

## Saladmaster Featured during the Holistic Holiday At Sea

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Saladmaster Healthy Solutions 316 Ti Cookware Featured during the Holistic Holiday At Sea

Saladmaster Healthy Solutions 316 Ti Cookware will be featured during the cooking classes being held on board the *Holistic Holiday at Sea: A Voyage to Well-Being* cruise that is taking place March 2 - 9, 2013.

Celebrating its tenth anniversary, the Holistic Holiday at Sea is a 7-day holistic cruise through the Western Caribbean that serves as an educational vacation featuring a variety of lectures, workshops, and private consultations with leading authorities in holistic and alternative health. Among the list of highly-regarded presenters are: Dr. Caldwell Esselstyn, author of the book *Prevent and Reverse Heart Disease*; Dr. T. Colin Campbell, author of the best-selling book *The China Study*; and Dr. Neal Barnard, founder and president of the Physicians Committee for Responsible Medicine.

Throughout the days of the cruise, guests on board are able to attend a range of entertaining and informative cooking classes that are taught by several internationally known and accomplished natural foods chefs and cooking instructors. Classes can focus on a particular type of food or on a specific theme such as, oil free cooking, macrobiotic cooking, seasonal cooking or basic vegan fare. Whatever the topic, class attendees will sample delicious food all while learning how to get started in vegan cooking and how to keep it interesting.

Authorized Saladmaster Dealer, Sandy Clubb of Cookware Health Clubb Inc. who will be on board the cruise, was instrumental in

presenting Saladmaster's healthy cooking message and products for use in the cooking classes.

Also offered during the cruise are daily meditation sessions and daily pilates classes as well as great concerts, parties and vegan social events.

Please visit [www.atasteofhealth.org](http://www.atasteofhealth.org) for more information regarding the Holistic Holiday at Sea.

For more information regarding Saladmaster and Healthy Solutions 316 Ti Cookware, please visit [www.saladmaster.com](http://www.saladmaster.com)

**Tags:** [Health & Nutrition](#)

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