



TOTAL HEALTH IMMERSIONS

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FOR IMMEDIATE RELEASE

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Total Health Immersions To Conduct Corporate Health Retreat

Total Health Immersions will be at the Naples Beach Hotel & Golf Club in Naples, Florida from November 26, 2012 to December 3, 2012 conducting their popular corporate health retreat, *Dr. Stoll's Immersion*. This week-long event is an intensive mix of nutrition and lifestyle presentations, healthy food, regular exercise and a little fun and entertainment. There will be more than 100 attendees on hand for the event coming from Total Health Immersions' corporate clients as well as the general public.

America is being crippled by chronic disease! People are getting sicker and sicker and the costs of dealing with these chronic diseases are becoming unbearable. There is overwhelming research showing that the Standard American Diet (S.A.D.) is the number one contributor to this epidemic of chronic illness. This research also shows that those chronic illnesses are responsible for approximately 75% of the total healthcare spend in the United States.

The good news is that almost all the research shows that a highly nutritious diet will prevent – and in many cases reverse – those very chronic conditions that are destroying lives and depleting financial resources. Total Health Immersions health retreats help people lose unhealthy pounds, maintain a healthy weight and prevent, manage and in many cases reverse chronic disease. A healthy weight and less chronic disease mean fewer medications, doctor visits and medical procedures – yielding better health and fewer medical expenses. Now that's progressive and effective healthcare! In fact, attendees often become "activists" of a healthy lifestyle, positively impacting the lives of their spouses, children, parents, siblings, extended family and friends.

"Our attendees come into our immersions confused about nutrition, what a healthy diet and lifestyle is and how it all affects their health. But by the time they leave, they understand exactly how it all fits together," says Tom Dunnam, Total Health Immersions President. Dunnam continues, "we provide that 'ah ha' moment for many people. Not only because of the information we give them, but because they live the lifestyle for the week. During that week, they experience physiological changes – changes like higher energy levels, more mental clarity and focus and better blood pressure, blood sugar and cholesterol levels. Seeing and feeling these results are what make the program so impactful."

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Total Health Immersions eats, sleeps and breathes health and nutrition. They conduct health and nutrition educational programs and retreats for corporations, health professionals, school/community groups and the general public. Their mission is to reverse the obesity and chronic illness epidemic, one life at a time.

For information about Total Health Immersions services, please contact Tom Dunnam at 203-594-1632 or tdunnam@totalhealthimmersions.com.