



THE FASTING PODCAST: EPISODE 14 – FASTING MIMICKING APPROACH

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



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What is Fasting Mimicking Approach?



Backed by 15 years of study sponsored by the National Institute of Health (NIH)



- 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



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90-Day Study Results

Health Benefits



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.



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Expectations for Plan

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

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



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 does not 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



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NEXT EPISODE 15: USEFUL FASTING & WOW TOOLS

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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

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

