



THE FASTING PODCAST **WOW**: EPISODE 68 – 28-DAY TURBO FAST 19:24:72

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



Host: Julie Phillips, CNHP



WHO SHOULD FAST?

All people with health challenges should check with their health care professional first. People on medications (e.g. blood sugar, pressure), pregnant/nursing, young children, eating disorders, and very thin people are especially advised to get medical input before fasting.



Preparing for the Turbo Fast

- Prepare with a shorter window with lighter, highly digestible, low carb & low glycemic food – natural/organic throughout
- If on meds after checking with doctor, monitor levels closely
- Use good fats or exogenous ketones to get the body “fat adapted” to maximize results
- Prepare mentally & arrange your social life
- Plan for plentiful pure water for toxins, fullness...
- Capture metrics (visceral fat, muscle %, inches, energy level..)
- Keep a log throughout
- Consider helpful supplements – e.g. WOW drops, K+ super tonic, digestive/gut blend, best aloe, oxy mag & fiber



Here's the Turbo Fast



- Most of 28 days: **19-hour** fasting window (e.g. eat noon-5pm)
- 1 per week: **24-hour** fast (e.g. 5pm – 5pm then 1 light meal)
- After 14 days: **72-hour** fast (e.g. 5pm Mon – 5pm Thu then 1 meal)

Please share with me your results & log from the 28-day turbo fast. If you feel motivated to do a 7-10 day fast within 90 days, please keep me posted



Possible Next Steps



Direct ??? or turbo fast results to Julie@JPWOWPrograms.com – I will purchase a digestive/gut blend product for what I consider to be the most impressive results w/log for the 28-day plan

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; the new episode this week is Episode 19 Fasting with Friends for Funds: www.JPWOWPrograms.com



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

