



Wholefood
Farmacy

Tri-Decathlon *DELUX*

The Tri-Decathlon *Delux* is a 13 day supply of whole foods along with Stardust 2 Hydr8. The concept is to "re-start" your body nutritionally - back to the basics of whole foods and water.

After only two or three days you will begin to notice exciting changes as the toxins are being flushed out of your body and all of this pure whole food nutrition takes effect. For those needing to lose weight, many report weight loss averaging one pound per day beginning around day 3 or day 4. After day 4 your tastes will most likely begin to change. You begin to crave fresh raw whole foods (fruits, vegetables, nuts, grains, and berries). Salads, lightly steamed vegetables, berries, etc., can also be eaten during the 13 days as a special treat. This change in desired foods may help develop a pathway to a desirable lifestyle change creating a permanent solution to weight control as well as many other benefits.

The Stardust 2 Hydr8 will allow your body to become properly hydrated. Most people believe that drinking plenty of liquids is the same as drinking plenty of water but nothing could be farther from the truth. 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 lowers 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.

The **Tri-Decathlon** is an "inner 13K" run - down the full length of the Alimentary Canal every day for 13 days. Thrill as you keep improving your own "Transit Time." Delight in your new found constitutional fitness, the ease of your own peristaltic muscular action, enjoy your own inner Olympic strength as you rediscover the bliss of jostling, wobbling, wagging, wiggling and loping with ease along the full length of the intestinal tract, approaching the home stretch and then crossing the finish line feeling renewed, refreshed, and revitalized. After 13 days many people report:

- **Smiling More!**
- **Being Mentally Sharper!**
- **Enjoying that youthful glow again!**
- **Having reduced Reflux - Naturally!**
- **Being closer to your Optimal Weight!**
- **Having a greater sense of Inner Well Being!**
- **Being More Focused, Positive and Energetic!**
- **Having a Love for Phi Plus water in your life!**
- **Rediscovering your Natural Hunger for Fresh Whole Foods!**



* Always consult your health care professional before starting any weight-loss program.



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INSTRUCTIONS

1. Prepare your hydrating solution by mixing one teaspoon of Stardust 2 Hydr8 with one gallon of water (bottled or filtered water are preferable). The Stardust 2 Hydr8 gives the water a mildly salty taste so feel free to add a little fresh squeezed orange, lemon, or lime juice for flavor. Use only fresh squeezed citrus juice (nothing bottled or frozen). Drink AT LEAST 8 glasses per day during your Tri-Decathlon.

2. Start each day with a big glass of your Stardust 2 Hydr8. 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 are satisfied.

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.

3. 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.

4. There are 3 different methods for using the DetoxiPhi. We encourage you to try all 3 and then to stay with the method that works best for you. Some prefer to use cool water, others prefer warm, or very warm water. Once again, we encourage you to experiment with different water temperatures as well.

A) The first method is at night, before bedtime. Simply use 2 tablespoons (slightly rounded) of DetoxiPhi and mix with 10 to 12 ounces of water, stir briskly and drink quickly.

B) The second method is in the morning as soon as you get up.. Simply use 2 tablespoons (slightly rounded) of DetoxiPhi and mix with 10 to 12 ounces of water, stir briskly and drink quickly.

C) The third method is 3 times a day. Once in the morning, once in the afternoon and once in the evening using 1 level tablespoon of DetoxiPhi with 6 to 8 ounces of water stirring briskly and drinking quickly.

5. 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.

NOTES

DAY 1: It is important to eat as often as you feel hungry and to eat and drink until your stomach 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!



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Frequently Asked Questions

1. Can I eat any other foods during the Tri-Decathlon?

To achieve the best possible results, we recommend eating only the foods that come in your Tri-Decathlon. We also understand that this may be a bit challenging for some people. You can certainly add any of our soups or farinas to give you some added variety. If you feel that you need to add other foods, it is fine to 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 to 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 Tri-Decathlon?

To achieve the best possible results, we recommend drinking only water with Stardust 2 Hydr8 during the Tri-Decathlon. 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. You can certainly add any of our soups or farinas to give you some added variety. 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 your Stardust 2 Hydr8 and water per day in addition to any other drinks that you choose to consume.

3. What type of detox effects should I expect?

Depending on your levels of toxicity, and how your body reacts to detoxification, there is a wide range of effects that are possible. Some people experience only very mild effects such as a general feeling of "sluggishness". A few may experience effects that are a bit more prevalent such as an occasional headache and lack of energy. People who have very high levels of toxicity in their bodies 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, getting a little sunshine, or taking a walk can help. Soaking in a luxurious bath with Posh Spahhh 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 very glad that you did.

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

All of the foods in your Tri-Decathlon 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, and dark location is ideal. Never store these foods near a microwave oven or on top of a refrigerator - neither should any of your other foods be stored there. These foods are live foods. They contain no preservatives, no chemicals, and no additives - therefore they should be consumed in a relatively short period of time.



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5. Can I order the different foods individually?

Yes. All of the foods that come with the Tri-Decathlon, and many others, are available 24 hours a day on your Wholefood Farmacy website.

6. Can diabetics do the Tri-Decathlon?

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, 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 Tri-Decathlon 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 Tri-Decathlon?

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

8. What do I do after the 13 days?

Breathe a sigh of happiness, enjoy the pride in your stride, notice the grin on your chin, and tell someone else about 'how you did it'. In specific terms, we suggest that you continue to use Wholefood Farmacy foods for at least one meal per day, and for your snacks, as part of a healthy maintenance program. You may want to try some of our other foods such as the soups, or the farinas, a full menu is available for you on your Wholefood Farmacy website.

If you still need to lose a substantial amount of weight, we encourage you to consider doing a second or third Tri-Decathlon, or to consider doing a Liquithon. If you consider the cost of everything (food, drinks, eating out, & snacks), most people find that the Tri-Decathlon is actually more economical than their normal spending habits. The longest period of time of staying exclusively on the Tri-Decathlon, which we know of, is 9 months – producing wonderful health benefits and a very substantial weight loss.

If you only have a few pounds left to go, we suggest The Little Kahuna (5 lbs of Phi Plus). You could continue with another event lasting 5 days eating only the Phi Plus and drinking water. If you would like a more exotic event, consider the TropiHUNAphi (5 lbs of TropiPhi) and water for 5 more days. You could also replace one or two meals per day with Phi Plus, Fruitalicious, or Veggielicious, continuing to make sensible, healthy choices for your other meals. This will get you to the finish line.

If you're already at your ideal weight, you will certainly thrive with your new found cravings for whole foods and water. You can keep your favorite Wholefood Farmacy products on hand as convenient healthy snacks. You can take care to avoid processed food and drink to the degree possible. Last but not least, you can do the Tri-Decathlon 4 times per year at the beginning of each season, Spring, Summer, Fall and Winter. To renew & start a keeping your body cleansed and operating at its peak potential.

* Always consult your health care professional before beginning any weight loss program.

Again, if you have any questions or concerns contact customer service at
customerservice@thewholefoodfarmacy.com
Always at your service, The Wholefood Farmacy Team