



THE FASTING PODCAST WOW: EPISODE 20 - ALMOST FASTING

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The Fasting Podcast WOW (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





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4 Topics of Discussion

1. Fasting mimicking approach
2. Fasting guru & author
3. The 5:2 approach
4. Experimentation

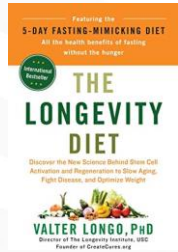
There's a lot of misinformation out there & more flexibility than one might think.





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Fasting Mimicking Approach



Backed by 15 years of study sponsored by the National Institute of Health (NIH)

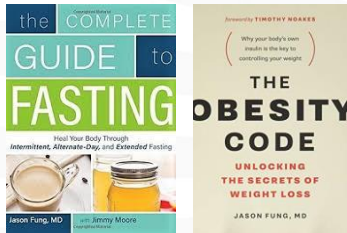


- Episode 14 was about this plan developed by Dr. Valter Longo, PhD
- 5-day/month (3 months) boxed food eating plan designed to achieve the beneficial health effects of the extended water fast while minimizing risks associated with water-only fasts, allowing at-home use
- All the food for each day is eaten in any sequence at any time of day
- Results included ketosis, autophagy, stem cell regeneration, decrease in weight/body fat/visceral fat, & much more
- Calories in day 1 about 1100, days 2-5 about 770
- Days 2-4: protein 15-19g, net carbs 59-62g, sugar 15-20g, fat 34-38g
- I tested this approach, eating throughout the day, -5 pounds in 5 days
- This scientifically proven approach shines the light on flexibility!



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Fasting Guru & Author

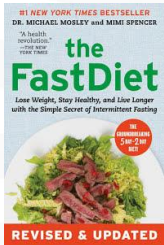


- Canadian nephrologist Dr. Jason Fung owns obesity & diabetes clinic – a leading expert on fasting
- Allows women to eat 500 calories/day, men 600 calories/day
- This scientifically proven approach shines the light on flexibility!



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The 5:2 Approach



- Researcher Dr. Michael Mosley worked with experts to derive an approach people could live with long term
- He called it the “5:2 Diet” eating normally 5 days a week & fasting the other 2 (4:3 for bigger weight loss like ADF)
- Consecutive is considered better with longer fast time, but most people prefer split such as Monday & Thursday
- The 5:2 allows women 500 cal/day, men 600 cal/day, most liking split into 2 meals, caloric intake 12 hours or less
- If choosing this approach, eat clean & balanced that he doesn't teach & shorter window (episodes 16, 12, & 1)



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Experimentation



- Some experts say don't even take a vitamin, but we have to wonder...
- Given that all these experts not only allow, but seem to put out as a standard 500 women/600 men – it is good to try things for yourself allowing FLEXIBILITY
- Get on a body composition scale to see body fat, visceral fat, muscle...
- Decide your goal & speed to achieve the goal
- Choose a method to experiment with one at a time, prepare, execute
- Use your metrics tools & consider WOW drops (episode 15) to ensure success
- Review the episodes just mentioned 16, 12, 1 for guidance & first try it with a REAL water fast during the period, if too difficult, try 500 women, 600 men
- If you work up to a REAL 3-5 day water only fast, other ways may seem easy
- Choose an option you can live with long term at start or after reaching goal

If you want the benefits & speed of an extended water fast but can't do water only, consider bonus episode 2 Power Blast Program (PBP), allowing the option of 500 cal women, 600 men



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NEXT EPISODE 21: ABNORMAL IMMUNE/CELLS & FASTING

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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: 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*

