



THE FASTING PODCAST WOW: EPISODE 30 – BUILD YOUR FASTING MUSCLE

EPISODE 30: BUILD YOUR FASTING MUSCLE

The Fasting Podcast WOW (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





THE FASTING PODCAST WOW: EPISODE 30 – BUILD YOUR FASTING MUSCLE

Fasting Muscle?



- Fasting isn't easy for everyone, nor is exercise – some people need to start slowly and build up gradually
- Basics: clean eating/drinking/hydration, open bowels
- Eating window 1 less hour than what you're used to
- After 3-7 days, shorten the window another hour
- Continue the pattern until achieving 8 or 6 hour window if desired



THE FASTING PODCAST WOW: EPISODE 30 – BUILD YOUR FASTING MUSCLE

24-Hours or More



- Possible benefits of 24-hour fast: ketosis, autophagy, HGH, fat loss, lower cortisol
- Plan a good timing for one 24-hour fast (e.g. Wed noon to Thu noon) – you get to eat both days
- Record results including how you felt throughout
- The next week try another fast extending it from 24 to 26 hours if you wish, increasing each week to goal 5 days
- Experiment with 24-hour fast twice/week (e.g. Mon, Thu)



THE FASTING PODCAST WOW: EPISODE 30 – BUILD YOUR FASTING MUSCLE

How Can I Burn More Fat?



- Eating window
- Less NET carbs – glycogen stores
- Healthy fats & getting fat adapted
- Exogenous ketones
- Excellent hydration & open bowels
- Monitor with a body composition scale – episode 27



THE FASTING PODCAST WOW: EPISODE 30 – BUILD YOUR FASTING MUSCLE

Preparing for Possible Prolonged Fast



- Healthy fats & getting fat adapted
- Exogenous ketones – episode 15
- Excellent hydration & open bowels
- Monitor with a body composition scale – episode 27
- Set timing for prolonged fast & watch episode 13
- Do a shorter one at first, then in a month or 2 longer
- Keep me posted on your progress & insights/tips



THE FASTING PODCAST WOW: EPISODE 30 – BUILD YOUR FASTING MUSCLE

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





THE FASTING PODCAST WOW: EPISODE 30 – BUILD YOUR FASTING MUSCLE

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

