



puuglia!

COOK right

LIVE right

EAT right



9 DAY CULINARY ADVENTURE.

OCT 07- 15, 2017
PUGLIA

Join us in Puglia, Italy for an unforgettable culinary, cultural, and exploratory health journey.

Together we will weave morsels of nutrition into the rich culinary and historical fabric of Puglia. Enjoy an engaging series of short lectures designed to navigate you to your best expression of health. Participate in tasting and cooking experiences in which you'll learn how to translate food into your own best medicine. Step out into the rich countryside and coastline of Puglia and nourish yourself with a creative mix of private food, wine, history and cultural tours. During your ample free time, relax and simply "be" in the beautiful surroundings of our 4 and 5 star lodging.

Program Vision

Our Puglia program offers a unique opportunity to experience food as medicine by immersing you in history, culture and the Salentino (Puglia) plate. Through a series of fascinating, interactive Live Your Best Expression lectures presented in beautiful surroundings, we establish a nutritional blueprint for health. Each day, you'll experience a translation of that blueprint through journeys into local history, culture, the Puglia landscape, and importantly, its cuisine.

Our vision is that this program becomes a personal translational journey. A journey in which you can literally embrace the food and lifestyle ideals reflecting the science that everyone is talking about. We have purposely crafted this program to provide a balance of intellectual stimulation, culinary- cultural exploration and plenty of downtime at each destination.

Why Puglia?

Puglia is a veritable landscape of fresh produce and ingredients reflecting a zero food miles journey. From its fields and farmers' markets to the surrounding ocean, the Puglia "plate" has a special place in both cuisine and medicine. The unique taste of its grapes, olives and cheese reflect both the ancient soils in this heel region of Italy, but also nutritional complexity that is deeply conducive to health.

Indeed, native herbs and plants are as important to medicine as they are to flavor. From a historical and cultural perspective, this quiet region of Italy offers an unforgettable and riveting journey into the past. But it is the simplicity and traditions of its ingredients, and their culinary translation, that offers the perfect backdrop to experience Food As Medicine, literally from its science to your plate.

YOUR JOURNEY INCLUDES

LIVE YOUR BEST EXPRESSION LECTURES

Explore the lifestyle traits and food choices of individuals and communities around the world who enjoy exceptional health and longevity. Look beneath the covers to find out what constitutes their extraordinary roadmap to lifelong health. Then develop your own roadmap through a series of lectures, conversations and hands-on experiences with Pugliese culture and cuisine.

HANDS-ON COOKING WITH LOCAL CULINARY EXPERTS

The program includes a fabulous family style culinary experience in which you'll cook alongside local "Mamas" and prepare a variety of typical Pugliese style dishes for a family meal.

A JOURNEY INTO THE MEDITERRANEAN

Explore the Mediterranean diet and lifestyle through the lens of Puglia. We'll visit vineyard, a fabulous olive grove and an artisan cheese producer to explore local varieties of wine, olives and cheese.

HISTORY AND CULTURE

With private tours led by licensed historians and local experts, explore Puglia's magnificent past. From cave dwellings and "Trullis" to Puglia's unspoiled coastline, its ancient villages and ports absorb the culture of this southern-most region of Italy.



THE PROGRAM

Amanda Archibald and Meryl Brandwein present the Live Your Best Expression Food As Medicine lectures. Additional details on the Live Your Best Expression lectures can be reviewed following the itinerary. Breakfast is included daily. Program subject to adaptations

DAY 1 – OCTOBER 7

ARRIVAL & DINNER

Transfer from Brindisi to our four star Hotel Le Dodice Lune located in the UNESCO designated town of Matera. Settle in and then join us for dinner at a local trattoria within walking distance of our hotel.

DINNER INCLUDED

DAY 2 – OCTOBER 8

LIVE YOUR BEST EXPRESSION, WALKING TOUR OF MATERA

Live Your Best Expression: Explore the lifestyle traits of food choices of individuals and communities around the world who enjoy exceptional health and longevity.

Enjoy a leisurely and inspiring walking tour of the magnificent and unique town of Matera. Free time to explore in the afternoon. Enjoy dinner together in the evening.

- LUNCH AND DINNER INCLUDED -



DAY 3 – OCTOBER 9

LIVE YOUR BEST EXPRESSION. VISITS TO ALBARABELLO, CISTERNINO, OSTUNI

Live Your Best Expression: Uncovering the Root Cause of Dis-ease and Poor Health. Get to the heart of what causes illness.

Board our bus for visits and private tours of these beautiful white-walled and white towns of Puglia, including the UNESCO designated town of Albarabello and its famous trulli. Enjoy engaging insights into Puglia's past as we travel through the countryside. Enjoy food prepared by an award-winning chef in Cisternino. Late afternoon we will make our way to our country estate close to Lecce. Check in, relax and enjoy a leisurely country-style dinner.

- LUNCH AND DINNER INCLUDED -

DAY 4 – OCTOBER 10

LIVE YOUR BEST EXPRESSION, BOTANY, AGRONOMY, OLIVES AND COOKING

Live Your Best Expression: De-Stress: The secret to Longevity. Get a true grip on how life stress impacts your body and subsequently your health.

After our morning lecture, we'll visit a premium winery in the Northern Salento region and an olive oil farm. Tour the olive oil production facility. Enjoy olive oil tastings followed by a picnic lunch in the olive grove. We'll then travel back to our country estate where you can relax and enjoy (optional) massages and yoga

- PICNIC AND DINNER INCLUDED -



DAY 5 – OCTOBER 11

WALKING TOUR: OTRANTO & THE COASTAL ROAD

Discover the beautiful coastal town of Otranto, its magnificent landscape and history. We'll have lunch in the historic center before traveling on to our 5 star hotel in Lecce. Check in and enjoy some private time before our welcome dinner in this magnificent baroque city.

- LUNCH AND DINNER INCLUDED -

DAY 6 – OCTOBER 12

LIVE YOUR BEST EXPRESSION, COOKING WITH LOCAL MAMAS

Live Your Best Expression: Building Your Best Health Defense. The gut is the gateway to your body and the gateway to your health. Learn how what happens in your digestive tract impacts the rest of your body

Get your hands into local food and cuisine with local "Mamas." Enjoy a fun and insightful cooking experience led by local women who will show you the art and craft of Puglia cuisine. After a satisfying lunch, join a private walking tour of Lecce. Relax and enjoy dinner on your own in the city.

LUNCH INCLUDED -



DAY 7 – OCTOBER 13

GALATINA AND GALLIPOLI

Board our bus for a visit to a visit to Galantina. Travel on to Gallipoli (photo), the town of fishermen. Enjoy lunch by the ocean and then a private walking tour of Gallipoli. After lunch we will travel on to a boutique winery for a tour and tasting. Return to Lecce for private time and dinner on your own

- LUNCH INCLUDED -

DAY 8 – OCTOBER 14

LIVE YOUR BEST EXPRESSION, BIKE RIDE AND VISIT TO ARTISAN CHEESE PRODUCER

Live Your Best Expression: Striving for health in a World filled with toxins? How does food and the environment we live in impact our health?

Live Your Best Expression: Putting It All Together. Navigate a Blueprint for Optimal Health that will allow you to live without feeling restricted or fearful of doing the “wrong” thing.

After our two morning lectures, we’re off to a local artisan cheese producer to watch a demo, then learn about and sample specialty cheeses coated with fresh plants and herbs. Late afternoon relax on your own, or enjoy a yoga class. Join us for a farewell dinner at a local farm to table restaurant.

- BRUNCH AND DINNER INCLUDED -

DAY 9 – OCTOBER 15

DEPARTURE BREAKFAST

One last breakfast together and transfer to Brindisi Airport

LIVE YOUR BEST EXPRESSION

LECTURE DETAILS

LECTURE 1: FOOD AND LIFESTYLE TRAITS OF THE LIVING WELL AND LONG LIVING: OCTOBER 8

Explore the lifestyle traits of food choices of individuals and communities around the world who enjoy exceptional health and longevity. Look beneath the covers to find out what constitutes their extraordinary roadmap to lifelong health. We'll have a special focus on the Mediterranean and foods that speak to longevity genes.

LECTURE 2 UNCOVERING THE ROOT CAUSE OF DIS-EASE AND POOR HEALTH: OCTOBER 9

Get to the heart of what causes illness. Learn what inflammation is, how it occurs and how it impacts you, your body and your health in a variety of different ways. Learn the role your genes play in powering up inflammation or extinguishing it all together. Importantly, which foods you need to put in your pantry and refrigerator to keep inflammation away.

LECTURE 3: DE-STRESS: THE SECRET TO LONGEVITY: OCTOBER 10

Get a true grip on how life stress impacts your body and subsequently your health. Then walk once again into the kitchen to see which foods we can put in the pantry that work with our genes to offset the impact of stress on the body. A food-gene conversation!

LECTURE 4: BUILDING YOUR BEST HEALTH DEFENSE: OCTOBER 12

The gut is the gateway to your body and the gateway to your health. Learn how what happens in your digestive tract impacts the rest of your body. How you feel, those strange mood swings, lethargy or just not feeling up to par – can often be traced back to the health of your gut. Learn how and why. Then learn which foods serve as our best medicine and how they shore up your gut to provide you with your best health defense

LECTURE 5: STRIVING FOR HEALTH IN A TOXIC WORLD: OCTOBER 14

How does food and the environment we live in impact our health? Learn how your body deals with contamination and the best way you can support your body's own natural detoxification systems. Learn which ingredients can "talk" to genes to support detoxification, and how to work with them in your kitchen.

LECTURE 6: LIVE YOUR BEST EXPRESSION: PUTTING IT ALL TOGETHER: OCTOBER 14

Navigate a Blueprint for Optimal Health that allow you to live without feeling restricted or fearful of doing the "wrong" thing. Unpack a Culinary Toolbox for Wellness containing ingredients that talk to your genes and help your body run at maximum efficiency





ACCOMMODATIONS

We have carefully chose lodging to offer you a multifaceted experience in Puglia. Our first, unparalleled lodging experience, is a boutique hotel whose rooms are beautifully restored reflections of former cave dwellings in Matera. Our second lodging comprises a restored country farmhouse and estate dating back to the 16th Century. Our third hotel is a restored 18th century Palazzo in the heart of old town Lecce

LE DODICI LUNE FOUR STAR GUEST HOUSE

Le Dodici Lune is located in the heart of the Sassi of Matera. It is a guest house restored with special care to respect the ancient infrastructure which are its foundations. The rooms, ancient cave dwellings, overlook a "vicinato", a common area where people used to spend their time. The restored cave rooms were all originally inhabited by the families of Matera until 1950s then, in 2007, they were completely restored. Le Dodici is a few minutes' walk to the most important historical sites of Matera.

MASSERIA PROVENZANI, FOUR STAR BOUTIQUE

Dating back to the 16th century, Masseria Provenzani is one of the classic farmhouses in Puglia, restored to a boutique accommodation. Located less than a mile from the Adriatic Sea, Masseria Provenzani is surrounded by olive groves, vegetable gardens, olive trees, climbing flowers and a beautiful pool. The Masseria offers an authentic taste if Salento lifestyle and solitude among exquisite beauty.

PATRIA PALACE HOTEL, LECCE FIVE STAR

One of Lecce's most desirable hotels. Set in a former 18th-century palazzo, and located in the center of old town Lecce, the hotel overlooks the Piazza del Duomo. You are literally steps away from the ornate Basilica di Santa Croce and within easy walking distance of the 16th-century Castello Carlo V. Enjoy lavish surroundings, luxury and immediate access to some of the best restaurants and shopping in this beautiful Baroque city.

ORGANIZERS & PRESENTERS



Amanda Archibald's unique training as an analyst and a nutritionist (RD), combined with her culinary expertise, has enabled her to develop a new lens through which we can understand the food and health conversation. Amanda's trailblazing work is redefining the food, nutrition and cooking education footprint in ways that are understandable, meaningful and fundamentally achievable for all Americans.

Her cutting-edge work in Culinary Genomics, unveiled in 2015, has created a new frontier, essentially uniting the fields of Genomic Medicine with the Culinary Arts. Through this work, Amanda is placing food, chefs and the kitchen at the epicenter of healing and igniting a new nutrition conversation for the world. Amanda has been involved in lecturing, teaching, counseling and producing state of the art experiential food and nutrition learning experiences for consumers and health professionals alike since 2003. Her work has been showcased in more than 30 states, over 100 U.S. cities, and in 7 countries. In all of her endeavors, Amanda's vision remains crystal clear: help individuals understand how food works in the body. Then translate it to the plate in accessible, affordable, nourishing and deeply flavorful ways.



Meryl Brandwein, RD has been studying food and healing for over 20 years and holds advanced certifications from the Institute of Functional Medicine and from Professional Compounding Centers of America. Meryl's areas of expertise include weight loss and food lifestyle change, hormonal imbalances, anti-aging nutrition, childhood obesity and medical nutritional therapy for various disorders as well as nutrition during and after cancer therapies. Meryl is an emerging leader in the area of functional nutrition. She treats root causes and incorporates the integration of whole foods into overall health and wellness programs and strategies. She personally counsels clients and works to transition her clients to a healthier way of eating both as an educator and nutritionist.

As a cancer survivor herself, Meryl knows what it's like to be on the "other side" of a complicated and life-threatening disease. While conventional medical treatments, including chemotherapy and radiation, helped rid Meryl of her cancer, they left her physically weak and tired. Meryl was able to apply her deep knowledge and understanding of food and nutrition to combine mainstream medical treatments along with complementary and alternative methods to restore her health. This first-hand experience has helped her to become an expert in her field. Meryl is founder and owner of Meryl Brandwein Nutrition, a nutrition practice based in South Florida

PROGRAM FEE \$2875 ON/BEFORE JUNE 15 \$3175 AFTER JUNE 15

- Transportation for the full group to/from Brindisi airport/train station on arrival and departure dates and to/from accommodation and scheduled presentations.
- Local transfers and transportation
- Expert licensed local guides
- All entrance fees to historic and cultural sites.
- Private tours and tastings with owners-operators and experts at a local winery, olive oil production facility, artisan dairy
- Cooking classes
- 8 nights' accommodation in 4 and 5 star lodging
- All scheduled meals per itinerary. 8 breakfasts, 7 lunches, 5 dinners.
- Program fee is land price

ACCOMMODATION

- We spend our first two nights in a four star class boutique hotel in Matera in the classic "Grotte" style.
- We will then transfer to 4 star restored country house (Masseria) and estate close to the city of Lecce for 2 nights.
- We spend our next 4 nights in the Baroque city of Lecce in a five star hotel located in the historical old town.
- Program fee is based on shared (double room) lodging. Single supplement of \$350 for single room.

MEALS

- The program reflects all meals included in the program fee, which includes breakfast daily.
- If lunch or dinner are not listed on the program, this indicates free time on your own. We will make sure you have plenty of restaurant recommendations
- Please indicate special dietary needs when you register

REGISTRATION

- Prior to registration, please read the General Terms and Conditions, Responsibility & Disclaimer at the end of this program. Registration means you have read and understand these terms and conditions
- You may register online or via check. For online registration go to either the Public Programs, or Professionals Link on www.fieldtoplate.com and select Hearth to Health, Italy and click "REGISTER." Please contact us if you are having problems locating online registration
- This program requires a minimum of 10 participants and a maximum of 20 participants. We ask that you not make final travel arrangements until we can confirm that minimum registration has been reached. We will advise you as soon as the registration minimum has been reached. Field to Plate, LLC will not be responsible for any travel costs associated with booking travel prior to our advising you that minimum number of participants has been met.

PAYMENT OPTIONS

- Opt to pay in full at the time of registration and take \$50 off. Applies to Early Bird Fee
- Select a \$500 save-a space option and pay in full by August 1, 2017
- Pay by check and save an additional \$60
- *PayPal is currently offering a 6 month interest free payment plan you may wish to consider*

CANCELLATION POLICY

Trip fees will be refunded on or before August 1, 2017. Your trip fee will be refunded in full minus a \$300 administration fee. There will be NO REFUNDS for cancellations after August 1. There are no exceptions to this policy. We understand that emergencies of all nature do arise, however there are no exceptions to our cancellation policy. We strongly urge you to purchase trip insurance to cover you for this possibility.

EXCHANGE RATE CLAUSE

This program is a European-based program which operates on the Euro currency. All pricing for the program has been calculated in Euros and converted to US dollars for the convenience of our U.S. guests. The Euro to dollar exchange is at a historical low currently, however fluctuations may occur. Should the exchange rate increase more than 10% above the base of 1.12 Euro:Dollar, we reserve the right to pass on any additional minimal price increases. Please be aware that we have never enacted this clause in our history of international programming, but we wish to make you aware of the possibility.

DETAILED TRAVEL NOTES

We have prepared detailed travel notes to address the following questions. These details will be emailed you upon registration, *or prior to registration upon request*

- How soon to start your journey
- Travel insurance
- Getting to Italy
- Flight/train arrangements from Rome to Brindisi
- More about accommodation
- Level of physical activity
- Temperatures
- What to pack
- Currency

CONTACT INFORMATION

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General terms and Conditions, Responsibility & Disclaimer

Field to Plate, LLC requires each Program Participant to sign and return this form acknowledging your understanding of, and agreement with the terms and conditions, upon registration. This form may be mailed or emailed to Field to Plate.

Field to Plate, LLC provide educational seminars and workshops in the USA and overseas. Our programs are designed for adults over the age of 21 and are not appropriate for children.

PROGRAM PRICES: All prices are per person and are stated in the program.

TRAVEL:

1. Field to Plate, LLC is not a travel agency. It is the responsibility of each individual participant to organize travel to and from Brindisi, Italy. Please review the program itinerary carefully, including program start and end dates, so that you can make travel arrangements accordingly.
2. Field to Plate, LLC is not responsible for travel arrangements made by program participants to and from Brindisi, Italy or any complications/expenses that may be associated with your travel arrangements. Participants are encouraged to purchase refundable and/or transferable airline tickets to avoid cancellation penalties if a program is cancelled for any reason. We strongly recommend the purchase of travel insurance to protect you against any cancellations or emergencies that may arise and prevent you from participating in the program.
3. We suggest that you consult a travel agent for all international travel information. If you need assistance, please contact us for the name of an experienced travel consultant.
4. **You are asked not to make final travel arrangements until we advise you that the program has met the minimum registration requirements.** Field to Plate, LLC is not liable for travel costs or expenses incurred as a result of booking travel prior to our advising you that the program has met minimum registrations. We will advise you as soon as the program has met its minimums.
5. Each program participant is required to obtain and carry a valid passport and any other documents required by applicable government regulations. Please ensure that your passport has at least two blank, unstamped pages.

INSURANCE: Each Program Participant acknowledges that they have purchased medical and all other relevant insurance for their needs during this international trip. Consult with a travel agent for advice.

CANCELLATION/REFUNDS: Program fees and refunds are addressed in the program. By registering, you acknowledge cancellation and refund terms. **Full refunds will be made by Field to Plate, LLC if the company cancels the program.** There are no refunds for any unused portion of the program. For this reason, we strongly recommend you purchase travel insurance. Travel Insurance covers trip cancellations, missed flights and connections, baggage loss or delay and medical expenses. It is more cost effective for you to purchase travel insurance than to impose an administrative fee for cancellation.

DISCLAIMER: The program participant agrees that neither Field to Plate LLC nor any of its agents shall be responsible for any expense or liability relating to injuries, damage, loss, accident, delay, or irregularity caused to any traveler in connection with terrorist activities, social, political or labor unrest, omissions, inclement weather or conditions outside of our control. Additionally we are not liable for injury, damage, loss or accident related to a lodging or transportation purveyor, food, wine or restaurant supplier or any other contractor providing services as part of this program

PROGRAM CHANGES: **Field to Plate, LLC** reserves the right to make changes in the published program whenever conditions warrant, or if they deem it necessary for the comfort, convenience, or safety of program participants. **Field to Plate, LLC** reserves the right to require any participant to withdraw from the program at any time, when such action is determined to be in the interests of the health, safety or welfare of the program participants or of the individual participant.

Each Program Participant Must Agree to and Sign the Statement Set Forth Below:

The undersigned has carefully read the terms set forth above, understands and agrees to the itinerary, and recognizes and accepts any risk associated with the program and the conditions. The undersigned agrees to release **Field to Plate, LLC**, its representatives or agents, from any and all liability for any loss, death, or injury to person or property suffered by any person in connection with this program.

By registering for this program, the applicant certifies that he or she is mentally and physically capable of full participation in this program

Signature

Date

Print Name