



THE FASTING PODCAST **WOW**: EPISODE 79 – The Clean 5:2 “Fast Diet” Lifestyle

# EPISODE 79: THE CLEAN 5:2 “FAST DIET” LIFESTYLE

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



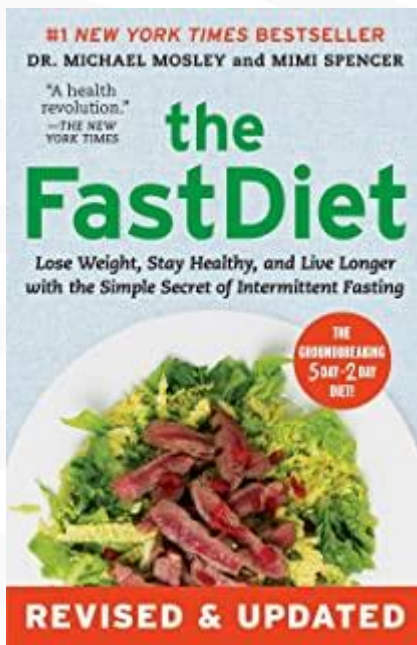
Host: Julie Phillips, CNHP





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### What is the 5:2 “Fast Diet”?



- This might be the easiest form of fasting to start with and to stick with
- Initiated by Dr. Michael Mosley, British broadcaster & doctor who published in 2013 “The Fast Diet – Lose Weight, Stay Healthy and Live Longer with the Simple Secret of Intermittent Fasting”
- Dr. Mosley claims this approach helped him lose weight, kiss goodbye his blood sugar problem and improve his overall health
- WHEN & HOW MUCH you eat
- 2 non-consecutive days you eat about 1/4<sup>th</sup> of regular intake (e.g. 500 calories/day for women, 600 calories/day for men)
- The other 5 days you eat normally (no caloric or carb restriction etc)
- **WHAT we suggest** – eating/drinking all natural and organic whenever possible without over-doing net carbs all week long



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### Potential Benefits



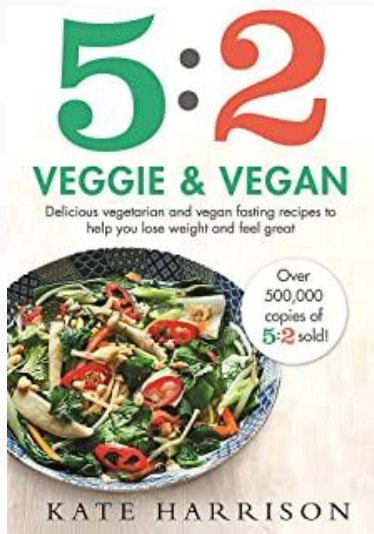
- This can be a flexible lifestyle approach that fits your changing schedule – may keep 2 fasting days during week (e.g. Mon & Thu)
- Easily allows for adding variety and new recipes
- Staying all natural & organic whenever possible offers major benefits
- Although not many studies on specifically 5:2 diet, fasting studies show many potential benefits:
  - Insulin sensitivity
  - Improves blood sugar control
  - Promotes weight loss
  - Supports heart health
  - Reduces Inflammation
- Study 2010 – 5:2 achieved similar weight loss as calorie controlled & biomarkers indicate reduced risk of chronic disease (e.g. type 2 diabetes)
- 2012 study showed lower risk of obesity-related cancer (e.g. breast)
- Do your own research if the 5:2 plan interests you

The Clean 5:2 Fast Diet Lifestyle Approach Requires Only 2 of 7 Days to Watch the Clock (IF)



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### Experiment & Track



- Can add variety & benefits by doing an occasional short term fast 72 hours or prolonged/extended fast of 5, 7 or 10 days water only
- Can shift for a while to OMAD or TMAD to see how your body reacts
- Can try doing only 2 meals a day without snacks – maybe beneficial
- Can try keeping the 5 days in an eating window e.g. 6 hours 12-6pm
- Can occasionally try to let 1 of the 2 days be water only
- Can try to keep net carbs super low on the 2 days
- Can try going veggie & vegan for a while – mention book to left
- Keep a log and see what works best for you and DEFINITELY get a body composition scale e.g. less than \$30 on Amazon incl visceral fat



## 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*

