. Lay a lettuce leaf and tomato slice on each bottom. Top each with a tempeh slab and spoon onion and bell peppers evenly over each sandwich. Serve immediately.

PUMPKIN SEED DRESSING

Jessica Porter: This dressing is as delicious as it is simple. Great for boiled salads, pressed salads, or as a dip, it keeps in the fridge for about a week.

- 1 cup unroasted pumpkin seeds**
- Pulp of 2 umeboshi plums or 1½ Tbsp umeboshi paste or 1½ Tbsp umeboshi vinegar**
- 1–2 cups water**

Rinse the pumpkin seeds and discard any broken or weird-looking seeds. Heat a cast iron or stainless steel skillet over medium heat. Add seeds and move them briskly with a wooden spoon until dry. Reduce heat to low and continue to agitate the seeds either with a spoon or by sautéing them. The seeds should puff up or pop. When most of them have expanded, remove from heat. Let the seeds cool a little. Then pour into a blender or food processor. Blend the

dry seeds until they are a grainy powder. Add the flesh of the umeboshi plum and about half of the water. Blend, and continue to slowly add the remainder of the water, until smooth. Continue to add umeboshi or water until you reach the desired consistency.

NOT-TOO-DIRTY RICE

Bryant Terry: This recipe is a cajun classic with a vegan twist. Makes 4 to 6 servings.

- 1 cup long-grain brown rice**
- 8 ounces seitan, chopped finely**
- 3 Tbsp extra-virgin olive oil**
- 1 cup diced red onion**
- 1 celery stalk, peeled of string fibers and finely chopped**
- 1 tsp paprika**
- ½ tsp chili powder**
- ¼ tsp cayenne**
- 2 Tbsp tamari sauce**
- ¼ pound tempeh (half 8-ounce package), crumbled**
- 3 garlic cloves, minced**
- 2¼ cups Simple Stock**
- ¼ cup minced fresh parsley**
- freshly ground white pepper**

In a medium bowl add the brown rice, cover with water, and refrigerate, covered, overnight. Drain rice and set aside.

In a clean kitchen towel or paper towels, squeeze the seitan of its moisture and set aside.

In a medium saucepan over medium heat, combine the olive oil, onion, celery, paprika, chili powder, cayenne, and tamari sauce and sauté, stirring often, until vegetables are soft, about 5 minutes. Add the seitan, tempeh, garlic, and reserved rice and cook until fragrant, about 3 minutes.

Add the stock to the saucepan and stir well, scraping the bottom of the pan to release any solids. Bring to a boil, cover, reduce heat to low, and cook for 50 minutes, until most of the water has evaporated.

Remove from heat and steam with cover on for at least 10 minutes.

Stir in the parsley. Season with white pepper and tamari sauce to taste and serve hot.

SIMPLE STOCK

Bryant Terry: Makes about 1½ quarts.

- 1 Tbsp extra-virgin olive oil**
- 2 large onions, quartered (include skin)**
- 1 large carrot, thinly sliced**
- 4 celery ribs, thinly sliced**
- 8 ounces button mushrooms, thinly sliced (stems included)**
- 1 whole garlic bulb, unpeeled, broken up, and smashed with the back of a knife**
- 2 bay leaves**
- 3 sprigs fresh thyme**
- ½ tsp salt**
- ¼ tsp cayenne pepper**
- 9 cups water**

In a stockpot over medium-high heat warm the olive oil. Add the onion, carrot, celery, mushrooms, garlic, bay leaves, thyme, salt, and cayenne and sauté, stirring often, until softened, about 5 minutes. Add the water, bring to a boil, reduce heat to medium-low, and simmer, uncovered until the vegetables are meltingly tender, about 1 hour.

Strain the vegetables, pressing down on them to extract all their liquids. Discard (and compost) the cooked vegetables.

Jane Quincannon Stanchich, Licensed Nutritionist, Certified Macrobiotic Teacher, counselor, author, and noted chef, is an international teacher of macrobiotic health principles with over 28 years experience. She has served on the faculty of the Kushi Institute, where she completed Kushi Level Instruction. Jane is producer of a macrobiotic cooking video, "Macrobiotic Cooking for the Whole Family" and a book, Healthy Holiday Cooking. Jane and her husband Lino teach throughout the world and present weeklong Great Life Mountain Seminars for macrobiotic study, in Asheville, North Carolina. More information about Jane and Lino can be found at: www.greatlifeglobal.com.