



## Join Us At Dr. Stoll's Total Health Immersion

**November 26–December 3, 2012**  
**The Naples Beach Hotel**  
**Naples, Florida**

Join us for a seven-day Total Health Immersion that is guaranteed to **Restore Your Health and Change Your Life!**

The Naples Beach Hotel is the only beachfront resort in South Florida. This Four-Star Spa and Resort is situated on the Gulf of Mexico with beautiful sandy beaches right outside your door.



You'll take morning walks, do yoga on the lawn overlooking the Gulf, enjoy the two swimming pools, spectacular sunsets and even relax in a world class luxury spa if you'd like.

There are a variety of evening activities planned including special guest speakers, talent shows and even a dinner cruise on a 90 foot yacht!



***Our Total Health Immersion is all about teaching you to become a person who naturally prefers the most nutrient rich foods. Get back in touch with the person you know you can be!***

This seven-day Immersion will:

- Get you **motivated** to make simple, yet important, changes in your life.
- Teach you about the **power of eating** a nutrient rich diet.
- Explain in detail how eating the right foods can **prevent and reverse** most diet-related chronic illnesses.
- Explain why diets have failed you in the past and why **you will never diet again!**
- Serve **delicious nutrient rich meals** and show you how to prepare them at home.
- Have **live cooking demos** from world class chefs and fellow Whole Foods team members.
- Enable you to **meet and socialize** with others in a spectacular and fun-filled setting!
- Allow you to hear first hand from **past Immersion participants** who have literally changed their lives.



### **LISTEN TO THESE WORDS FROM PAST IMMERSIONISTS**

*Now after all the yo-yo dieting...this whole week from Dr. Stoll, Malissa, Tom, Sean, Dr. Klaper, the Sarno brothers, Nicole, Alison and the rest that you do to make this all happen – it's just amazing. Thanks Dr. Stoll – this works. I know this because last month my BP was 160/90 on Friday it was 120/72. Once again from the bottom of heart THANK YOU!*

#### **FEEL YOUR BEST**

*"Still practicing my new lifestyle, have lost 35 lbs. in two months, feel great, starting to take more frequent walks and making it a daily routine. Thanks for my new LIFE!!!"*

#### **BE AN INSPIRATION**

*"Since getting back from the immersion I have done a total 180 with my lifestyle.*

*With the kids, we have definitely noticed a change in energy, attitude and sleep habits since we have changed their diet and are so grateful that we are making these changes now! I've been speaking to anyone that will listen about my experience.*

*I am so grateful that I had the chance to attend the immersion and totally change my life. Thank you so much for everything you have given to me and my family.*





## Who You'll Meet...



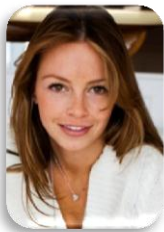
**Scott Stoll, M.D.**

Dr. Stoll is a member of the Whole Foods Market Medical Board of Advisors, team physician for the US Olympic Bobsled Team and renowned nutrition expert. He is board-certified in physical medicine and his practice specializes in improving health through nutritional excellence.



**Michael Klaper, M.D.**

Dr. Klaper is a member of the Whole Foods Market Medical Board of Advisors. He is a gifted teacher, humorous lecturer and the author of several books on cholesterol-free nutrition. Dr. Klaper is a genuine healer and one of the foremost experts on nutrition in the country.



**Malissa Schwartz, C.H.H.C., A.A.D.P.**

Malissa is a Board Certified Holistic Health Coach with a knack for having all the answers to your nutrition and wellness questions. Affectionately known as "The Juice Girl", Malissa is an experienced juicer and runs workshops on juice fasts.



**Dr. Sean Stephenson**

Expected to die at birth, this man took a STAND for a quality of life that has inspired millions of people around the world, including Tony Robbins, President Clinton and the Dahli Lama.

A simply unforgettable experience.

...And lots of other people just like you...



## Spend Some Time With Us

### EDUCATION



### MOTIVATION



### RELATIONSHIPS



*An Experience of a Lifetime!*

For more information, contact Tom Dunnam of *Total Health Immersions* at 203-594-1632 or [tdunnam@totalhealthimmersions.com](mailto:tdunnam@totalhealthimmersions.com).

**TOTAL HEALTH**  
*ImmersionS*