



THE FASTING PODCAST WOW: EPISODE 27 – ENZYMES & FASTING

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The Fasting Podcast WOW (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





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Enzymes are macromolecular biological catalysts. Enzymes accelerate, or catalyze, chemical reactions. The molecules at the beginning of the process are called substrates and the enzyme converts these into different molecules, called products. Almost all metabolic processes in the cell need enzymes in order to occur at rates fast enough to sustain life.



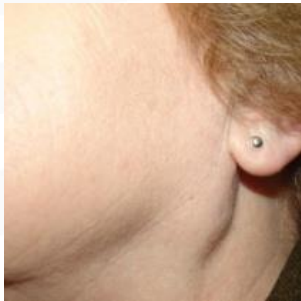
Enzymes with Meals

- Raw organic veggies & fruits have enzymes (some grocery stores irradiate, destroying enzymes)
- Cooking past 118 degrees destroys enzymes
- Non-organic produce lacks enzymes
- Supplemental plant-based enzymes +45 extra minutes of pre-digestion: amylase starch, lipase fat, protease protein, lactase dairy
- Supplemental enzymes can help pH balance
- After breaking down food, can become metabolic enz



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Enzymes on Empty Stomach



- Do excess yeast hide in a coating?
- Do other parasites & cancer cells hide in a coating?
- Might undigested food be left in the system?
- What breaks down tumors or cysts?
- What about excess fat?
- Is there always a “root cause”?



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Fasting with Enzymes



- Foods with enzymes
- Plant-based enzymes before meals
- Systemic enzymes, especially LIPASE to break down stored fat
- Enzymes in candida formula w/probiotic – hit it hard empty stomach

Contact me for a free gift Nutrient & Enzyme Deficiency File



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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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An Optimal Solution: Lifeboat Homeopathic Weight & Wellness Drops,
Intermittent Fasting, & Optional Powerful Digestive Aid
Wellness & Optimal Weight (WOW)

H Drops
B12 Drops
Optimal Protection of Gut Bacteria with Long-Acting Bifidobacterium Chromate Nutrients

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

