



THE FASTING PODCAST WOW: EPISODE 23 – PARASITES & FASTING

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The Fasting Podcast WOW (Wellness & Optimal Weight)

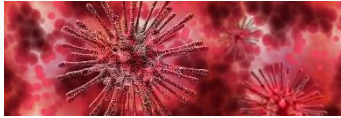


Host: Julie Phillips, CNHP



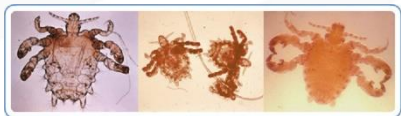
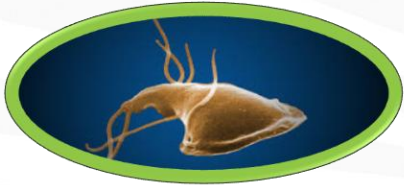


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What are Parasites?

- A **parasite** is an organism that lives on or in a host organism and gets its food from or at the expense of its host
- Examples: all types of worms such as tapeworms or flatworms, bacteria, fungi, virus, flukes, amoeba, spirochetes, protozoa, giardia, helminth, nano-bacteria, mycoplasma, & countless names we can't pronounce – I consider candida from last episode to be a form of parasites & even bedbugs
- How do we get parasites? Food/drink, water, air, pets, touching things like shopping cart handles, intimate relations, in our beds or elsewhere inside any building or outside – virtually wherever...
- Why so hard to kill? Heavy metals/EMF morphs, hide in protein coating
- How do I know if I have a significant challenge? We'll talk about possible signs, but if you have a pulse, you may have parasites



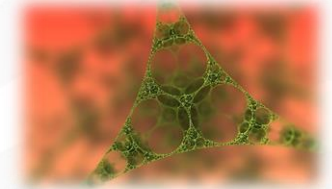


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Watching for Clues – Similar to Candida



- Low energy?
- Itching – rectal or otherwise?
- Rashes or sores
- Hungrier than you should be?
- Foul smell in toilet or armpits?
- Poor or strange bowel movements?
- Chronic sinus & allergy issues?
- Weak immune system?
- Urinary infections?
- Diarrhea or small hard balls?
- Seeing strange things in the toilet? (ALWAYS look)



Fasting can be slowed down or more difficult with parasites



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Taking Action & Monitoring



Fasting results,
here we come!

- ✓ Chew food 25-40 bites, keeping liquids away from meals, carbs super low & if taking – in mouth without liquids & fats – eat organic/natural
- ✓ Plentiful pure water away from meals (episodes 3-6)
- ✓ Open channels of elimination (episode 17)
- ✓ Enzymes on an empty stomach to eat the protein coatings many parasites hide in – VERY important & enzymes with meals valuable
- ✓ Probiotics plentiful – variety, fermented foods like kimchi & sauerkraut)
- ✓ Modulate or strengthen immune system - extended water fast episode 13



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Taking Action & Monitoring



Fasting results,
energy,
strength can
improve...

- ✓ Herbs/oils (caprylic acid, oregano, clove, milk thistle, artemisia, black walnut, wormwood, olive leaf)
- ✓ Special formulas –3-6 weeks or longer morinda 1x4/golden thread 1x4/melia 1x4/scutellaria 1x4, biofilms 1&2), mimosa 1x4, vidanga 1x4, and for binding with micotoxins/endotoxins Smilax 2x4, and metal/chemical chelator Takesumi 1x4, and possibly the oral rinse – contact the experts
- ✓ The “dirt”
- ✓ Air sanifiers also used in the bed
- ✓ Eggs & more batches - persevere
- ✓ What about zappers?
- ✓ Keep monitoring & consider your intimate partner doing this with you
- ✓ What about remote appointments?



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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*

