



THE FASTING PODCAST **WOW**: EPISODE 49 – LARGE SCALE CHANGE IN 1 DAY?

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



Host: Julie Phillips, CNHP





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Shall I Weigh Daily?



Body Composition Scale:
Visceral Fat, Skeletal Muscle
%, Body Fat %, Body Age...
Affordable for everyone.

- Yes if you want to see how your body responds to different foods, eating intervals, exercise, etc.
- If so, would keep a log for later analysis, perhaps on cell phone
- If so, would monitor trends at least bi-weekly that numbers moving in right direction – fat down, muscle % same or up, age down...
- If not, would at least do bi-weekly or monthly to monitor trends
- If doing a short term fast (episode 48) or prolonged fast (episode 13), take numbers including visceral fat just before starting and then don't look again until earlier of being done or at 10 days – thin people can have high visceral fat
- Always weigh 1st thing in the morning without clothes on a body composition scale (to left), preferably after bowel movement
- Measure inches (e.g. waist) because water retention & diet can reshape the body



Possible Reasons for Significant Gain (e.g. 2-5+ pounds) in 1 Day



- Weighing different time, clothes, BMs?
- High sodium (e.g. eating out unsureness)?
- Excess carbs storing as glycogen in muscles & liver, stored in water molecules?
- Menstrual cycle?
- Excessive water flushing trace minerals (ICW versus ECW)
- Lack of bowel movements – goal of 2-3 large long brown smooth per day – could there be a blockage or parasite clog?
- Extreme workout with muscle gain?



Possible Reasons for Significant Loss in 1 Day

- Dumping major food load from day before, including glycogen stores from excess carbs
- Resolving constipation or irregularity – 2-3 meals/day with 0-1 bowel movement/day
- Intestinal sludge purge (e.g. oxygenating magnesium possibly along with fiber & enzyme/probiotic digestive/gut blend)
- Resolving ICW versus ECW ration (e.g. trace minerals, electrolytes, sodium potassium pump)
- Pink sea salt (episode 39) & potassium based tonic (episode 46) may help resolve multiples





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The “Whoosh Effect”

- Yale University study 2015: new fat cells are created quickly, but dieting cannot eliminate them
- The “whoosh” theory:
 - ✓ Fat cells have a method of survival & readiness, just in case...
 - ✓ When fat is released for energy, water can replace the fat
 - ✓ After a period of not replacing the fat, the water can release
 - ✓ Whoosh – may lose 2-5 pounds in 1 day
 - ✓ So, persevere, ensure doing things right, & measure
 - ✓ Some believe you may feel extra hunger day before
 - ✓ Some like to hide the scale, we prefer to keep monitoring





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Possible Next Steps



Watch past & future episodes, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

Direct questions or feedback to TheFastingPodcastWOW@gmail.com

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

