

Health and Wellness at Sea

Alaska Cruise to Sitka

Sailing Sept. 2-9, 2017 from Seattle



As a leading authority on juicing for health and detoxification, **Cherie Calbom** known as The Juice Lady, TV chef, and celebrity nutritionist will lecture on the **Healing, Cleansing and Rejuvenating Power of Juice Fasting**. A graduate of Bastyr University with a Master of Science degree in whole foods nutrition, Cherie is author of 34 books including her latest book **“The Juice Lady’s Guide to Fasting”**

Fr. John will teach us how to **Build Resilience and Reduce Stress**. Stress, which we all encounter, increases the body’s main stress hormone cortisol, while decreasing levels of DHEA, otherwise known as the anti-aging or vitality hormone. According to The American Institute for Stress, up to 80 percent of health problems can be related to stress

Dr. Jeffrey P. Clark has been a practicing chiropractor in Washington for over 25 years. He holds a Bachelor’s Degree in Human Biology, a Doctorate of Chiropractic, and a post-graduate certification in Wellness Science.

Stasha Howarth-Clark is a licensed massage therapist holding a certification in Structural Relief Therapy (SRT). Stasha is also a certified health & wellness coach, and certified Transform30 coach. Together, their 3-part lecture series on **Joining the Healthy Living Revolution** will provide answers to questions such as “What three main stresses in life keep your body from healing and regulating itself?”



	Ocean View Obstructed	Ocean View(F)	Balcony(VD)	Suite(SY)
Starting at p/p Double Occupancy	\$999	sold out	\$1,599	sold out

** Does not include fees/taxes of \$241.82 p/p or Gratuities. Pricing available until April 2017*
 Contact Tami Bogdanoff at 425-359-4852 tami@dreamcruiseadventures.net to reserve your space today.

Cruise Package Includes
 \$25 OBC p/p *Hosted Cocktail Party*Gift Bag*Prize Drawing*Juicing/ Smoothie Demos *Choice of Shaker bottle w/ samples of Juice Plus+ Complete & Juice Plus+ Chewables & 1oz essential oil infused massage and skin lotion OR Cherie s latest book “The Juice Lady’s Guide to Fasting”