



# THE FASTING PODCAST: EPISODE 7 – INSIGHTFUL TIPS ON FASTING

## EPISODE 7: INSIGHTFUL TIPS ON FASTING

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



Kimberly Jansen, CNHP



Julie Phillips, CNHP



# THE FASTING PODCAST: EPISODE 7 – INSIGHTFUL TIPS ON FASTING

## The Fasting Roadmap

Where the mind goes, energy flows...  
Ernest Holmes

NOTE: Anyone with a health condition should first check with their health care professional, as well as pregnant or nursing, parents of children candidates, eating disorders, extreme low body fat, etc. Changing eating can affect blood sugar/pressure, so monitoring them is of utmost importance.

- ✓ Positive attitude (e.g. consider EFT videos/book, affirmations)
- ✓ Metrics: body composition scale, ketone glucose index, breath meter, log
- ✓ Ease into it, family priority, expect setbacks, experiment, be dynamic
- ✓ Decide all natural foods, chew well, pure water, clean air, sun, rest
- ✓ Consider 2 meals/day rather than 3+ (Dr. Kahleova study in Prague)
- ✓ Consider probiotics, enzymes, pink sea-salt, & oxygenating magnesium
- ✓ Consider liver/candida/parasite cleanse & expect detox symptoms
- ✓ Consider the Wellness & Optimal Weight (WOW) program



# THE FASTING PODCAST: EPISODE 7 – INSIGHTFUL TIPS ON FASTING

## Tips to Succeed

Just say NO to heartburn, constipation, & giving up. Get “fat adapted” & build up your “fasting muscle”.

- ✓ When we eat is a conditioned response – the homeopathic drops from the WOW program can be a major aid with will power, cravings, emotions, hormones, detox & more. The WOW program digestive/gut aid will help with & between meals.
- ✓ WOW: LifeboatDoctors.com (24-min video) – best program of our careers
- ✓ Net carbs low, good fats higher, protect muscle with excellent protein
- ✓ Move the lymph (walk outside, whole body vibration machine, rebounder)
- ✓ Poop well 2-3 times/day (water, stool, oxy mag, colonics, enemas if needed)
- ✓ Get support (1 or more buddies and/or Facebook group)



# THE FASTING PODCAST: EPISODE 7 – INSIGHTFUL TIPS ON FASTING

## NEXT EPISODE 8: KEY TOOLS IN WOW PROGRAM

The **Fasting** Podcast; **W**ellness & **O**ptimal **W**eight (**WOW**)!



Kimberly Jansen, CNHP



Julie Phillips, CNHP



# THE FASTING PODCAST: EPISODE 7 – INSIGHTFUL TIPS ON FASTING

## POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:  
[www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com)

Watch WOW (Wellness & Optimal Weight) video: [www.LifeboatDoctors.com](http://www.LifeboatDoctors.com)

Podcasters – 5-stars on I-Tunes, YouTubers – “like” this video & subscribe





# THE FASTING PODCAST: EPISODE 7 – INSIGHTFUL TIPS ON FASTING

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

