



THE FASTING PODCAST **WOW**: EPISODE 41 – SIMPLIFIED FASTING

EPISODE 41: SIMPLIFIED FASTING

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





Making Initial Choices



Body Composition Scale:
Visceral Fat, Skeletal Muscle
%, Body Fat %, Body Age...
Affordable (<\$28 Amazon)

- Choose all natural food/drink/lifestyle
- Get your own body composition scale includes visceral fat (episode 28) for < \$28
- Use those #'s & inches to set goals/timings
- Select an eating window for most of time
- Decide what to eat (episode 16, WOW list)
- Choose # meals most days(episode 12)



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Meal Frequency Options (Episode 12)

# MEALS	PROs	CONs	PREFER
Grazing		Running over-heated, increasing triglycerides & abdominal fat per study	0
3Meals+2Snacks		Snacking leads to fatty liver & obesity	0
3-Squares	Blood sugar more balanced than OMAD (per study in Journal of Metabolism)	Compared to TMAD/OMAD: higher BMI, > time/cost. less burning of stored fat, less time for digestion & hydration	2 Ongoing
TMAD (2Meals)	Ideal balance fat burning/hunger with plenty of time for digestion & hydration	Less autophagy/HGH/ketosis than OMAD	1 Ongoing
OMAD (23:1) Almost same as Full 24-Hour Fast (e.g. noon-noon)	High fat loss, lower cortisol, some autophagy/HGH/ketosis, can do continuous days or 1-3 times/week	Blood sugar dip, difficult for some mentally & hunger, possible increase in blood pressure & cholesterol w/ OMAD (<i>American Journal of Clinical Investigation</i>)	3 Ongoing OMAD; 1 Weekly 24-Hr Fast



Extended Water Fasting Offers Amazing Benefits! (Episode 13)



Yoshinori Ohsumi, PhD
won 2016 Nobel Prize
for Autophagy (eat
thymself)

- Fat loss with muscle preservation
- Energy
- Inflammation
- Stress off digestive & immune systems
- Stimulate body's **autophagy**
- Genetic repair & healthier muscles
- Stem cell activation if long enough
- Insulin sensitivity
- Reduce chronic disease risk
- Improve food addictions & craving
- Improve mental health & focus
- Improve spiritual health
- Anti-aging attributes such as HGH
- And more... separate episode coming

WHO SHOULD FAST?

All people with health challenges should check with their health care professional first. People on medications (e.g. blood sugar, pressure), pregnant/nursing, young children, eating disorders, and very thin people are especially advised to get medical input before fasting.



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Making Adjustments

METRICS:

- Check for ketosis w/strips or breath meter...
- Use body composition scale.
- Measure inches (waist/hips...)
- Keep a log: metrics/food/timing



- Consider WOW pgm LifeboatDoctors.com
- Decide if/when: shorten window, 24-hour fast (e.g. noon-noon), extended fast (episode 13)
- Build your fasting muscle (episode 30)
- Log/monitor daily/weekly, keep learning
- Hydrate well (episodes 3-6) & if you feel plateaued, episode 18 & listen to your body episode 21
- Stay positive, go own pace, it's a lifestyle

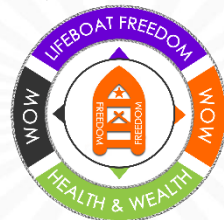


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Possible Next Steps



This podcast is part of our “Lifeboat Freedom” system to debut 1/2/20 - a powerful video system using any 1 of our WOW tools for health, wealth, & free time in as little as 6 months, with work using videos done in the 1st month!



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



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

