



2025 COURSE LECTURES AVAILABLE TO PURCHASE

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

Purchase the full package of 42 classes for the pre-cruise price of \$225, or purchase a package of 20 lectures by individually selecting your choices for the pre-cruise price of \$150. If you purchase the 42-class package, as a bonus, you will additionally receive the Talent Show with your lectures.

After March 8th, the prices will be \$295 for the 42-class package and \$195 for the 20-class package. If you're sailing with us, please bring the completed form and your credit card information to the HHAS Hospitality Desk. Individual lectures will remain available for \$15 each.

Within three weeks after the cruise, you'll receive digital links to your selected lectures via your chosen email, ready to share with friends and family.

- ☐ I would like all **42** lectures for ~~\$295~~ **\$225** *Prices good until March 8th*
- ☐ I would like to choose **20** lectures for ~~\$195~~ **\$150**
Choose your lectures on page 2

To place your order, please email the completed form to:
HHASmedia@holisticholidayatsea.com, or bring it to the hospitality desk on deck 7, upon boarding.
To receive the pre-cruise prices, all forms must be received by Saturday, March 8th.

Payment Information Request

Cardholder's Name: _____

Credit Card Type: ☐ Visa ☐ Mastercard ☐ American Express

Credit Card Number: _____

Expiration date: _____ Billing Zip Code: _____

Phone Number: _____ Email (to send recording): _____

Cardholder Signature: I, _____, authorize
HOLISTIC HOLIDAY AT SEA to charge the agreed amount listed above to my credit card provided herein for
the recorded lectures. I agree that I will pay for this purchase in accordance with the issuing bank cardholder
agreement.

HOLISTIC HOLIDAY AT SEA 2025 lectures available for purchase

KEYNOTE: Farm Sanctuary - Changing Hearts and Minds about Animals and Food with Gene Baur
COOKING CLASS: Brain Fuel Basics - Simple Prep for Cognitive Wellness with Ayesha Sherzai, MD
The Seven Stages of Sickness with Kenneth Prange
KEYNOTE: The Power Foods Diet: A New Nutritional Approach to Weight Control with Neal Barnard, MD
RECOVERY PANEL: 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
KEYNOTE: The Intersection of Health and Planet - Why Food Choices Matter for our Future with Ocean Robbins
COOKING CLASS: Long Live Lentils with Jenne Claiborne
PANEL Q&A: 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
KEYNOTE: 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
KEYNOTE: 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
KEYNOTE: 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
KEYNOTE: 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
KEYNOTE: What is the Role of Ultra-Processed Plant-Based Products in the Diet? With Michael Greger, MD
Medical Cannabis: Myth or Medicine with Debra Kimless, MD
KEYNOTE: Revolutionize Brain Health - Nutrition Strategies for a Sharper Mind with Ayesha Sherzai, MD
COOKING CLASS: Sensational Snacks with Jenne Claiborne
KEYNOTE: Unlocking Peak Cognitive Performance - The Path to Brain Resilience and Agility Description with Dean Sherzai, MD
Probiotics, the Digestive System and Natural Immunity with Kenneth Prange
ATHLETES' PANEL Q&A: Powered by Plants hosted by Robert Cheeke with Alisa Essig, Cyrus Khambatta, PhD, Giacomo Marchese, Maxime Sigouin, Dani Taylor & Ivy Teves
How Healthy Are You? with Jessica Porter
KEYNOTE: 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
COOKING CLASS: 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