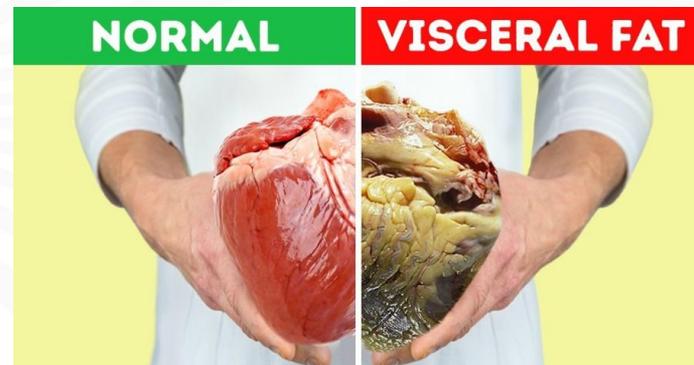




THE FASTING PODCAST **WOW**: EPISODE 92 – IS VISCERAL FAT YOUR PROBLEM?

# EPISODE 92: IS VISCERAL FAT YOUR PROBLEM?

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



Host: Julie Phillips, CNHP



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### What is It?

- Excess fat accumulation deep within the abdominal cavity – looking like gel wrapped around vital organs like the liver, pancreas and kidneys
- Excess non-fiber carbs, especially refined carbs, can result in too much glucose and fructose and after glycogen stores full, they store as FAT
- Stress can increase cortisol which can increase inflammatory visceral fat
- A protruding belly or large waist can be a sign (men > 40", women >35")
- BUT... thin people can have visceral fat too (100 pound very thin woman)
- AND... visceral fat can change the way your body operates
- High visceral fat increases risk for diabetes, cancer, dementia, depression, stroke, heart disease, arthritis, obesity, sexual dysfunction & sleep disorders
- Visceral fat increases inflammation that can cause autoimmune reactions
- Excess visceral fat makes it harder to lose weight and pumps out hormones that interfere with appetite, weight, mood & brain function





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### Take Action

- Reduce sugar and refined carb intake
- Consume plentiful non-starchy organic veggies, healthy fats, lean proteins
- Exercise regularly (e.g. HIIT) to help body reduce glycogen stores & burn fat
- Reduce stress (e.g. deep breathing, yoga, meditation, prayer, adaptogens)
- Prioritize plentiful high quality deep sleep where leptin/ghrelin balanced
- Intermittent fasting with lower carb organic eating – deplete glycogen and get around to burning stored fat (visceral and subcutaneous)
- Extended water fast – changes the source of energy from food to glycogen, waste in the body and visceral and subcutaneous fat
- **KNOW YOUR NUMBERS** – body composition scale with visceral fat as well as body fat % - get visceral fat below 9 and waist size below 35
- Tools: our WOW drops target visceral fat and 2 WOW tools have adaptogens – Mexico stressed mentor used triple dose of 1 elixir for 1 month (fatty liver)



Body Composition Scale:  
Visceral Fat, Skeletal Muscle  
%, Body Fat %, Body Age...

Affordable for everyone.



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### Possible Next Steps

- ✓ For questions or suggestions contact [Julie@JPWOWPrograms.com](mailto: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](http://www.JPWOWPrograms.com)



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

