



THE FASTING PODCAST WOW: EPISODE 29 – AM I BURNING FAT? (KETOSIS)

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The Fasting Podcast WOW (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





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What Needs to Happen 1st?



- 1st, body must deplete ALL the food/drink consumed
- Next, the body must deplete the glycogen stores – avoid re-filling them with “net” carbs – minus fiber, SAs
- Then the body can simultaneously work to break down fat and protein/muscle, so preserve muscle unless in a pure extended water fast (episode 13)



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Optional Tools



Ketone Urine Strips



Ketone Breath Meter:
Doesn't Require Finger
Pricks or Urine Strips



Glucose / Ketone Test Kit:
Self test 1 finger prick to
get ketone reading,
glucose reading and
Glucose Ketone Index (GKI)



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Bad Breath or Body Odor?



- Ketosis
- More water?
- Excrete in urine
- Good & frequent hygiene



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How Can I Burn More Fat?



- Eating window
- Less NET carbs – glycogen stores
- Healthy fats & getting fat adapted
- Exogenous ketones – episode 15
- Excellent hydration & open bowels
- Monitor with a body composition scale – episode 28
- Systemic enzymes – episode 27
- The drops for visceral fat & subcutaneous fat – episode 8 or www.WOWDropsTechnology.com - ask me about rich rewards for easy sharing of the drops
- Extended fast – episode 13



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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

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

