



THE FASTING PODCAST **WOW**: EPISODE 65 – GREENS & PROTEIN POWDERS AND CONTEST

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



Host: Julie Phillips, CNHP



CONTEST
Body Composition Scale





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Greens



- Noone will dispute the value of organic green vegetables – nutrition and alkalizing effect
- Sometimes we don't spend the time or money for organic and raw veggies and their preparation
- Whether you are busy, unwilling or unable to spend time & money, an organic greens powder is amazing & typically will NOT stop a fast (my favorite 1 serving = 2 lbs of veggies w/sprouted seed nutrition & enzymes, organic, non-GMO, soy-free, gluten free, dairy free, low glycemic (cal=15, fat=0, fiber=2g, protein=1g, net carb 1g) – love the mild taste alone and it doesn't affect flavor of my fav chocolate shake
- Although this example of greens has appreciably less fiber than the 2 lbs of veggies & fruits, its enzymes & other phenomenal ingredients help many people with bowel movements, even when it's a lifelong problem






Organic Plant-Based Protein Powder

- ✓ Prefer plant-based to avoid soy and whey/milk protein powders
- ✓ May be over 90% absorbable compared to 40-60% for meat
- ✓ More digestible than meat protein
- ✓ Easier on the kidneys/liver than meat protein
- ✓ Likelier to break down alkaline compared to acidic meat protein
- ✓ Convenient and portable – no cooking required
- ✓ May contain enzymes, probiotics, prebiotics, and fiber
- ✓ Our favorite contains all 4 of these, is pea and cranberry protein, organic, super pure, dairy free, gluten free, GMO free, soy free, cocoa mix for muscles & orange mix for hair/skin/nails (same company as fav greens & WOW drops)
- ✓ Fasting mimicking used about 15 g of plant protein highly digestible – when doing prolonged/extended fast then stay in autophagy, may stick to < 15g/day





Possible Next Steps

 **CONTEST**: First 3 people to get 3 brand new listeners to watch 3 of my episodes (either podcast) & give me a good positive written Itunes review will earn me buying them a body composition scale (visceral fat, muscle %, fat %, age...) Any winner that does 5+ will get a 2nd prize TBD. YouTubers new listeners may provide written paragraph review to me with permission to use it on my website.

Direct ??? or contest results of which 3 people gave reviews, which episode is your favorite & whether you've seen other podcast to Julie@JPWOWPrograms.com

Review episodes 9 & 10 on protein, episode 28 on body composition scale

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



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

