



## THE FASTING PODCAST: EPISODE 18 – PLATEAUS DURING FASTING

# EPISODE 18: PLATEAUS DURING FASTING

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



Host: Julie Phillips, CNHP





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### The “Whoosh Effect”



- Yale University study 2015: new fat cells are created quickly, but dieting cannot eliminate them
- The “whoosh” theory:
  - ✓ Fat cells have a method of survival & readiness, just in case...
  - ✓ When fat is released for energy, water can replace the fat
  - ✓ After a period of not replacing the fat, the water can release
  - ✓ Whoosh – may lose 2-5 pounds in 1 day
  - ✓ So, persevere, ensure doing things right, & measure
  - ✓ Some believe you may feel extra hunger day before
  - ✓ Some like to hide the scale, we prefer to keep monitoring



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### What Else Could it Be?

- Eating too much or too little?
- Glycogen stores – too many carbs?
- Timing of when & how often we eat?
- Body needs to dump more toxins (H<sub>2</sub>O & bowel movements)?
- Difficulty in digestion, hormones, or sleep?
- Choices of what we are eating?
- Not enough activity or exercise?
- Inconsistency?
- Not using enough metrics?





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### Breaking the Plateau (6+ Days w/o Pound Loss)

#### METRICS:

- Check for ketosis w/strips or breath meter...
- Use body composition scale.
- Measure inches (waist/hips...)
- Keep a log: metrics/food/timing



- Decide if you are on plan & it might be whoosh effect
- Ensure half body weight oz pure water & 2-3 bowel movements, considering oxy magnesium, colonics, or enemas if needed
- Cut way down on carbs, even fruit, tomatoes, carrots...
- Consider 3 days of OMAD, TMAD, water fast, or shake/greens
- Consider shortening eating window to 6 or 4 hours for a while
- Consider 5 days of eating 12/12 or fasting mimicking approach (episode 14) or power burst program (PBP in bonus episode 2)
- Consider changing your exercise types, times, & duration
- If you aren't already using WOW drops & digestive/gut blend, or even the exogenous ketones & "reboot", revisit episodes 8 & 15



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# NEXT EPISODE 19: HEARTBURN & FASTING

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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*

