

# EPISODE 14: FASTING MIMICKING APPROACH The Fasting Podcast; <u>Wellness & Optimal Weight (WOW)</u>!



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# What is Fasting Mimicking Approach?



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- 5-day/month boxed food eating plan designed to achieve the beneficial health effects of the extended water fast while minimizing risks associated with water-only fasts, allowing at-home use instead of a clinic, & encouraging doctors to endorse along with standard care
- The 5-day box contains special soups, bars, crackers, teas, olives, drink, algae oil, and supplements (whole food, plant based + honey)
- All the food for each day is eaten in any sequence at any time of day
- Calories for day 1: 1100, day 2-5: 770
- Clinical study participants did 5-days for 3 consecutive months, without restricting their eating content or timing the remainder of each month
- Since the study, doctors suggest 1 to 12 times/year for a given person
- Free phone consult with nurse practitioner or dietician

# **90-Day Study Results**

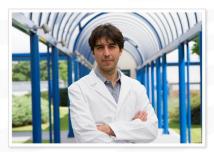


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Study has shown the approach to help:

- Decrease Weight and Body Fat
- ✓ Stem Cell Generation
- ✓ Maintain Glucose at Healthy Levels
- ✓ Maintain CRP at Healthy Levels
- ✓ Maintain Triglycerides at Healthy Levels
- ✓ Maintain Blood Pressure at Healthy Levels
- ✓ Maintain Lean Body Mass
- ✓ Impact in IGF-1 (Aging Marker)
- Maintain Insulin Resistance/Sensitivity at Healthy Levels
- ✓ Maintain Cholesterol at Healthy Levels
- ✓ Decrease Visceral Fat

#### WHO CAN DO THIS?

Healthy adults age 18-70. All people with health challenges or outside age range or pregnant/nursing or very thin or eating disorders should check with their health care professional first.

# **Expectations for Plan**

**Day 1:** The body is primed to **enter a fasting state**, which can promote metabolic balance & rejuvenation from within



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Day 2: The body switches to fat burning while preserving muscle mass and cellular clean-up (autophagy) begins (clean-up of aging & damaged cells)

Day 3: Cellular clean-up continues, and many people reach a degree of the fat-burning metabolic state known as **ketosis**, which can also curb hunger

Day 4: Stem-Cell based regeneration is ramping up, promoting the natural process of rejuvenation throughout the body

Day 5: The cellular renewal & rejuvenation continues, promoting a reset of your body and mind to help enhance overall health, with stem cell continuing up to 5 more days

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# Conclusions



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#### **MY PERSONAL EXPERIENCE**

The 5-day box eating was a success in achieving proven ketosis, good glucose/ketone index (GKI), & continued results. Food was acceptable in satiety & taste, albeit different than regular soups, crackers, & bars.

- Contrary to what many people teach as facts, this approach proves that ketosis, autophagy, & stem cell rejuvenation <u>does not</u> require a pure water fast, a strict keto program, or even time-restricted eating
- Benefits of a pure water fast may expedite & exceed this approach, including substantially increased human growth hormone after 1 day
- This plan is a plant-based option for those unwilling to do an extended water fast, organic veggie juice fast, or intermittent fasting
- If one uses this plan, they should also consider using our suggested timings, tips, & tools at least before & after the 5-day box eating
- ✓ For those doing different forms of fasting where autophagy is a key goal, we suggest not exceeding 15 grams/day plant-based protein, but afterward, use enough protein (EP 9 & 10) for stem cells to repair
  ✓ Keto diet advocates often promote a lower percent (e.g. 5-10%)of healthy complex carbs than it needs to be to achieve the benefits



# NEXT EPISODE 15: USEFUL FASTING & WOW TOOLS The Fasting Podcast; <u>Wellness & Optimal Weight (WOW)</u>!



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



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