



THE FASTING PODCAST WOW: EPISODE 26 – ABNORMAL IMMUNE/CELLS & FASTING

# EPISODE 26: ABNORMAL IMMUNE/CELLS & FASTING

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



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## TECHNOLOGY DISCLAIMER

One should check with their doctor before taking any food supplements.

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# DAMAGING EFFECTS OF RADIATION & TOXICITY

## Challenges with Abnormal Immune/Cells are at Epidemic Proportions

- ❗ Toxic food, water, air, & lifestyle abound (Standard American Diet = SAD)
- ❗ Lack of nutrients including friendly flora destroyed by toxic, stress-filled lifestyle
- ❗ Digestion, assimilation, elimination have caused a toxic swamp in many
- ❗ 75% of Americans are considered dehydrated, with constipation rampant
- ❗ Immune systems have taken a toll with stress, poor sleep, lack of flora, & toxicity
- ❗ Radiation from phones, WiFi... 2011 World Health Org linked EMF to brain cancer
- ❗ Education on natural approaches is sparse, but desperately needed
- ❗ 2019 statistics from National Cancer Institute (SEER program): USA 39.3% (1.18 of 3) men & women are estimated to be diagnosed with cancer of any site in their lifetime (estimated # of new cases in 2019 = 1,762,450 based on 2014-2016 data)

**TOXIC  
STRESSED  
UNAWARE  
AT RISK**



## ORIGINS OF A LIFE-CHANGING TECHNOLOGY

THAT WE REFER TO GENERICALLY AS: **LIFEBOAT HEALTHY CELLS+**

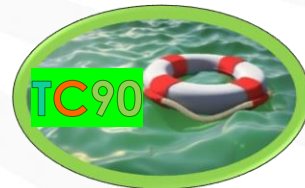


- We recently discovered perhaps the most powerful wellness supplement (food) in our careers, which focuses on immune system, the blood, & healthy cells
- It was invented because many South Korea employees working with radiation were getting very sick & getting damage from radiation & chemo treatments
- Developed by Food Life Engineering Team of Korea Atomic Energy Research Institute, government funded \$4.7M USD spanning 8 years with 15 expert PhD's - similar to the way NASA creates food for astronauts to take into space flights
- Became available to non-government employees in 2004 & entered US a decade ago, known mainly in few US states where Korean immigrants settled – a well kept secret that can help people with major or no health challenges
- Patented in Korea, Japan, US, UK, Italy, Germany, France - Approved by Korean FDA (KFDA) & approved by the USDA with every toxin tested “non-detectable”



## HEALTHY CELLS+ OFFERS MAJOR ADVANTAGES

- Healthy Cells+ is a liquid herbal supplement in packets to squeeze into the mouth, for people who want to get healthier or stay healthy (amount optional per below)
- The key product can help people with many challenges, focused on helping the immune system, the blood, & healthy cells, which can help overall health - the products do not treat, cure, heal, or prevent any diseases – they support the body so that it might perform better as the miracle God created
- Key ingredients are roots: angelica gigas, cnidium officinale, paeonia japonica – not often included in the majority of supplements targeting similar health benefits
- The studies are the most impressive & varied in what can benefit in our experience
- While normal amount is 2 packets/day, some wellness professionals suggest for major cell/immune goals instead to “**Triple Up + Core5 for 90 Days**” (TC90) with 6 packets/day, plus 5 “core products”: omega 3, probiotics, liver support, powdered vitamin C with turmeric, & detoxing superfood. (All natural eating is important – watch especially Episode 13 Super Powers of the Extended Fast at [www.FastingWOWYouTube.com](http://www.FastingWOWYouTube.com))





## WHAT ELSE GOES WELL WITH THIS TECHNOLOGY?

- 🌀 Eat all natural, pure water & air, considering keeping caloric intake to 8 or less hours/day and considering 2 meals/day as proposed in [www.TheFastingPodcastAndYouTube.com](http://www.TheFastingPodcastAndYouTube.com) Consider very pure water with molecular hydrogen (hydration episodes 3-6) ( $\frac{1}{2}$  body weight in oz/day) & importantly, view episode 17 Move Body/Lymph/Bowels During Fasting
- 🌀 For those doing the “**Triple Up + Core5 for 90 Days**” (TC90), seriously consider the extended fast as taught in podcast episode 13 Super Powers of the Extended Fast or consider from episode 14 The Fasting Mimicking Approach or consider from bonus episode 2 Power Burst Program (PBP), any of which would go perfectly with Healthy Cells+
- 🌀 For those doing the “**Triple Up + Core5 for 90 Days**” (TC90), but not choosing either program above, consider organic plant-based foods & broth including shakes & greens (may ask if any favorites)
- 🌀 Consider WOW Program (Wellness & Optimal Weight): [www.LifeboatDoctors.com](http://www.LifeboatDoctors.com) (28min), useful tools for fasting & WOW (episode 15) e.g. mitochondria, ketones, body composition scale, ketone breath meter, adaptogens, energy... Share WOW tools like Healthy Cells+ by showing our video for income (Health & Wealth Lifeboat Group end of episode 15)



## 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*

