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## Testimonials

### ***See How Our Tri Decathlon's are Changing Lives!***

#### **Rodney Scott - Kingston Springs, TN**

I started my Tri-Decathlon after witnessing its impact on a colleague at work who I had daily contact with during his 13 day event. I am a 51 year old male who is relatively active. I play golf and coach one of my son's basketball teams. I have always been a competitive person and played various sports throughout my years. Now at 51, I have experienced joint pain since my early twenties as a result of wear & tear on my knees from football and basketball. I also used to drink 5 to 6 Diet Mountain Dews every day. I only mention these things to give you some idea of where I was before starting the program. I am 62" tall and weighed 238 lbs. prior to starting the Tri-Decathlon. I had never cleansed my body and many can attest to my love to eat all types of food and large quantities as well. My only intent when starting the plan was to cleanse, or detox, my system, but what happened along with the way is totally amazing. I have totally transformed my whole outlook on my life and my eating and drinking habits in regard to living a healthy and satisfying life.

I began to notice a rapid change in my body as well as my mental and physical health. I used to swallow 4 pain pills a day for my joint pain. The pain virtually vanished during my Tri-Decathlon and I have now stopped taking any pain medication! I no longer drink the costly and caffeine laden Mountain Dews. I went from 238 lbs to 217 lbs using the Tri-Decathlon and whole food concepts, and I have been able to maintain this weight rather easily. Now my 30 minute daily walks have turned into 40 minutes and I've gone from 2.5 miles to 3.5 miles in only 10 more minutes a day. I walk rain or shine with my little 6lb. dog, Tibet. People in my community often stop and ask how I've been able to make such a sudden change in lifestyle.

But the one thing that had the greatest impact on me being able to make this change to eating better - with quality rather than quantity being my focus - was that one evening after work when my 13yr old son made the comment "Dad, since you have been on this program, you aren't as grumpy as you normally are". This hit me right in my heart and made me realize the eating habits that I changed were having a dramatic, positive impact on my life and my loved ones. I could go on and on about better sleep, less colds and illness, etc. I truly believe that by going thru the 13-Day Tri-Decathlon I have enriched my total life from the inside out."

#### **Vera Patterson - Antioch, TN**

"Life is full of surprises! I began the 13 day Tri-Decathlon only as a means of losing a few pounds. I told myself I'd be more than satisfied if I lost 8 pounds. I wasn't concerned too much about the "other health benefits" that my friend told me I'd experience. I felt that I was already eating properly (more or less), and I was as healthy as I'd probably ever be.

As I read the instructions that came with the Tri-Decathlon, I was a little taken aback when I realized that for the next 13 days I would not be eating any dairy foods, cooked veggies and fruits, meats, chicken or fish, sweets or deserts. Oh well. It would only be for 13 days.. and I could supplement with fresh salads and fruits, so how bad could it be?

Let me back up a little.... I was 75 years old in November. Along with age came the all the aches and pains that those of us lucky enough to have lived into old age fully expected because we have been told that all those aches and pains were perfectly NORMAL as we aged. Therefore I had accepted that the chronic pain in my left hip (diagnosed years ago by a "specialist" as bursitis) was how things were going to be for me.. live with pain, grin and bear it. After all, I'm OLD! What else could I expect?



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What I didn't expect was that into my 4th day of the Tri-Decathlon the pain in my left hip that I had lived with for years would suddenly and inexplicitly vanish completely! Not a twinge! Over the years the pain had occasionally become so severe I had to have steroid shots and I even was prescribed Bextra on occasion. I almost routinely took Aleve on days when the aches became almost intolerable. As for walking, well, walking with a limp had become my normal gait.

The benefits continued. I have had problems with my digestive system for many years. The sudden improvement there was remarkable also. I was sleeping better. I felt more energized than I had in years. Only someone in my age category who has had to come to terms with feeling tired day after day would appreciate how great it was to suddenly feel the years fall away!

By the time I was coming down the home stretch, I knew that this was not a fluke, coincidence or a temporary reprieve from the problems of aging. I wasn't limping, even when walking distances. I was continuing to feel great day after day..! Wow!

The biggest change in my life has been that I now know can't afford to risk going back to my "other life" - My doctor had told me for years that I was lactose intolerant. Did I stop eating dairy? Of course not. When beginning the WFF program I did so because I had to in order to do it correctly. It taught me a valuable lesson. My body will rebel when I continue to force foods it neither can tolerate nor wants.

Using the Whole Food Farmacy as the basis for making changes in my diet my health has improved to a degree I didn't ever think possible considering my age. Three months later my hip is still pain-free. This after about 10 years of living with chronic pain! Again, WOW!"

### **Misty Demery - Oceanside, CA**

"During the first six months of 2005, I was under a spell of depression to the point of suicide. I was chronically fatigued, sleeping 12 to 16 hours a day, drinking heavily, eating unhealthy foods, and smoking tobacco. After months of this self destructive cycle, I awoke one morning and decided that I was either going to severely hurt myself or make a decision to live. I chose the latter. One week later, while having dinner with a friend, he passed the "Stardust Sea Salt" and curiosity led to a discussion about The Wholefood Farmacy products. Soon after, I ordered a Tri-Decathlon. It was great. A month later and I was feeling better than I have ever felt in my life! I have so much energy, my mind is clear, and my skin glows! I had tried so many diets, fasts, and spiritual retreats before in the past and nothing really worked. The WFF Tri-Decathlon worked for me. I am also using more of the other products. Thank you Wholefood Farmacy for helping me to reclaim my life!"

### **Scott Spradly - Smyrna, TN**

"It is going very well! You probably heard that my big surprise and excitement was that Tara decided to do the Tri-D with me. Having her join me in living within good nutritional practice is a major victory. I lost 10-12 pounds, hovering now between 178 and 180, so there is still more to do. Tara lost about 9 pounds. Monday was our last day. I thought we would seriously binge when it was over. To my surprise, even faced with some of the foods I thought I would want at the end of 13 days, I have mostly been attracted to the healthier more whole choices. I also don't require as much food. Wow! The first day off, I had Phi + for breakfast, a salad for lunch, and a light sandwich for supper. Oh, by the way, we didn't eat all the food provided in the tri-d. Food was left over. Amazing!"



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(Scot Spradly Con't)

The thing I most dreaded about this was drinking the "doctored" water. I just knew I would not like it. To my surprise, this was an exciting discovery. I did not need to add any fruit juice. I drank it straight. Regular, even bottled, water doesn't taste good now. I also noticed your body actually absorbs this and you don't pee it all out. It's like Gatorade without all of the sugar and junk. Wow!

I just bought a new pair of jeans. My old ones are even bigger than they were before. I am now 15 pounds away from my weight when Tara and I married. I'm pretty excited! That will put me at the top of the weight range (AMA) for my height. After that, I shoot for the bottom of the range 145. I'm planning on reaching 165 by January. Thanks for letting me know about this. It has truly made doing the right thing a reality!"

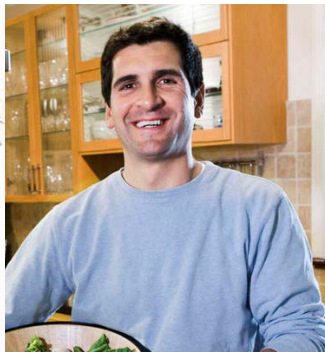
### **Roseanne Segal - Grass Valley, CA**

"Yes, I'm very happy to share, since I'm feeling better than I have in years, and so quickly I have been transformed by these fantastically flavorful foods.

I just turned 50, and had been experiencing many of the physical and mental symptoms associated with mid-life crisis, along with the advent of peri-menopausal symptoms. For the last 18 years I've enjoyed a satisfying career in the healing arts, but, best know for my marathon style, deep tissue body work. Wonderful stuff, but, it was getting harder to keep up. I was beginning to realize that, I'd soon need to consider developing alternate career strategies that would potentially allow healing for my physical distress of the last 5 years. I was emotionally struggling with the many decisions and dilemmas becoming apparent. Not only was my blossoming weight becoming an issue for work, sense of self-esteem, but also, I was becoming plagued with the severe pain of tendonitis, arthritis, also, a developing sleep disorder, IBS, Candida, eczema, food allergies, adult ADHD focus issues, depression, anxiety attacks, floundering libido, even the possibility that the fatigue could be related to Fibromyalgia, or chronic fatigue ensuing. What a mess.

Needless to say, as tough as I am known to be, my response to clients of, "I'm ok" approach, was making me feel pretty quietly desperate. With all of these unpleasant things cropping up you would think that I lacked awareness on self care, this was not the case. I have always been a promoter of healthy eating, exercise, clean country living, etc. But, here I was falling apart at the seams, and wondering why. Well, I tried every health fad, and every classical health promoting modality imaginable, diligently trying to keep the peace within my aging, crumbling self. But, it wasn't relief enough, something was lacking.

Out of the blue, I rediscovered a flyer about The Wholefood Farmacy's Phi Plus. Unfortunately, the flyer got filed (which means misplaced, almost permanently, in my office). So imagine my delight, to find this reminder a couple of months ago while editing thru the archives. It was like a light going on. I spent hours pouring through the volumes of pertinent info on The Wholefood Farmacy website, just hungry (pardon the pun) for the positive messages there for me. I was hooked as I read the home page mission statement, so by the time I got into the philosophy, simple business concept, I was biting at the bit to sign up....I just knew this was for me somehow! It all made complete sense.



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(Rosanne Segal Con't)

I went for the gusto with the Tri-decathlon Deluxe, several of the samplers, and of course, I had to try that long life mushroom infused coffee. Gee wiz, what could be better than that, than to allow a healthier option for my favorite addiction, and feel ok about it?

I am happy to report I had epiphany after epiphany, and an overall healing like never before. And, how simple, and pleasurable the experience had revealed within days, such relief from pain, and other disagreeable maladies on all levels. Imagine my surprise and overwhelming sense of joy, at the rejuvenation not just of my body, but, my spirit and mind as well, all of me was suddenly undergoing renewal and refreshment.

The refreshed ability to intently focus while calmly multi-tasking again, or vividly retaining dreams from an excellent nights sleep, without waking to intestinal distress, or a sense of dread to start the day, joints that move freely without pain, fluidity and grace returning. Wow!

### **Claudia Rezapour - Clearwater, FL**

"Before being introduced to Wholefood Farmacy, I was always feeling tired, ill and un-motivated about many things. I was primarily a meat and bread and desert monster kind of person. After only 13 days on the Tri-Decathlon Wellness Program, my mind became sharp and clear and my energy level went through the roof! My skin feels soft and radiant! I feel like a completely new person! It feels like a Spiritual Awakening! In all my life, this is the best that I've ever felt!"

### **Kamran Rezapour - Clearwater, FL**

"For most of my adult life I have been battling Hypoglycemia. I usually get extremely tired and un-motivated for a few hours after a big lunch. In order for me to function again, I usually cap off my meal with a piece of chocolate. This gives me a temporary fix to get my blood sugar up again. Once I became exposed to Wholefood Farmacy, I began replacing my chocolate fix with Phi Plus. To my amazement, Phi Plus completely satisfied my sweet tooth cravings for chocolate and deserts! It is believed that if you give your body what it needs nutritionally, you will not hunger for processed junk food and sweets. As God is my witness, I'm here to tell you that the Wholefood Farmacy product line is the REAL DEAL! It completely satisfies your body, mind and spirit. After all, God has commanded us to keep the Body Temple Clean."