



THE FASTING PODCAST WOW: EPISODE 20 - ALMOST FASTING

# EPISODE 21: LISTEN TO YOUR BODY DURING FASTING

The Fasting Podcast WOW (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





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**Fasting can be easier & more successful when you listen to your body & take action**

- Gas, bloating, heartburn?
- Fatigue?
- Discomfort?
- Foggy thinking?
- Need a nap after a meal?
- Body odor or bathroom odor?
- Tumors, cysts, rash, acne?





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- Itching?
- Wounds don't heal well?
- Hair thinning?
- Nails have ridges?
- Spots or coating on tongue?
- Bags under eyes?
- Swelling?



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- Bad breath?
- No appetite?
- Restless nights?
- Persistent allergies?
- Constipation?
- Lethargic?
- Readily hit plateaus during fasting for weight loss?





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### Taking Action & Monitoring



- ✓ Make a list of things to address or monitor & mark calendar to check
- ✓ Nourish, balance, & cleanse
- ✓ Start eating & drinking super clean – organic & all natural
- ✓ Plentiful pure water (episodes 3-6)
- ✓ Open channels of elimination (episode 17)
- ✓ Chew food really well
- ✓ Consider cleansing – including candida & parasites (future episode)
- ✓ Keep listening & monitoring – from a log you should keep
- ✓ Keep on learning
- ✓ Consider a naturopathic or holistic practitioner – in person or online



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# NEXT EPISODE 22: ABNORMAL IMMUNE/CELLS & 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*

