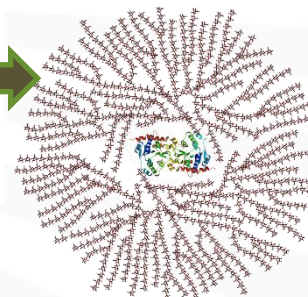
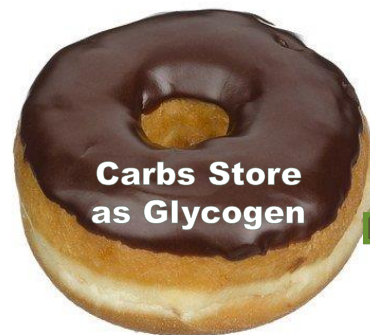




EPISODE 77: GLYCOGEN AFFECTS FASTING

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

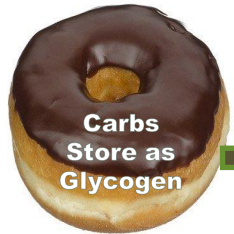


Host: Julie Phillips, CNHP



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

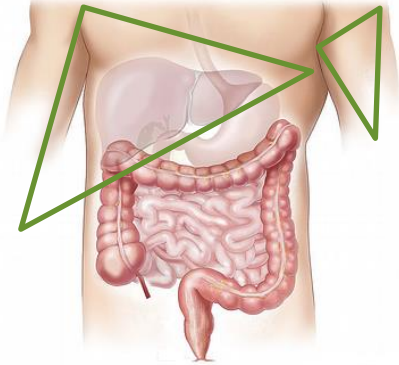
What is Glycogen?



- In biochemistry terms, glycogen is a substance deposited in bodily tissues as a store of carbohydrates. It is a polysaccharide which forms glucose on hydrolysis
- A core protein of glycogenin is surrounded by branches of glucose units
- Glycogen is a short term energy source as opposed to fat which is a long term energy source
- Glycogen is made and stored primarily in the cells of the liver and skeletal muscle
- In the liver, glycogen can comprise 5-6% of the liver's weight
- In skeletal muscle, glycogen is only 1-2% of the muscle mass
- Small amounts of glycogen are also stored in the kidneys, red blood cells, white blood cells, glial cells in the brain & uterus in pregnancy
- Total glycogen stores can approximate 1700 calories



What Happens?



Glycogen Stores in Liver & Muscles

- About 4g of glucose is present in human blood at all times
- In fasted people, blood glucose is maintained constant at this level at the expense of glycogen stores in liver and skeletal muscle
- Glycogen in muscle serves the muscle itself
- Glycogen in the liver is used through the body e.g. nervous system
- The human brain consumes about 60% of blood glucose in fasted sedentary individuals
- Glycogen forms an energy reserve that can be mobilized quickly to meet a sudden need for glucose
- If needed, the body can make glucose from protein or fat
- Excess carbs that can't fit into glycogen stores can store as **FAT**

FAT



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

When We Fast...

Let's Burn Fat!

And Unload Toxins

- 1) Burn digested food
- 2) Burn glycogen
- 3) Burn muscle/fat so preserve muscle!

- The body burns what we ate or drank after it is digested, using protein to secure muscle mass for example
- When we stop eating for a period either intermittent fasting or extended fast, the body will use up the consumed food
- If an extreme amount of quick energy is needed beyond the food supply, it can reach into glycogen stores for the quick energy
- The body will NOT burn fat when the glycogen stores are plentiful
- After consume food & glycogen used up, THEN the body will do the work to break down fat & protein simultaneously
- We must secure muscle mass with sufficient protein or our muscle could be used with gluconeogenesis for fuel to run the body
- Burning fat produces ketones, a superior fuel than sugar, and can help the body eliminate sequestered toxins through the open bowels



Lessons Learned



Body Composition Scale:
Visceral Fat, Skeletal
Muscle %, Body Fat %,
Body Age...

- Don't over-do carbs or they can delay burning fat via glycogen
- When fasting if you cheat, using a protein or good fat may be a better choice than a carb
- Use a long enough fasting window to deplete the stored carbs in the diet and glycogen stores so the body can get around to burning fat
- Secure muscle mass so it isn't broken down for a net loss with simultaneous burning of fat/muscle
- Keep enough activity/exercise to help deplete the glycogen stores
- Get & use a body composition scale so you watch body fat % go down, skeletal muscle % go up, visceral fat go down, body age lower
- You can get a body composition scale on amazon less than \$30 – JUST DO IT!



Time for Testing – Volunteers?



- The stickers I was a guru of for well over a decade – using on different acupuncture points or simply where instructed – are no longer available from a reputable supplier
- I found a new company and am super impressed – a trusted friend is a guru of these!
- They have been making energy patches for doctors for years, now available to everyone
- They creatively put frequencies for new things I would have never thought of that I will tell you about at the end
- I bought a bunch of product to share with podcast/youtube viewers to get your candid feedback – I will send free in USA



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

**1-YEAR
LIFESPAN**

EMF SHIELD

The **EMF SHIELD** Protects, Harmonizes, Neutralizes & Minimizes the Harmful Effects of Electromagnetic Radiation from Your Devices, Including 5G, While Counter-Balancing the Harmful Effects of EMF on the Body

The EMF SHIELD is Designed to be Used on Any Device that Emits EMF Radiation Such as Cell Phones, WiFi Devices, Modems, Microwaves, Electric Meters & More

Nature's Frequencies

EMF SHIELD

BIOFIELD RESONANCE TECHNOLOGY™

Assists with

- Offsetting non-ionizing EMF radiation
- Offsetting "Phantom Phone Vibration"
- Harmonizing the body
- Circulation

USA PATENTED



1-YEAR LIFESPAN

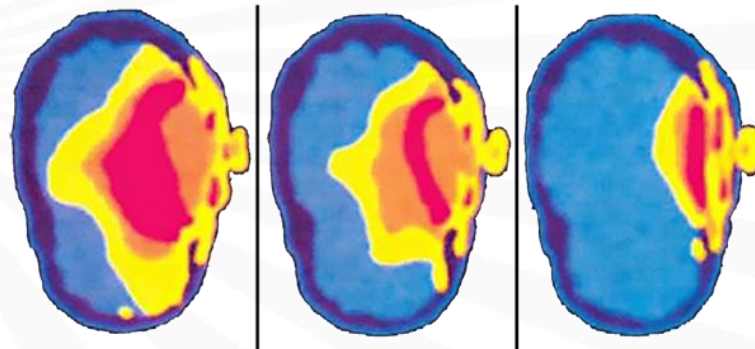
EMF SHIELD

Protecting Our Children is Especially Critical Since Their Bodies & Their Brains are Still in Development & Therefore, More Susceptible to the Damaging Effects of EMF Radiation

The Image to the Right Shows the Damaging Effects of Radiation Based on the Age of the Person Using the Device



Microwave Cellphone Effects
Absorption in the Brain According to Age



5 Year Old

10 Year Old

Adult

Image courtesy of Dr. Om Gandhi, University of Utah, 1996, IEEE Publication



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

BURN PATCH

3-DAY
LIFESPAN
PER
PATCH

BURN is Infused with the Energetic Frequencies of Many of the Most Powerful, Proven Weight Loss Ingredients Known to Assist with Detox, Appetite Control, Burning Fat, Metabolism & Weight Management



 **Nature's
Frequencies**

BURN PATCH

BIOFIELD RESONANCE TECHNOLOGY™

Assists with

-  Curbing appetite
-  Stimulating body to burn fat
-  Weight management
-  Metabolism





THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

CBD PATCH

3-DAY
LIFESPAN
PER
PATCH

QUANTUM-CBD is Infused with 100% Full-Spectrum CBD to Provide the Health Benefits of CBD Energetically Without CBD or THC

CBD has Been Shown to Provide Relief from Discomfort, Emotional Stress, Nausea & More Plus Support Restful Sleep & Mental Acuity as well as Cardiovascular & Neurological Health

CBD Patch is Designed for People & Pets

Nature's Frequencies

QUANTUM-CBD PATCH

BIOFIELD RESONANCE TECHNOLOGY™

Uses of CBD

- Insomnia
- Discomfort
- Neuroprotective Properties
- Anxiety

USA PATENTED



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

CBD PET TAG

1 YEAR LIFESPAN

The **CBD** Pet Tag is Formulated with 100% Full-Spectrum CBD to Provide the Health Benefits of CBD Energetically Without CBD or THC

CBD has Been Shown to Provide Relief from Discomfort, Emotional Stress, Nausea & More Plus Support Restful Sleep & Mental Acuity as well as Cardiovascular & Neurological Health

CBD Pet Tag is Designed for People & Pets



NOW AVAILABLE IN THE US ONLY!



CBD PET TAG
BIOFIELD RESONANCE TECHNOLOGY™



- Reduce Discomfort
- Reduce Inflammation
- Reduce Stress
- Increase Flexibility & Mobility



THE FASTING PODCAST WOW: EPISODE 77 – Glycogen Affects Fasting

3-DAY
LIFESPAN
PER
PATCH

IMMUNITY PATCH

IMMUNITY is Infused with Powerful Ingredients Known to Help Boost the Immune System, Relieve Sinus Pressure, Congestion & Inflammation as Well as Boost Overall Health & Wellness

Use Year-Round for Health & Wellness Prevention & Protection

Nature's Frequencies

IMMUNITY PATCH

BIOFIELD RESONANCE TECHNOLOGY™

Assists with

- Immune system
- Sinus pressure
- Inflammation
- Congestion

USA PATENTED



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

NITRO PATCH

3-DAY
LIFESPAN
PER
PATCH

NITRO is the First Non-Transdermal Patch, Based on Nobel Prize-Winning Science, Designed to Boost Nitric Oxide Levels to Support Cardiovascular Health, Circulation, Endurance & Performance, While Also Providing Relief from Discomfort, Fatigue & Stress




 Nature's
Frequencies

NITRO PATCH

BIOFIELD RESONANCE TECHNOLOGY™

Assists with

-  Endurance
-  Fatigue
-  Circulation
-  Athletic performance





THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

3-DAY
LIFESPAN
PER
PATCH

RELIEF PATCH

RELIEF is Formulated with Ingredients Proven to Provide Relief from Discomfort, Emotional Stress, Nausea & More

RELIEF Also Supports Mental Acuity as well as Cardiovascular Health & Neurological Health

Nature's Frequencies

RELIEF PATCH

BIOFIELD RESONANCE TECHNOLOGY™

Assists with

- Muscle soreness
- Discomfort
- Circulation
- Minor Injuries

USA PATENTED



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

REVIVE PATCH

3-DAY
LIFESPAN
PER
PATCH

REVIVE is Infused with Powerful Ingredients to Provide Relief from Discomfort, Emotional Stress, Worry & Tension Most Often Experienced in the Head, Neck & Shoulder Areas

REVIVE Also Improves the Quality & Quantity of Sleep to Help You Achieve & Maintain Optimal Health & Vitality





THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

SLEEP PATCH

3-DAY
LIFESPAN
PER
PATCH

SLEEP is Infused with Powerful Ingredients to Improve the Quality & Quantity of Your Sleep by Calming Your Mind & Body so You Can Fall Asleep & Stay Asleep to Allow You to Get the Deep Restorative Sleep You Need to Wake Up Refreshed & Energized & Help You Achieve & Maintain Optimal Health, Energy & Vitality

SLEEP EASY & SLEEP WELL



 Nature's
Frequencies

SLEEP PATCH

BIOFIELD RESONANCE TECHNOLOGY™

Benefits of a Good Night's Sleep:

-  Improves Mental and Physical Health
-  Assists Immune System
-  Helps Reduce Stress
-  Supports Weight Control





THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

3-DAY
LIFESPAN
PER
PATCH

WOW! PATCH

WOW! is Infused with Powerful Ingredients to Provide Relief from Discomfort, Emotional Stress, Worry & Tension Plus Improve the Quality of Sleep and Increase Mental Acuity

WOW! Also Supports Immune System, Cardiovascular & Neurological Health to Help You Achieve & Maintain Optimal Health & Vitality

TRY IT! YOU WILL SEE WHY WE CALL IT WOW!



 **Nature's
Frequencies**

WOW! PATCH
BIOFIELD RESONANCE TECHNOLOGY™



A Unique Proprietary Blend of Botanicals Known to Help:

-  Reduce Discomfort & Inflammation
-  Increase Joint Flexibility & Mobility
-  Reduce Stress & Tension
-  Improve Quality & Quantity of Sleep




THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting




FOOD FRESHNESS CARD

The **FOOD FRESHNESS CARD** is an Innovative Award-Winning Patented Technology Designed to Keep Foods & Flowers Fresher Longer by Inhibiting Mold, Fungi & Bacteria Growth that Causes Items to Spoil & Decay

In Fact, the **FOOD FRESHNESS CARD** has Been Shown to Extend the Life of Fruits, Vegetables & Breads by Up to 50% & Has an Average Radius of Up to 5 Feet

 Nature's Frequencies

FOOD FRESHNESS
BIOFIELD RESONANCE TECHNOLOGY™



Keep Your Fresh Foods Fresher Longer with the Patented Award-Winning Food Freshness Card



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

1-YEAR
LIFESPAN

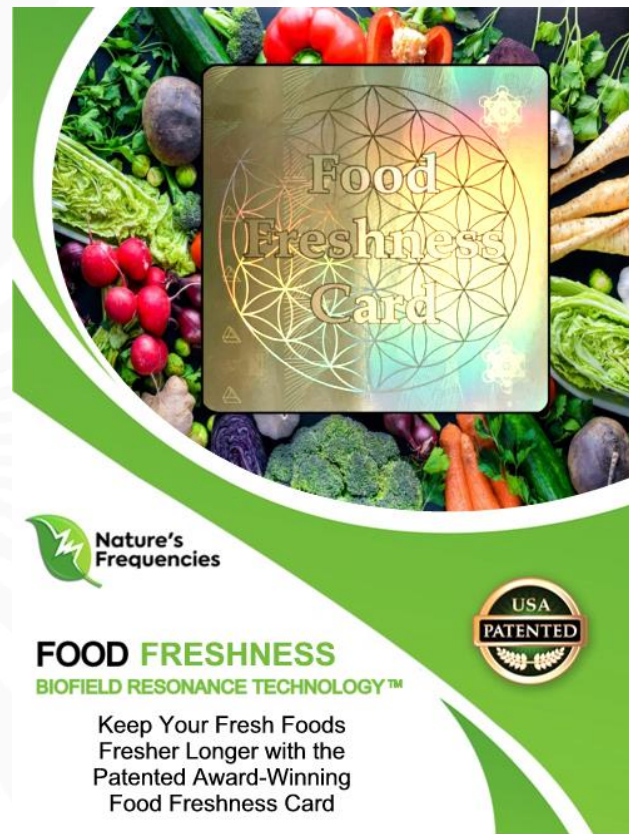
FOOD FRESHNESS CARD

PERSONAL USE:

Refrigerator | Pantry
Bread Box | Fruit & Veggie Bowls

COMMERCIAL USE:

Grocery Stores | Fresh Markets | Bakeries
Restaurants | Commercial Food Facilities
Florists | Garden Centers | Agriculture





THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

OUR 30-DAY LABORATORY TIME-LAPSE EXPERIMENT WITH MIXED BERRIES CLEARLY DEMONSTRATES THE POWER OF THE FRESHNESS CARD*



BERRIES WITH FRESHNESS CARD

BERRIES WITHOUT FRESHNESS CARD

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

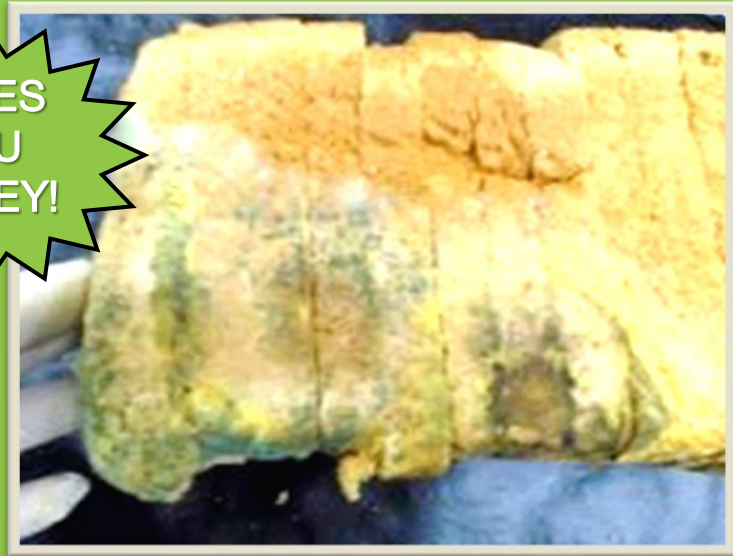


THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

OUR 30-DAY LABORATORY TIME-LAPSE EXPERIMENT WITH BREAD ALSO CLEARLY DEMONSTRATES THE POWER OF THE FRESHNESS CARD*



SAVES
YOU
MONEY!



BREAD WITH FRESHNESS CARD

BREAD WITHOUT FRESHNESS CARD

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting

3-YEAR
LIFESPAN

EARTHING CARD +

The **EARTHING CARD +** is Infused with Earth-Grounding Frequencies to Balance & Restore Your Body's Energy & Bring the Mind & Body into Balance, While also Providing EMF Protection

The **EARTHING CARD +** Also Enhances Strength, Balance, Energy & Sleep, While Providing Relief from Stress, Discomfort, Weakness & Fatigue





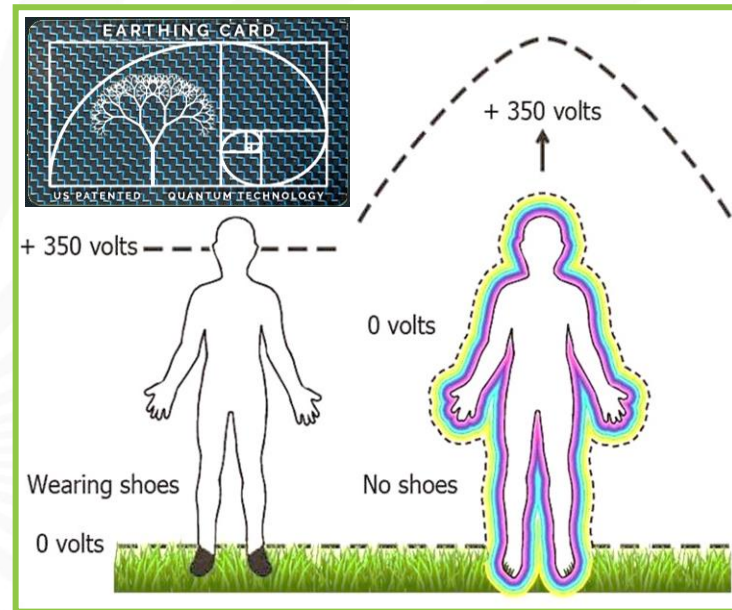
THE FASTING PODCAST **WOW**: EPISODE 77 – Glycogen Affects Fasting **EFFECTS OF EARTHING**

**3-YEAR
LIFESPAN**

EARTHING CARD +

The **EARTHING CARD +** Also Harmonizes & Enhances Food, Water, Supplements & More

This is Not Surprising Since Years of Extensive Research on “Earthing” or “Grounding” has Shown that Connecting to the Earth’s Natural Energy by Walking Barefoot on Grass, Sand, Dirt or Rock can Diminish & Alleviate Chronic Pain, Fatigue & Other Health Issues



Earthing & Grounding Refers to Contact with the Earth's Surface Electrons by Walking Barefoot Outside – Earthing & Grounding can Also be Done Indoors by Connecting to Devices or Systems that Transfer Energy from the Ground into the Body



THE FASTING PODCAST WOW: EPISODE 77 – Glycogen Affects Fasting

Choices While Supply Lasts

- I will mail within the USA & if you're sure envelope postage \leq \$2 to your country, I will mail it to you too. One per person that WILL provide feedback after using – provide name, address, choice to Julie@JPWOWPrograms.com
- Hydration, duration, location
- Choose 1 (out of EMF for cell phones):
 - Relief
 - Migraine
 - CBD
 - Immunity/allergy
 - Sleep

These slides at end877332

Website patches: <https://naturesfrequencies.com/lifeboatfreedom> 877332 ID





Possible Next Steps

- ✓ Direct questions 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



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

