



## 2025 CARIBBEAN CRUISE POST COURSE LECTURES PURCHASE FORM

Here is your opportunity to take the Holistic Holiday at Sea Voyage to Wellness cruise home with you!

Purchase the full package of 39 classes for the price of \$295, or purchase a package of 20 lectures by individually selecting your choices for the price of \$195. As a bonus, if you purchase the 39-class package, you will additionally receive the Talent Show with your lectures.

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You'll receive secure digital links to your selected talks—perfect for revisiting your favorite moments or sharing the inspiration with friends and family.

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I would like to choose **20** lectures for **\$195\***

***Choose your lectures on page 2***

*\*For all orders within the state of Florida, a 7.5% sales tax will be added to the purchase.*

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**To place your order, please complete the form and mail to  
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***Available recorded lectures are listed on page 2***

## HOLISTIC HOLIDAY AT SEA 2025 lectures available for purchase

<b>KEYNOTE:</b>	Farm Sanctuary - Changing Hearts and Minds about Animals and Food with Gene Baur
<b>COOKING CLASS:</b>	Brain Fuel Basics - Simple Prep for Cognitive Wellness with Ayesha Sherzai, MD
	The Seven Stages of Sickness with Kenneth Prange
<b>KEYNOTE:</b>	The Power Foods Diet: A New Nutritional Approach to Weight Control with Neal Barnard, MD
<b>RECOVERY PANEL:</b>	Survivors Share Their Health Journey, moderated by Jessica Porter
	Build Your Body on a Plant-Based Diet with Robert Cheeke
	How Not to Die: Preventing and Treating Disease with Diet with Dr. Michael Greger
	Your Body in Balance: How Foods Affect Hormones with Neal Barnard, MD
	Debunking Seven Misleading & Dangerous Blood Sugar Myths with Cyrus Khambatta, PhD & Kylie Buckner, RN
<b>KEYNOTE:</b>	The Intersection of Health and Planet - Why Food Choices Matter for our Future with Ocean Robbins
<b>COOKING CLASS:</b>	Long Live Lentils with Jenne Claiborne
<b>PANEL Q&amp;A:</b>	Crusin' For Knowledge - Doctors' Panel hosted by Sandy Pukel with Drs. Neal Barnard, Michael Greger, and Michael Klaper
	Fueling Performance: The Power of a Vegan Diet with Dr. Shabnam Islam, Chef Babette Davis, & Chris Tucker
	An Intensive Plant-Based Diet for Type 2 Diabetes with Neal Barnard, MD
	Plant-Based Health and Nutrition: Top 10 Things you Want to Know with Robert Breakey, MD
<b>KEYNOTE:</b>	Take Pain Control Into Your Own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part I with Ilana Newman, MD
	Lifestyle Strategies to Boost Cognition & Prevent Decline with Dean Sherzai, MD
<b>KEYNOTE:</b>	Dr. Bob's Eight Keys for Health and Success with Robert Breakey, MD
	Seven Foods to Make New Mitochondria (and Double Your Energy) with Cyrus Khambatta, PhD
<b>KEYNOTE:</b>	What I wish I learned in Medical School About Nutrition with Michael Klaper, MD
	Clean and Green: Detoxifying Your Lifestyle to Combat Aging and Chronic Disease with Monisha Bhanote, MD
	From Inside the System with Gene Baur
<b>KEYNOTE:</b>	Silent Triggers - The Hidden Impact of Nervous System Dysregulation of Autoimmune Health with Monisha Bhanote, MD
	Aging Gracefully with Plants with Dr. Shabnam Islam, Chef Babette Davis, & Chris Tucker
	Revolutionizing Your Health: Breakthroughs in Food, Science and Positive Change with Ocean Robbins
	Physician's Eye - Healer's Heart with Michael Klaper, MD
	Macrobiotics Decoded with Virginia Harper
<b>KEYNOTE:</b>	What is the Role of Ultra-Processed Plant-Based Products in the Diet? With Michael Greger, MD
<b>KEYNOTE:</b>	Revolutionize Brain Health - Nutrition Strategies for a Sharper Mind with Ayesha Sherzai, MD
<b>COOKING CLASS:</b>	Sensational Snacks with Jenne Claiborne
<b>KEYNOTE:</b>	Unlocking Peak Cognitive Performance - The Path to Brain Resilience and Agility Description with Dean Sherzai, MD
<b>ATHLETES' PANEL Q&amp;A:</b>	Powered by Plants hosted by Robert Cheeke with Alisa Essig, Cyrus Khambatta, PhD, Giacomo Marchese, Maxime Sigouin, Dani Taylor & Ivy Teves
<b>KEYNOTE:</b>	You Are What You Eat - Women's Weight, Body Fat & Life Stages with Rosane Oliveira, PhD
	You Eat What You Are: Building A Plant-Based Life From the Inside Out with Rosane Oliveira, PhD
<b>COOKING CLASS:</b>	Ocean Bounty - Plant-Based Seafood Creations with Chris Tucker, Chef Babette Davis & Dr. Shabnam Islam Building
	Lasting Habits for a Healthy Mind and Body with Dean Sherzai, MD
	Harvesting Health: The Growing Pains and Gains of Plant-Based Diets with Michael Klaper, MD
	Nourish to Flourish: Unlocking the Power of Nutrition & Lifestyle for Brain Health with Drs. Ayesha & Dean Sherzai
	How Not To Age with Michael Greger, MD
	TALENT SHOW on Friday, March 14