

**DIPHASIC NUTRITION  
PLAN DIETARY  
RECOMMENDATIONS**

- 3 meals daily, each of which includes a serving of meat, fish, poultry, eggs or cheese
- very limited intake of sugar, including fruit
- strictly avoid juice and other sweetened beverages
- strictly avoid polyunsaturated oils (salad dressings, mayonnaise, margarine, foods containing vegetable oils or cooked in vegetable oils.)

**DIPHASIC NUTRITION  
PLAN SUPPLEMENT  
RECOMMENDATIONS**

Morning supplements:

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Evening supplements:

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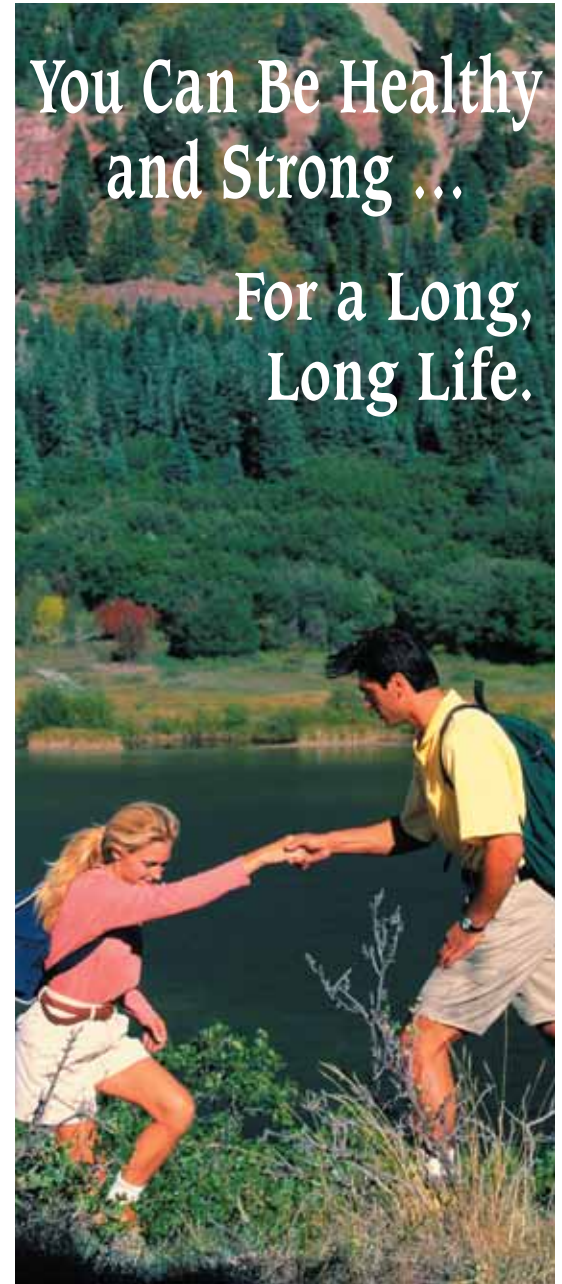
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You Can Be Healthy  
and Strong ...  
For a Long,  
Long Life.

Discover the power of  
**THE DIPHASIC  
NUTRITION PLAN.**

## LOOK AND FEEL YOUR BEST FOR YEARS TO COME

You want to maintain youthful vitality, looking and feeling your best for years to come. An essential part of your body's resistance to aging is a strong DIPHASIC METABOLIC CYCLE.

Every twenty-four hours your metabolism moves through 2 distinct (and opposite) phases. The first phase is...

### ▶ HIGH-POWERED ENERGY EXPENDITURE

needed to enjoy your favorite activities of work and play. This metabolic phase activates at 6 a.m., and has run its course by 8 p.m. If you are healthy, your body runs efficiently, and in high gear, throughout this phase of your daily cycle. But, such intense living does have a depleting effect. So ...

At 8 p.m. your metabolism swings into the...

### ▶ REPLETION, REBUILDING AND RECHARGING

phase of your daily cycle.

## INCREASE YOUR VITAL RESERVES

At about age 32, we all begin to age, showing a steady drop in vital reserves. But - and this is what your DIPHASIC NUTRITION PLAN is all about - the loss of vitality as years go by doesn't need to be blamed on such a nebulous entity as "the aging process." Science now shows us exactly what mechanism fails as youth fades away ... Aging is largely a loss of power in...

### ▶ THE DIPHASIC METABOLIC CYCLE.

You see, during each of your 2 metabolic phases, your body is defending itself against the 2 types of pathological activity which lead to the dysfunctions (and, eventually, the diseases) we associate with aging. During the high energy phase of your daily cycle, your body is putting up its best defense against...

### PATHOLOGICAL HYPERPLASIA.

During your rebuilding phase you are defending against...

### PATHOLOGICAL DISINTEGRATION.

Aging is a breakdown of resistance, allowing these 2 fundamental pathological processes (which are a part of all dysfunctions and diseases) to drag you down.

Your DIPHASIC NUTRITION PLAN will empower your defenses against the 2 vitality-destroying pathological processes. The supplements you take in the morning are designed to maximize your resistance to pathological hyperplasia, and are timed to coincide with the active phase of a healthy (youthful) cycling metabolism. The supplements you take in the evening constitute a powerful defense against pathological disintegration, timed to coincide with what should be your body's own natural surge of rebuilding and recharging activity.

Your supplements are specifically formulated combinations of...

### ▶ METABOLIC ACTIVATORS AND ANTI-OXIDANTS...

to give your DIPHASIC METABOLIC CYCLE a powerful boost. While defending you against the ravages of aging, they will empower you to healthfully celebrate your full inborn potential for youthful vitality.