



## THE FASTING PODCAST WOW: EPISODE 38 – GLYCATION & FASTING

# EPISODE 38: GLYCATION & FASTING

The Fasting Podcast WOW (Wellness & Optimal Weight)



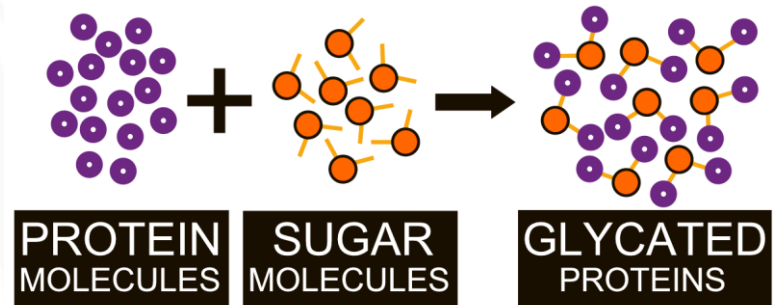
Host: Julie Phillips, CNHP





### Our Cellular Batteries Are Damaged & Low in Power

- ❌ The Standard American Diet (SAD) Does Not Provide the Proper Nutrition for Our Cells
- ❌ Too Much Simple Sugar Makes Our Cells “Insulin Resistant,” Making it More Difficult to Get the Food (e.g. Good Sugar) Inside
- ❌ The Cellular Batteries (Mitochondria) are Powering Down, Resulting in Less Energy, Less Repair and More Health Issues
- ❌ The Excess Simple Sugars, Unable to Enter the Cells, Back Up in the Blood and Get “Sticky,” Attaching to Fats and Proteins (Glycation)
- ❌ Advanced Glycation End-Products (AGEs) are the Result and they Cause Premature Aging





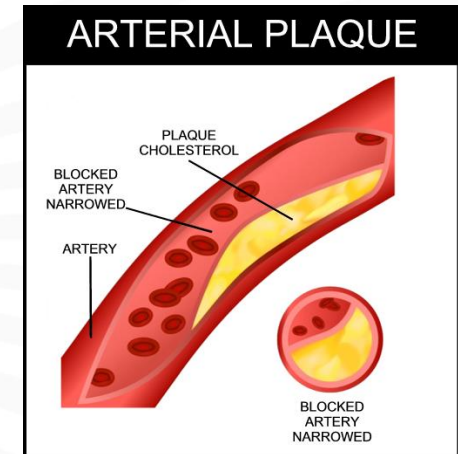
### Glycation: A Source of Disease & Premature Aging

Glycation is the Cause of Disease and Premature Aging, and has a Negative Impact on the Body in Many Ways Including:

- Blood:** Arterial Plaques can Affect Blood Pressure & the Flow of Blood & Nutrients to Certain Parts of the Body
- Eyes:** Vision, Cataracts, Diabetic Retinopathy or Blindness
- Skin:** Elasticity, Radiance, Wrinkles & Vulnerability to UV Light or Smoke
- Brain:** Nerve Dysfunction, Dementia, Alzheimer's or Parkinson's
- Connective Tissues:** Increased Joint Pain & Arthritis

High fructose corn syrup increases the rate of glycation 10 times, also can store as fat, can cause cell shock and cell death – avoid it always

Black hot dogs already glycated + cooking < 250° minimizes glycotoxins



Glycation is Linked to Arterial Plaque



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# Mitochondria Nutrients (WOW Lifeboat Tool) Podcast Bonus Episode 2: PBP Power Blast Program

- ❶ A Multi-Million Dollar Milling Machine Extracts 60-100 Pounds of Organic Rice into 1 Pound of Pure Purple or Brown Rice Powder
- ❷ The Nutrients are in the Rare “Alpha” Molecular Format, Requiring Virtually No Digestion and Able to Cross the Blood Brain Barrier
- ❸ Provides Vital Mitochondrial Nutrients Including:
  - ❶ Saccharides (“Good” Sugars for ATP)
  - ❷ Phenols (Plant-Based Antioxidants for ATP)
  - ❸ Peptides (Protein Building Blocks for ATP & Repair of the Body)
- ❹ We’ll talk in the next few minutes how they reduce glycation
- ❺ The Concentrated Water Catalyst Provides Oxygen for ATP, Helps Hydration and Helps to Balance pH
- ❻ NIH-Tested Humic/Fulvic Inhibitor for Virus, Bacteria, Toxins, Metals, ...



**PBP Organic Mitochondria Nutrients  
(Powder, S squirt, & Coffee with  
Mitochondria Powder & Weight Loss  
Ingredients – May Help with  
Autophagy, Energy, Appetite)**



Day 2



Day 10



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# PROVEN RESULTS

## MITOCHONDRIA NUTRIENTS RICE POWDER CLINICAL STUDY RESULTS

- 🌀 In a 90-Day Study, Using 3 Teaspoons of Rice Powder Per Day, Substantial Results Included a One Percent Reduction in **Glycated Hemoglobin A1c** Blood Test Scores
- 🌀 No Dietary or Exercise Changes Were Made During the Study
- 🌀 A One Percent Reduction Lowers Risk of Diabetic Complications and Diabetes-Related Deaths by 21%
- 🌀 A One Percent Reduction Also Lowers Risk of Micro-Vascular Complications like Stroke by 31%
- 🌀 Out of 17 Test Subjects, 47% Reduced their A1c Scores from Level 2 and Level 3 to the Excellent Category
- 🌀 Conclusion: Mitochondria Nutrients May Help





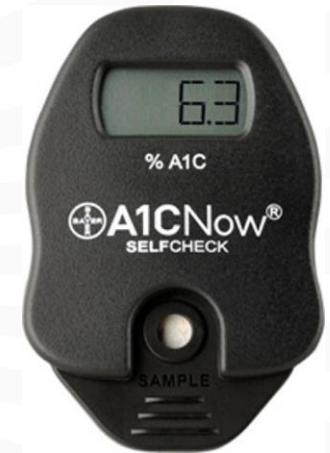


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# THE SCIENCE OF MITOCHONDRIA

## GLYCATION – KNOW YOUR SCORE & KNOW YOUR RISK

- 🌀 Are YOU at Risk? Do You Know Your **Glycated Hemoglobin A1c** Score?
- 🌀 It is Important for Everyone to Know their A1c Score and a Simple Blood Test can Reveal Your Score and Your Risk
- 🌀 A **Glycated Hemoglobin A1c** Blood Test can be Done by Your Doctor or You can Also Use the Self-Test Method
- 🌀 Test Results Represent Glycation of Your Blood Over Past 2-3 Months (50% month 3, 25% month 2, 25% month 1)
- 🌀 Ideal A1c Scores are: Excellent: 4.0 – 4.9 or Good: 5.0 – 5.6
- 🌀 If Your Scores are Not in this Ideal Range, There are Natural Health and Dietary Solutions to Improve Your Score



Glycated Hemoglobin  
**A1c Self Test**  
Available at Walmart.com



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### Fasting Perspective



- ⦿ Longer window between eating can cause the body to seek fuel other than what we ate or drank
- ⦿ After food/drink used up, then glycogen stores in muscles and liver, but the sugar sticking to fat and protein around the body is an easy quick source of fuel – so, fasting may help reduce glycation
- ⦿ Extended fasting that triggers autophagy also can facilitate the body to use up the sugar sticking to the body systems, the blood, and even the insulin
- ⦿ Fasting is an ideal complement to the **mitochondria anti-glycation nutrients**
- ⦿ Previous episode 37 on Mitochondria includes additional aspects of fasting for the related topics



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# POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:  
[www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com)

Watch WOW (Wellness & Optimal Weight) video: [www.LifeboatDoctors.com](http://www.LifeboatDoctors.com)

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

