



THE FASTING PODCAST WOW: EPISODE 32 – SHOPPING FOR INITIAL FASTING

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The Fasting Podcast WOW (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





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Do's



- All organic or natural including meat if you eat it
- Lots of low-carb veggies and salad
- Organic veggie broth
- Organic proteins – be creative & consider vegan organic protein and greens if you wish
- If choosing fruit, consider low glycemic
- Consider organic low carb seeds/nuts but not too many
- Try to avoid carbs
- Look for ideas online before you go & make a list
- Consider a shopper that delivers to your house



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Don'ts



- Don't buy boxed, canned or bagged foods as a rule
- Ask other family members to avoid lots of temptations to help you get started
- Avoid buying excessive amounts of nuts such as almonds even though organic ones are healthy – soak them for 8 hours to remove the enzyme inhibitor
- Pass on your favorite splurge foods such as ice cream or other sweets or pizzas, chips, etc.
- Don't do "impulse buys"
- Don't over-do dairy just because it is typically low carb



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Tips to Consider



- Hot herbal teas with super pure liquid stevia
- Prepare veggie soup & raw veggies for use during week
- Consider the WOW drops for appetite, cravings, hormones, emotion, detox, digestion, etc
- Consider the powerful digestive/gut blend
- Consider an organic low carb cocoa for occasional gratification – have ingredients in advance
- Instead of cow's milk organic cream, try coconut/ almond heavy cream if you need a little for cocoa or shake – vegan shakes can be very filling & tasty



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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*

