



THE FASTING PODCAST **WOW**: EPISODE 84 – Clean Fasting Allows Lifetime Weight Control

EPISODE 84: CLEAN FASTING ALLOWS LIFETIME WEIGHT CONTROL

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



Host: Julie Phillips, CNHP





The “Clean” Aspect Includes Balance

- 🚫 People often have a weight problem because of toxicity & lifestyle
- 🚫 *Toxins accumulate in fat that in a sense sequesters it away from our heart and vital organs but meanwhile emits nearly 30 toxins itself*
- 🚫 *Our toxic food, cleaning agents, personal items all contribute to this*
- 🚫 *We heavily promote eating/drinking all natural/organic whenever possible with plentiful pure water (not plastic bottled water) – clean (episode 64 is WHAT or WHEN We Eat More Important? – it’s WHAT)*
- 🚫 *Retaining toxicity leads to yoyo dieting (episode 62 Rebounding...)*
- 🚫 *Clean includes lifestyle, exercise, positive mind/body/spirit connection*
- 🚫 *Another aspect we promote is **balance** – people are often eating nearly zero carbs and far too little protein (episode 16 The Keto Craze, episode 66 Preserve Muscle During Fasting, episode 70 Alarming Insights on Keto Diets)*

Toxins & Yo-Yo Dieting/Rebounding





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The “Lasting” Aspect Includes Cleansing

- ❊ In order to have lasting weight control we must cleanse the toxins
- ❊ *Open bowels is key to that – episode 55 Bowel Movements & Fasting*
- ❊ *Tools can help keep open bowels & clean (episode 83 Supplemental Combos for Fasting such as oxygenating magnesium with soluble fiber*
- ❊ *An extended water fast of 7-10 days (or at least 5) will aid cleansing*
- ❊ *We love the MPP program from Episode 82 Mitochondria Power Program*
- ❊ *Once we have obtained our ideal body composition (checking bi-weekly with a body composition scale that includes visceral fat such as Renpho on Amazon for about \$30), we can have more choices of food, flexibility in our intermittent fasting eating windows and more*
- ❊ *Bi-weekly or even weekly get back on that same body composition scale (episode 28 Body Composition Scale & Fasting) and if you are increasing body or visceral fat or decreasing muscle %, take action*





Making Corrections to Maintain Weight



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%.

- ⊗ *When numbers are going in wrong direction, consider either a 24-72 hour fast, or if needed an extended fast of 7-10 days (or at least 5)*
- ⊗ *We recommend two meals a day (TMAD) vs 3 meals, snacking or grazing*
- ⊗ *We recommend an eating window while trying to lose weight/fat of 6-8 hours and after that it can be 6-10 hours with much flexibility*
- ⊗ *We recommend one 24-hour fast per week (e.g. noon to noon), one short term fast of 48-72 hours once per quarter and one extended/ prolonged fast of 7-10 days (or at least 5) once/year (see quote at left)*
- ⊗ *Make corrections quickly staying clean and balanced*
- ⊗ *If you are on vacation or holidays with family ENJOY – eat/drink what you wish and get back in check afterward – be flexible & enjoy life!*



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*

