



THE FASTING PODCAST **WOW**: EPISODE 45 – WEIGHING IN ON DRY FASTING

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



Host: Julie Phillips, CNHP





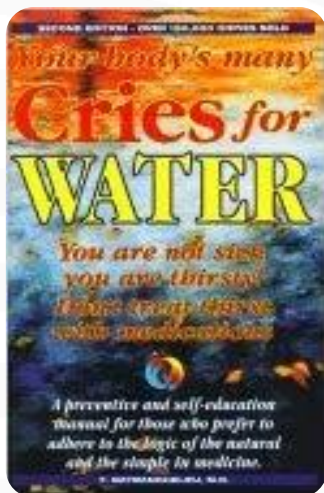
What are 2 Types of Dry Fasting?

- Dry fasting – no food or liquids for a period of time – forced to get water from fat cells
- “The cells of your muscles & organs (e.g. liver, kidney, brain) contains more water than fat cells. The closer you are to your ideal ICW levels, the more cells that contribute to your body’s metabolism.”
- Absolute dry fasting – not even showering, washing hands, brushing teeth – nothing
- Some recommend 16-24 hours, others 3 days or more
- Goal – results such as fat loss quickest way





Factors to Consider



- 70% of human body weight is water
- $\frac{3}{4}$ Americans considered dehydrated, over $\frac{1}{2}$ chronically dehydrated
- Many people are extremely toxic and need water to aid kidney/liver detoxification
- Most functions in the body require water
- Death & damage can result from severe dehydration & many already dehydrated & toxic before starting a dry fast - risky



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Who Shouldn't Dry Fast?

- Cautions for people without great success on intermittent & extended water fast, pregnant/nursing, children, eating disorders, headaches, eye problems, caffeine dependence, type 1 diabetes, extreme athletes, certain Rx, very low weight...
- Over 24 hours doctor monitored
- I don't recommend for anyone – we can get huge quick success with WOW tips/tools





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Possible Next Steps



This podcast is part of our “Lifeboat Freedom” system that debuted on Jan 14, 2020 with Episode 44: Lifeboat Freedom – 8 Wellness (WOW) Technologies – 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!

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

