



THERE IS OVERWHELMING RESEARCH SHOWING THAT THE STANDARD AMERICAN DIET IS THE NUMBER ONE CONTRIBUTOR TO THE EPIDEMIC OF CHRONIC ILLNESS IN THIS COUNTRY!

- ◆ Overwhelming research shows that those chronic illnesses are responsible for approximately 75% of the healthcare spend in the United States, including what your company spends.
- ◆ 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 burdening lives and costing everyone from individuals, to the US government to America’s corporations, precious financial resources.

OUR IMMERSIONS ARE IMPACTFUL!

- ◆ Immersions are Medical Doctor guided 1, 3 or 7 day health “retreats” designed to specifically educate & instruct on how to:
 1. Understand the problem with the Standard American Diet;
 2. Eat to obtain and maintain health;
 3. Eat to prevent and reverse chronic disease;
 4. Plan, budget, shop for and prepare healthy foods;
 5. Use *Nutrition Facts* and *Ingredient Lists* to drive food choices and ignore the food marketing jargon;
 6. Add appropriate levels of fitness into daily routines.
- ◆ Our professionals cover everything “from soup to nuts” and provide that “ah-hah” moment many need to change forever.

A LONG TERM SOLUTION

- ◆ According to Traci Mann, UCLA associate professor of psychology, “diets” don’t work! “...We found that the majority of people regain any weight they lost on diets...while complete weight regain (plus more) was found in the majority. Diets do not lead to sustained weight loss or health benefits for the majority of people.”
- ◆ We’re with you for the long haul because short term fixes have no impact! We will get you started and stay with you on a regular basis.
- ◆ While a lot of programs claim to have answers, most of them just create more questions. Total Health Immersions is the long term solution that will impact the lives of your workforce and their families, improve productivity and reduce healthcare costs.

About Us

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

“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!!!”

...Francisco (Former Immersionist)

Our Services

- ◆ Executive and employee health and nutrition “immersions” (3 or 7 days long).
- ◆ One-day health and nutrition conferences and health fairs.
- ◆ *Lunch-N-Learns* covering various health, nutrition and lifestyle issues.
- ◆ Regular webinars on health and nutrition topics ranging from healthy cooking to reversing chronic disease to *superfoods!*
- ◆ Regular conference call discussions focusing on tips and tricks for using a healthy lifestyle to prevent and reverse chronic illness.
- ◆ Have a cafeteria? We’ll consult with your foods staff on how to provide nutrient dense, plant based, whole food meals so that you can practice what you preach!

“Healing is a matter of time, but it is sometimes also a matter of opportunity”

...Hippocrates

Now is that opportunity to reverse the trends of obesity and chronic illness...

It’s good for you...

good for your company...

good for your employees.

For more information, please contact Tom Dunnam at tdunnam@totalhealthimmersions.com or 203-594-1632.