

*Dr. Fuhrman*TM

HEALTH TRANSFORMATION VACATION GETAWAY AGENDA

HILTON HEAD, S.C. JULY 17-23, 2016



SCHEDULE FOR THE WEEK

Relax. Renew. Recommit. Rejuvenate.

Sunday, July 17

4:00-6:00 p.m.

6:00-7:15 p.m.

7:15-8:00 p.m.

Monday, July 18

7:00-8:00 a.m.

7:30-9:00 a.m.

9:30-10:45 a.m.

11:00-Noon

12:00-1:00 p.m.

1:15-2:00 p.m.

2:00-6:00 p.m.

6:00-7:30 p.m.

7:30-8:30 p.m.

Tuesday July 19

7:00-8:00 a.m.

7:30-9:00 a.m.

9:30-10:30 a.m.

10:45-Noon

12:00-1:00 p.m.

Registration

Dinner

Meet the Team and Program Overview

Zumba, Yoga or Walk

Breakfast

Smart Nutrition with *Dr. Fuhrman*

Eat to Beat Cancer with *Dr. Fuhrman*

Lunch

Stocking Your Pantry with

Chef James Rohrbacher

Free time

Dinner

Success Stories

Exercise with *Dr. Fuhrman*

Breakfast

Controlling Food Cravings and

Overeating with *Dr. Fuhrman*

Enjoy the Transformation with

Randi Carbone, R.N.

Lunch

1:15-2:45 p.m.

3:00-6:00 p.m.

6:00-7:30 p.m.

Wednesday July 20

7:00-8:00 a.m.

7:30-9:00 a.m.

9:30-10:45 a.m.

11:00-12:00 a.m.

Noon-1:00 p.m.

1:15-1:45 p.m.

1:45-2:45 p.m.

2:45-7:00 p.m.

7:00-8:30 p.m.

8:30-9:30 p.m.

Thursday, July 21

7:00-8:00 a.m.

7:30-9:00 a.m.

9:30-10:45 a.m.

Combatting Emotional Eating and
Food Addiction, with *Kathleen Renner,
L.C.S.W. and & Jo-Jo Stefano, M.S.*

Free time

Dinner

Zumba, Yoga or Walk

Breakfast

Reversing Chronic Disease

with *Dr. Fuhrman*

How Not to Die, Part 1

with *Michael Greger, M.D.*

Lunch

Nutritional Research Foundation

How Not to Die, Part 2

with *Michael Greger, M.D.*

Free time

Dinner

Talent Show

Exercise with *Dr. Fuhrman*

Breakfast

Cooking Demonstration

11:00-12:30 p.m.

12:30-1:30 p.m.

1:45-2:15 p.m.

2:15-6:00 p.m.

6:00-9:00 p.m.

Friday July 22

7:00-8:00 a.m.

7:30-9:00 a.m.

9:30-10:30 a.m.

10:45-12:30 a.m.

12:30-1:30 p.m.

1:45-2:45 p.m.

2:45-6:00 p.m.

6:00-7:30 p.m.

7:30-8:30 p.m.

Saturday July 23

7:00-7:30 a.m.

7:30-10:30 a.m.

Noon

with *Chef James Rohrbacher*

Daily Living Tips with *Lisa Fuhrman*

Lunch

Vitamix demonstration

with *Chef James Rohrbacher*

Free time

Dinner and Dancing

Zumba, Yoga or Walk

Breakfast

Blood Tests, Supplements and Medical Care

with *Dr. Fuhrman*

Q & A with *Dr. Fuhrman*

Lunch

Where Do We Go From Here?

with *Randi Carbone, R.N.*

Free Time

Dinner

Evening Entertainment

Walk

Brunch

Check Out Of Room

A person with blonde hair is seen from behind, relaxing on a wooden lounge chair. Their arms are stretched out over the back of the chair. The chair is on a wooden deck, and the ocean and a clear blue sky are in the background.

THIS YEAR

Take a vacation where the focus is entirely on you:
Your health and well-being. Your imagination and vitality. Your desire to learn. Your sense of fun.

This year, take a vacation that will nourish you, mind, body and soul. Join Joel Fuhrman, M.D. for an unforgettable, all-inclusive Health Transformation Getaway Vacation in Hilton Head, South Carolina.

IT'S TIME

To enjoy a vacation that's devoted entirely to you.

This week, the focus is on you: improving your health, your diet, and your understanding of how food affects every aspect of your life. In addition to lectures, workshops and demonstrations, you'll have free time each day to explore everything this world-famous resort has to offer.

During the course of this weeklong vacation, you'll have the chance to meet and learn from Dr. Fuhrman in a relaxed and informal atmosphere, receive personalized attention from his food addiction recovery team, and explore the many attractions of this world-famous resort town.

In addition to the fascinating lectures, workshops, and demonstrations, you'll be able to choose from a wide range of experiences and excursions that complement the Getaway program.

NEW THIS YEAR IS THE FOOD ADDICTION RECOVERY (FAR) EXPERIENCE. THIS OPTIONAL UPGRADE IS AN INTENSIVE PROGRAM THAT FOCUSES ON OVERCOMING FOOD ADDICTION. PARTICIPANTS WILL RECEIVE INDIVIDUALIZED COUNSELING ATTEND SPECIAL GROUP WORKSHOPS, AND DEMONSTRATIONS, AND MUCH MORE.

Enjoy some fun in the sun by signing up for our exciting *Beach Volleyball Challenge*. Bump, spike and serve your team to victory!

Take a spin with Lisa Fuhrman as she leads a *Hilton Head Cycling Adventure*. There's no better way to explore the charms of Hilton Head than on two wheels.

Tennis, anyone? Hone your backhand or pick up a few new skills with Dr. Fuhrman as he leads a *Tennis Clinic*.

Space is limited, so call 908-237-2195 extension 242 to sign up today!



RELAX

Surrounded by subtropical gardens, the Royal Sonesta Hotel offers luxury accommodations and amenities to delight your senses. Each room features a private balcony or patio, where you can relax as you reflect on the day's lectures and activities. The hotel property features indoor and outdoor pools, as well as direct access to a white sand beach for those who prefer to swim in the ocean.

Prepare to dine as you never have before. The delicious Nutritarian menus feature our most popular dishes, prepared by Chef James Rohrbacher and approved by Dr. Fuhrman.

THIS ALL-INCLUSIVE RETREAT WILL BE LED BY DR. FUHRMAN AND FEATURE TWO LECTURES BY HIS SPECIAL GUEST, MICHAEL GREGER, M.D. THERE WILL ALSO BE DISCUSSION GROUPS, A COOKING DEMONSTRATION BY CHEF JAMES ROHRBACHER, AND WORKSHOPS PRESENTED BY MEMBERS OF DR. FUHRMAN'S FOOD ADDICTION AND NUTRITION COACHING STAFF.

A photograph of a hotel room. In the foreground, a large bed is made with white linens and a brown textured throw blanket. The bed has a large, dark red upholstered headboard. Two patterned pillows and a red cylindrical bolster are on the bed. To the left of the bed is a nightstand with a lamp and a small vase of orange flowers. On the wall above the nightstand are two framed abstract paintings. In the background, an open doorway leads to a bathroom with a bathtub and a white door. A dark wooden bench is at the foot of the bed.

SUNDAY

From the minute you arrive at the Royal Sonesta Hotel, your getaway experience begins. After you settle into your beautifully-appointed room, you'll have a chance to mingle with Dr. Fuhrman, his team, and fellow guests over the first of your gourmet Nutritarian meals. Following dinner, there will be a meeting to formally introduce the team, as they present an overview of the week's program and activities.

MONDAY, JULY 18

MONDAY

Your first full day of the vacation getaway starts with your choice of exercise to suit your mood. Pump up your energy level with a fun and invigorating Zumba class, or greet the day with a Sun Salutation as you enjoy a yoga session. You can also choose to take a walk on the resort grounds, or along the beach.

Starting at 7:30, breakfast is served, buffet-style. Every meal throughout your stay will feature a salad bar station with a tempting array of crisp vegetables, juicy sliced fruits and berries, raw nuts and seeds, beans and a selection of Dr. Fuhrman's dressings. The featured entrée today is **Swiss Cherry Oatmeal**. It's a great way to fuel up for a busy day.

After breakfast, Dr. Fuhrman will teach you how to articulate the scientific findings and principles

underlying the development of the Nutritarian diet in his first lecture, **Smart Nutrition with Dr. Fuhrman**. After that, he will teach you important, disease-preventing strategies when he presents **Eat to Beat Cancer**.

Every lunch and dinner features a full salad bar, a hearty soup option, and a featured entrée. Today's selection is **Chickpea Mulligatawney Stew**. Also, be sure to try the **Cabbage, Apple and Poppy Seed Slaw** – a member favorite that you'll want to bring to every party you attend this summer.

After lunch, you'll learn how to get your home kitchen ready for success with Chef James Rohrbacher's class, **Stocking Your Pantry**. Then from 2 to 6 p.m., you'll enjoy some free time: relax by the pool or on the beach, explore the charming town of Hilton Head, or join us for one of our activities.

After your exciting (or relaxing) afternoon, dinner is served at 6 p.m. In addition to the salad bar and soup, tonight's featured entrée is one of Dr. Fuhrman's favorite dishes, **Vegetable Stir Fry with Thai Coconut Sauce**. And finish your meal in style, by savoring one of our healthful desserts.

AFTER DINNER, WE'LL MEET TO SHARE SUCCESS STORIES. THIS EVENING'S SESSION IS ALWAYS ONE OF OUR MOST POPULAR GROUP ACTIVITIES. GUESTS WILL HAVE THE OPPORTUNITY TO ENCOURAGE AND INSPIRE ONE ANOTHER WITH STORIES OF THEIR VICTORIES, BOTH LARGE AND SMALL.

TUESDAY, JULY 19

TUESDAY

The day begins with *Exercise with Dr. Fuhrman*. Learn the proper form, number of repetitions and recommended intensity for your level of fitness. Then it's on to breakfast, where today's featured entrée is the *Waldorf Blended Salad*, a refreshing and satisfying blend of kale, pomegranate juice, apples and other ingredients.

Today's lectures follow a theme: addressing our attitudes and behaviors toward food. Dr. Fuhrman's first lecture, *Controlling Food Cravings and Overeating*, lays out a plan with strategies that will help empower you. This will be followed by *Enjoy the Transformation* with Randi Carbone, R.N.

The main courses at Tuesday's lunch buffet will have an international flair: Dr. Fuhrman's delicious *Bean Enchiladas* and our *Indian-Spiced Lentil and Hemp Sliders with Apricot Chutney*. There will also be a salad bar and a delicious soup, as well as a healthful dessert option.

After lunch, our Nutrition and Motivational Coaches, Jo-Jo Stefano M.S. and Kathleen Renner L.C.S.W., will discuss the challenges of *Combatting Emotional Eating and Food Addiction*. Their presentation will list the resources available to those who require individualized coaching to help them resolve their food issues.

.....

THERE WILL BE SOME FREE TIME FROM 3 TO 6 P.M., DURING WHICH YOU CAN JOIN ONE OF OUR ORGANIZED ACTIVITIES, OR PLAN SOME 'ME' TIME. DINNER SERVICE BEGINS AT 6 P.M., AND WILL FEATURE BLACK-EYED COLLARDS IN ADDITION TO THE SALAD BAR AND SOUP SELECTIONS. TONIGHT'S HEALTHFUL DESSERT IS OUR TOP-RATED CHESSE PIE.

.....



WEDNESDAY

Halfway through your vacation, you're probably feeling great thanks to all the healthful food you've been enjoying. This morning, take part in a fun and invigorating **Zumba class**, or strike a Warrior Pose in a morning **yoga** session. You can also choose to take a walk on the resort grounds, or along the beach.

Today's breakfast features our popular (and nourishing) **Antioxidant-Rich Breakfast Bars** plus the usual buffet spread. The morning's first lecture, presented by Dr. Fuhrman, will focus on the limitations and dangers of medical care contrasted to the Nutritarian approach, in strategies for **Reversing Chronic Disease**. This will be followed by the first part of a 2-part

lecture, **How Not to Die** by Dr. Fuhrman's special guest, **Michael Greger**, M.D.


Featured lunch choices today include **Tempeh Chili with Sriracha**, **Sweet Potato Fries** and – for a fun and tasty dessert, **Strawbeany Ice Cream**.

After lunch, there will be a short presentation about the important work of the **Nutritional Research Foundation** by the organization's Executive Director, Kimberly Melton. Then Dr. Greger will take the stage for part 2 of his fascinating and thought-provoking lecture, **How Not to Die**.

After Dr. Greger's lecture, you can join in one of our fun organized activities, or enjoy some free time to

relax, swim, bike, golf, shop or just take a stroll. Dinner service starts at 7 p.m., and features an Italian theme. In addition to our salad bar and soup option, we'll be serving **Zucchini Lasagna**, and **Italian Mushroom Meatballs**. As always, there will be a fresh fruit and other healthful dessert option.

.....
AFTER DINNER, ENJOY OUR ANNUAL TALENT SHOW. DR. FUHRMAN HIMSELF WILL LEAD THE FESTIVITIES, AND EVERYONE IS INVITED TO TAKE PART. SING A SONG, JUGGLE, TELL A JOKE, SHOW OFF A FEW DANCE MOVES – ALL KINDS OF ACTS ARE WELCOME! OF COURSE, IF YOU WOULD RATHER BE A SPECTATOR, JUST SIT BACK AND ENJOY THE SHOW. EITHER WAY, GET READY TO APPLAUD THE TALENTS OF YOUR FELLOW GUESTS.
.....



THURSDAY, JULY 21

THURSDAY

Begin the day with *Exercise with Dr. Fuhrman*. You'll learn additional exercises, plus the proper form, number of repetitions and recommended intensity for your level of fitness. It's also an opportunity to ask questions about physical activity.

Today's featured breakfast selection is *Banana Cocoa Muffins*, which contain healthful garbanzo beans, millet and even spinach! The recipe comes from Chef James Rohrbacher, who will lead the first presentation of the day – a *Cooking Demonstration* that will provide valuable tips and techniques you can use in your own kitchen.

Next, you'll learn practical and creative ways to incorporate the Nutritarian diet into your life as Lisa Fuhrman presents her always-popular lecture, *Daily Living Tips*. Then it's on to lunch, where the salad bar will feature Dr. Fuhrman's famous *Walnut Vinaigrette Dressing*.

Following lunch, Chef James will demonstrate the versatility of the *Vitamix* blender. Afterwards, enjoy some free time – join in one of our organized activities, or explore this beautiful resort town at your leisure.

BE SURE TO BUILD IN A LITTLE TIME TO FRESHEN UP FOR THE EVENING, BECAUSE TONIGHT YOU'LL BE ABLE TO ENJOY DINNER AND DANCING FROM 6 TO 9 P.M. (THE FEATURED ENTRÉE TONIGHT IS STUFFED PEPPERS WITH QUINOA, EGGPLANT AND BASIL.) MUSIC WILL INCLUDE EVERYTHING FROM OLDIES TO CURRENT HITS, SO HERE'S YOUR OPPORTUNITY TO SHOW OFF YOUR MOVES ON THE DANCE FLOOR.

FRIDAY

It's worth pausing for a moment to realize how far you've come in less than a week. Did you think, last Sunday, that your palate would have adjusted so quickly to a salt-free, oil-free, nutrient-dense, plant-rich diet? Could you have imagined learning so much about achieving sustainable weight loss and improving your health? Did you think you would ever end a vacation feeling so energized?

Friday's schedule of lectures and discussions is focused on your transformation this week – and on how to continue it when you go home. The morning exercise schedule includes your choice of **Zumba**, **yoga** and **walking**. The breakfast buffet features No-Bake Apricot Oat Bars, in addition to the salad bar.

The first lecture of the day is ***Salt, Supplements and Medical Care***. Dr. Fuhrman will draw on new research to give you the practical information you need to bring your health to the next level.

You've taken in a great deal of sophisticated information throughout the week, so Dr. Fuhrman will lead a ***Q&A session***. (Bring pen and paper – you 'll want to take notes!) Afterwards, lunch will feature ***Curried Chickpeas*** and ***Sweet Potatoes***, as well as ***Green Bean Salad*** with ***Lemon Basil*** Vinaigrette.

The week's presentations will conclude by concentrating on your future success, with "***Where Do We Go From Here***," presented by Randi Carbone, R.N. Afterwards, you'll enjoy some free time until dinner.

This evening's meal will feature one of our most popular recipes: ***Eggplant Cannelloni*** with ***Pine Nut Romesco Sauce***. End your meal on a delightful (and healthful) note with ***Banana Walnut Ice Cream*** and ***Healthy Chocolate Cake***.

AFTER DINNER, THERE
WILL BE ENTERTAINMENT,
AND PLENTY OF TIME FOR
REMINISCING WITH THE
FRIENDS YOU'VE MADE
DURING THE WEEK.

SATURDAY, JULY 23

ENJOY

As this year's Health Transformation Getaway Vacation with Dr. Fuhrman draws to a close, it's time for one last morning walk on the beach or around the resort grounds. Enjoy a leisurely brunch as you get ready to make the journey back home. This morning, our featured entrees are *Caribbean Black Bean Salad* and *Popeye Pitas* with *Mediterranean Tomato Spread*.

We hope that you put into practice what you have learned during the week, and that you become a member of **DrFuhrman.com**. With its recipe database, articles, health information resources, Ask the Doctor and Ask the Food Addiction Counselor communities, Dr. Fuhrman's website is an excellent resource for those following the Nutritarian lifestyle.

ON BEHALF OF DR. FUHRMAN
AND HIS TEAM, WE WISH YOU
SAFE TRAVELS HOME, GREAT
HAPPINESS AND THE BEST
OF HEALTH. AND WE LOOK
FORWARD TO SEEING YOU
AGAIN SOON!



MEMBERSHIP

Members of **DrFuhrman.com** can find all of the recipes highlighted in this brochure on our website. Not a member? Joining is quick and easy, and we have membership levels to suit every need and budget. Join at the *GoldPLUS level*, and enjoy discounts on *Dr. Fuhrman's supplements, food products* and much more.

TO BOOK YOUR SPACE AT
DR. FUHRMAN'S 2016 HEALTH
TRANSFORMATION GETAWAY
VACATION IN HILTON HEAD, OR
ANY OF OUR OTHER VACATION
GETAWAYS, CALL US AT
908-237-2195 AND
CHOOSE PROMPT 2.