



THE FASTING PODCAST: EPISODE 3 – PLASTIC BOTTLED H₂O NOT FOR FASTING

EPISODE 3: PLASTIC BOTTLED H₂O IS NOT FOR FASTING

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



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Good Hydration is Crucial, Fasting or Not

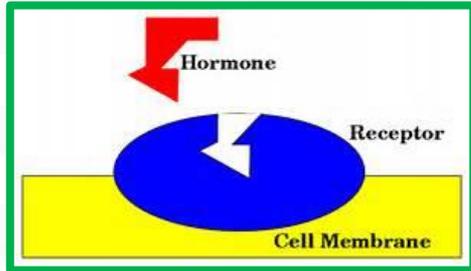


- During ALL forms of fasting, proper hydration is key to success, with thirst often mistaken for hunger and flushing of toxins imperative
- Plentiful super pure water with beneficial minerals is what we need
- “Dead” water like distilled or reverse osmosis must be re-mineralized to avoid risk of prolonged use leaching minerals from the body, with risk to issues like blood pressure, cramping, and irregular heart beat
- ½ body weight in ounces of pure water/day away from meals (usually 100 oz plenty to avoid flushing trace minerals)
- Plastic bottled water is sure convenient, but is it healthy?



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Filling Heated Plastic...and...Pumps/Pipes Cleaning Agents



- Study of 18 top brands: 24,500+ chemicals
- All 18 brands hindered hormones 60-90% (purified tap water 0%)
- Maleates & fumarates can add to tumor risk (see image at left)
- Any drink you buy that was made in this way also puts you at risk, while often adding chemicals, sugar, and acidity
- Huge environmental hazard - **Go Green!**
Average bottle 450 years to decompose, and longer for the heavier plastics

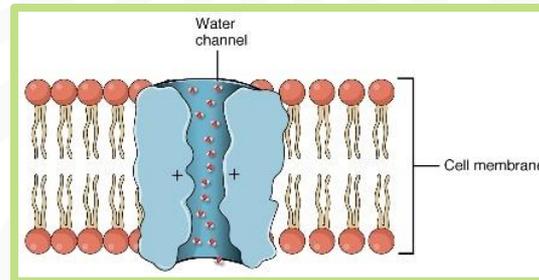




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Damage from Toxins

- Toxins hinder health & contribute to disease
- Toxins hinder hydration into cells 2 ways:
 - Coagulation from toxins can prevent entry to single file aquaporin
 - Toxins can cause aquaporins to open or close at the wrong time





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Just Say NO to Plastic Bottled Water

And the good news is...

Health-Damaging
Costs More

Health-Improving
Costs Less



VS





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POSSIBLE NEXT STEPS



Be sure to watch our next Episode 4 on Water Purity & Fasting

OUTTRO: Thank you for listening to today's episode of The Fasting Podcast. Feel free to check out our other episodes, both podcast & YouTube, at TheFastingPodcastWOW.com. To hear 2 expert doctors talk about the amazing all-natural Wellness & Optimal Weight (WOW) program, go to LifeboatDoctors.com. Tune in every week to The Fasting Podcast. We always appreciate it when our listeners share the program with their family and friends. If you love the show, please leave a 5-star review on I-Tunes. ★★★★★

