

The New You Resolution Pantry

The New You Resolution Pantry offers a wide selection of nutrient dense, conveniently packaged, whole foods. It also offers 3 options to help you move in a healthier direction.

Option 1: Use it as a family “snack kit” for all ages to in place of junk food and fast food. Remove the junk food from the drawers and cupboards and replace it with the healthy Wholefood Farmacy foods.

Option 2: Use it as your first step in the right direction towards healthier living and losing weight. The instructions for this option are as follows:

- Never skip a meal – instead snack on any of the foods. This will keep your metabolism up and help you to lose weight
- Enjoy any of the foods in place of junk foods, fast foods or other less healthy choices
- Drink more water in place of sodas, energy drinks, coffee and sports drinks

Option 3: Use it as a 13 day program to “re-start” your body nutritionally – back to the basics of Whole Foods and water. This easy approach offers you a way to jump start your health, wellness and weight loss goals - you’ll feel great, you’ll enjoy this easy approach, you’ll have fun and feel great! With such a wide variety of foods to choose from, you’ll always be able to satisfy your cravings in the healthiest way imaginable! Here are the instructions for this approach:

1. Start each day with a big glass of your Stardust 2 Hydra8. Next, begin to eat the food of your choice - most people prefer the Phi Plus or Fruitacious in the morning. A meal should not be rushed - take your time, sit down, turn off the TV, put the newspaper aside and relax. Concentrate only on feeding your body. **Eat the foods, chewing them slowly and thoroughly (25 to 30 times), and continue to eat and drink water until you no longer feel hungry.**

From there, anytime throughout the day you feel hungry, repeat that same process. We recommend eating at least every 90 minutes throughout the day. It is important to eat slowly and to pay attention to your body - when your stomach tells you that it's satisfied - stop eating.

Note: these foods are very dense in nutrition. The natural fibers in whole foods tend to expand for up to 30 minutes to an hour after eating them. Take care not to eat too much – start with smaller amounts and then gradually increase if necessary.

2. Drink water – give your body a break from all other drinks – drinking only water during the 13 days will offer maximum results in terms of cleansing, having more energy and weight loss. Drink at least 8 glasses of water per day during the 13 days.

3. We encourage you to go walking for 45 to 60 minutes per day. You can do two 30 minute walks per day, 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.

You will begin to notice exciting changes after only 2 or 3 days as the toxins are being flushed out of your body and all of this whole food nutrition takes effect. For those need to lose weight, many report weight loss averaging one pound per day beginning around day 3 or 4.

After day 4, your tastes will most likely begin to change and your stomach will have shrunk back down to the size of a fist. By day 5, you will have determined which foods you like best. You will want to order these at this time so you will have them to continue all your wonderful results.

You begin to crave fresh, raw, whole foods like fruits, vegetables, nuts, grains, and berries. Also, salads, lightly steamed vegetables, berries, etc., can be eaten during the 13 days as a special treat.

This change in desired foods will help develop a pathway to a lifestyle change – creating a permanent solution to weight control as well as many other benefits.

Drinking plenty of water will allow your body to become properly hydrated. Remember, these foods go into your stomach and are re-hydrated by the water you are drinking. Usually it's by day 4 that your stomach has shrunk back down to the size of a fist.

Most people believe that liquids are the same as drinking plenty of water, not true. When you drink water, it is recognized and absorbed from the stomach within 45 seconds. From there it proceeds on a path through your brain, vital organs, and finally into your blood stream. Properly hydrated blood is thinner, flows easier, and helps to lower blood pressure naturally. When you drink any other liquid (besides water) your stomach processes it as food, pulling water from your blood stream making the blood thicker and increasing blood pressure.

Remember, the food is doing the work for you. You're not counting calories or focusing on fat grams, carbs, or proteins. That's why it's called "grazing". ALL YOU ARE DOING is eating a serving every 90 minutes and drinking 8 to 10 oz. of water. It's really quite simple. The food takes your body on the journey towards health, wellness, and ideal weight. That's why you want to reorder on time. These foods are specifically designed to support and nourish all seven systems of the body.

IMPORTANT NOTES

DAY 1 : It is important to eat as often as you feel hungry and to eat and drink until your hunger is satisfied. 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 will soon pass. For some, taking a walk helps for others lying down helps. Try both 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. Eat plenty of food, 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. Eat as much as you need to feel satisfied. Don't be surprised as smaller and smaller portions fill you up and satisfy you completely. 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 and enter a phase of weight loss momentum – we recommend staying in the zone and going all the way! Be done with it once and for all. One lady ate nothing but Phi Plus and water for 9 months and lost 316 lbs! So if you're in the zone, feeling great, losing weight, and want to go all the way – now is the time to order your next Tri-Decathlon so it will arrive before you run out of food!

For More Info Call Our 24 HR Recorded Info Line at 507-726-4181

Frequently Asked Questions for using the New You Resolution Pantry (N.Y.R.P.) as a 13 Day Program.

1. Can I eat any other foods during the 13 Days?

To achieve the best possible results, we recommend eating only the foods that come in your N.Y.R.P. We also understand that this may be a bit challenging for some people. You can certainly add any other Wholefood Farmacy foods to give you some added variety. If you feel that you need to add other foods, you may do so if you make healthy choices. Raw, organic whole foods such as fruits, vegetables, nuts, seeds, grains, and berries can help to keep you satisfied and well nourished during the 13 days. Salads are great, as long as you make your own salad dressing using virgin olive oil, vinegar and spices. The goal is follow the program as closely as you can without eating any type of processed food. If you follow these guidelines you can enjoy other whole foods, during the 13 days, and still get excellent results.

2. Can I drink anything besides water during the N.Y.R.P.?

To achieve the best possible results, we recommend drinking only water during the 13 days. We also understand that this may be a bit challenging for some people. If you feel that you need to add other drinks, it is fine to do so if you make healthy choices. If you have a juicing machine, you can certainly 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. If you follow these guidelines you can enjoy other drinks during the 13 days, and still get excellent results. It is very important, however, that you drink at least 8 glasses of water per day in addition to any other drinks that you choose to consume.

3. Will the cleansing experience produce any kinds of detoxification effects?

While the body's pH is balancing, there can be a wide range of mild effects such as an occasional headache, maybe a feeling of sluggishness, or a general lack of energy. During this time, make sure you are drinking plenty of water, as toxins are being released from your body.

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

NO, all of the foods are designed to be stored at room temperature. The reason these foods are so convenient, is that they don't require refrigeration -- so they go wherever you go -- just open up the bag and eat it. Can you imagine not having to buy food, prepare food, store food, cook food, clean up after meals, or even think about food, and then having to do it all over again? You'll save both time and money.

5. Can I order the different foods individually?

Absolutely! The Wholefood Farmacy has over 50 different products you can choose from! Mix and match as you see fit. We suggest you try them all, you'll find the ones you like the best. The goal being that these foods are moving you into eating whole foods as a lifestyle. Can you imagine that actually happening?

6. Can diabetics do the N.Y.R.P.?

If you have a particular medical condition, we recommend that you consult your health care professional for guidance and advice before starting any weight loss program. We have received feedback from diabetics who have eaten these foods. Typically, some report that their blood sugar levels increased slightly during the first few days. Then, a few days later, they find that their sugar levels had stabilized. Most diabetics have extremely favorable reports concerning their N.Y.R.P. experience. In some cases, their doctors have even reduced or stopped their medications. As always, we strongly recommend that anyone with specific medical concerns consult their doctor prior to any changes in diet, medication, or lifestyle.

7. Can children do the N.Y.R.P.?

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

8. What do I do after 13 days?

We've all heard that health is not an event -- but a habit. However, the practical truth is that we often need an event as an on-ramp to realize our desired goal. During the 2nd two weeks, continue grazing with your favorite Wholefood Pharmacy foods and drinking water as you introduce the one sensible meal per day. The convenience of our foods gives you nice transition time. The foods you want to avoid are all the processed and refined grains and sugar products. The 3rd two weeks, continue grazing as before adding a second sensible meal if you so choose.

Having made a conscious effort to eat healthier, these foods have trained your body to crave live, healthy, whole foods. Prepare your meals accordingly. Stay with fresh fruits and vegetables, nuts, seeds, whole grains, as much as possible -- adding salads, lightly steamed vegetables, along with some of your favorite healthy meats, fish, and dairy, if you so choose.

If you consider the cost of everything (food, drinks, eating out, and snacks), most people find that the N.Y.R.P. is actually more economical than their normal spending habits. The longest period of time of staying exclusively on the N.Y.R.P., which we know of, is 9 months -- producing wonderful health benefits and a very substantial weight loss.

Our foods provide the on-ramp of a six week start up program and the support to continue on a healthy lifestyle, in the simplest, healthiest, easiest, and most convenient way that we've ever seen.