



THE FASTING PODCAST **WOW**: EPISODE 47 – OMEGA-3 FATS & FASTING

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




Host: Julie Phillips, CNHP





What About Omega-3 Fats?

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- Omega-3 are Essential Fatty Acids (EFAs) which means we need them, but cannot produce internally
 - We can get them through our foods (e.g. Anchovies, Halibut, Herring, Mackerel, Oysters, Salmon, Sardines, Trout, Tuna, Flaxseed, Pumpkin Seeds, Walnuts, Egg Yolks, Chia Seeds, Hemp Seeds, Seaweed, Algae, Cod Liver Oil...)
 - Avoid fish potentially high in mercury & contaminants
 - Be cautious about soy
 - AVOID hydrogenated & partially hydrogenated fats
 - Ratio 1:1 or 2:1 versus 20:1 – many way out of balance
 - Consider an excellent omega-3 supplement



Omega-3 Potential Benefits Include Fasting



- May help body to become “fat adapted”
- Reduced inflammation that affects health, fasting results, and level of discomfort
- Cell membranes (good vs bad fat)
- Burning 1g fat provides body 9 calories of energy vs 4 cal for 1g of protein or carb
- May help heart, mental, immune health, healthy vs abnormal cells, healthy bones & joints, sleep quality, skin, eyes...



Risks or Possible Deficiency Signs

- Health orgs say 250-500mg EPA/DHA/day, for some 4g/day (heart, depression, anxiety, cancer...)
- Harvard Public School of Health says low O-3 is 8th risk factor for death (96K deaths/year)
- Risks: inflammation, heart disease, high cholesterol, digestive challenges, allergies, joint discomfort, muscle pain, mental disorders like depression, brain function, cognitive decline





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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 with 1 technology covered in Episode 46: My Favorite Supplement Ever!

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

