



THE FASTING PODCAST **WOW**: EPISODE 73 – STRICT UP TO SLIM DOWN

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



Host: Julie Phillips, CNHP



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Set a Strict Plan



- Pick a timeframe and specific goal
- Decide if a short term fast is part of it (e.g. 72hours) – episode 48 or ext fast
- If not, decide eating hours (e.g. noon-5pm)
- Is OMAD something you want to include, or TMAD?
- Decide if any 24-hour fast & how many
- Decide on what you'll eat and roughly how much don't buy other things
- Measure waist, hips, chest – KEEP a log like a composition book
- Log # from body composition scale (e.g. Renpho on amazon < \$30) – on log keep track of food, exercise, water, bowel movements, grade yourself, if needed also log blood pressure/sugar, log energy/sleep/how you feel
- Take pictures front, side, rear to look at daily
- **Choose a buddy or accountability partner for daily interaction – set timer**



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Options to Consider

- Find 1 thing you like that allows strictness (e.g. veggie soup, shake)
- Even if it's ice cream or pizza find a cool way to make it with natural ingredients low carb – allow yourself that treat twice a week
- Have lots of water on hand, consider herbal teas with a touch of stevia, organic veggie broth, the perfect shake into cocoa?
- AT LEAST half your body weight in pure water
- Pick the exercise that suits you perhaps daily even if its walking
- Stay busy with some new things and old things
- Set timers for your eating & being done with eating & daily calls with your buddy or accountability partner (review your log & feelings w/them)
- Consider tools like WOW drops, WOW digestive & gut blend, oxy magnes
- If you get stuck, email me with questions @ Julie@JPWOWPrograms.com





Key Benefits of Strict Plan & Follow Thru, Accountability, Logging, Focus



- Laser focus and strict discipline for a short time for happy results
- Accountability will keep you committed on track with results
- Quick results are motivating and can get your body off a stall
- Toxins will be dumped and the weight might come off easier
- Lessons may be learned from the detailed daily log
- Doing a strict program with short hours may make fasting easier
- You may be helping your buddy who is helping you win-win!
- You feel better, look better, are better quickly with eyes wide open and serious determination and better understanding of YOU – a win for now and a win for long term!



Possible Next Steps

- ✓ Let me know about your success & tips & direct ??? to 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



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

