



# THE FASTING PODCAST: EPISODE 2 – BASICS OF FASTING MADE EASY

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



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## Basics of Fasting Made Easy



“Clean Lifestyle Fasting”  
aka “Lifeboat Fasting”

Get “fat adapted”,  
build up your “fasting  
muscle” over time &  
make it a flexible  
lifestyle that can vary  
by day, week, or event

- Get a body composition scale that measures visceral fat
- Then decide: moderate correction mode, fast, or maintaining
- Accept fasting as an all-natural lifestyle mind/body/spirit approach
- Choose a time-restricted eating window & progressively shorten it (e.g. start with 10 or 12 hours and work toward 8, 6, or 4 hours)
- An 8-hour eating window leaves 16 hours to deplete consumed calories and glycogen stores, after 10-12 may focus on burning fat
- Some people strive for 6 or 4 hour eating window or “OMAD”
- TMAD (two meals a day) may be preferred to 3 meals or grazing
- If doing a 24-hour fast, consider e.g. noon-noon so eat both days



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## Extended Water Fasting Offers Magnificent Benefits!



Yoshinori Ohsumi, PhD  
won 2016 Nobel Prize  
for Autophagy (eat  
thymself)

- Fat loss with muscle preservation
- Energy
- Inflammation
- Stress off digestive & immune systems
- Stimulate body's **autophagy**
- Genetic repair & healthier muscles
- Stem cell activation if long enough
- Insulin sensitivity
- Reduce chronic disease risk
- Improve food addictions & craving
- Improve mental health & focus
- Improve spiritual health
- Anti-aging attributes such as HGH
- And more... separate episode coming

### WHO SHOULD FAST?

All people with health challenges should check with their health care professional first. People on medications (e.g. blood sugar, pressure), pregnant/nursing, young children, eating disorders, and very thin people are especially advised to get medical input before fasting.



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### Good Hydration is Crucial; All Water is Not Created Equal



Learn about the  
horrifying study  
results in our very next  
Episode 3

- Plentiful pure water with beneficial minerals is crucial
- ½ body weight in ounces of pure water/day away from meals
- One can over-do water (e.g. >100oz) and flush trace minerals
- During ALL forms of fasting, proper hydration is key to success, with thirst often mistaken for hunger and flushing of toxins imperative
- Molecular hydrogen (H<sub>2</sub>) is a huge plus – the secret in “healing waters”
- Hydration is perhaps the most important, yet unsolved and misrepresented in fasting and wellness – don’t miss our next several episodes that will be dedicated to the key aspects



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## POSSIBLE NEXT STEPS



Be sure to watch our next Episode 3 on Plastic Bottled Water is Not for Fasting

**OUTTRO:** Thank you for listening to today's episode of The Fasting Podcast. Feel free to check out our other episodes, both podcast & YouTube, at [TheFastingPodcastWOW.com](http://TheFastingPodcastWOW.com). To hear 2 expert doctors talk about the amazing all-natural Wellness & Optimal Weight (WOW) program, go to [LifeboatDoctors.com](http://LifeboatDoctors.com). Tune in every week to The Fasting Podcast. We always appreciate it when our listeners share the program with their family and friends. If you love the show, please leave a 5-star review on I-Tunes. ★★★★★

