



THE FASTING PODCAST **WOW**: EPISODE 69 – LESSONS LEARNED FROM FASTING MIMICKING

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



Host: Julie Phillips, CNHP



### What is Fasting Mimicking Approach?



Backed by 15 years of study sponsored by the National Institute of Health (NIH)



- 5-day/month boxed food eating plan designed to achieve the beneficial health effects of the extended water fast while minimizing risks associated with water-only fasts, allowing at-home use instead of a clinic, & encouraging doctors to endorse along with standard care
- The 5-day box contains special soups, bars, crackers, teas, olives, drink, algae oil, and supplements (whole food, plant based + honey) eaten any time and any sequence
- Clinical study participants did 5-days for 3 consecutive months, without restricting their eating content or timing the remainder of each month
- Since the study, doctors suggest 1 to 12 times/year for a given person
- Free phone consult with nurse practitioner or dietician



## 90-Day Study Results

### Health Benefits



Study has shown the approach to help:

- ✓ Decrease Weight and Body Fat
- ✓ Stem Cell Generation
- ✓ Maintain Glucose at Healthy Levels
- ✓ Maintain CRP at Healthy Levels
- ✓ Maintain Triglycerides at Healthy Levels
- ✓ Maintain Blood Pressure at Healthy Levels
- ✓ Maintain Lean Body Mass
- ✓ Impact in IGF-1 (Aging Marker)
- ✓ Maintain Insulin Resistance/Sensitivity at Healthy Levels
- ✓ Maintain Cholesterol at Healthy Levels
- ✓ Decrease Visceral Fat

#### WHO CAN DO THIS?

Healthy adults age 18-70. All people with health challenges or outside age range or pregnant/nursing or very thin or eating disorders should check with their health care professional first.



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### Expectations for Plan

**Day 1:** The body is primed to **enter a fasting state**, which can promote metabolic balance & rejuvenation from within

**Day 2:** The body switches to **fat burning** while preserving muscle mass and **cellular clean-up (autophagy)** begins (clean-up of aging & damaged cells)

**Day 3:** **Cellular clean-up** continues, and many people reach a degree of the fat-burning metabolic state known as **ketosis**, which can also curb hunger

**Day 4:** **Stem-Cell based regeneration** is ramping up, promoting the natural process of rejuvenation throughout the body

**Day 5:** The **cellular renewal & rejuvenation** continues, promoting a **reset of your body and mind** to help enhance overall health, with stem cell continuing up to 5 more days





## What I Consumed on 5-Day Plan

### METRIC

#### MY PERSONAL EXPERIENCE

The 5-day box eating was a success in achieving proven ketosis, good glucose/ketone index (GKI), & continued results. Food was acceptable in satiety & taste, albeit different than regular soups, crackers, & bars.

**Calories/day high for “fasting” – 895, 670, 510, 670, 630 men & women (avg 620 for days 2-5)**

**Net carbs surprisingly high – 72, 62, 54, 62, 67 (avg 61g for days 2-5)**

**Big surprise on SUGAR – 28, 19, 15, 20, 19 (avg 18.25g for days 2-5)**

**Fat adapting – 69, 35, 39, 35, 44 (avg 38.25g for days 2-5)**

**Protein higher than expected plant-based – 27, 15, 19, 15, 22 (avg 17.75 days 2-5)**

**I ate throughout the entire day in the optional sequence presented**

**See results on left**



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### Lessons Learned



- ✓ Ketosis is achievable with avg 61g net carbs for days 2-5
- ✓ Autophagy is achievable with avg 61g net carbs & 17.75g protein
- ✓ Stem cell rejuvenation does NOT require a pure water fast
- ✓ Strict ketogenic diet is not required for amazing benefits and in fact has some cautions for another episode (starting with ep 13)
- ✓ Time-restricted eating (aka intermittent fasting) is NOT required to achieve huge benefits
- ✓ 5 days/month (i.e. 25:5) plant-based was sufficient for huge results
- ✓ This plan does not claim increased human growth hormone (HGH) known to be substantial in a pure water fast
- ✓ This plan is safer than a pure water fast for those on meds controlling blood sugar or blood pressure, etc.
- ✓ This plan is deemed mentally easier to do than a pure water fast, without the typical withdrawals and detox symptoms



## Possible Next Steps



Discount: [www.MimickingTFP.com](http://www.MimickingTFP.com) coupon TFP for 10% off

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

