



THE FASTING PODCAST **WOW**: EPISODE 104 – NEW EXERCISE SYSTEM & INSIGHTS

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



Let Your Muscles Be Your Medicine!

Host: Julie Phillips, CNHP



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Exercise Slides in Dr Video

- See slides within the video episode 104 – on youtube



Let Your Muscles Be Your Medicine!



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Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions and feedback or possible participation in the new exercise program, email Julie@JPWOWPrograms.com



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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

