



THE FASTING PODCAST WOW: EPISODE 31 – FOOD COMBINING & FASTING

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The Fasting Podcast WOW (Wellness & Optimal Weight)

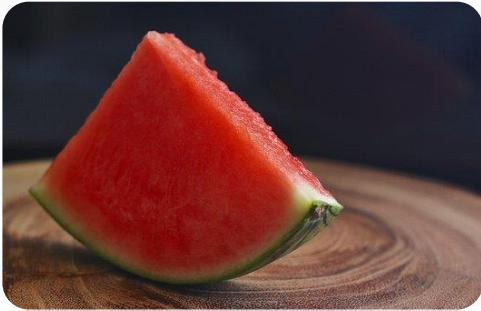


Host: Julie Phillips, CNHP





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What About Fruits?

- Melons – “eat ‘em alone, or leave ‘em alone
- If eating fruits, low glycemic index
- Of the berries, blueberries have more net carbs than most
- Empty stomach, 30-45 minutes
- If dessert, can rot, putrify, become toxins, even if organic
- Fruit can affect the glycogen stores
- Organic fruit has the good left-spin sugars, yet it is the bad right-spin sugars that feed cancer cells per the experts



Proteins with Carbs



- Enzymes may conflict
- Typically both types are void of enzymes



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Fats with Carbs



- “Perfect Combo” for storing fat
- The carbs fire up insulin
- The insulin stores excess carbs & fat into the fat cells
- The fat interferes with carb digestion in the mouth



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So What's Okay?



- Healthy fats with healthy protein
- Individual categories alone (e.g. healthy fat, protein)
- Low glycemic fruit (e.g. berries) can be slowed further by mixing in a low carb vegan protein shake
- Chewing well really helps, w/o flooding liquids at meals
- Plant-based enzymes with meals really help (episode 27)
- What's a food to avoid, even if organic?



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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*

