



THE FASTING PODCAST **WOW**: EPISODE 54 – LOW ENERGY LEVEL & FASTING

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



Host: Julie Phillips, CNHP





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Tired???



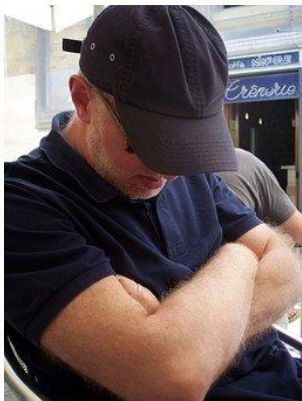
- Dehydrated?
- Candida?
- Too much time on digestion – either food choices or eating window?
- Emotions: stress, worry, sadness, boredom or avoiding something?
- Lack of B12 consumption or uptake?
- Lack of fuel to create ATP energy in the mitochondria?
- Tolerance to EMF or energy blocks?
- Health challenges that interfere with or consume energy production?
- FACT: Burning 1g fat = 9 calories of energy, more than double the 4 calories of energy from burning a 1g of carb or protein



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Reasons?

- Dehydrated? Episode 53 – Hydration on a Tight Budget
- Candida? Episode 22 on candida & possibly 23 parasites
- Too much time on digestion – either food choices or eating window? Choose more plant-based all natural and organic as much as possible & possible allergic reaction – see episode 25 & NAET allergy elimination. Consider shortening the eating window to 8 or 6 or 4 hours for a while. If heartburn type challenge, episode 19 on heartburn & K+ super tonic
- Emotions: stress, worry, sadness, boredom or avoiding something? Deep breathing, stress management that speaks to you e.g. meditation, relaxation, hobbies, volunteer work, getting support or more social life. Consider WOW adaptogen/CBD elixir or WOW drops





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Or...

- Lack of B12 consumption or uptake? Requires stomach intrinsic factor, requires sufficient HCL so people with heartburn are suspect, requires consuming foods with B12, so some vegans are suspect (WOW drops...)
- Lack of nutrients to make ATP in cell batterie? Episodes 37 & 38
- Tolerance to EMF or energy blocks? Turn off wifi at least at night, consider protection for device emissions, proximity to electricity or bed placement.
- Health challenges including lack of deep sleep that interfere with or consume energy production? For example fibromyalgia – consider WOW energy clip-on device that names that and chronic pain, migraines, depression, anxiety, sleep disorders – available in US 4/2/20. Fasting ep 13 (extended fast) & 48 (short term fast)
- For interest in “energy” supplements, email Julie@JPWOWPrograms.com





Possible Next Steps



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

Direct questions or feedback to Julie@JPWOWPrograms.com

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

