



THE FASTING PODCAST **WOW**: EPISODE 67 – MY FAVORITE DIGESTIVE & GUT AID HELPS FASTING

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



Host: Julie Phillips, CNHP



### Enzymes with Meals – Better Digestion for Better Fasting Results



- Enzymes are the catalysts that allow the body to break down food into a usable form
- Nature provides enzymes in organic foods that are not cooked past 118 degrees or irradiated
- Our bodies can produce enzymes but an expert teaches we have a finite supply in our life
- Ptyalin contains amylase in the saliva that breaks down starches so great to chew thoroughly as well as omitting liquids and fats at same time in mouth as carbohydrates
- Lipase breaks down fat, protease breaks down protein...
- Supplemental enzymes offers 45 minutes of pre-digestion, can spare body's supply, can help pH balance us & after digestion can do double duty a metabolic enzymes



## “Systemic” Enzymes on Empty Stomach can Aid Fasting Results

- Yeast overgrowth/candida/fungus can slow fasting results
- Parasites can slow fasting results
- Toxic buildup can slow fasting results – can add weight and cause the body to hang onto fat to sequester toxins
- Poorly digested foods floating around body can slow fasting results, affect acidity and affect health
- Many of these hide in protective coatings such as protein – hiding from immune system, probiotics...
- Also toxins & fat can accumulate in the arteries and can form tumors and cysts in the body
- Enzymes on an empty stomach can do a “sneak attack” on the coatings and toxic buildup everywhere, helping to cleanse the body & expedite and improve fasting results



### Help Omit with Systemic Enzymes:

- Yeast/candida
  - Parasites
- Cancer cells
- Undigested food
- Tumors, cysts, artery clogs
  - Excess fat



### Probiotics Crucial



- Support immune function, digestion, nutrient absorption, & synthesis of key neurotransmitters, keeps “bad bacteria” under control, help digest dairy, reduce inflammation, decrease activity of at least 4 enzymes that may contribute to causing abnormal cells, may help to reduce cholesterol/triglycerides/blood pressure, may help reduce risk of abnormal cells in the colon, may enhance absorption of calcium & magnesium in large intestine, may help with iron & zinc, skin health, production of vitamin B12 & K2, may help reduce allergies/blood sugar problems/non-alcoholic fatty liver...
- After coatings around yeast gone, exposed to probiotics & immune system





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## WOW Digestive & Gut Aid

### ENZYME/PROBIOTIC/HERBAL/NUTRIENT/IONIC MINERALS/CHROMATE/D3 BLENDED IN A SINGLE CAPSULE

#### These are Some of the Targeted Benefits:

- ⊗ Improve digestion, assimilation, elimination, & gut health
- ⊗ Improve immune system
- ⊗ Has D3 for calcium & cell protect
- ⊗ Blood sugar: best form Chromate
- ⊗ Helps balance pH acid/alkaline
- ⊗ Helps clean the blood in 10 mins
- ⊗ Reduces inflammation
- ⊗ Systemic enzymes – clean system
- ⊗ Yeast overgrowth/candida aid
- ⊗ Provide 70+ ionic minerals in same virtual format as human bone
- ⊗ Spares metabolic enzymes when eating cooked food
- ⊗ Helps with colon pockets/arteries

### Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

|   | Amount Per Serving | % Daily Value |   | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|---|--------------------|---------------|
| <b>Nutritional Support:</b>   |                    |               | <b>Probiotic Blend:</b>   |                    |               |
| <b>Vitamin A</b><br>(Vitamin A Acetate)   | 5,000 IU           | 100%          | <b>Lactobacillus acidophilus</b>                                      | 200                | *             |
| <b>Vitamin D-3</b><br>(Cholecalciferol)   | 1,000 IU           | 250%          | <b>Lactobacillus bulgaricus</b>                                       | 150                | *             |
| <b>Calcium</b><br>(Sea Coral Calcium 15 mg)   | 6 mg               | <1%           | <b>Streptococcus thermophilus</b>                                     | 150                | *             |
| <b>Chromium</b><br>(ChromMate® brand niacin-bound chromium is a registered trademark of InterHealth N.J.) (U.S. Patent 5,194,615) | 200 mcg            | 167%          | <b>Bifidobacterium longum</b>   | 1.75               | *             |
| <b>Enzyme Blend:</b>  |                    |               | <b>Herbal Blend:</b>  |                    |               |
| <b>Protease 6.0</b>   | 16,000 HUT         | *             | <b>Papaya10:1 extract</b><br>(Carica Papaya-leaf)                     | 50 mg              | *             |
| <b>Protease 4.5</b>   | 30,000 HUT         | *             | <b>Deglycyrrhizinated Licorice</b> (DGL)<br>(Glycyrrhiza Glabra-root) | 300 mg             | *             |
| <b>Protease 3.0</b>   | 50 SAPU            | *             | <b>Fenugreek</b><br>(Trigonella Foenum-Graecum-seed)                  | 50 mg              | *             |
| <b>Amylase</b>  | 10,000 DU          | *             |   |                    |               |
| <b>Lipase</b>   | 300 LU             | *             |   |                    |               |
| <b>Invertase</b>  | 400 SU             | *             |   |                    |               |
| <b>Maltase</b>  | 900 DP             | *             |   |                    |               |
| <b>Cellulase</b>  | 900 CU             | *             |   |                    |               |
| <b>Lactase</b>  | 800 ALU            | *             |   |                    |               |
| <b>Bromelain</b>  | 30,000 FCCLU       | *             |   |                    |               |
| <b>Peptidase</b>  | 1,000 HUT          | *             |   |                    |               |

\*Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule, Rice Powder and Vegetable Magnesium Stearate



Live Blood Analysis—  
before and after

Normal Red Blood Cells

This is a GREAT tool for a prolonged/extended fast too! Now let's hear from Dr. Jeff, the formulating board certified naturopath & PhD that owns the company offering the WOW digestive & gut blend...



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### Amount & Cost



- Digestion – ideally before the meal 1-2 caps depending on challenge of meal to digest, then chew thoroughly & low liquid during meal
- Systemically – empty stomach 2-3 awakening, bedtime & optionally 2:30pm, if serious goals consider 3-5 all 3 times & low carb food/drink
- Like 4 products in a single bottle of 90 capsules, retail is \$90 + shipping, wholesale is \$54, wholesale on autoship order \$46, case of 12 \$32each
- Link to purchase if no one else referred you [www.AirAndNutrients.com](http://www.AirAndNutrients.com) trizyme enzyme probiotic blend with tri meaning the enzymes work in pH range of the blood, lymph and stomach



## Possible Next Steps



Direct ??? or contest results to [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)

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

