



THE FASTING PODCAST WOW: EPISODE 34 – VACATIONS, HOLIDAYS & FASTING

EPISODE 34: VACATIONS, HOLIDAYS & FASTING?

The Fasting Podcast WOW (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





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Choices?



- Shall I forget about fasting?
- Shall I splurge & enjoy or be reasonable?
- Can I do it part-way?
- Can I do it at all?
- What can or can't I do and still enjoy myself?



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Options to Consider



- Make a special FLEXIBLE plan that allows major enjoyment, recording body composition #s before & after
- Many days for many people involve only 1 meal a day
- For times of abundant pig-out, consider making that the only significant “meal” in a 24-hour period
- Load up on pure water before the pig-out and consider taking 2-3 enzymes just before the pig-out meal
- After the pig-out, the body can focus on depleting all those calories AND the glycogen stores – suggest waiting 10-12 hours before eating again with plenty of pure water after the 1st 1-2 hours
- Bring healthy foods, WOW drops, & digestive/gut blend



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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*

