



THE FASTING PODCAST **WOW**: EPISODE 62 – REBOUNDED OR YO-YO DIETING

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



Host: Julie Phillips, CNHP



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The Vicious Cycle of Lose, Regain, Lose, Regain



- Toxins from many sources
- Protection mechanism of fat
- Fat emits more toxins & undesirable hormones
- Weight loss without awareness can be from water & muscle
- Weight loss w/o open bowels can cause build up & blockage
- Weight loss without healthy liver can further toxify
- We may appear thinner for a while, but toxins concentrate
- Survival mode can trigger regain of weight to protect us
- Importantly, emotions can be toxic and cause regain



Ways We Gain Toxicity



Toxins & fat can lie in the arteries & around the cells affecting numbers like cholesterol, triglycerides & blood pressure.

- Toxins from food & drink
- Toxic air – especially indoor air
- Toxic water especially small plastic bottles
- Chemical based personal items like shampoo, toothpaste...
- Using chemical based antiperspirants & wire-frame bras
- Lack of movement of the lymph
- Insufficient hydration
- Insufficient bowel movements
- Poor diet & excess fat & toxins can accumulate in arteries
- Stressed liver allows more toxin circulation



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Things We Can Do



- Switch to eating & drinking clean, natural, organic when possible
- Plentiful pure water, not plastic bottled water
- Positive mind/body/spirit connection & support for that
- Body composition scale less than \$30 on amazon
- Detoxify colon, liver, lymph, candida cleanse (& possible metals)
- Consider colon hydrotherapy or the oxygenating magnesium/fiber approach and/or the 3x3 digestive/gut blend approach
- Consider a short term 72-hour or prolonged 5 to 15-day water fast
- Increase activity for lymph and exercise
- Develop & execute a plan to keep the weight off

Toxins & Yo-Yo Dieting/Rebounding





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Possible Next Steps



Watch episode 17 move body/lymph/bowels, episode 22 candida, episode 48 short term fast, episode 61 prolonged fast.

Refer others & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog and the new WOW Lifeboat Freedom video system for income from the WOW natural products:
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*

