



PHP Monday Morning Health Minute

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ANABOLIC FAST

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- CONTROL -

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A WORD FROM DAVE...

Fasting, the act of going without food over a period of time- has been around for as long as anyone can remember. Spiritual leaders such as Christ, Buddha, Gandhi and many others have used fasting as a means to gain self discipline and enlightenment as well as both physical and emotional cleansing.

Since fasting is in the news again and in vogue as a New Year's resolution- we want to remind everyone that PHP's anabolic fast is the safest, most effective fast of all *and* it comes with the least amount of discomfort.

Normally, at the end of any "fast" the participant is typically in a physically weakened state, having developed muscle wasting, atrophied organs, lowered immunity, and skewed blood glucose levels, not to mention severe nutrient deficiencies. In other words, fasting induces a catabolic state were the body is actually breaking down. **Until now!**

With the help of PHP's *Anabolic* Fasting Protocols, you can experience all of the benefits of fasting- weight loss, detoxification, discipline and enlightenment- while actually inducing the body into a rejuvenating, strength-building state that accelerates the elimination of toxins and optimizes blood nutrient levels.

In other words, a cellular rejuvenation, as well as a complete detoxification, all at the same time!

-David Sandoval

Author of *The Green Foods Bible*
Founder of Purium Health Products

The Miracle of Fasting

by Neil McLaughlin, citizen journalist

(NaturalNews) Despite the luxuries of the modern world and the perceived abundance of food, the human body is much the same as it was 10,000 generations ago. During that time, known as the *Paleolithic Period*, humans did not have welfare, food stamps or discount grocers. As a result, men and women did not eat nearly as regularly as we do now, and on average about one day per week they would go without any food at all. Obesity was unheard of as anyone who managed to become overweight was quickly devoured by wild predators due to their sluggishness. During this period (which covers *Pliocene* and the *Pleistocene epochs*) our bodies developed powerful detoxification methods that were triggered by the rhythm of food consumption of the era. Nearly 99% of human existence was during this period. The last two centuries of the Industrial Revolution are a mere instant compared to our entire history on Earth, which is not nearly enough time to evolve or even adjust to our modern diets of processed food.

Just what is Fasting?

Deliberately ceasing to ingest food is called fasting and has been used throughout history by both people and animals to restore and maintain optimal health. Animals that become ill instinctively know to heal themselves properly by resting near a source of clean water and refraining from eating. For this reason your veterinarian will often ask whether your pet has been eating when trying to diagnose an illness. You may also have noticed that when you are very ill you lose your appetite. This was your body forcing you to fast against your will, but it should never come to that point.

When living creatures stop eating, they reserve energy normally used for digestion and they experience the miracle of fasting. Many dismiss fasting and say “*but I can’t go without food... I need my nutrition*”. Ironically those who use this as an excuse are usually munching away on a fast food burger that not only provides zero nutrition, but actually taxes the body of energy for digestion and strips away nutrients while leaving toxic residues. While humans can only go a few minutes without oxygen and a few days without water, we can go up to 70 days without food! In fact, a 30 or 40 day fast is considered by many to be the key to physical and spiritual enlightenment.

While our bodies are extremely efficient and store most substances “for a rainy day”, there are many unnatural and unfortunate toxins in our environment that should not be stored, and the only way to release many of them is through fasting. The enzymes in our blood are normally preoccupied with digestion, however after we go for 24 hours without food digestion ceases and detoxification begins. Those same enzymes (never wanting to take a break) move from the gut into the bloodstream where they immediately begin purifying the body, neutralizing toxins, dissolving cysts, destroying cancer cells and releasing stored toxins from cells where they are eliminated from the body

During a fast, the level of toxins in the bloodstream can increase by as much as 1000%, meaning uncomfortable symptoms such as headaches may occur. In general, during a fast, the worse you feel the more it is working, because these unnatural substances take their toll one way or another, whether via a slow time-release or a quick purge. Subsequent fasts will feature less uncomfortable

Tune in Wednesday to hear about all about the Anabolic Fast with PHP.

(see details below)

symptoms as our bodies have less accumulated toxins.

If you have never fasted, chances are there are substances in your body that have been there your entire life and which do not belong there. Thus, the first fast is the toughest.

In a nutshell, fasting means you cease ingestion while continuing (or increasing) excretion, resulting in a net reduction in toxins. There are a handful of essential products that will assist the detoxification process and reduce some of the uncomfortable symptoms. If you tend to have excess mucous and allergies, you will likely find your sinuses totally clear by day 2 of the fast (however the symptoms are typically worse during the first day as the toxins are being released in higher than normal quantities).

Types of Fasts

1) *Total fast* – A total fast means not consuming any food *or* water. While it may be that when we become severely dehydrated our cells are able to squeeze out toxins that would otherwise remain in the water (and thus in the cells), and while plants often bounce back stronger after they are dehydrated, pure fasting is generally not recommended as water is essential to eliminate toxins.

2) *Water fast* – A water fast means consuming only water. While safer than total fasting, there are some beneficial substances that are alright to consume during a fast so this fast is also not recommended, especially for beginners.

3) *Juice fast* - A juice fast means consuming only liquids like freshly squeezed juice, with no solid foods. You must also refrain from consuming any caffeine, nicotine, alcohol or prescription drugs. This is the most common type of fasting (*and includes the beneficial substances mentioned above*).

PHP Fasting Protocols

by David Sandoval

[Below is the fasting protocol designed by David Sandoval and PHP and used by Eric Nies to complete his 40 day fast. Be sure to check out Eric's inspiring story below]*

This is an **Anabolic Fast**. Other fasts call for you to dramatically decrease the volume of calories and quantity of food you ingest. So, when typically fasting, your body will experience a form of stress that causes metabolic trauma and muscle wasting. Your cells will begin to send starvation signals to your brain, Ketosis sets in and your body begins to suffer from severe nutrient deficiencies. These are called catabolic (breaking down) chemical reactions. BUT, on the "Anabolic" fast we have outlined below, your body will be **completely satiated** on a cellular level and you will actually become stronger as each day goes by.

- **Power Shake** – Drink 1 shake every 4 hours while awake. Drink 3 – 4 shakes per day. Make your own by mixing all 5 ingredients (listed below) with 16 - 24 oz. of water **OR** economize by using our pre-mixed **Power Shake**, which has a full serving of all 5 products (*please note that the Meal Option is not included in the 'premixed' Power Shake*)

Consumer Education Call

January 21, 2009

Anabolic Fast

Wednesday @ 6pm PST

Call 212-461-5800 pin 8246#

Listen to January 14th Call:

Click [here](#) - Scoop of Greens and Diabetes

Remember...

Knowledge is Power!!

as it is optional).

1. Power Shake	5 tbsp. (2 scoops)
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--OR--

1. Aktivated Barley	1 tbs. (1 scoop)
2. Carrot Juice	1 tbsp. (1 scoop)
3. Organic Kamut Blend (Kamut wheatgrass, oat grass, and alfalfa)	2 tsp. (1 scoop)
4. Organic Spirulina	1 tsp. (1 scoop)
5. Rice Bran Solubles	1 tbsp. (1 scoop)
OPTIONAL: Vanilla Meal Option	OPTIONAL: 2 tbsp. (for flavor-may be added to pre-mixed or 'homemade' Power Shake)

- **Master Amino Complex** – Take 2 tablets per day for every 25 lbs. of body weight. Spread your daily requirement out and take some morning, mid day and night. Best to take 2 hours after drinking the shake for optimal energy level.
- **Cherry / Aloe Drink** – Mix both ingredients listed below with 8 oz. of water, drink 30 minutes prior to bedtime.

1. Apothe-Cherry concentrate	1 tbs.
2. 40x Aloe Vera concentrate	1 tsp.

- **Organic Tropic Oil (pure, extra virgin coconut oil)** – Take 1 tsp 3 times per day by placing in mouth and letting it melt and slide down your throat.
- **Herbal Fiber Cleanse** – Take 6 capsules daily with 8 oz. of water. Take 3 capsules in the morning and 3 capsules in the afternoon or evening. Can be taken with your Power Shake or cherry / aloe drink.

Note: This plan results in the consumption of approx. 600 calories daily when drinking 3 shakes per day (not including Meal Option).

Water – Be sure to drink at least ½ your body weight in ounces of water per day. It is very important to keep your body hydrated. During the fast you can consume up to your body weight in ounces of water each day. *Reminder: The water used to make your **Power Shake** should not be counted towards the calculation of how much water you need to drink per day.*

Note: You may add lemon to your water if desired. Take two whole lemons and squeeze the juice into 2 quarts of water. This can be sipped between Power Shakes to help keep your blood glucose levels steady and further help to alkalize the body.

[Optional] Salt / Cherry Flush – If you are not eliminating regularly on your own during the fast, every other day you can flush your bowels of accumulated waste and toxins by doing the following.

1. Wake up 1 hour early to allow time to complete the flush
2. Mix 1 qt. of warm water with 2 tsp of Himalayan sea salt (or other non-iodized natural salt)
3. In a separate glass, mix 4 tbs. of Apothe-Cherry with 12 oz. cold water
4. Drink the salt water (from step 2).
5. Immediately lie down on your right side for 20 minutes, keeping the Apothe-Cherry drink in reach
6. Drink the Apothe-Cherry
7. Resume laying on right side for 20 additional minutes
8. Sit on toilet with feet elevated several inches off the ground. You can use a couple of thick books, small stool, trashcan or a Welles Step.
9. You should “empty out” in a few minutes.

Reminder:

- DO NOT pass gas unless sitting on the toilet
- Results may vary on the initial salt cherry flush. Try the next day and you should be successful.

Best of Luck!!

Contact Us:

<http://www.phporder.com>

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Requirements per 7 days on the program

(Assuming 4 shakes per day/ 28 shakes per 7 days)

Power Shake Ingredients

Aktivated Barley 280 g.	1 container
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--	Carrot Juice Plus 225 g.	1 container
	Organic Kamut Blend 90 g.	1 container
	Organic Spirulina 1 lb.	.66 of a container
	Rice Bran Solubles 360 g.	1 container

OR--

Power Shake 1065 g./30 serving container	1 container (complete serving of each of the 5 products listed above in every serving of the Power Shake)
<i>OPTIONAL: Meal Option (Creamy Vanilla, 30 serving container)</i>	<i>1 container (may be added to pre-mixed or 'homemade' Power Shake)</i>

Other nutritional supplements needed

Master Amino Complex 150 count tablets	.5 of a bottle per 125 lb. person 1 bottle per 200 lb. person
Apothe-Cherry 16 oz.	.25 of a bottle
40x Aloe Vera concentrate 4.5 oz.	.25 of a bottle
Organic Tropic Oil 16 oz.	.25 of a container
Herbal Fiber Cleanse 180 count capsules	.25 of a bottle
<i>Optional: Advanced Probiotic Blend</i>	<i>Approx. ½ bottle</i>

TIPS FOR ENDING YOUR FAST SUCCESSFULLY

- **Day 1:** The day after ending the fast- eat watermelon for the first ½ of the day (making sure to chew very thoroughly) and vegetable broth for the remainder of the day. Take 3 servings of PHP's *Advanced Probiotic Blend (total of 6 capsules)*.
- **Day 2:** Eat watermelon in the morning, mashed avocado with lemon and sea salt at lunch and vegetable soup in the evening. Take 2 servings of the *Advanced Probiotic Blend (total of 4 capsules)*.

- **Day 3:** On the third day you may add protein, carbohydrates, and fat in moderation and eat as much raw food as possible. Take 1 serving of the *Advanced Probiotic Blend* (total of 2 capsules).

Please note: We suggest continuing to drink **Power Shakes** on a daily basis to supplement your food intake and to control hunger and blood sugar. Free personal consultations with David Sandoval available upon request, please call 888 747 6733 and ask for his assistant Alicia (she will set up a time that is mutually convenient), or e-mail info@phporder.com

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\***Eric Nies** first found fame on the first season of MTV's *Real World*, where he quickly became a favorite for his chiseled physique and his overall great attitude. Nies then became the host of MTV's *The Grind* and made several hip-hop dance exercise videos - fitness videos that are still some of the highest-rated, top-selling workout videos in the US!

Last year he decided to embark on a **40 day fast** in order to draw attention to world hunger. After starting out using a different fasting program, he felt so weak he didn't think he could continue- until he enlisted the help of his friend David Sandoval that is! Click [here](#) to read the story about his amazing experience using the protocols in our **Anabolic Fast program**.

Catch Eric (and PHP products) on TV! You can currently catch Eric on **VH1's *Confessions of a Teen Idol*** on Sunday at 8/7 Central. Eric says, "On my new show, myself and 6 other 'teen heartthrobs' from the 80's and 90's, drink Super Food Shakes and take [PHP] supplements all day" while they enjoy a new chance at fame. PHP could not be more thrilled that Eric is taking this opportunity to advocate our whole food nutritional supplements to his castmates, as well as the entire viewing audience!

Click [here](#) for more information about *Confessions of a Teen Idol*