



Cruise with Dr. Gloria Gilbère!

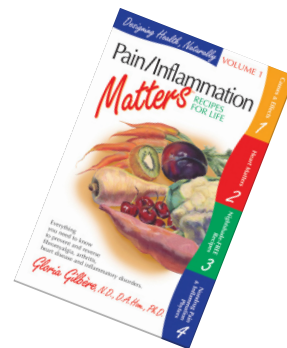
Healthy Aging **MATTERS!™**

She'll show you...

Gloria Gilbère
N.D., D.A.Hom., Ph.D.

Dr. Gilbère teaches, lectures and consults worldwide. She writes for numerous magazines, newspapers and trade journals in the U.S. and Canada. She is the author of many books including *Invisible Illnesses* and her latest book series, *Designing Health, Naturally*.

- how to calm down pain, even avoid pain, naturally!
- how to prevent and reverse fibromyalgia, arthritis, heart diseases and inflammatory disorders.
- how to age with grace and energy.
- how to create a non-toxic home and office.
- which personal care products are safe and allergy-free!
- which foods to eat and which to avoid.
- new easy-to-use recipes with delicious food substitutions.



Go on these learning vacations and spend quality time with Dr. Gilbère! Includes lectures, demonstrations, booksignings, gift bags, recipes and much more!

February 8 - 13, 2006

Mississippi River Cruise

6 Days - 5 Nights New Orleans/New Orleans

Big Band Cruise Featuring The Russ Morgan Orchestra directed by Jack Morgan, Guy Lombardo's Royal Canadians with Al Pierson and The Ink Spots. Mississippi Queen - Visit Oak Alley, St. Francisville, Natchez, Baton Rouge

Starting at \$999*

**Per person, double occupancy sharing an inside stateroom plus tips.*



April 1 - 9, 2006

Mexican Riviera Cruise

9 Days - 8 Nights San Diego/San Diego

Carnival Spirit - Visit Acapulco, Manzanillo, and Zihuatanejo/Ixtapa, Mexico

Starting at \$999*

**Per person, double occupancy sharing an inside stateroom, plus taxes and tips.*

September 23 - 30, 2006

New York/Canada Fall Foliage Cruise

8 Days - 7 Nights New York/New York

Carnival Victory - Visit Boston, MA, Portland, ME, Sydney and Halifax, Nova Scotia

Starting at \$899*

Visit www.mindbodytravel.com for prices on additional cabin categories and complete terms and conditions. Roommate matching service available.



Carnival Cruise Lines.

Call 1-800-874-1996



CST# 2045087-40

Best to call and hold your cabin. Space is limited on all cruises.