



THE FASTING PODCAST **WOW**: EPISODE 85 – Releasing the Junk During Prolonged Fast

EPISODE 85: RELEASING THE JUNK DURING PROLONGED FAST

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



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I Had BMs Every Day of a 10-Day Fast

- 🌀 Just did a 10-day fast water-only starting on day 1 of vacation
- 🌀 Every single day 1 or more bowel movements
- 🌀 Oxygenating magnesium is from ozonated magnesium oxide – one example also has potassium, another natural citric oxide
- 🌀 The oxygenating effect is designed to slowly clean the sludge off the intestinal wall, throwing oxygen in the intestinal wall
- 🌀 Magnesium is an alkaline mineral so it also helps to alkalize the tract where organisms are often found
- 🌀 Magnesium also soften the bowels to help remove sludge
- 🌀 Took 3 oxy mag before bed along with 3 enzyme probiotic blend with minerals and gut/digestive herbals in same enzyme probiotic capsule, then took 3 more enzyme probiotic in the morning (6/day)





Why the Enzyme/Probiotic/Herbal Blend?

- 🌀 Enzymes on an empty stomach could have helped break loose years of built up waste, also candida, parasite coatings, tumors and cysts
- 🌀 As organisms are released, the probiotics can eat them for lunch
- 🌀 If there was junk built up in arteries, the enzymes and probiotics might have a similar effect as in the intestines
- 🌀 Since some of the enzymes were lipase, those could help break down stored fat it finds anywhere in the body including arteries or liver
- 🌀 Since some of the enzymes break down carbs, they might help to reduce GLYCATION – sugar sticking to fats and proteins throughout the body – linked to memory issues, joint issues, many aging issues
- 🌀 Small intestinal microvillae caked up with poorly digested carbs can inhibit absorption of nutrients – the enzymes might help to clean up microvillae so that absorption of nutrients may improve & perhaps food allergies





Why the Mitochondria Nutrients?

- Was I hungry? Only the last day – went off for a big adventure in the Jeep and forgot to bring mitochondria nutrients
- I did program www.MPPGuideVideo.com and took 2 teaspoons of the powder in morning, afternoon & evening with water mixed with water catalyst along with 2 capsules humic/fulvic soil-based nutrients (total 6 teaspoons powder, 6 capsules humic/fulvic and water catalyst in everything I drank throughout the day)
- The nutrients helped to fill me up – satiate – requiring virtually no digestion while providing my cellular batteries (mitochondria) what they need to do make energy with peptides to repair/rebuild
- With more energy, body can focus more on junk removal, power up cells to kick toxins & organisms out, water catalyst helping to oxygenate and pH balance and hydrate into cells, toxins can be released and humic fulvic may help deal with toxins, heavy metals, virus, bacteria and more - working jointly with enzyme/probiotics





Possible Next Steps

- ✓ Focus on toxins out, keeping new toxins from getting in – plentiful pure water and good healthy bowel movements every day!
- ✓ For questions or suggestions contact 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



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

