



THE FASTING PODCAST: EPISODE 1 – GUIDING CONCEPTS ON FASTING

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The **Fasting** Podcast; Wellness & Optimal Weight (WOW)!



Host: Julie Phillips, CNHP





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In The Beginning

versus

Modern Day Times

- Hunter/gatherers had feast & famine
- Body systems had periods of rest
- Soil was rich
- Food & water sources more pure
- Food contained enzymes
- Nature & instincts drove what & when to eat

Eat to Live



- Many eat from sun-up to sun-down
- Body systems overheated w/o rest
- Soil is depleted of nutrients
- Food & water toxic (chemicals, GMO...)
- Enzymes gone (cooking, processing...)
- Misinformation, marketing, stress, & peer pressure drive what & when to eat

Live to Eat

Fasting used for thousands of years, in 1911 Upton Sinclair wrote “The Fasting Cure”

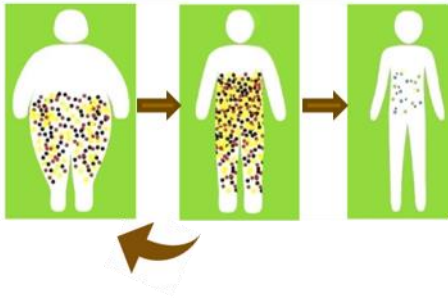


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Intermittent Fasting: Why Some Fasters “Miss the Boat”



Toxins & Yo-Yo Dieting/Rebounding



- Intermittent fasting: cycling between eating & fasting, without specifying what may be eaten – this is **NOT** enough
- Toxins enter us in our food, drink, air, water, & personal items – contributing to our health risk & weight
- Fat sequesters toxins to keep them from our heart & vital organs
- Fat emits > 30 substances (e.g. tumor risk, insulin challenge)
- Toxins & fat can build up in the arteries & around cells
- Losing weight without eliminating toxins can lead to rebounding
- We need to detoxify & also switch to eating/drinking clean & drinking plentiful pure water (not plastic bottled water)



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Sequence of Energy Sources in the Body & Conclusions

Let's Burn Fat!



And Unload Toxins

1. ALWAYS the body will burn what we ate or drank first
2. NEXT the stored carb/sugar (glycogen) in muscles and liver
3. THEN simultaneously protein/muscle and stored toxin-laden fat
4. SO if we preserve muscle, FINALLY focus is on burning stored fat

Conclusions beyond eating/drinking all natural and organic:

- Avoid over-eating & minimize “net” carbs (*carbs–fiber–sugar alcohols*)
- Preserve muscle with pure dietary protein
- Since it can take 10-12 hours to deplete food we ate/drank then glycogen, make fasting window as long as possible (16-20+)
- Plentiful pure water and open bowels crucial for exit of toxins

Burning 1 gram of fat = 9 cal of energy versus only 4 cal for 1 g of carb or protein

Burning fat helps with appetite, craving, toxin release, & ketone efficient fuel for the brain & body



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POSSIBLE NEXT STEPS



Be sure to watch our next Episode 2 on Basics of Fasting Made Easy

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