

EPISODE 2: BASICS OF FASTING MADE EASY The Fasting Podcast; <u>W</u>ellness & Optimal <u>W</u>eight (WOW)!



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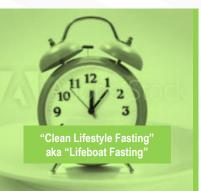
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Basics of Fasting Made Easy



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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 <u>all-natural</u> 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

Extended Water Fasting Offers Magnificent Benefits!



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

- 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



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

- Plentiful pure water with beneficial minerals is crucial
- ¹/₂ 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 (H₂) 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 <u>TheFastingPodcastWOW.com</u>. To hear 2 expert doctors talk about the amazing all-natural Wellness & Optimal Weight (WOW) program, go to <u>LifeboatDoctors.com</u>. 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.





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