



THE FASTING PODCAST **WOW**: EPISODE 117 – JULIE'S 25 MOST POPULAR EPISODES (SO FAR)

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



**JULIE'S 25 MOST POPULAR  
EPISODES (SO FAR)**

**Host: Julie Phillips, CNHP**



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- 3 Plastic Bottled Water is Not for Fasting
- 13 Super Powers of Extended Water Fast
- 66 Preserve Muscle During Fasting
- 7 Insightful Tips for Fasting
- 67 My Favorite Digestive & Gut Aid Helps Fasting
- 86 The Hydrogen-Gut Connection
- 104 New Exercise System & Insights
- 74 Can Pink Sea Salt Help Health & Fasting?
- 48 Short Term Fast (48-72 Hours)



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- 103 When to Eat Your Carbs
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- 92 Is Visceral Fat Your Problem?
- 63 Fiber Facilitates Fasting, Fullness & Flushing
- 54 Low Energy Level & Fasting
- 5 Molecular Hydrogen (H<sub>2</sub>) & Fasting
- 8 Key Tools in the Fasting WOW Program
- 100 Mediterranean Diet & Fasting
- 58 Things That Delay or Prevent Fat Loss
- 80 Beware OMAD One Meal A Day



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### Possible Next Steps



Check out our website: [www.JPWOWPrograms.com](http://www.JPWOWPrograms.com)

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

For questions such as which supplement brands I prefer and quantities with timing and feedback, email [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)



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

