



THE FASTING PODCAST **WOW**: EPISODE 58 – THINGS THAT DELAY OR PREVENT FAT LOSS

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



Host: Julie Phillips, CNHP



The Path of Least Resistance



1. Easiest: if the food and drink we consumed is broken down enough to be used as energy, that's what the body will take for energy
2. So, if we eat so much that it can supply all the energy our body needs, why would the body work to break down fat?
3. If we're eating too much, we better exercise or move enough to deplete the consumed food
4. The fat we want to break down may be subcutaneous fat, visceral fat clinging to vital organs or both – either way, fat sequesters toxins & emits toxins (30+ substances including 1 promoting insulin resistance & bad hormone tumor risk)



After Consumed Food, the Glycogen Stores



1. Next easiest: if our food/drink is depleted & body needs more energy, it goes to the stored carbs/sugar in our muscles and liver – glycogen stores
2. Glycogen is readily mobilized – a good source of energy for the brain or sudden strenuous exercise
3. Glycogen stores get filled back up when we eat excess “net” carbohydrates
4. Net carbs = total carbs – fiber – natural sugar alcohols like the plant erythritol (not metabolized & don't disrupt the blood sugar or pancreas and don't store as glycogen)



What's Next After Food & Glycogen Stores Depleted?

- Simultaneously the body can then burn protein/muscle and fat so it is crucial to secure/maintain muscle mass (episodes 9 and 10 on protein – important topic)
- How can breaking down these in the body fuel the energy including the brain?
 - Protein can become glucose via gluconeogenesis
 - Fat can result in ketones, a superior fuel for brain and body, and with open bowels can release toxins & more than double calories of energy (9 versus only 4)



NOTE: If trying to burn fat, avoid fat/carbs together affecting carb digestion & insulin opening cell for fat



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Recap

Food, glycogen, protein/muscle & fat so preserve muscle

Conclusions beyond eating/drinking all natural and organic:

- Avoid over-eating & minimize “net” carbs (*carbs–fiber–natural sugar alcohols like erythritol*)
- Preserve muscle with pure dietary protein
- Since it can take 10-12 hours to deplete food we ate/drank then glycogen, make fasting window as long as possible (e.g. 16-20 hours if trying to burn toxin laden fat, check visceral fat with body composition scale episode 28)
- Plentiful pure water and open bowels crucial for exit of toxins
- Consider ketone breath meter or ketone strips (episode 15)



Keytone Breath Meter:
Doesn't Require Finger
Pricks or Urine Strips



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Possible Next Steps



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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*

