



THE FASTING PODCAST **WOW**: EPISODE 42 – HUNGER & FASTING

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



Host: Julie Phillips, CNHP





Hunger Can be an Obstacle for Fasting



- Fasting plans can be hard to follow when we have overwhelming hunger
- Leptin/ghrelin balanced in deep sleep
- Hunger/thirst – ½ body weight in ounces pure water/day. Water in many foods – sense of thirst seems to wane as we age – my personal experience
- Trace minerals helping to escort water into the cells and perform sufficient functions



Be Aware, Stay Nourished, Balanced, & Cleansed



- Insufficiency for sodium/potassium pump (also may cause hunger for salty foods)
- pH imbalance uptake of nutrients – see episode 40 on pH balance
- Absorption can be compromised – sludge built up on microvilli in the small intestine – consider a cleanse
- Junk food and drink isn't quality nutrition
- Stay busy to keep mind off food



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Tips and Tools to Consider



- WOW Drops (ep 8) for addictions, cravings, hormones, detox, digestion, blood sugar...
- WOW digestive gut blend for candida killing
- Low and high blood sugar can result in cravings sometimes feel like roller coaster
- Filling liquids (organic shakes, cocoa, soups)
- Protein and fats satiate more than carbs
- Fiber can help us feel full - away from fats
- What and when we get used to eating

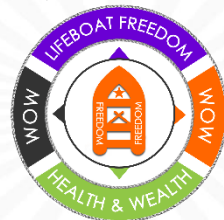


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Possible Next Steps



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

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

