



# THE FASTING PODCAST: EPISODE 11 – EMOTIONS & FASTING

## EPISODE 11: EMOTIONS & FASTING

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



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## Emotions & Weight

- ✓ Stress Causing Foods
- ✓ Energetic Remedies
- ✓ Positive Mindset



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### Stress Causing Foods

Emotional Eating is defined as:

‘The propensity to eat in response to positive and negative emotions.’

Misuse of Food:  
To Satisfy an Absence  
Bring Pleasure  
As a Reward

- Caffeine** : Coffee, Soft Drinks, Teas, Chocolate
- Sweeteners**: White Sugar, Artificial Sweeteners
- High Fat**: Heavy Creams, Peanut Oil, Dairy
- Processed Meats**: Deli Meats, Sausages
- ‘White Carbs’**: Breads, Pastas, Chips



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### Energetic Remedies

Essential Oils: Lavender, Red Cedarwood, Rosemary, Patchouli, Ylang Ylang, Roman Chamomile, Marjoram, Frankincense

Breath work: Inhale thru the Nose, Hold, Exhale thru the Mouth

Jin Shin Jyutsu: Place the palm flat on the sternum area, Using the other hand, hold each finger for 1-2 minutes... each finger represents an emotion and the sternum has 3 hormone points.

Gemstones: Turquoise, Lapis Lazuli, Labradorite, Jasper, Amber

Oils,  
Colors,  
Stones, &  
our Bodies  
are all  
made up  
of Energy!



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### Positive Mindset

“Where the  
Mind Goes,  
Energy Flows!”  
*Ernest Holmes*

Louise Hays belief is that every physical condition has an associated mental pattern. Her book, [You Can Heal Your Life](#), explains this philosophy in detail and provides new thought patterns to incorporate.

Carolyn Cooper's Simply Healed Method stresses balance of the mind & body. “Clear Your Mind, Calm Your Body, Claim Your Spirit”. This approach releases limiting beliefs from your system and replaces them with supporting affirmations.



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## WOW Drops

Episode 8 discusses in detail the Wellness & Optimal Weight Drops

- ✓ Homeopathy & Adaptogenic Herbs
- ✓ Detoxes, Builds, & Resets the Body Systems
- ✓ Assists the Body in Dealing with Stress
- ✓ Curbs the Appetite
- ✓ Eliminates Cravings
- ✓ Maintains Balanced Blood Sugar Levels
- ✓ Aids in Digestion
- ✓ Emotions Including Addictions,





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# NEXT EPISODE 12: ONE, TWO, OR MORE MEALS A DAY

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## POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:  
[www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com)

Watch WOW (Wellness & Optimal Weight) video: [www.LifeboatDoctors.com](http://www.LifeboatDoctors.com)

Podcasters – 5-stars on I-Tunes, YouTubers – “like” this video & subscribe







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

