



THE FASTING PODCAST: EPISODE 8 – KEY TOOLS IN THE **WOW** PROGRAM

EPISODE 8: KEY TOOLS IN THE FASTING **WOW** PROGRAM

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



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WOW Program – 2 Key Tools



Key tool 1: WOW Homeopathic Weight & Wellness Drops System

Key tool 2: WOW Powerful Digestive/Gut Aid

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com





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WOW Homeopathic Weight & Wellness Drops System

BALANCING DROPS WITH NATURAL EATING PLAN HELP EVEN THIN PEOPLE, FASTING OR NOT

These are Some of the Targeted Benefits:



- ⊗ Detoxification
- ⊗ Thyroid & Adrenal Hormones
- ⊗ Metabolism
- ⊗ Appetite Control
- ⊗ Inflammation
- ⊗ Visceral Fat Reduction
- ⊗ Insulin Sensitivity
- ⊗ Emotions Including Addictions
- ⊗ Eliminate Weight Rebound
- ⊗ Lifestyle All Natural Eating
- ⊗ Moderate Exercise
- ⊗ Uptake of Vitamin B12
- ⊗ Adaptogenic Stress Reduction

Clinical trial of 12 weeks: women -1/2 lb/day, men -2/3 lb/day, major health improvements



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Clinical Trial on the Drops System

- 🕒 Women on drops lost ½ pound/day, men 2/3 pound/day
- 🕒 Control group lost ½ the weight vs the real drops group, even though they had extra supplements the drops group didn't have
- 🕒 All drops subjects lost significant waist inches, visceral fat stores
- 🕒 Drops subjects decreased serum insulin avg 27.7% and HbA1c 4.4% (*even 1% HbA1c reduction is significant*)
- 🕒 Drops subjects reduced c-reactive protein indicator of cardiac inflammation & risk of stroke, artery disease... (HS-CRP) 24%
- 🕒 In fall/winter study, serum vitamin D levels increased 15.7% overall
- 🕒 Increase in HDL (good) cholesterol of 15% brought 90% into range





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Additional Clinical Trial Results

- 🌀 Drops subjects produced 41% reduction in triglyceride to HDL ratio, significantly reducing insulin resistance and cardio-metabolic risk
- 🌀 Triglycerides of all drops subjects significantly improved
- 🌀 Inflammatory marker VLDL cholesterol significantly reduced
- 🌀 Placebo subjects complained of hunger & weakness in exercise
- 🌀 Not a single drops subject reported detox symptoms in 1st week
- 🌀 Early on, some placebo subjects expressed difficulty in continuing
- 🌀 Drops subjects: confidence/energy/enthusiasm to continue lifestyle
- 🌀 90% of drops subjects reached weight goal vs none in control group



No doubt about it:

The **WOW drops are amazing!**

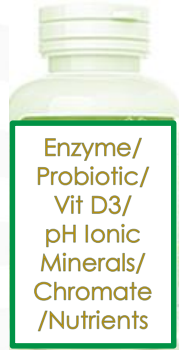




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WOW Powerful Digestive/Gut Aid

ENZYME/PROBIOTIC/HERBAL/NUTRIENT/IONIC
MINERALS/CHROMATE/VIT D3 BLEND – ALL IN 1 CAPSULE



These are Some of the Targeted Benefits:

- ⊗ Improve digestion, assimilation, elimination and gut health
- ⊗ Improve immune system
- ⊗ Has D3 for calcium & cell protect
- ⊗ Blood sugar support (chromate)
- ⊗ Helps balance pH acid/alkaline
- ⊗ Works in pH intestines/blood/lymph
- ⊗ Helps clean the blood in 10 mins
- ⊗ Reduces inflammation
- ⊗ Systemic enzymes – clean system
- ⊗ Yeast overgrowth/candida aid
- ⊗ Provide 74 ionic minerals in same virtual format as human bone
- ⊗ Spares the body having to supply enzymes to digest cooked foods
- ⊗ Helps with colon pockets/arteries





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NEXT EPISODE 9: WHY PROTEIN & HOW MUCH?

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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
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Podcasters – 5-stars on I-Tunes, YouTubers – “like” this video & subscribe





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

