



THE FASTING PODCAST **WOW**: EPISODE 72 – TOXICITY MAY HINDER FASTING OR FAT LOSS

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



Host: Julie Phillips, CNHP



## THE FASTING PODCAST **WOW**: EPISODE 72 – TOXICITY MAY HINDER FASTING OR FAT LOSS

### Toxicity Abounds

- 18 brands of plastic bottled water had 24,500 different chemicals
- Those toxins can inhibit water from adequately entering into the cells
- Those toxins can interfere with how the body works – e.g. thyroid
- The maleates and fumarates act like hormone mimickers in the body
- City/county water often has chlorine and fluoride and more
- Well water can have chemicals, pesticides, even Rx from neighbors
- Non-organic fruits and veggies have chemicals & pesticides
- Non-organic foods have man-made chemicals & often genetically modified
- Non-organic meats can have hormones, steroids and antibiotics
- Laundry soap, shampoo, toothpaste, cleaning/personal items can be toxic
- Heavy metals can come from pans, creamers, foods like cereals...
- The air we breathe, especially indoors, is loaded w/ particulates, allergens...
- Medications contain dangerous chemicals and render side effects





### Fat: Friend or Foe?

Let's Burn Fat!



And Unload Toxins

- Fat sequesters toxins to keep them from our heart and vital organs
- In a small way, fat is acting like our friend
- Excess fat is like a whole endocrine system, emitting 30+ substances, only 2 of which the body considers useful
- 1 substance promotes the bad estrogen with possible tumor risk
- 1 substance promotes insulin resistance
- Fat can cling to vital organs – heard of fatty liver? Measure visceral fat
- In a large way, fat is not our friend!



### Effects on Fasting



- Toxic buildup can clog the colon
- The clogged colon can hinder fat loss
- Excess toxins can cause more fat accumulation
- Without dumping toxins, we can yo-yo diet or rebound
- The fat effect on insulin sensitivity can cause cravings – harder to fast
- Too many toxins can interfere with gut health, affecting results of fasting and weight loss efforts
- Toxicity contributes to a breeding ground for things like yeast overgrowth/candida fungus making it difficult to stick to a fasting schedule and dump the toxin laden fat
- DETOXIFY – can consider short term 72 hour fast episode 48 or prolonged fast episode 61 or 68 or just intermittent fasting
- OLD TOXINS OUT & AVOID NEW TOXINS – hydration & BMs crucial & oxygenating magnesium with fiber can help clean things up!



## Possible Next Steps

- ✓ Review episodes mentioned
- ✓ Direct ??? to [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)
- ✓ **PLEASE 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](http://www.JPWOWPrograms.com)



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

