



Wholefood  
Farmacy

# Liquithon

## Instructions for the Liquithon

The Liquithon, also called a Farina Fast, is a 13 day 'nutritional event' based on our 7 Wholefood Farinas. It includes a one pound bag each of **AmpliPhi**, **BeutiPhi**, **ClariPhi**, **DetoxiPhi**, **ElectriPhi**, **FructiPhi**, and **GloriPhi**. The concept of the Liquithon is to "re-start" your body's nutritional system and return it to "original Manufacturer's specifications". It is a back-to-the-basics approach using whole foods and water.

The majority of your body's energy, on a daily basis, is directed towards processing and digesting foods. During these 13 days, the easily digested whole food nutrition allows much more of your body's energy to be directed towards healing, repairing, regenerating, growing, cleansing, and detoxifying. It also provides an increased level of energy for you as you go about your day. As with all whole foods, there is no "right" way or "wrong" way to enjoy our Farinas. We have found, however, based upon a large amount of customer feedback that the following guidelines seem to offer the best, quickest, and most measurable results.

You'll be enjoying the Farinas, every two hours throughout the day, in the following order: **ElectriPhi**, **FructiPhi**, **GloriPhi**, **AmpliPhi**, **BeutiPhi**, **ClariPhi**, and **DetoxiPhi**. For example, if you start your day at 7:00 am, your meal schedule would be as follows:

7:00 am	'E' -- ElectriPhi
9:00 am	'F' -- FructiPhi
11:00 am	'G' -- GloriPhi
1:00 pm	'A' -- AmpliPhi
3:00 pm	'B' -- BeutiPhi
5:00 pm	'C' -- ClariPhi
7:00 pm	'D' -- DetoxiPhi

The Liquithon provides you 7 meals each day over a 12 hour period. The times shown above are simply an example. If you start your day at 6:00 am, your meals would run from 6:00 am to 6:00 pm. If you start your day at 10:00 am, your meals would run from 10:00 am to 10:00 pm. The Liquithon can be incorporated into your existing daily routine, the only point to take note of is that you should have your first Farina, the **ElectriPhi**, within 30 minutes of getting up, whatever time that happens to be. From there, simply continue drinking a Farina every two hours following the order/schedule shown above. Also, drink at least one glass of water between each Farina.

1. The Farinas are typically mixed using 2 slightly rounded tablespoons of Farina powder with 8-10 oz. of room temperature water. But, many variations of this are perfectly acceptable, such as: using less (6-8 oz.) or more (10-12 oz.) water; using water that is cool, warm, or very warm; using a milk of your choice. For example, many enjoy **ElectriPhi**, **FructiPhi**, or **GloriPhi** with warm water; **AmpliPhi** with warm to very warm water; **BeutiPhi** or **ClariPhi** with a milk of choice (Rice, Almond, Soy Milk, etc.); **DetoxiPhi** with 10-12oz. water, etc. So, feel free to see which, if any, of these variations you prefer.

2. Plan your meals. If you are away from home during the day, you'll probably find it convenient to put those Farinas, that you'll need while away from home, into a smaller baggie or some other small container. That way, you'll have what you need while you're away from home without having to carry the full 1 lb. bags with you during the day. Sandwich, snack, or small Zip-Loc baggies seem to work well.

# Liquithon

## Instructions Continued

3. Begin your day as usual, and move from one Farina to the next every 2 hours in the sequence shown above. Try to stay on schedule as best you can, so that your body receives nutrition on a regular basis throughout the day. Be sure to drink at least one glass of water between each Farina.

4. We encourage you to go walking for 45 to 60 minutes every day. You can do two 30 minute walks, three 20 minute walks, four 15 minute walks, etc. Or you can get out there and do it all at once. Choose the approach that's best for you -- but get out there and move under your own power **every day**.

### **NOTES**

**Day 1:** The first day may be a challenge as you get used to a new way of nourishing your body. As the pure whole food nutrition and proper hydration take effect -- your body will begin the process of releasing toxins.

**Day 2:** As toxins begin to leave your body you may feel some side effects of this cleansing. If you feel nausea, headache, or weakness -- sit down, relax, drink water and the side effects should soon pass. For some taking a walk helps, for others lying down for a few minutes helps. Soaking in a luxurious bath with Posh Spahhh can also be very soothing and reinvigorating. Try these approaches and see what works best for you.

**Day 3:** If you've had moments of feeling rough today, it will probably peak and be gone in the morning. Stay on schedule with your Farinas, drink lots of water, and take a walk if you feel up to it.

**Day 4:** By day four, most people are "on fire" with excitement! They feel great, pain free, and full of energy. They notice their appetite decreasing and their energy levels increasing. Your pH is balancing and every cell in your body is enjoying this whole food nutrition and proper hydration.

**Days 5 - 13:** You're in the zone! You feel like you could do this for weeks, and you can. As you see the pounds begin to melt off, if that's what your body needs, and enter a phase of **weight loss momentum** -- we recommend staying in the zone and going all the way! Your Liquithon provides you with enough Farina product to continue your Farina Fast for another 5 days, for a total of 18 days. So, if things are going well and you're feeling the positive effects of your Farina Fast, in other words you're in the zone, why not keep it going for another 5 days.

Some people even throw in a 24-hour water fast from Day 4 1/2 thru Day 5 1/2 of each week, extending the Farina Fast to a total of 21 days. We have found this to be the ultimate program for getting your body back into balance, or homeostasis, so that your body, being the wonderful creation it is, can do whatever healing, growing, regenerating, cleansing, and/or detoxifying as, where, and when needed. Your body prioritizes the tasks it wants and needs to accomplish, and then goes about them one, or more, at a time. But this can only happen if you're feeding/nourishing your body with what it needs at the cellular level, and assisting your body to cleanse/detoxify at the cellular level. We feel the best way to accomplish both of these things is with nutrient-dense, raw whole foods and water. The 7 Farina products are extremely versatile and can be used in a variety of ways.

For example, a maintenance program using the Farinas might involve doing a 2 consecutive day Farina Fast every week, such as on the weekend, or a 7 consecutive day Farina Fast every month, etc. Listen to your body, and let it tell you what's best and right for you. Some people incorporate 1, or more, of the Farinas into their normal daily eating regimen. The only things that can limit how you use our 7 Farina products are your imagination and creativity.

# Liquithon - Frequently Asked Questions

## 1. Can I eat any other foods during the LIQUITHON?

To achieve the best, quickest, and most measurable results, we recommend eating only the foods that come in your Liquithon. We also understand that this may be a bit challenging for some people. If you feel that you absolutely have to add other foods, then our soups would be good to give you some added variety, or juicing fresh fruits and veggies would also be a good choice. Raw, organic whole foods such as fruits, vegetables, nuts, seeds, grains, and berries can help to keep you satisfied if need be. Salads are okay, as long as you make your own salad dressing using items like virgin olive, vinegar and spices. The goal is to follow the program as closely as you can without eating any other food, particularly any type of processed food.

## 2. Can I drink anything besides water during the LIQUITHON?

To achieve the best, quickest, and most measurable results, we recommend drinking only water during your Liquithon. We also understand that this may be a bit challenging for some people. If you feel that you need to add other drinks, at least make healthy drink choices. If you have a juicer, you can juice any type of organic fruits or vegetables. Organic herbal teas can take the place of coffee in the morning. If you are unable to function without your coffee, try to limit yourself to one cup per day and use organic honey instead of sugar or artificial sweeteners. It is very important, however, that you drink at least 8 glasses of water per day in addition to the farinas or any other drinks that you may decide to consume. It's best if you drink one glass of water between each Farina throughout the day.

## 3. What type of detox effects might I expect to feel?

Depending on your level of toxicity, the source(s) of your toxicity, how long your body's been storing it, and how your body reacts to detoxification, there are a wide range of effects that are possible. Some people experience only very mild effects such as a general feeling of "sluggishness". Others may experience effects that are a bit more prevalent such as an occasional headache and lack of energy. People who have a very high level of toxicity in their body may experience something similar to a moderate "hang over". During this time, you can take solace in the fact that dangerous toxins are being flushed from your body. Detox symptoms generally begin to subside around day 3 or day 4. Drinking extra water, taking a short nap, or taking a walk can help. Soaking in a luxurious bath with Posh Spaah can also be very soothing and reinvigorating. Try these different approaches and see which ones work best for you. By day 5, you'll be glad that you did.

## 4. Are there any special handling instructions for the foods?

All of the foods in your Liquithon are designed to be stored at room temperature. These foods do not require refrigeration, and we recommend that they not be refrigerated. Storing them in a cool, dry, dark location is ideal. Also, keep all foods away from a microwave, on top of a refrigerator, or any other electrical appliance that produces an electro-magnetic field (EMF). The shelf life of these foods is approximately 9 months provided they are kept in some type of air tight container.

# Liquithon - Frequently Asked Questions

## 5. Can I order the different foods individually?

Absolutely. All of the foods that come in the Liquithon, plus many others, are available to be ordered 24 hours a day on your Wholefood Farmacy website.

## 6. Can diabetics do the LIQUITHON?

If you have a particular medical condition, we recommend that you consult your health care professional for guidance and advice. We have received feedback from diabetics who have eaten these foods. Typically, they report that their sugar levels spiked during the first three days, or so, and that when they reached days four or five, that their sugar levels had stabilized. In some cases their doctors stopped their medications. **As always, we strongly recommend that anyone with specific medical concerns consult their health care professional prior to an changes in diet, medication, or lifestyle.**

## 7. Can children do the LIQUITHON?

Yes. Doing the Liquithon involves eating whole foods, drinking water, and walking. We do believe it is quite safe for children to eat whole foods, drink water, and walk!!

## 8. What do I do after the 13 days?

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Always at your service, Wholefood Farmacy Team