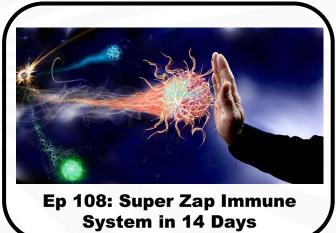


## **EPISODE 108: SUPER ZAP IMMUNE SYSTEM IN 14 DAYS**

The Fasting Podcast WOW (Wellness & Optimal Weight)







Host: Julie Phillips, CNHP



## The Need to Zap



- We are especially vulnerable now to virus, bacteria, stress, abnormal cells & more
- Some are worried about others who are not vaccinated and vice versa (e.g. spike proteins)
- Whether we feel at risk or merely want to feel more resistant & resilient to invaders...
- Consider a super zap for your immune system in only 14 days
- You can design your own or tweak the 14-day plan to suit your needs
- You may end up with a zap on your digestive system, weight & overall health at same time





Per expert Dr. Thomas Seyfried, PhD (Biochemical Geneticist, Cancer Researcher, Professor of Biology at Boston College, & Consultant/Trainer for Integrative Physicians):

A 7-10 day water-only fast/year may reduce your risk of cancer 99%.

## 14-Day Zap Plan

- 1) Choose & order supplies: (email <u>Julie@JPWOWPrograms.com</u> for suggestions)
  - 180-cnt jar humic/fulvic capsules (4 awake, 4 mid-afternoon, 4 bedtime)
  - 90-cnt jar enzyme/probiotic blend (3 awake, 3 bedtime)
  - Small jar ozonated oxygenating magnesium with potassium (1-3 bedtime)
  - Small jar soluble or combo fiber (1-3 bedtime)
- 2) Organic food, plenty pure water, open bowels, pos mind/body/spirit, chew well
- 3) Plant-based protein rather than animal protein during the 14 days
- 4) Decide if willing to do 3-10 day water fast (prefer at least 5) ramp up/down
- 5) On fasting days, still take supplements mentioned
- 6) On non-fasting days, consider 6-hour eating window e.g. noon-6pm, 2 low-carb organic meals
- 7) Optional new exercise system from episode 104 a great choice 7-14 days
- 8) Maintain a strong immune system and healthy lifestyle long term this plan may help with virus, bacteria, oxygenation, toxins, heavy metals, digestion, assimilation, elimination and more



## **Possible Next Steps**



Email <u>Julie@JPWOWPrograms.com</u> for suggested products with best prices

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



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









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









## **Possible Next Steps**



Check out our website: <a href="www.JPWOWPrograms.com/wow-podcast">www.JPWOWPrograms.com/wow-podcast</a> with links to all the pertinent episodes mentioned and copies of the slides/notes used in each

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



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





