



PARADISE POINT RETREAT • AUGUST 30 – SEPTEMBER 4, 2026

Nutritarian Event *Agenda*

Lectures with Dr. Joel Fuhrman, Dr. Cara Fuhrman, and Chef James,
with open time to rest, explore, and connect as we eat to live.



Paradise Wi-Fi Login

Network: Paradise26

Code: Eat4Life

[Extra Materials & Resources](#)

“I love doing this every year. There’s only so much I can teach from a stage or a page — this week is where the science turns into something you can taste, feel, and actually live inside for a few days. You’ll eat real Nutritarian meals, hear what’s behind them, and spend time with my family and with each other. Welcome back, and welcome if this is your first time joining us.”

JOEL FUHRMAN, M.D.

Sunday August 30

ARRIVAL

4–6 PM

Guest Arrival and Registration

6–7:30 PM

Dinner

7:30–9 PM

After Dinner Social – Meet & Greet

In the Lobby Lagoon, the cabana area just off the main lobby. Enjoy a Nutritarian mocktail, meet Dr. Fuhrman and his family, and get acquainted with fellow guests before a well-earned night’s rest.

7:30–9 AM

Breakfast

9:30–10:30 AM

Island Walk with Dr. Fuhrman

Put on your walking shoes and join Dr. Fuhrman for a loop around the island. Regular movement is one of the simplest, least appreciated tools we have for a longer life.

12–1:30 PM

Lunch

1:45–3:15 PM

Lecture 1 – Dr. Joel Fuhrman

Advances in Nutritional Science to Maximize Playspan and Lifespan

The newest research on the strategies that keep people sharp and capable well into their 70s, 80s, and 90s – not just alive longer, but living well longer.

3:30–5 PM

Lecture 2 – Dr. Joel Fuhrman, Chef James

Everyday Dressings and Sauces

The difference between a forgettable salad and a memorable one usually comes down to what's on top of it. How a good dressing or sauce turns simple plant-based food into something worth looking forward to.

5:30–7 PM

Dinner

7:15–8:45 PM

Fun and Games with the Fuhrmans

Trivia you don't want to miss. Health doesn't have to be solemn – this family has been proving that one game night at a time.

7:30–9 AM

Breakfast

9:30–10:30 AM

Yoga

A private class with the resort's certified instructor on the Paradise Terrace. Mats and space provided – just show up.

10–11:30 AM

Pickleball with Dr. Fuhrman

Come play a round. Pickleball is an easy game to pick up, and a good reminder that exercise doesn't need to be complicated to count.

10:45–11:45 AM

Botanical Tour with Dr. Jennifer Cornell

Dr. Jennifer Cornell, the newest physician on the LongevityRx team, leads a tour through the island's plant life, bringing a naturopathic perspective to the surroundings.

12–1:30 PM

Lunch

2–3 PM

Lecture 3 – Dr. Cara Fuhrman

Preventing and Fighting Cancer with Natural Therapies

Dr. Cara Fuhrman shares the strategies she has found most effective for cancer prevention, so you can begin applying them right away.

3:15–4:30 PM

Lecture 4 – Dr. Cara Fuhrman & Chef James

Healthful Desserts and Mocktails

Celebration doesn't have to derail progress. Go-to recipes for desserts and drinks that keep you right where you want to be.

5:30–7 PM

Dinner

7:15–9 PM

Karaoke & Dance Party

An evening of music and dancing, judgment-free by design.

7:30–9 AM

Breakfast

9 AM–3:30 PM

Local Attractions



Free Time – Explore Local Attractions

San Diego offers plenty worth seeing – SeaWorld is fifteen minutes away, along with Balboa Park, Seaport Village, and the Maritime Museum. Or stay on property: the beach, five heated pools, bikes, mini golf, tennis, and cornhole are all here. Lunch is served at noon for anyone on the island.

12–1:30 PM

Lunch

4–5:30 PM

Lecture 5 – Dr. Joel Fuhrman

Emotional Wisdom to Enjoy Nutritarian Living

Food is only part of this. How eating well changes the rest of your life too – your mood, your relationships, how you show up each day.

5:30–7 PM

Dinner

7:15–8:15 PM

Lecture 6 – Dr. Joel Fuhrman, Dr. Cara Fuhrman, Dr. Jennifer Cornell

Longevity Medicine with Our Doctors

The long-term failure of modern medicine – and real solutions for a better, longer life.

7:30–9 AM

Breakfast

9–10 AM

Yoga

Another private session for the group on the Paradise Terrace, open to all levels.

8:30 AM–12:30 PM

EchoLight, Bloodwork & Carotenoid Screenings

OPTIONAL ADD-ON

Second session 4:30–6:00 PM. A radiation-free EchoLight bone density scan, a carotenoid skin test for antioxidant status, and bloodwork capable of flagging early DNA markers for more than 60 types of cancer – real data as a starting point for long-term health decisions.

To schedule your screening, call LongevityRx at (858) 367-3558.

12–1:30 PM

Lunch

1:45–3 PM

Lecture 7 – Putting It All Together, Dr. Fuhrman's Tips and Tricks for Superior Health

Dr. Fuhrman dives into making the Nutritarian lifestyle easier with favorite tips and products to live your healthiest life.

3:15–4:30 PM

Q&A – Dr. Joel Fuhrman, Dr. Cara Fuhrman

A closing conversation on the real difference between health care and medical care, with time for your own questions so everyone leaves with a plan, not just information.

5:30–7 PM

Dinner

7:15–8:45 PM

Nutritarians Got Talent Show

Singers, dancers, comedians, and anyone with a skill worth sharing take the stage – always one of the nights guests talk about long after the week ends.

7:30–9 AM

Breakfast

9–9:30 AM

Closing Remarks & Farewell

Giving and sharing with new lifetime friends. Dr. Fuhrman wants to hear what shifted for you, what you're taking home, and what surprised you – then it's time to say goodbye and coordinate departures.

TAKE THE WEEK HOME WITH YOU

Shop Dr. Fuhrman *Products*

Doctor-formulated supplements, books, and Nutritarian pantry staples – 10% off for retreat guests.

PROMO CODE **Paradise10**

shop.drfuhrman.com



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