



WORLD-CLASS LOCATION



PROVEN EXPERTISE

Join Us at Dr. Stoll's Total Health Immersion

October 2 - October 8, 2020 • The Naples Beach Hotel • Naples, FL



EDUCATION



MOTIVATION



RELATIONSHIPS



Join us for a seven-day Total Health Immersion
that is guaranteed to Change Your Life!
Relax • Relearn • Recharge

Dr. 
STOLL'S
Immersion



WHAT ARE IMMERSIONS?

Immersion is a week-long health retreats offering a balance of healthy plant-based food, regular exercise (for all levels), educational sessions, fun and entertainment. The seven-day time frame **ALLOWS FOR PHYSIOLOGICAL CHANGES** to take place for immersionists as the health promoting, nutrient rich meals served each day begin to break food cravings, aid in weight loss and get people feeling great and on their way to a new lifestyle.

A TYPICAL DAY

A typical day includes:

- Three delicious, plant-based meals.
- Moderate physical activity designed to “get you moving” at a pace that is comfortable for you to continue when returning home.
- Educational sessions highlighting the **OVERWHELMING HEALTH BENEFITS OF A PLANT-BASED DIET.**
- A chance to meet new friends and interact with them in a fun and peaceful setting.
- Time to relax, relearn and recharge.

WHO SHOULD COME

Immersion is perfect for busy moms, executives on the go, and anyone who just wants and needs to get and stay on a path to great health. If you suffer from a treatable diet related chronic illness – like diabetes, heart disease, high cholesterol, high blood pressure, obesity, etc. – immersion is a perfect way to start to better manage and even reverse some of these conditions.



TESTIMONIALS

This was seriously one of the most amazing experiences of my life. I learned so much about how food treats your body and mind, met so many wonderful and beautiful people and looked into myself like I never have before. I am a blessed person for experiencing this and will be forever grateful.

“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!!!”

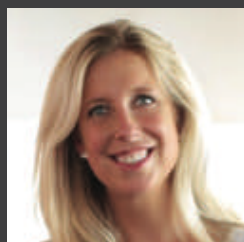
We’ve been so blessed this week, met so many amazing people and learned such in-valuable information...We can’t thank Dr. Stoll (and his family), Tom and the rest of the staff enough. You’re a greater blessing than words can express and we are greatly indebted to you for all your time and love!

Some of Our Experts...



Scott Stoll, M.D.

Dr. Stoll is the department chairman of Physical Medicine and Rehabilitation at Coordinated Health in Bethlehem, PA. Specializing in regenerative medicine, Dr. Stoll utilizes natural treatments such as diet and lifestyle to aid the body in healing chronic disease. Dr. Stoll is board chairman and chief medical officer of The Plantrician Project and the team physician at Lehigh University. A member of the 1994 Olympic Bobsled team, Dr. Stoll now serves as a team physician for the United States Bobsled and Skeleton team. Along with his beautiful wife, Kristen and their six children, the Stoll family resides in Bethlehem, PA.



Caryn Dugan, Culinary Educator

Caryn is a culinary educator with a simple mission, “A Plant on Every Plate™”. She regularly appears in cooking segments on local television morning shows and teaches cooking classes in many locations around the St. Louis area. She is a certified PCRM Food For Life instructor and has graduated from the Wellness Forum’s Plant Based Chef Program and has a Plant Based Professional Culinary Certificate through the Rouxbe Cooking School.



James F. Loomis Jr., M.D., M.B.A

James is the Medical Director of the Barnard Medical Center. He is board certified in internal medicine and certified in Plant-Based Nutrition by Cornell University. Before BMC, he practiced internal medicine at St. Luke’s Hospital in St. Louis and was the director of prevention/wellness. He served as physician for the St. Louis Rams, St. Louis Cardinals and St. Louis Symphony Orchestra.

Dr. Loomis enjoys reading history, cooking/teaching plant-based nutrition, running, biking, and swimming.

For more information, visit www.totalhealthimmersions.com
or contact **TOM DUNNAM** at 561-810-6713 or tdunnam@totalhealthimmersions.com