



## THE FASTING PODCAST: EPISODE 17 – MOVE BODY/LYMPH/BOWELS DURING FASTING

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



Kimberly Jansen, CNHP



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### Moving the Body



Be the river, not the retention pond...



- Do the activity that speaks to you, even walking is good – 5-7 days/week or whatever you feel motivated to do
- Try new forms of movement (swimming, cycling, etc.), get creative & have fun!
- Consider Jin Shin Jiutsu, Tai Chi, Qigong, yoga, meditation...
- High impact interval training (HIIT) is good for autophagy
- Check online exercise sites (e.g. [www.HASFIT.com](http://www.HASFIT.com))
- Exercise can increase autophagy (e.g. before breaking fast)
- A doctor colleague coming out with foam blocks 2.5-5 min/day
- Consider oscillating whole body vibration machine, also for lymph



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### Moving the Lymph



- Lymph is a system of colorless fluid containing white blood cells that bathe our tissues, removing toxins – it has no central pump
- Moving the lymph is crucial for detoxification & immune health
- Good hydration is crucial (episodes 3-6)
- Move the lymph daily, whether fasting or not
- Exercise, walking, and other activity are good
- Some like to use a mini trampoline, also called a rebounder
- Others prefer oscillating whole body vibration machine (like Julie) – last 2 mins feet together, higher speed drains lymph & lactic acid
- Lymphatic drainage by a professional can increase flow 10 times its normal flow, very beneficial especially with health challenges



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### Moving the Bowels



- For those eating 2-3 meals/day, wellness coaches hope for 2-3 large, brown, smooth bowel movements per day
- Excellent hydration is crucial (episodes 3-6)
- Probiotics are super important, with enzymes a big plus (our favorite is the digestive/gut blend on [www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com))
- Oxygenating magnesium slowly cleans sludge off intestinal wall, oxygenating & alkalizing the dirty intestinal tract (link on site)
- Soluble & insoluble fiber helps to bulk the stool & soak up toxins
- Humans were designed to use a squatting position – 7" stool or box about 7" tall can help (link on our website)
- Keep the “river flowing” with 2-3 good BMs daily & no heartburn
- Consider colon hydrotherapy and/or coffee enemas





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### NEXT EPISODE 18: PLATEAUS DURING FASTING 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)

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

