



THE FASTING PODCAST **WOW**: EPISODE 82 – Mitochondria Power Program with Fasting Options

EPISODE 82: MITOCHONDRIA POWER PROGRAM W/FASTING OPTIONS

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



Host: Julie Phillips, CNHP



Mitochondria
Power
Program
(MPP)





NATURAL PRODUCTS FROM 16-YEAR TRUSTED COMPANY

- Mitochondria Nutrients Feeds Our Cellular Batteries & Help with Glycation (Premature Aging), Including A1c Scores
- May Help with Serious Health Challenges Linked to Glycemic, Mitochondria & Glycation Challenges
- Water Catalyst Aids pH Balance & Oxygenation plus Humic Fulvic Inhibitor (Virus, Bacteria, Toxins, Heavy Metals) Complement Nutrients in Helping with Any Health Goal – episode 50 on virus
- Nutrients Have Been Used Successfully in an Extended Fast Along with Mitochondria Nutrient-Based Weight Loss Coffee
- Other Products Include Mitochondria Nutrient-Based Skin Products, Stress Adaptogenic Elixir, Pet Mito Powder & More





Mitochondria Nutrients

- ❶ A Multi-Million Dollar Milling Machine Extracts 60-100 Pounds of Organic Rice into 1 Pound of Pure Purple or Brown Rice Powder
- ❷ The Nutrients are in the Rare “Alpha” Molecular Format, Requiring Virtually No Digestion and Able to Cross the Blood Brain Barrier
- ❸ Provides Vital Mitochondrial Nutrients Including:
 - ❶ Saccharides (“Good” Sugars for ATP)
 - ❷ Phenols (Plant-Based Antioxidants for ATP)
 - ❸ Peptides (Protein Building Blocks for ATP & Repair of the Body)
- ❹ National Institute of Health (NIH) Tested Humic/Fulvic Inhibitor and determined it had efficacy for the major viruses they tested it with: AIDS/HIV, Herpes Simplex 1 & 2, H1N1 Influenza (the flu), hepatitis C and chicken pox/shingles for which 1 colleague reported his personal results in less than 48 hours after his doctor diagnosed him
- ❺ *Links to product audio & technical slideshow available at the end*





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Close Look at 18-Month Baby w/2nd & 3rd Degree Burns



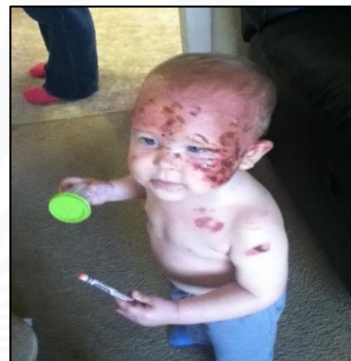
Day 1



Day 2



Day 3



Day 4



Day 5



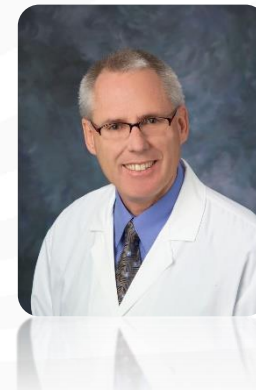
Day 6



Day 7



Day 10



Instead of surgery, parents used nutrients internally & topically including water with water catalyst sprayed every 20 minutes & mito powder consumed & applied topically. Also colloidal silver spray in case of infection. Remote expert doctor confirmed on day 24 there was NO evidence whatsoever of the burns when he examined the child on day 24.



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MITOCHONDRIA POWER PROGRAM (MPP) POWER UP CELLS, POWER DOWN WEIGHT & INFLAMMATION

Mitochondria-Driven Weight Loss & Health Gain

Take the 60-Day Challenge!



MPP



MPP IS FOR WEIGHT LOSS & HEALTH GAIN – 2 OPTIONS



EXTENDED FAST

Water + Mitochondria Powder + Water Catalyst + Optional Mitochondria Coffee

- 7-10 days for MAJOR benefits (5 days ok)
- Extra mitochondria nutrients during fast
- Gradual before/after
- After, do intermittent fasting option



INTERMITTENT FASTING

Eating Window, Mitochondria Powder, Water Catalyst, Optional Mitochondria Coffee

- Caloric intake within 6 or 8 hour window
- Recommended 2 meals/day w/o snacks
- All natural, low carb & friendly flora
- Mitochondria nutrients for weight/health



Super Powers of Extended Water Fast

WHO SHOULD FAST?

All people with health challenges should check with their health care professional first. People on medications (e.g. blood sugar, pressure), pregnant/nursing, young children, eating disorders, and very thin people are especially advised to get medical input before fasting.

HYDRATION IS CRUCIAL

Pure H₂O with "Squirt" water catalyst & optionally a pinch of sea salt/glass. Half body weight in ounces/day mostly between meals.

- Stimulate body's **autophagy**
- Detoxification with regeneration/repair
- Fat loss with muscle/bone preservation
- Anti-aging (e.g. **more HGH, less IGF-1**)
- **Stem cell** activation
- **Insulin sensitivity**
- Increase energy
- Reduce inflammation
- Destress/rebuild digestive/immune systems (immune in 72 hours w/protect from chemo)
- Starve abnormal cells, candida, etc.
- Reduce chronic disease risk
- Improve mental/spiritual health & focus
- Less hydration/allergen/constipation issues
- It's saves money/time, natural, powerful



Yoshinori Ohsumi, PhD
won 2016 Nobel Prize
for Autophagy (eat
thyself)



Super Powers Timing

24-Hours	48-72 Hours (Short Term Fasting)	4-5 Days or More (Prolonged Fasting)
	Ketosis Burning Toxin-Laden Fat, Improving Insulin Sensitivity (Ketosis timing varies)	
	HGH Increase (Women 1300%, Men 2000%) & Decrease IGF-1 (Inflamm.)	
	Autophagy (300% increase after 24-Hours, 30% more next 24-hours)	
	Stem Cell Rejuvenation (rejuvenate immune system in 3 days of fasting)	

- *HGH & testosterone can continue up to 2 weeks after breaking fast, preserving muscle/bone, burning fat*
- *Stem cell activation can continue 5+ days after the fast – refeeding aids the regeneration*
- *Lack of sugar may help to starve abnormal cells while immune system is regenerated*
- *Consider: 7-10 day fast/year (longer w/breaks if needed), 72-hour/quarter, 24-hour/week e.g. noon-noon*
- *Appetite usually improves by end of day 3 and mitochondria nutrients may help appetite & cravings*



Why We Need The Mitochondria Power Program (MPP)



Per expert Dr. Thomas Seyfried, PhD (Biochemical Geneticist, Cancer Researcher, Professor of Biology at Boston College, & Consultant/Trainer for Integrative Physicians):

A 7-10 day water-only fast/year may reduce your risk of cancer 99%.

- ✓ Most people would not tackle an extended water fast, regardless of magnificent benefits possible
- ✓ In a study of extended water only fast, 90+ percent of participants dropped out 2nd day
- ✓ Problems: lack of education, setting expectation, detox symptoms, hunger, lack of emotional & stress support, lack of nutritional support...

- ❖ **Using the mitochondria nutrients, we can make this achievable by the majority with superior, faster, easier, & more lasting results**
- ❖ **Reduce or avoid detox symptoms, hunger challenge, while enhancing benefits**





MPP Extended Fast & Intermittent Fasting Protocols

- 1. Prepare week
- 2. Extended Fast
- 3. Taper 2 Days
- 4. Re-Feeding with intermittent fasting

Year At-A-Glance:

- 7-10-day fast annually
- 6-8-hr eating window
- 24-hr fast weekly mid-day
- 72-hour fast quarterly

To maintain, continue natural eating with more choices, continue nutrients, plentiful pure water, open bowels & continuing to learn.

- **Prepare:** After doctor approval, for a week, eat all natural low carb & **pure H₂O** TMAD two meals a day with 8 or 6 hour eating window (e.g. 11am-7pm or noon-6pm). **Open bowels & flora throughout.**
- **Water Fast Days (7-10+ or 5 okay):** **AM:** 2 teaspoons mito powder & 2 pumps mito squirt in 4oz H₂O, optional mito coffee. **MID-DAY:** same as AM. **PM:** same as AM. Total teaspoons is 6/day during fast but 1st day can be 1x3=3 total. Use mito squirt 1-2 pumps in all water or organic mito coffee or green tea. **Detox Option:** may add humic/fulvic detoxer for virus/bacteria/toxins/heavy metals 1-3 capsules each of the 3 nutrient times, total 3-9 caps/day. (Decide if doing > 10 days (e.g. 10 more).
- **Taper 2 Days:** May reduce powder to 2 teaspoons/day (1 AM & 1 PM) & optional humic/fulvic to 1 capsule/day & gently ease into food with organic veggie broth, organic cooked brown rice, veggies. Optional mito coffee and/or organic green tea without sweeteners or creamers.
- **Continue (same as intermittent fasting option which uses same prepare step above):** Continue with minimum 2 teaspoons mito powder with squirt (1 in AM and 1 in PM empty stomach). Mito squirt is recommended and humic/fulvic detoxer is still optional. Eat all natural & organic with variety whenever possible, include friendly flora, low carb during weight loss but not extreme keto. Choose 6-8 hour eating window with primarily water, keto coffee or green tea without sweetener/creamer the remaining 18 or 16 hours. Most of the time choose only two meals a day (TMAD) within the 6 or 8 hour eating window. Or, one can try the 5:2 approach (2 non-consecutive days of the week is kept to 500 or 600 calories (women vs men). Be flexible to support family time & social life.
- **Year Plan:** Consider a 24-hour fast once or twice per week (e.g. noon-noon), a 72-hour fast once per quarter, and a 7-10 day fast once per year, 6-8-hr food window



Taking Action – Get 1 or More Buddies



- ✓ Tell your referrer that you're IN & they will help you order supplies (extended fast \$245 month 1 with 90cnt powder & lg squirt & \$120+ thereafter, intermittent fasting option \$205 month 1 60cnt powder & lg squirt & \$120+ thereafter – mito coffee & humic/fulvic detoxer optional extras)
- ✓ Order a body composition scale including visceral fat, body fat %, muscle %, body age (*a super thin person weighed 100 lbs on multiple devices & had high visceral fat in/on organs - Amazon has a reliable Renpho scale for < \$30*)
- ✓ After checked w/doctor, choose extended fast or not, take picture
- ✓ Log: inches, #'s from scale, energy/sleep/pain levels 1-10, exercise...
- ✓ Log bi-weekly stats to confirm numbers moving in right direction
- ✓ Report results with before/after pictures same stance & clothing at end of 60 days and winners will be picked after the holidays





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How to Learn More



- ✓ Corporate Website: www.Enzacta.com (Your referrer's IBO #, if no one else, Julie's IBO# 7236718)
- ✓ Product Audio: www.MitochondriaTechnology.com
- ✓ Product Slideshow: <https://bit.ly/mitoproducts>
- ✓ Sharing: www.LifeboatFreedomENZ.com (new video system by Julie)



Possible Next Steps

- ✓ **Live webinar Tuesday, Oct 7, 7:30pm eastern** with multiple speakers – for link to live webinar or it's recording or to join the 60-day challenge using MMP, or to gain access to lowest wholesale prices, email 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*

