



# THE FASTING PODCAST: EPISODE 15 – USEFUL FASTING & WOW TOOLS

## EPISODE 15: USEFUL FASTING & WOW TOOLS

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



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## 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)**



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## Optional Hydration Tools from Podcast Episode 6



Portable Water Filtration System



Preferred Water Ionizer with Neutral pH, Maximum Molecular Hydrogen (H<sub>2</sub>), 9-Stage Filter, & Optional Beneficial Frequencies



Portable Molecular Hydrogen (H<sub>2</sub>) Capsules with 74 Ionic Minerals & Calcium/Magnesium



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## Key WOW Tools from Episode 8

**CLINICAL TRIAL ON THE DROPS SYSTEM**

- Women on drops lost 1/2 pound/day, men 2/3 pound/day
- Control group lost 1/2 the weight vs the real drops group, even though they had extra supplements the drops group didn't have
- All drops subjects lost significant waist inches, visceral fat stores
- Drops subjects decreased serum insulin avg 27.7% and HbA1c 4.4% (even 1% HbA1c reduction is significant)
- Drops subjects reduced c-reactive protein indicator of cardiac inflammation & risk of stroke, artery disease... (HS-CRP) 24%
- In fall/winter study, serum vitamin D levels increased 15.7% overall
- Increase in HDL (good) cholesterol of 15% brought 90% into range

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**KICKOFF VIDEO: 30-DAY "DROP" THE WEIGHT CHALLENGE**

**KICKOFF VIDEO: 30-DAY "DROP" THE WEIGHT CHALLENGE**  
An Optimal Solution: Lifeboat Homeopathic Weight & Wellness Drops, Intermittent Fasting, & Optional Powerful Digestive/Gut Aid

**Wellness & Optimal Weight (WOW)!**

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**ADDITIONAL CLINICAL TRIAL RESULTS**

- Drops subjects produced 41% reduction in triglyceride to HDL ratio, significantly reducing insulin resistance and cardio-metabolic risk
- Triglycerides of all drops subjects significantly improved
- Inflammatory marker VLDL cholesterol significantly reduced
- Placebo subjects complained of hunger & weakness in exercise
- Not a single drops subject reported detox symptoms in 1<sup>st</sup> week
- Early on, some placebo subjects expressed difficulty in continuing
- Drops subjects: confidence/energy/enthusiasm to continue lifestyle
- 90% of drops subjects reached weight goal vs none in control group

No doubt about it: The drops are amazing!

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**THE FASTING PODCAST – FASTING MADE EASY**

**LIFEBOAT HOMEOPATHIC WEIGHT & WELLNESS DROPS**

**BALANCING DROPS WITH NATURAL EATING PLAN HELP EVEN THIN PEOPLE, FASTING OR NOT**

These are Some of the Targeted Benefits:

<ul style="list-style-type: none"> <li>Detoxification</li> <li>Thyroid &amp; Adrenal Hormones</li> <li>Metabolism</li> <li>Appetite Control</li> <li>Inflammation</li> <li>Visceral Fat Reduction</li> <li>Insulin Sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Emotions Including Addictions</li> <li>Eliminate Weight Rebound</li> <li>Lifestyle All Natural Eating</li> <li>Moderate Exercise</li> <li>Uptake of Vitamin B12</li> <li>Adaptogenic Stress Reduction</li> </ul>
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**Clinical trial of 12 weeks: women -1/2 lb/day, men -2/3 lb/day, major health improvements**

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**THE FASTING PODCAST: SUPER DIGESTIVE/GUT BLEND**

**DIGESTIVE/GUT BLEND FROM LIFEBOAT AIR & NUTRIENTS**

**ENZYME/PROBIOTIC/HERBAL/NUTRIENT/IONIC MINERALS/CHROMATE/D3 BLENDED IN A SINGLE CAPSULE**

These are Some of the Targeted Benefits:

<ul style="list-style-type: none"> <li>Improve digestion, assimilation, elimination, &amp; gut health</li> <li>Eliminate immune system</li> <li>Has D3 for calcium &amp; cell protect</li> <li>Blood sugar: best form Chromate</li> <li>Helps balance pH acid/alkaline</li> <li>Helps clean the blood in 10 mins</li> </ul>	<ul style="list-style-type: none"> <li>Reduces inflammation</li> <li>Systemic enzymes – clean system</li> <li>Yeast overgrowth/candida aid</li> <li>Provide 70+ ionic minerals in same virtual format as human bone</li> <li>Spares metabolic enzymes when eating cooked food</li> <li>Helps with colon pockets/arteries</li> </ul>
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From the same Lifeboat company that offers the best air "soilites" & molecular hydrogen/ionic mineral capsule

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## 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



# THE FASTING PODCAST: EPISODE 15 – USEFUL FASTING & WOW TOOLS

## Lifeboat Adaptogen/CBD Wild-Crafted Elixir



### ADAPTOGEN/CBD ELIXIR

### ADAPTOGEN/CBD ELIXIR

Health & Wealth Lifeboat Group



WORLD HEALTH ORGANIZATION: STRESS IS THE EPIDEMIC OF THE 21<sup>ST</sup> CENTURY



- Stressed?** Sick? Tired? Hurting? Sad? ...
- Over 50 years in the making this wild-crafted organic elixir contains 7 stress protective adaptogens, 3 more antioxidant herbs, & optional "full spectrum" CBx (145 cannabinoids, not just an isolated CBD) from the organic hemp plant that's ready to provide the immense benefits to our inherent cannabinoid receptor system w/in the body w/o the hallucinatory concern of hemp's cousin, the marijuana plant.
- 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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## 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](http://www.LifeboatLaunch.com) (11min)

[www.LifeboatChoices.com](http://www.LifeboatChoices.com) (8min)

[www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com)



Energy Subscriptions

Mitochondria

Elixir

Keytones

Digestive/Gut Blend

Weight/Wellness Drops





## THE FASTING PODCAST: EPISODE 15 – USEFUL FASTING & WOW TOOLS

### NEXT EPISODE 16: THE KETO KRAZE

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



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## POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:  
[www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com)

Watch WOW (Wellness & Optimal Weight) video: [www.LifeboatDoctors.com](http://www.LifeboatDoctors.com)

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





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

