



THE FASTING PODCAST **WOW**: EPISODE 91 – Fasting Tips for 2021

EPISODE 91: FASTING TIPS FOR 2021

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



Host: Julie Phillips, CNHP



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Fasting Tips

- Abundant liquids – pure water or organic herbal tea (e.g. green tea) – on empty stomach (awakening, 20-30min before meals 1+ hr after meals)
- If coffee desired, there is a new coffee in some countries where just 1 of the ingredients had a 10-week study where the average participant lost 28 pounds and 6.7 inches off their waist plus significant improvements in blood sugar and cholesterol (total and LDL) – ask Julie
- Once a week, perhaps on weekend, clean and chop a nice variety of organic low carb veggies – leave some raw & make some into a soup for using throughout week as part of meals or snacks or salads
- Plan your schedule to fit your social life and family time as the priorities
- Be flexible when life gets in the way – family and social life first plus variety is the spice of life – variety in schedule, foods, approaches good
- Pick some things to have around that you really like a lot that are healthy (e.g. your favorite soup or shake)





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Fasting Tips

- Consciously include things that satiate you or make you fill full (e.g. protein isolate, healthy fats, fiber)
- Keep your favorite foods out of the house if possible & avoid picking your favorite restaurant too often
- Use a body composition scale (< \$30 on amazon) to achieve normal visceral fat, normal body fat and muscle percent, and body age at least equal to your actual age or even lower – know your numbers!
- Once you've reached your body composition scale numbers and feel good in your look and feel, have a splurge meal or day at least once per week if that is what makes you happy
- Clean out the junk periodically – enzyme/probiotic blend on an empty stomach and oxygenating magnesium with fiber for major cleanout
- Listen to your body and get to the root cause – no odors, lumps, coatings, fatigue, sleep issues, chronic discomfort, etc.





Possible Next Steps

- ✓ 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*

