



THE FASTING PODCAST **WOW**: EPISODE 75 – CLEAN ALTERNATE DAY FASTING (CADF)

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



Clean Alternate Day Fasting

		1	2	3	4	5
		X		X		X
6	7	8	9	10	11	12
	X		X		X	
13	14	15	16	17	18	19
X		X		X		X
20	21	22	23	24	25	26
	X		X		X	
27	28	29	30	31		
X		X		X		

Host: Julie Phillips, CNHP



## THE FASTING PODCAST WOW: EPISODE 75 – CLEAN ALTERNATE DAY FASTING (CADF)

### What is Clean ADF?



- All or mostly all natural and organic eating with plentiful pure water – with one day limiting your caloric intake (and optionally net carb intake), then the next day still eating clean when and what you wish – and so on daily pattern alternating
- May be done short term or long term
- If you want to try it, check with your doctor especially if blood sugar challenged – serious ramifications for blood sugar/pressure!
- On fasting days does not have to be consistent timing or consistent amount of caloric intake
- Technically it's just another form of intermittent fasting



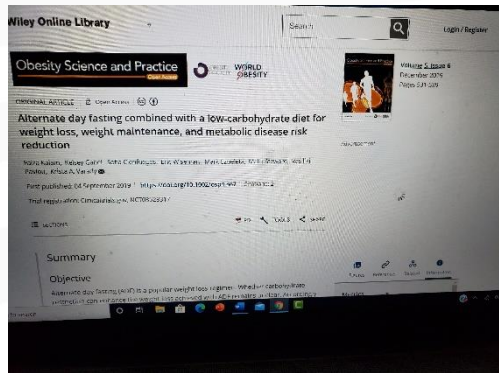
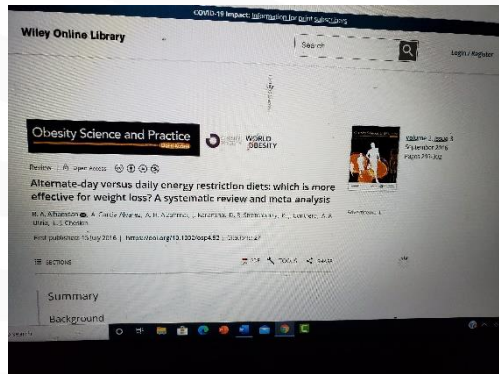
## More Benefits of Pink Sea Salt

### Conclusions

These findings suggest that ADF combined with a low-carbohydrate diet is effective for weight loss, weight maintenance, and improving certain metabolic disease risk factors such as LDL cholesterol, blood pressure, and fasting insulin. While these preliminary findings are promising, they still require confirmation by a randomized control trial.

### Conclusions

Our results from both the systematic review and the meta-analysis suggest that ADF is an efficacious dietary method, and may be superior to VLCD (very low-calorie diets) for some patients because of ease of compliance, greater fat-mass loss and relative preservation of fat-free mass. Head-to-head randomized clinical trials are needed to further assess relative efficacy of these two approaches.



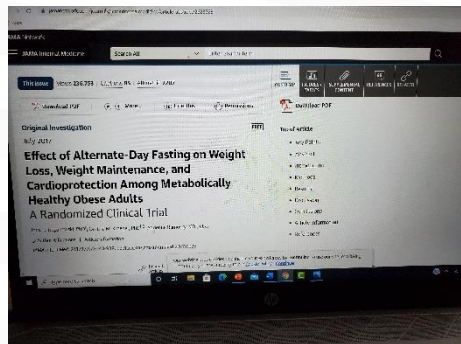


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### JAMA Study

- **Conclusions and Relevance** Alternate-day fasting did not produce superior adherence, weight loss, weight maintenance, or cardioprotection vs daily calorie restriction.
- BUT...
  - The natural and organic eating can be majorly beneficial
  - The low carb option on fasting days can be beneficial
  - You might be one of those that does not over-eat on non-fasting days
  - CADF might be much easier to stick to than calorie counting every day
  - One can try this and do it for only 2 weeks at a time and try other plans

One of the next things to try could be the 5:2 – fast only 2 days a week (e.g. Mon and Thu)





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### Possible Next Steps

- ✓ Direct questions 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*

