

ANABOLIC FAST SUCCESS STORIES

DAVE TOLD ERIC WHO TOLD PENNY WHO TOLD TIN TIN WHO TOLD THE ENTIRE ISLAND OF KAUAI...



In order to try to raise awareness about world hunger, Reality TV star Eric Nies (*original cast of MTV's Real World-NYC and The Grind, and more recently, VH-1's Confessions of a Teen Idol*) had decided to go on a fast for 40 days and nights.

"If each overweight person gave up a meal a day, and we could somehow redirect that food to the needy, we could feed every starving man, woman, and child in the world," Eric reasoned.

He began his fast by consuming nothing but cocktails of water, cayenne pepper, and lemon. Fourteen days later, he realized there was no way he'd be able to stick with this for 40 days: He was weak, dizzy, tired; his muscles were dissolving!

He called his buddy David Sandoval for advice. When David discovered what Eric was up to, he put together a program that would allow his friend to finish his fast with energy to spare.

The plan contained less than 600 calories a day and involved drinking 3-4 green food & whole grain, nutrient-dense *Power Shakes* per day, along with *Master Amino Complex* tablets (perfect source of protein) and *Herbal Fiber Cleanse* capsules (detoxifying herbal blend), and finishing the day with an *Apothe-Cherry* and *Aloe Vera* drink (to increase intestinal motility and help improve circadian rhythms).

In the first days of the catabolic fast, Eric had lost 23 pounds and felt sick. While on the anabolic program he was energized enough to work out and managed to gain 13 pounds of pure muscle!

During the second phase of Eric's fast, blood samples were analyzed with modern techniques called 'quantum biofeedback analysis' and 'live blood cell analysis.' These tests show levels of proteins, minerals, and vitamins and other cellular indicators of overall health.

After three weeks, every protein, mineral, and vitamin was within the perfect range for wellness.

David reported to the *Doctor's Prescription For Healthy Living* that: "The analysts had no idea that Eric was fasting; they were totally incredulous when they were told that he'd been living on 600 calories a day for weeks. 'Impossible!' they said—but it wasn't!

Why would they be so disbelieving? "With most fasts, you're weaker when you're done," David said. "You get muscle wasting, nutrient deficiencies, organs start to atrophy and there's no intestinal motility, so you don't flush out toxins and bacteria." None of this happened on his "Anabolic" fast.

Eric revealed that his fast affected far more than his physical self: "I have fasted several times but nothing compared to this. I can't express how healthy, focused, and light I feel. If you have emotional baggage, are feeling overwhelmed, you'd like to lose weight, or you're struggling with some sort of addiction-eliminating solid foods while supporting your system with these 'superfood' supplements will set you off in a new direction, even if you fast for 3 to 7 or 10 days, you'll get a sample of what I'm talking about."

Penny Dinn knows exactly what Eric is talking about! Eric's partner and co-founder of the non-profit Planet Nice organization (<http://www.facebook.com/PlanetNice>) is such a believer in Purium's Anabolic fast that she affectionately calls it "**The Anabolic Superfood SuperMan/Woman Cleanse!**" 😊

Penny loves the "**anti-aging, immune boosting, alkalizing, and amazing full body detox**" it provides and for several years now has been sharing the program with everyone in her life.

Thanks to Penny, one shining example of an Anabolic Fast Success Story is that of her good friend Tin Tin Puulei. Penny says, "Tin became very inspired by what Eric and I were doing with superfoods and transformation [as part of their work with Planet Nice] and told us that he was ready for a life change."

In May of 2010, Penny offered to be his 7-day Anabolic Fast/Cleanse facilitator and off to the island of Kauai she went!



PENNY'S NOTES FROM TIN'S JOURNEY:

Tin Tin Pu'u'leii is 35 years old and from the beautiful island of Kauai. Kauai is a very special place, it's really small, the community is tight. Tin is with a beautiful woman named Sarah. They have been together for 6 years and have 2 children, Olena and La'wai'a. He is ready with courage to be a better man, father and husband.

Tin Tin has always been a big boy and grew up eating typical island food--lots of rice, Spam, pork Lau Lau and macaroni salad, etc... [In the 14 years that] I've known Tin, he has always struggled with weight, bad eating habits, and drug and alcohol abuse. Tin has always been an incredibly powerful and graceful surfer but he has been out of the water for 5 years now. The last time he tried to surf his favorite break he almost drowned.

*Tin Tin- Day 6 and he's shrinking by the minute!!! **He decided last night to NOT break his cleanse after 7 days and keep going!** What a champ! ☺*

Tin Tin is on Day 8 of his Superfood Anabolic Cleanse and at weigh-in this morning, he has lost TEN lbs. He says he has never felt this good, light, clear or happy in his entire life! ☺ Go TIN



After losing 12 lbs in the first 9 days-Tin says "It's a trip how these products work so good!"

Tin Tin did it again! Now he's 331. That's 27lbs so far!!! WAY to go my brother Tin Tin...I am the happiest and most proud cleanse facilitator around. He's glowing and now, as he's losing the weight, I am seeing his beautiful face come out. Couldn't hold the tears...I have never seen him look so happy!!

[After Tin] cleansed on [this] all liquid superfoods diet for 52 days, [he] is now over 50lbs lighter. Tin says he is committed to reaching his ultimate goal of vibrancy & total health- and to getting back in the water to surf!

*My heart is FULL~I leave for my mainland travels in confidence that Tin will continue on his path of vibrant health!
Thanks and Aloha, Penny*

That's right- Tin Tin went on to beat Eric's record of 40 days with a whopping 52 day Anabolic Fast. Over 50 lbs lighter, he said he feels "better than ever- like a new man!"

Tin Tin broke his fast on the 53rd day with "the most delicious papaya" he has ever had- BUT less than 3 days later, he went back on the fast for 8 more days!



He says, "I feel great. You can see the color of my eyes and my clothes are fitting better. On the fast, I had no desire for other foods- I wasn't expecting that at all! I feel calmer, like I can handle any situation..."

[While on the fast but hanging with friends at a neighborhood picnic], Penny asked me-"if you could have any food at all right now, what would it be?" All I honestly wanted was a really good smoothie with goji berries, cacao nibs, and flax seeds- she loved hearing that... I was not tempted at all by the meat grilling right under my nose, not one bit. **I just feel too awesome."**

Tin Tin Puulei is now spreading the gospel of green foods and Anabolic Fasting with Purium's super foods and says he has never felt lighter or happier.

Tin continues to take the Power Shake and other Purium supplements, and we are happy to report that he has got back in the water on his boogie board- and the surf board is next!

ARE YOU READY TO START INSPIRING YOUR FRIENDS AND FAMILY?

Call us at (888) 747-6733 or e-mail us at info@phporder.com if you are ready to get started or have any questions!