

## EPISODE 15: USEFUL FASTING & WOW TOOLS The Fasting Podcast; Wellness & Optimal Weight (WOW)!









Julie Phillips, CNHP



## **Know Your Numbers! Links on Our Website**

A 100% Woman Had High Visceral Fat on Multiple Devices – Don't Count on How You Look or Feel Through Your Wellness Program, Watch for Muscle % to Increase, Body Fat/Visceral Fat/Body Age to Decrease



Keytone Breath Meter: Doesn't Require Finger Pricks or Urine Strips



Body Composition Scale: Visceral Fat, Skeletal Muscle %, Body Fat %, Body Age...

Affordable for everyone.



Glucose / Ketone Test Kit: Self test 1 finger prick to get ketone reading, glucose reading and Glucose Ketone Index (GKI)



## **Optional Hydration Tools from Podcast Episode 6**



Portable Water Filtration System



Preferred Water Ionizer with Neutral pH, Maximum Molecular Hydrogen (H2), 9-Stage Filter, & Optional Beneficial Frequencies



Portable Molecular Hydrogen (H2) Capsules with 74 Ionic Minerals & Calcium/Magnesium

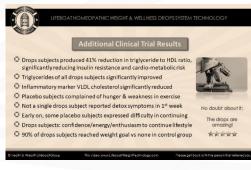


## **Key WOW Tools from Episode 8**



Health & Wealth Lifeboat Group







Clinical trial of 12 weeks: women -1/2 lb/day, men -2/3 lb/day, major health improvements



Julia Phillips, CNHP, 813.695.4372, JULIECNHP@gmail.com, www.LIFEBOATLAUNCH.com



## **Lifeboat Exogenous Ketones**



#### THE FASTING PODCAST: LIFEBOAT KETONES

#### LIFEBOAT "EXOGENOUS" EDIBLE KETONES (FASTING & HEALTH)

- Exogenous ketones may help with fat loss, muscle preservation, getting "fat adapted" & avoiding "keto flu", travel convenience, feeling of fullness between meals or during a fast, physical & mental performance, workouts, inflammation, free radical damage ...
- Keto natural drinks support healthy cell function, rapid DNA repair, boosted immune function, & elevated essential amino acids for body composition
- Gut-friendly bone broth activators for skin, muscles, detox, & healthy joints designed to increase body's DNA signaling, allowing muscle growth & improved mobility, renewed adrenal function, immunity boosting with natural detoxification with a salty caramel flavor for cold tastes a little like "toasted almond" & a thyme flavor for warm
- Natural ketone creamer in a sweet or pumpkin spice flavor includes MCT oil, coconut fat, bioavailability with B6/B12, DNA repair formula, & collagen matrix
- Virgin coconut enriched MCT oil super brain fuel, tasteless for any food or drink adding 15g of healthy fats during a ketogenic diet targeting body fat loss
- Ketone tea for stress, racing mind & restful sleep, calmness, late night cravings, help speed up recovery time & body composition (caramel apple & chocolate)



60-hour "reboot" program w/coaching to enable 30-days metabolic optimization

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Visit the Lifeboat section & the Lifeboat Products section of www.TheFastingPodcast.info



## Lifeboat Adaptogen/CBD Wild-Crafted Elixir



#### ADAPTOGEN/CBD ELIXIR

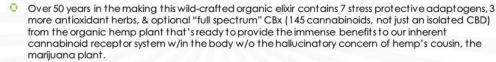
#### ADAPTOGEN/CBD ELIXIR

Health & Wealth Lifeboat Group









The version of the elixir w/o the CBx is clinically proven to reduce elevated cortisol levels an astonishing 40.2%

In the combined herbal/CBx version of the elixir, their co-mingling is believed to mutually enhance each other, with preliminary study showing CBx 270% > in the elixir

The Chief Scientific Officer is 1 of 3 men who mentored each other and dedicated their life's work to this elixir, resulting in 3,000+ published research papers spanning 50+ years by 1200 scientists

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www.LifeboatElixirTechnology.com





## We Made Videos to Share the WOW Tools

#### LET THE VIDEO DO THE WORK

For any 1 of the 6 HWLG tools, the goal was 6-figures the 1<sup>st</sup> year with 2-4 yeses to the video within the first month that follow through. Little time, cost, or learning curve – done in 1 month.

www.LifeboatLaunch.com (11min) www.LifeboatChoices.com (8min) www.TheFastingPodcastWOW.com







## **NEXT EPISODE 16: THE KETO KRAZE**

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



Kimberly Jansen, CNHP





Julie Phillips, CNHP



## **POSSIBLE NEXT STEPS**



Watch our next episode, refer others, & check out our website: <a href="https://www.thefastingPodcastWOW.com">www.thefastingPodcastWOW.com</a>

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

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







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





