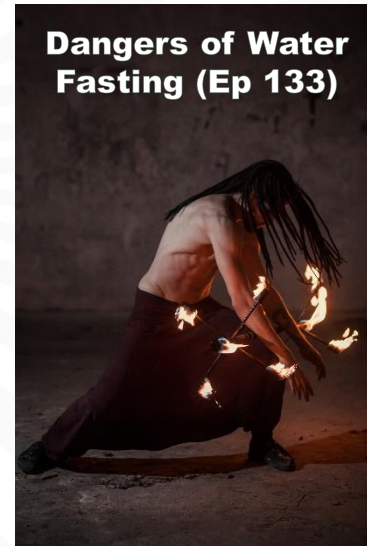




# THE FASTING PODCAST **WOW**: EPISODE 133 – Dangers of Water Fasting

## EPISODE 133: Dangers of Water Fasting

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



**Host: Julie Phillips, CNHP**



## THE FASTING PODCAST WOW: EPISODE 133 – Dangers of Water Fasting

### Potential Dangers – Not for Everyone

#### Dangers of Water Fasting (Ep 133)



- In this episode water fasting dangers apply mainly to 24hr – days water fasts, but some can apply to intermittent fasting or time-restricted eating
- Dehydration
- Blood sugar levels e.g. hypoglycemic or insulin shock, seizures, coma
- Electrolyte/mineral balance
- Nutrient loss or deficiency
- Refeeding syndrome – potentially fatal – too much food too quickly
- Over-exercising without sufficient energy to fuel it
- Fatigue, cravings, light-headedness, disturbed sleep, hunger, bad breath, muscle/pack pain, headaches, bloating, diarrhea, constipation, dizziness, nausea, sensitivity to cold, palpitations, heartburn, muscle cramps, shaking, sweating/clamminess, fainting, poor coordination, speech issue, double vision, nervousness/anxiety/irritability, feeling of deprivation
- Contraindicated people: pregnant/nursing, children, extremely low body fat e.g. 5%, people with history of eating disorders, diabetics and others on Rx need input from medical professional first...



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### Possible Next Steps



For questions and feedback with me at [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)

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

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



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

