



THE FASTING PODCAST **WOW**: EPISODE 98 – Need More During Fasting?

# EPISODE 98: NEED MORE DURING FASTING?

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



Host: Julie Phillips, CNHP



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### What Might We Need More Of?



- Minerals like sodium/potassium pump, magnesium, & iodine for thyroid
- Absorbable organic protein
- Organic complex carbs including some fruit
- Fiber
- Probiotics & prebiotics



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### Topics Beyond Food



- Plentiful pure water (not plastic bottled water or water void of minerals)
- Bowel movements
- Exercise (but not too much vigorous activity during extended fast)
- Deep sleep (balance leptin/ghrelin, repair...)
- Relaxation (stress cortisol belly fat)
- Metrics (know your numbers)



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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)



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

