

# BREW TRITITION

ALL ESTEEM TO YAHUAH



FOOD DIAGRAM

BENEFIT OF LAWFUL EATING

KICKIN JUICE W/ ASIS

FOREVER FITNESS

THEWAV613.COM



19

THE FIRST 40  
WAV

THE FIRST  
40  
WAV

6



FOOD DIAGRAM

17

3 DIFFERENT  
STRETCHES



13

KICKIN' JUICE  
WITH ASIS



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STILL URBAN, 613SPLASH.COM  
STILL SERVIN'.



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**613Splash.COM**

A RIGHTEOUS SPLASH

RECIPES

# STUFFED BELL PEPPER

SERVE: 1

TOTAL TIME: 30 MIN

## INGREDIENTS

Bell pepper, 1 cup quinoa, tsp. Olive oil, meat of choice (cooked), cheese of choice, and 1 cup of tomatoe sauce, and seasonings of choice.

## DIRECTIONS

Preheat oven 350° degrees. Wash and cut top of bellpepper ;clean seeds out. Base olive oil on outside of bell pepper and place into oven for 15 minutes. Boil 1 cup quinoa in 2 cups of water until done. Remove bell pepper. Layer cooked quinoa, meat of choice, cheese of choice, and tomato sauce in 2-3 layer. Top with cheese of choice and bake until bell pepper is soft. Enjoy!!

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# TRITON DIAGRAM



PIG



SPIDER



CATFISH



CRAB



LOBSTER



SNAKE



CHEETAH



HEN



QUAIL



SALMON



STORK



RABBIT



GOAT



DEER



CALF



TILAPIA



SHRIMP



GRASSHOPPER



TROUT



BEAR



WHITING



RED SNAPPER



MACKEREL



CAMEL



LOCUST



OX



LAMB



SQUIRELL



HORSE



TURKEY



RAT



FALCON



FLIES



POSSUM



SCORPION



COYOTE



SNAIL



# FOOD DIAGRAM

WHAT MAKES THESE THINGS LAWFUL TO EAT?

## QUICK LOOK



BEAST OF THE EARTH:

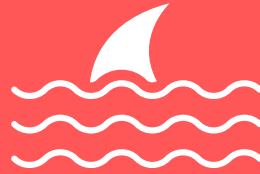


MUST BE CLOVEN FOOTED (TO THE LEFT),

AND MUST CHEW THE CUD. (TO THE RIGHT)

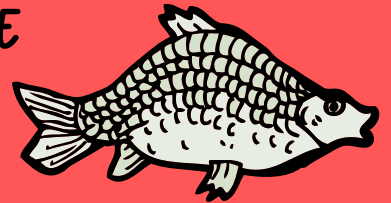


CREATURES OF THE WATER:



IN THE WATERS, THE CREATURE MUST HAVE FINS (TO THE LEFT),

AND IT MUST HAVE SCALES (TO THE RIGHT).



FOWL OF THE AIR:



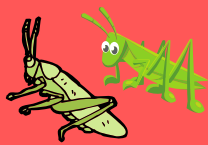
A CLEAN FOWL CANNOT BE A BIRD OF PREY

MUST NOT BE WEB FOOTED

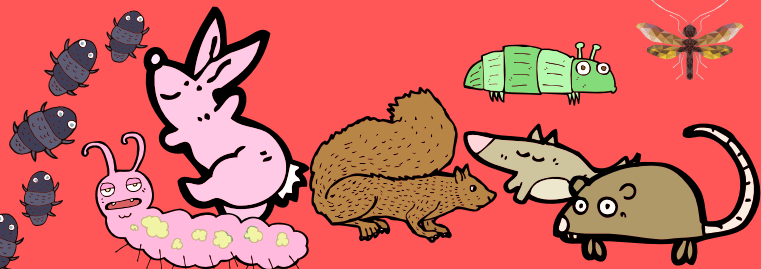


CREEPING THINGS OF THE EARTH:

ONLY THE LOCUST AND GRASSHOPPER ARE CLEAN OF THE FLYING CREEPING THINGS. (BECAUSE IT ALSO HAS FOUR LEGS TO JUMP ON)



ALL CREEPING THINGS OF THE EARTH ARE UNCLEAN.



CATERPILLAR



GRASSHOPPER



MOUSE



LOCUST



WEASEL

WORMS



SNAIL



HEN



QUAIL



HORSE



TURKEY



OX



PIG



RABBIT

VULTURE



OWL



FALCON



HAWK

PIGEON



TURKEY



HEN



STORK



QUAIL



SEAGULL

STORK



SQUID



SALMON



SALMON



SALMON



MACKEREL



CATFISH



TURTLE



LOBSTER



CRAB



SHRIMP



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BENEFITS OF  
LAWFUL EATING

W/ ASIS 

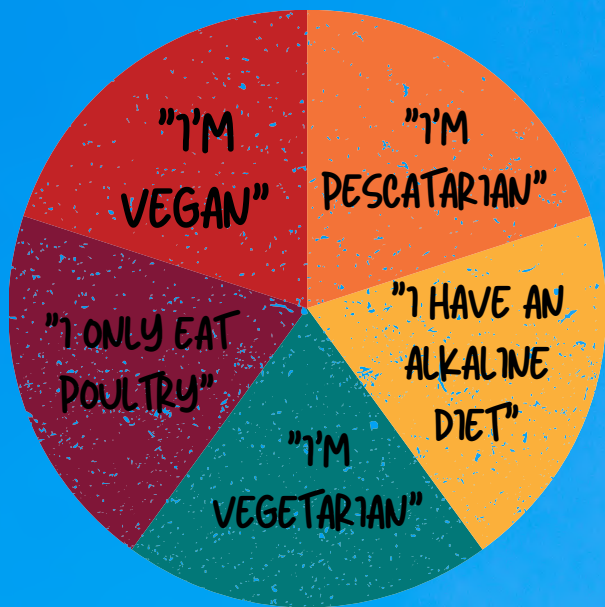


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As days past the trend of switching to a plant-based diet is rapidly increasing. People are realizing a combination of most veggies and fruits can suffice the body throughout the course of the day. Does that make consuming meat a bad thing or less than a plant-based diet? Absolutely not, which is why YAHUAH set before us a law to govern our diets found in the eleventh chapter of Leviticus.





**VS**



**"I EAT LAWFULLY"**

## MEAT BASED

**Meat contains a large amount of protein which is very beneficial to the body.**

**It also contains a great amount nutrients necessary for the body. Such as Iron and Zinc. Both are beneficial to the body as Iron is an important in a substance to help transport oxygen throughout the body. Zinc also helps with your digestion.**

**Vitamins that are commonly found in meat are A, B and D. That promotes Hair growth, Good Vision, Stronger teeth and Bones**

## PLANT BASED

**Improves your digestive system. Plants are naturally full of fiber which is key to your digestion.**

**Naturally boost your energy. Plants contains a higher amount of nutrients and protein than meat which is where animals receive its nutrients.**

**Healthier skin, hair and nails. Plants contain all the vitamins and nutrients that's is profitable for your skin, Hair growth and Nail growth**



**As long as we are maintaining a clean and lawful diet according to YAHUAH's standard. It's only a matter of diet preference that best suits your lifestyle. Be sure to check out our "Nutrition" article located in Articles tab.**





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# STRETCHING

Stretching is one of the most important steps most of us tend to overlook. While some may believe stretching couldn't have that many benefits. It can increase your range of motion, release muscle tension and it can also increase blood flow to your muscles. This allows you to perform better and more efficiently in your daily activities. The two main types of stretches that most people may be familiar with are Active and Passive.

**Passive (Partner Stretch) :** This requires an external force. Instead of you actively stretching your own muscles. This stretch can be completed through use of stretching accessory, Partner stretches, or using gravity to assist you.

*Forever Fitness*

**FIT 4 THE KINGDOM**

**Active:** This requires no external force usage. Using one muscle group to stretch another. These types of stretches can be completed without a partner or stretching accessories. If you are performing a stretch with no external force, it falls under the category of Active.

*THE WAY*  
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Here are some examples of Active stretching:

Active :

Notice in the first picture Shim is slouched over with his back curved. This not the posture you want to begin your exercise with.

You want to always make sure your back is in a fully upright position. As shown in the example. For a solid stretch you want to hold each position in between ten to fifteen seconds. Make sure you are breathing through each stretch.



For more information on Stretching be sure to check out Forever Fitness on The People's Corner.



# THE FIRST 40 WAV

TODAY YOU AND YOUR FAMILY ARE OUT IN THE CITY AND ARE LOOKING FOR A GOOD MEAL TO ENJOY, BUT DON'T KNOW WHERE TO EAT. CHOOSE THE LAWFUL RESTAURANTS ONLY THAT YOU AND YOUR FAMILY CAN ENJOY.



## RESTAURANT CHOICES:

Henry's Hens

Scalin Fins Seafood

Fresh Eden

Brew's Burgers

Scrimby

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