



Restore Your Body's Nutritional System to "Original Manufacturer's Specifications"

When your body's nutritional system has become clogged, confused and locked into fat storing mode, all you really need is a "tune-up."

Our Tri-Decathlon, Tri-Decathlon PLUS, Tri-Decathlon SPICE, and Tri-Decathlon DELUX offer you a 13-14 day supply of delicious, pure whole foods. Whole foods, water and walking can produce astonishing results within a matter of days.

After only two or three days, you will begin to notice exciting changes as toxins are flushed from your body and the pure whole food nutrition takes effect. Weight loss of up to a pound per day is not uncommon.

Around day 4 your tastes will begin to change as your body's nutritional system is restored to its natural state. You will begin to crave fresh, raw, whole foods and water! This change in tastes and cravings becomes the pathway to a lifestyle change – the only true and permanent solution.



You'll walk into the grocery store and feel "drawn" to the produce aisle. You'll crave water, fruits and veggies the way you used to crave sodas, burgers and Twinkies!



Health, Happiness, Vitality & Longevity

These Natural 13-14 Day Events steer you clear of all common weight loss myths. It's like a "tune up" at the dealer using all original parts!

Tri-Decathlon

- 7 Bags of Phi Plus
- 3 Bags of Veggielicious
- 3 Bags of Fruitlicious
- 1 Jar Stardust 2 Hydr8

Tri-Decathlon Plus

- 1 Bag of TropiPhi
- 6 Bags of Phi Plus
- 3 Bags of Veggielicious SPICE
- 3 Bags of Fruitlicious PLUS
- 1 Jar Stardust 2 Hydr8

Tri-Decathlon Spice

- 7 Bags Phi Plus
- 3 Bags Veggielicious Spice
- 3 Bags Fruitlicious
- 1 Jar Stardust 2 Hydr8

Tri-Decathlon DELUX

- 1 Bag of TropiPhi
- 1 Bag of DetoxiPhi
- 6 Bags of Phi Plus
- 3 Bags of Veggielicious SPICE
- 3 Bags of Fruitlicious PLUS
- 1 Jar Stardust 2 Hydr8

All of our foods are delicious, convenient and require no refrigeration. You can give your body pure, whole food nutrition at any time of the day!



After 13-14 Days many people report:

- Being mentally sharper!
- Being more positive and energetic!
- Having reduced Reflux - Naturally!
- Being closer to your Optimal Weight!
- Having a greater sense of Inner Well Being!
- Re-discovering cravings for Whole Foods!



The Wholefood Farmacy
117 E. Main Street, Rogersville TN 37857

The Truth is Not Expensive

We supply you with everything you'll need to eat and drink for the 13-14 days, so our program pays for itself. Much of what you'd normally spend on food and drink stays in your pocket. Most people actually save money over the 13-14 days!

The Truth is Always Simple:

- * Healthy, natural whole foods
- * Nutritionally dense meals and snacks
- * Eat whenever you're hungry
- * Never skip a meal
- * Drink Plenty of water
- * Moderate Walking
- * Heart healthy plant based fats
- * Natural carbs that your body needs
- * Watch the **Whole Truth DVD**

Isn't it time you give nature a try?

For more information please contact:



The Wholefood Farmacy

Finally, the TRUTH about WEIGHT LOSS!



If you feel you're fighting a "losing battle," you're not alone. Currently, 184 Million Americans are overweight, 77 Million of those are clinically obese. Both of these figures increased 10% between 1994 and 1999 and there's no end in sight if we continue eating chemically "engineered," mass market, over-processed food.

Obesity – What's Causing It?

Don't blame yourself for lack of will power or discipline. The American food supply is largely to blame.



Your grocery store is overflowing with processed "foodless" foods and sugar laden "lifeless" drinks. The fast food industry offers you little more than "Doses" of high fat, super sized meals containing dangerous trans fats and far more calories than your body needs.

The result? Your body's nutritional system has become clogged, confused and locked into fat storing mode. If you're like most people, you've tried it all but nothing seems to work.

The truth? Your body's own built-in survival system can render any fad diet utterly useless within a matter of hours. Now it's time to find out why.



The Low Fat Myth

Eating a low fat diet can help you lose weight, but that's only half the story. Most people trying to lower their fat intake begin shopping for products whose labels show low fat or no fat. *There are fat free meals, snacks and drinks galore.*

The truth? Most fat free or low fat foods are high in processed sugars, dangerous artificial sweeteners, low in fiber and contain MSG. As you eat these processed foods, the acid in your stomach dissolves them very quickly. *It's like trying to fill a sink that has no stopper!* The MSG causes insulin production so you're hungry an hour later. **The result?** You consume excess calories and your body stores them as fat.



What your body really needs are the healthy nutritional fibers found only in fruits, vegetables, nuts, grains and berries – otherwise known as whole foods. The acid in your stomach will not completely dissolve whole food fibers. Eating them fills you up faster, keeps you full longer, unclogs your digestive system and helps balance blood sugar levels.

Good fats are not the enemy. Fat soluble vitamins like A, D, E & K, along with whole food essential fatty acids found in nuts and seeds, are healthy.

Animal fats, trans fats and partially hydrogenated oils are the ones to avoid.



The Exercise Myth



When it comes to exercise, most people trying to lose weight make a big mistake. Your body can only sustain strenuous aerobic exercise by converting blood sugar to energy. This forces your body to stop burning fat so it can burn blood sugar – it cannot burn both at the same time.

Sellers of exercise equipment tell you 20 to 30 minutes a day is all you need. *Aerobic exercise can burn fat – but only after you've depleted your available blood sugar – which takes 30 minutes or more.* The average overweight person cannot sustain an hour of aerobic activity. Injuries are common and can limit your ability to exercise for 6 to 8 weeks.

Exercise equipment sales are "Sky Rocketing" and so is obesity – now you can see why.



When it comes to exercise for weight loss, slow and steady wins the race. **The truth?** Walking, Swimming, Rebounding and Light Weightlifting are the best types of exercise for healthy weight loss. They burn fat and condition your body to burn more fat.



Start with 10 minutes of walking per day and gradually work your way up to an hour. Drink plenty of water; replace junk foods with whole foods and watch the inches effortlessly melt away!

The Myth of Skipping Meals



Our bodies were designed to expend energy in order to get food. In the past, people had to grow and harvest their own food. That required a lot of physical activity. *Today, food is readily available, but it doesn't change the fact that our bodies are actually designed this way.*

When you skip a meal, your body thinks that you're out in the wild, and for whatever reason, food is hard to come by. This is a built-in survival mechanism that you were born with.

When your body thinks food is hard to find, it makes (2) changes to protect you from starving.



* It slows your metabolism causing your body to slow down and burn less fat.

* The meal you eat, after you skip a meal, will be stored as fat to protect you from starving.

If you skip breakfast, almost all of what you eat for lunch is converted to fat. You think you're taking in less food but in reality you're causing your body to store more fat.

The solution is to eat regularly throughout the day, but to eat the right foods. Your metabolism will increase, your stamina and endurance will increase, your appetite will decrease and your body will produce less fat while it burns more!



Learn to "Listen" to your body – it knows what's best for you. Eat whole foods and drink water when you're hungry. When your stomach feels satisfied - stop eating.



The Low Carb Myth

Processed "foodless" foods, sugar and artificially sweetened "lifeless" drinks are the problem – not carbs. But all of the marketing hype is clouding the facts. The average American is eating 300 calories a day more than in 1985 and exercising less.

Does a low carb diet really make sense?

* Every non-profit health organization in the world says to eat more fruits and veggies, *the low carb diets tell you not to.*



* Low carb diets produce constipation.

* Low carb diets stress the kidneys and increase the risk of liver disorders, gout, coronary heart disease, diabetes, stroke and several types of cancer.

The Truth is Simple!

Obesity is a "Lifestyle Disease." Junk foods create cravings for more junk foods. MSG acts on the brain like a drug to produce pleasant feelings. *People are using food to make themselves feel better – not because they're hungry. That's not what food is for.*

If "foodless" foods and "lifeless" drinks are replaced with whole foods and water, your body will instantly come alive! You will begin to experience intense cravings for whole foods and water. These changes in tastes and cravings create a lifestyle change – the only true and permanent solution.

Read on – we'll show you how to "re-start" your body's nutritional system and restore it to "manufacturer's original specifications." It's all down hill from there!