



THE FASTING PODCAST **WOW**: EPISODE 56 – COFFEE, TEA & FASTING

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



Host: Julie Phillips, CNHP





The Fasting Angle

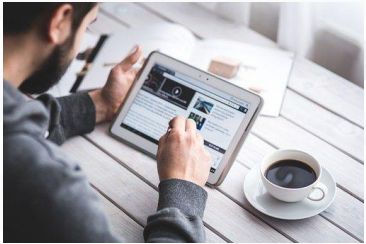
- If you choose to drink black unsweet coffee or even add a little organic healthy fat (e.g. MCT oil or ghee – “butter coffee”), it won't break a fast
- The black coffee & herbal tea can provide variety & warmth during the water only portion of the fast & may enhance weight loss
- If you need a sweetener, a little bit of pure liquid stevia will not stop the fast
- If you need a creamer, a little bit of organic heavy (e.g. almond or coconut) cream will not stop the fast (chemical based creamers have toxins & often aluminum)
- Given possible benefits & drawbacks, I suggest organic & moderation





Coffee Potential Benefits

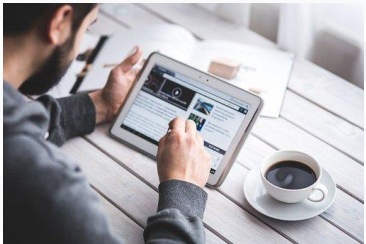
- Liver health & circulation
- Antioxidant support
- Brain function & blood flow to brain
- Enhancing workouts
- Blood sugar
- Heart health
- Healthy cells vs abnormal cells
- Weight loss via fat burning metabolism





Coffee Potential Drawbacks

- Addiction
- Can stress the adrenal glands
- Mood altering & anxiety
- Digestive issues (nausea, diarrhea, vomiting, worsening reflux...)
- Creamers & sweeteners can deter weight loss
- Headaches
- Trouble sleeping
- Cautions for kids & pregnant/nursing





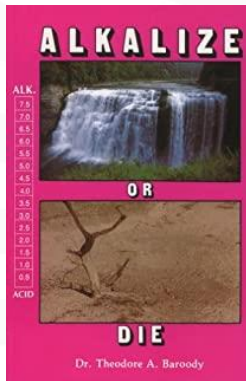
Many Fasters Choose Organic Herbal Teas. If You're Choosing Coffee:



- Consider organic instead of chemical based or fiber rich chicory root
- Consider 1, 2 or 3 cups instead of more – is the lack of energy the real reason to drink more? (episode 54 Low Energy Level & Fasting)
- Try going without sweetener & cream – may get used to it quickly
- Try the 2 kinds of weight loss organic coffee that includes the mitochondria nutrients (episodes 37-38) – my family member likes the light one and has never liked an organic coffee before – see mitochondria nutrients on our website at the end
- Consider water as 1st thing of morning – research director of glycemic institute says 1st thing regular coffee signals let's store fat today, plus the body needs hydration from a night's sleep



Many Fasters Choose Organic Herbal Teas. For Coffee or Herbal Tea:



- Because of the acidic nature of most coffees, suggest keeping away from meals so they don't interfere with digestion
- The mitochondria nutrients also have a water catalyst that can be added which may neutralize the acidity of any coffee, while producing oxygen – both conducive to good fasting results – can be used in ANY liquid you & your pets consume
- If you feel you are addicted & have tried tapering off, consider the WOW drops
- Consider organic green tea with EGCG – fasting benefits
- Key is natural & organic when possible and moderation, but totally enjoy!





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*

