



THE FASTING PODCAST **WOW**: EPISODE 95 – Microbiome Key to Weight Loss

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



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The Microbiome

- Microbiome (from the Greek micro meaning "small" and bios meaning "life" and biome meaning habitat for living things) was first used by J.L. Mohr in 1952 in The Scientific Monthly to mean the microorganisms found in a specific environment. It was defined in 1988 by Whipps et al. as "a characteristic microbial community occupying a reasonably well-defined habitat which has distinct physio-chemical properties. The term thus not only refers to the microorganisms involved but also encompasses their theatre of activity".
- Oral microbiome (our mouth) – is believed to contain about 300-700 different microbial species
- Microbes populating the mouth play an important role in functions such as digestion, metabolism, blood pressure regulation and maintenance of the structure of the teeth. Good oral hygiene, healthy diet and consuming probiotics are important for oral microbiome health.
- Gut microbiome crucial for strong immunity, good digestion & assimilation, hormone balance & brain function to name a few. The trillions of microbes affect nearly all bodily functions. Some researchers believe 90% of all diseases can be linked back in some way to gut health & the microbiome. Poor gut health or imbalance can link to leaky gut, autoimmune, arthritis, cancer, heart disease, dementia and more.
- If toxicity level in the body is high, taking probiotics may bring far less value – also need prebiotics and cleansing of the toxicity (especially prevalent & harmful in visceral fat – ep 92)





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Problematic

- Toxic gut & unhealthy microbiome contributes to more fat storage & inflammation
- Stress & inflammation can cause more laying of belly fat around thee middle – multiple rolls & big belly is not a good feeling – use anti-stress techniques & relaxation
- It can make losing weight/fat feel near impossible or cause rebounding (yo-yo weight re-gain)
- It can affect constipation & buildup of toxins in the body – affects immunity, allergies, more
- The body tries to help us by sequestering toxins in the fat cells
- Excess fat emits over 30 substances, only which 2 are considered useful – 1 substance promotes insulin resistance – more inflammation & potential for fat storage, another promotes the “bad” estrogen – again more inflammation and potential tumor risk – estrogen = growth
- Some people drop weight without losing the toxicity & nurturing their microbiome – tendency to regain the weight is considered the norm – [super clean diet, plentiful pure water, flora & detox](#)
- I have just been challenged to a European program that just came into the USA – targeting toxicity, friendly flora with supporting fiber & cleansing impeccable spirulina – see picture on iTunes or YouTube for 10-day transformation (1 lb of fat/day reportedly from clinical study) – I’ll validate & execute plan - anyone wanting to hear results email Julie@JPWOWPrograms.com





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*

