



THE FASTING PODCAST **WOW**: EPISODE 51 – CRAVINGS & FASTING

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




Host: Julie Phillips, CNHP



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Major Reasons for Cravings

- 
1. Emotions (e.g. enjoyment, comfort, stress/nervous/anxious etc)
 2. Deficiencies or imbalance
 3. Sugar addiction & blood sugar imbalance
 4. Yeast overgrowth/candida/fungus



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Emotions



- Positive mind/body/spirit connection & **STRESS** management
- Deep breathing, meditation, tapping – whatever speaks to you
- Forgive others, actions & self
- Relaxation, contentment, enjoyment
- Bach flower/oil combo for emotions & homeopathy...

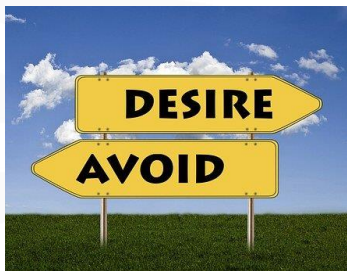


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Deficiencies

ALL NATURAL & ORGANIC FOOD/DRINK MAY SOLVE:

- Dehydration, constipation & poor absorption can cause cravings
- Imbalanced hormones including leptin/ghrelin from lack of good sleep
- Habits of junk food or heavy carbs can be changed
- Hidden sugars in energy drinks/bars, refined bread/pastry, salad dressings, meal replacements, restaurant food...
- Some artificial sweeteners may cause cravings
- Some foods have ingredients to cause cravings & television ads
- May crave French fries (perhaps really pink sea salt & omega 3?)
- Women near cycles may crave chocolate for low magnesium





Sugar Addiction & Blood Sugar Imbalance



- Net carbs break down into sugar, cells can become insulin resistant
- When blood sugar levels go too low, can cause cravings (hypoglycemic reaction to not eating – weak, shaky, grouchy)
- Consider a short term fast (episode 48) & extend it if desired
- Break the habit – consider taper & “clean balanced keto) episode 16
- When eating too much sugar, yeast overgrowth/candida/fungus...



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Yeast Overgrowth/Candida/Fungus

- Review episode 22 Candida & Fasting & 23 Parasites
- Hiding in coatings to deal with using perhaps WOW digestive/gut blend five 3x/day with very low net carbs
- Significant others rid them together or pass back & forth
- Ways to avoid – excellent carb digestion & thorough chewing without liquid or fat in mouth with carbs plus plentiful probiotic friendly flora
- Saliva test & watch for pink tongue





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WOW PROGRAM COMPONENTS



Option to Consider:

Combine a short term or prolonged fast (episode 48) with the **WOW Program (Wellness & Optimal Weight)** on our website at end where you will find a 28-minute expert doctor video about the program. During this may do 5 WOW digestive/gut blend 3 times per day empty stomach (yeast). This approach may address the topics we've discussed. In the drops clinical trial, 90% reached their weight goal with major health improvements versus none in the control group.



WOW Basics

- ❖ WOW Fasting Podcast
- ❖ 6-8 Hour Eating Window with 2 Meals/Day Without Snacks (Podcast Episodes 1, 2 & 12)
- ❖ Excellent Hydration (Ep 3-6)
- ❖ Positive Mind/Body/Spirit & Listening To Your Body (Ep 21)



WOW Drops System

- ❖ Bottle #1: Homeopathy
- ❖ Bottle #2: B12 & Stress Herbs
- ❖ Approved Food List
- ❖ All-Natural Lifestyle Approach
- ❖ WOW Podcast Episode 8



WOW Digestion

- ❖ WOW Digestive/Gut Blend
- ❖ WOW K+ Super Tonic (Same Supplier Has Best Aloe)
- ❖ Podcast Episodes 8 & 46



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Possible Next Steps



Get back with the person who referred you with questions & orders, if found through The Fasting Podcast WOW, email Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com & our other podcast/youtube on WOW Lifeboat Freedom (Wellness Offers Wealth) video system which includes a unique affiliate program

We hope you give us a good review & subscribe



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

