



EPISODE 83: SUPPLEMENT COMBOS FOR FASTING

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



Host: Julie Phillips, CNHP



Enzymes & Probiotics

- 🌀 Enzymes on an empty stomach can eat up the coatings that yeast overgrowth candida are hiding in, eliminating some “die-off” and exposing what’s left to the probiotics taken at the same time
- 🌀 *Enzymes can also be taken before meals to break down the food being eaten (good chewing is important)*
- 🌀 *Probiotics and enzymes together can help eliminate some of the buildup in the system, also eliminating perhaps some waste*
- 🌀 *Enzymes can be used to alleviate work from the digestive system and the enzymes with probiotics can help with digestion success*
- 🌀 *When we have well digested food, it may have a better chance of filling us up so that we don’t get as many cravings or overeat – our bodies may be more satisfied*
- 🌀 *Episode 27 on enzymes, episode 35 on probiotics*

E & P



Oxygenating Mag & Fiber

- ❶ Oxygenating magnesium is designed to slowly clean the sludge off the intestinal wall, throwing oxygen and alkalinity into the nasty intestinal track
- ❷ *As the sludge is released an insoluble fiber can soak it up like a mop or sponge, helping it out of the body – can help lose toxic weight*
- ❸ *The oxygenating magnesium can help to soften the stool and get more bowel movements – more toxicity out and more weight off*
- ❹ *The fiber can help bulk the stool and act like a mop or sponge with toxins hanging out in the colon – another chance for weight*
- ❺ *As the body is cleansed, the whole system can operate better and things like a cleaner liver can expedite success in the fasting efforts*

OM & F



Mitochondria Nutrients

- ❶ In the previous episode 82 we talked about mitochondria nutrients
- ❷ *The rechargeable nutrient powder provides the sacharides, peptides and phenols to help power up the cellular batter (mitochondria) with ATP energy to do everything better including repair and rebuild of things like muscle with the peptides that require virtually no digestion*
- ❸ *The water catalyst with minerals combines beautifully with the rechargeable nutrient powder to create oxygen needed to make the ATP in the cellular batteries with the Krebs cycle*
- ❹ *The water catalyst may help get more water INSIDE the cells and balance the pH so we can better uptake nutrients*
- ❺ *Once powered up with these 2 working together, the body may be able to kick toxins & perhaps organisms out of the cells*
- ❻ *The humic fulvic technology can help pull out the toxins, organisms, heavy metals*

Core Trio



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Possible Next Steps

- ✓ For questions or suggestions contact Julie@JPWOWPrograms.com
- ✓ The replay from last week on mitochondria nutrients is www.MPPGuideVideo.com and the slides are at www.MPPGuide.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*

