



Wholefood  
Farmacy



## Liquithon

13 Days to  
Glory  
With The  
Liquithon  
You'll Learn  
to Nourish  
Till You  
Flourish

- 7 Colors of the Rainbow
- 7 Notes of the Diatonic Scale
- 7 Neuro-Endocrine Centers
- 7 Days of Time
- 7 Stars
- 7 Churches
- 7 Temples
- 7 Heroes
- 7 Wonders
- 7 Arch Angels
- 7 Gifts of Intelligence
- 7 Virtues
- 7 Holes of the Head

**7 Liquid Meal Offerings** that we today call the Liquithon, where once called the 7 prayers of the body. Natures sacraments, offered with a spirit of thanks and celebration of the nature and creation, This was "rational fasting" at its finest

"If anything is sacred, the human body is sacred."

**-Walt Whitman**

It is estimated that 99% of all sick people are over-fed and under nourished. For this cause The Wholefood Farmacy is leading the whole foods revolution by finding and resurrecting a treasure house of lost wisdom from the ancient past. Simpler times of people with honor, health, longevity, brilliance, tolerance, and kindness to all life forms.

13 days of raw liquid whole food nourishment upon meal offerings in the past were called, "rational fasting." While this kind of (liquid meal) fast comes from the heart it was called the, "Prayer of the Body. "

Performance of the Liquithon, unifies, integrates, and harmonizes into a seamless multi-dimensional relationship, ones physical, emotional and mental individuality. You become more fluid, at peace, with a greater sense of well being. High positive energy that shines, En-spirited flesh. Liquithon: Reap the Law of Nature's Wholefood Harvest. When considering the structural and functional organization of the body, it is usual to divide the body into various systems. Actually, body systems collectively make up just one level of structural organization. The most basic structural unit of the body is the cell. Cells group together to make tissues, which in turn are grouped together to make organs. Organs work together to make body systems and these systems cooperate to form a complete human being.



## 7 Body Systems An Ancient View with Modern Meanings Liquiphi Your Homeostasis for Health & Vitality



The systems of the body are each concerned with a particular function or a group of related functions. To understand how they work together to produce a complete person, we need to briefly consider the function of each system.

**#1 AMPLIPHI: THE CIRCULATORY SYSTEM** consists of the heart and all the blood vessels (arteries, veins and capillaries) and is responsible for moving nutrients, waste and some special proteins (for example hormones) and cells around the body.

**#2 BEAUTIPHI: THE ENDOCRINE SYSTEM** is also concerned with control of the internal body function which uses circulating chemical messengers called hormones to exert its effects.

**#3 CLARIPHI: THE NERVOUS SYSTEM** collects and analyzes information about the environment and internal body function and controls and coordinates body function. The nervous system consists of the central nervous system (brain and spinal cord); the peripheral nervous system which includes all the nerves outside the brain and spinal cord; and the autonomic nervous system, which controls the automatic internal function of the body and partially overlaps with peripheral and central nervous systems.

**#4 DETOXIPHI: THE DIGESTIVE ELMINATORY SYSTEM** is concerned with the ingestion, processing and absorption of nutrients, as well as the elimination of some types of waste. The urinary tract controls fluid and salt balance in the body and excretes nitrogen waste. reproduction is concerned with production of the next generation and is linked during fetal development with the developing urinary tract.

**#5 ELECTRIPHI: THE SKELETAL MUSCULAR SYSTEM** in early times were accounted as one and is composed of the bones, and the cartilage and ligament structures associated with them. It protects and supports soft tissues and provides scaffolding for muscle attachment. The muscular structure produces movement and is composed of muscles, tendons and sheaths around muscles and lubricating sacs called bursae.

**#6 FRUCTIPHI: THE RESPIRATORY SYSTEM** is concerned with gas exchange and the intake of oxygen, needed by all the body's tissues and cells.

**#7 GLORIPHI: THE LYMPHATIC SYSTEM** is also an important transport system for the body, moving excess tissue fluid back to the veins and transporting fat from the gut to the bloodstream. Its other important role is the defense of the body, and for this reason some elements of the lymphatic system are referred to as the immune system.

Apart from responding to changes in the external environment, producing the activity which outside observers see as human behavior, the body must also act to produce a relatively constant internal environment. This process is called homeostasis and involves many facets of internal function, including maintaining constant body temperature, relatively constant blood sugar levels, blood pressure and blood calcium levels. Homeostasis is achieved by the coordinated action of the autonomic nervous and endocrine systems on the other systems in the body.

The hormones produced by the glands of the endocrine system often stimulate the production of other hormones in the target organs. These secondary hormones act on the gland that produce the first hormone, thereby reducing its production. This type of negative feedback system brings about the constant balancing of internal body function. Fresh air, clean water, sunshine, walking/movement, whole foods, healthy relationship and occupied with passion are the only known supports of whole body wellness.