



THE FASTING PODCAST **WOW**: EPISODE 53 – HYDRATION ON A TIGHT BUDGET

EPISODE 53: HYDRATION ON A TIGHT BUDGET

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



Host: Julie Phillips, CNHP





THE FASTING PODCAST **WOW**: EPISODE 53 – HYDRATION ON A TIGHT BUDGET

Good Hydration is a Top Priority in Fasting or Not

- Intermittent fasting or time restricted eating typically provides a large number of hours with primarily water to sustain us, flushing toxins and allowing the functions in the body to perform optimally
- The short term fast (48-72 hours) and the prolonged (extended) fast provide days of primarily water while the body burns the toxin-laden fat, goes into “superman” mode of autophagy, & recovers systems
- With nearly 70% of the hydrated human body being water, it is crucial to have **health-enhancing water rather than health-damaging water**
- Within a tight budget, some choices are much better than others





THE FASTING PODCAST **WOW**: EPISODE 53 – HYDRATION ON A TIGHT BUDGET

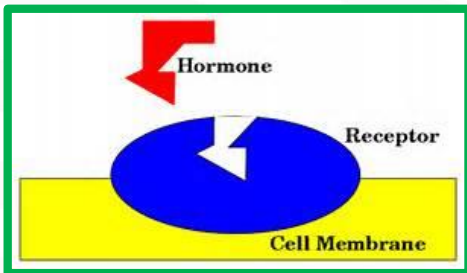
What's the Goal?



- Avoid like the plague plastic bottled water or drinks (1 gallon or less)
- Drink the purest tap water you can afford
- Make sure there are beneficial minerals in your water, not dead water
- If you can, include molecular hydrogen, especially if challenged
- Drink the right amount of pure water (typically ½ body weight in ounces/day usually awakening, 20-30min before meals & 1+ hour after meals, even if you don't feel thirsty – often thirst is mistaken for hunger, especially as we age)
- Use protected glass, stainless steel or BPH-free recycle #7 in car/office



Filling Heated Plastic...and...Pumps/Pipes Cleaning Agents



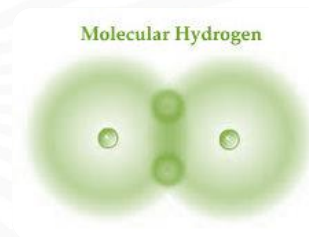
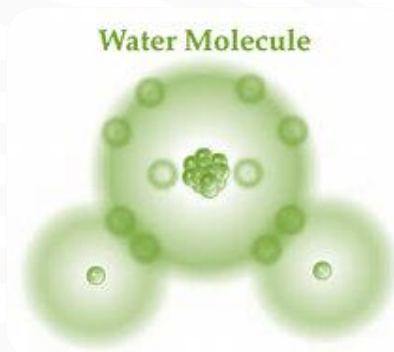
- Study of 18 top brands: 24,500+ chemicals
- All 18 brands hindered hormones 60-90% (**purified tap water 0%**)
- Maleates & fumarates can add to tumor risk (see image at left)
- Any drink you buy that was made in this way also puts you at risk, while often adding chemicals, sugar, and acidity
- **HEALTH-DAMAGING water** and...
- Huge environmental hazard - **Go Green!**
Average bottle 450 years to decompose, and longer for the heavier plastics





A Common Misconception: Is H₂ Already in All H₂O?

- H₂O (water) is not the same as H₂ (molecular hydrogen)



- Science: www.MolecularHydrogenFoundation.org: H₂ helps with 170+ human diseases per 700+ studies (e.g. diabetes, Alzheimer's, Parkinson's, dementia, osteoporosis, hypertension, chronic inflammation...)
- H₂ is a “selective” antioxidant – see podcast episode 5 on molecular hydrogen



Ways to Purify Tap Water

- Low-end faucet, bottle, pitcher, counter top can cost < \$30 with typically no **H₂** except there is now an H₂ generator for less than \$100 and there are tablets & drops for adding H₂. There is a ZeroWater filter for < \$30+ which must be kept really clean & can be re-mineralized with a couple shakes of pink sea salt per glass or a mineral bag for re-mineralizing
- If you have or want a reverse osmosis or a distilling machine, re-mineralize it & optionally add H₂
- My ionizer: neutral pH water, 9-stage filter with H₂ & good minerals (finance to own may be affordable for many)





THE FASTING PODCAST **WOW**: EPISODE 53 – HYDRATION ON A TIGHT BUDGET

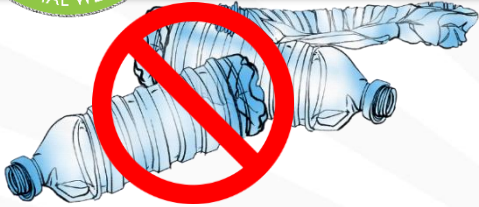
Example: Portable Water Filtration System \$65



- The 25 oz./740 mL volume bottle is free of BPA/BPS/EA & other bisphenols, is leak-proof and dishwasher safe, has good suction like using a straw
- The advanced 2-part filtration system filters out all 3 types: biological, chemical, and emerging contaminants
- Microbials (e.g. bacteria > 99.9999%, viruses 99.95%, parasites >99.997%)
- Heavy metals (e.g. lead >99.3%, mercury 99.8%, arsenic >99%)
- Emerging contaminants (e.g. Ibuprofen 99.5%, Naproxen 99.5%)
- Chemicals (e.g. chlorine 97.9%, fluoride 41.3%, benzene 97.8%)
- Pesticides (e.g. 4,4'-DDT >95%, lindane >99.3%)
- Toxins hide in fat cells – omit toxic intake and release toxin-laden fat (this bottle from same company as WOW drops system)



THE FASTING PODCAST **WOW**: EPISODE 53 – HYDRATION ON A TIGHT BUDGET



The Tight Budget

- It's possible to have an acceptable solution with good taste for \$22+ on Amazon up front and small amount when filter needs changing
- Money can be saved not buying health-damaging plastic bottled water
- Health-enhancing option of H₂ can be affordable for many (e.g. try for heartburn, blood sugar/pressure, neurological, chronic inflammation...)
- I have been an agent for the H₂ neutral pH ionizer that retains good minerals w/9-stage filtration for 4.5 years & can offer a substantial discount on the H2 machine automatically applied into the cart by using my link www.WOWH2Water.com (H₂ tablets or drops also) – finance terms depend on your credit “soft credit check” that doesn't affect the credit score, or may get a 2-year zero interest credit card...



THE FASTING PODCAST **WOW**: EPISODE 53 – HYDRATION ON A TIGHT BUDGET

Possible Next Steps



Watch related episodes mentioned, refer others & check out our website that includes the slides for each episode: www.JPWOWPrograms.com

Direct questions or feedback to Julie@JPWOWPrograms.com

Podcasters – 5-stars on I-Tunes, YouTubers – “like” this video & subscribe,



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

