



THE FASTING PODCAST **WOW**: EPISODE 96 – Two 28-Hour Fasts Per Week

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

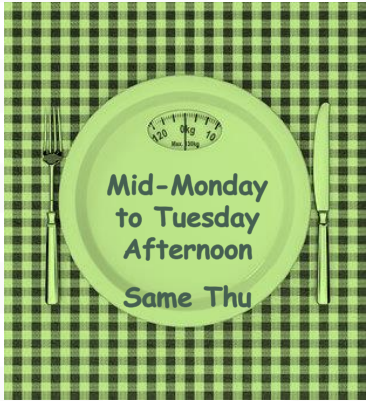


Host: Julie Phillips, CNHP



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28-Hour Fasts



- Get you comfortable into burning toxin-laden fat, depleting food eaten plus glycogen stores in muscles & liver from excess carbohydrates
- Helps your cells with insulin sensitivity – avoid blood sugar challenges
- Can increase youthful human growth hormone to preserve muscle & bone & more (women 1300%, men 2000%)
- Decreases inflammatory IGF1 hormone – insulin-like growth factor 1
- Increase autophagy up to 300% in first 24 hours where “superman” mode causes body to destroy bad things while scavenging for nutrients
- Activates stem cell activity which can continue after the fast, as can some of the other benefits above



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How?

- Consider starting 12:30pm after lunch on Monday, water fasting until 4:30pm Tuesday with light snack then healthy dinner at 6 or 6:30pm (you ate both days)
- Do the same on Thursday to Friday (eating both days)
- Pure water (not little plastic bottled water), herbal or green tea and if desired organic coffee
- Don't over-do heavy exercise during the water fast
- People on medications should check with doctor before fasting and not pregnant, nursing, children, eating disorders
- You will have fasted 56 hours/week eating every day!
- Weekends are free from fasting, even eating times – enjoy!





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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*

