



JULIE PHILLIPS, CNHP – From Peril to Passion & Purpose

I WAS DROWNING IN DEBT, POOR HEALTH & STRESS

FROM PERIL TO PASSION & PURPOSE



JULIE PHILLIPS, CNHP

WOW PODCAST/YOUTUBE HOST
WOW LIFEBOAT FREEDOM CREATOR



JULIE PHILLIPS, CNHP – From Peril to Passion & Purpose

MY CHALLENGES WERE A BLESSING IN DISGUISE

RESULTING IN TOOLS TO HELP THE MASSES



JULIE PHILLIPS, CNHP
WOW PODCAST/YOUTUBE HOST
WOW LIFEBOAT FREEDOM CREATOR

- 🌈 \$20,000 in Credit Card Debt - Stressed
- 🌈 Stock Market Eating Up Pensions – More Stressed
- 🌈 Life-Threatening Health Scare - Stressed Prayer
- 🌈 Quick Health Turnaround, Became Wellness Guru
- 🌈 Realized the Masses are Drowning in Poor Health - Unaware Yet Living in a Toxic Stress-Filled World
- 🌈 Made a Promise to Help Others with Natural Health
- 🌈 Qualified to Create Educational WOW Podcast/ YouTube on Wellness & Optimal Weight



JULIE PHILLIPS, CNHP – From Peril to Passion & Purpose

EDUCATIONAL



INSPIRATIONAL



THE FASTING PODCAST

WOW (Wellness & Optimal Weight)



We Invite You to Tune in to Our Weekly 8-15 Minute Episodes:

www.FastingWOWYouTube.com for Video with Slides

www.FastingWOWITunes.com for Audio while Driving



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WOW PODCAST BENEFITS

- 🌈 Weekly Snippets (8-15 Minutes) While Driving or Busy
- 🌈 Insights from a 20-Year Wellness Expert Perspective
- 🌈 Little Known Health & Wellness Facts
- 🌈 Understanding How the Body Works
- 🌈 Clarification of Myths & Misconceptions
- 🌈 Simplified Step-By-Step Approaches
- 🌈 Valuable Tips to Get Better, Faster, Easier Results
- 🌈 Amazing Wellness Tools & Technologies to Enhance & Expedite Wellness in Our Toxic Stressed World





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WOW PROGRAM (WELLNESS & OPTIMAL WEIGHT)

WOW PROGRAM COMPONENTS



WOW Basics

- ❖ WOW Fasting Podcast
6-8 Hour Eating Window with 2 Meals/Day Without Snacks
(Podcast Episodes 1, 2 & 12)
- ❖ Excellent Hydration (Ep 53)
- ❖ Positive Mind/Body/Spirit & Listening To Your Body (Ep 21)



WOW Drops System

- ❖ Bottle #1: Homeopathy
- ❖ Bottle #2: B12 & Stress Herbs
- ❖ Approved Food List
- ❖ All-Natural Lifestyle Approach
- ❖ WOW Podcast Episode 8



WOW Digestion

- ❖ WOW Digestive/Gut Blend
- ❖ WOW K+ Super Tonic (Same Supplier Has Best Aloe)
- ❖ Podcast Episodes 8 & 46

© WOW [Wellness & Optimal Weight]

The WOW Program



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SAMPLE PODCAST EPISODES



- 🎧 Episode 1: Guiding Concepts on Fasting
- 🎧 Episode 3: Plastic Bottled Water is Not for Fasting
- 🎧 Episode 13: SuperPowers of the Extended Water Fast
- 🎧 Episode 16: The Keto Kraze
- 🎧 Episode 27: Enzymes & Fasting
- 🎧 Episode 30: Build Your Fasting Muscle
- 🎧 Episode 35: Probiotics & Fasting
- 🎧 Episode 41: Simplified Fasting
- 🎧 Episode 46: My Favorite Supplement Ever
- 🎧 Episode 48: Short Term Fasting (48-72 Hours)



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AMAZING WELLNESS TOOLS & TECHNOLOGIES

- 🌿 Affordable Body Composition Scale (Visceral Fat & More)
- 🌿 WOW Drops System (Wellness & Optimal Weight)
- 🌿 WOW Digestive/Gut Blend (Enzymes, Probiotics & More)
- 🌿 WOW K+ Super Tonic (Potassium-Based Bitters for Digestion, pH, Detox & More (Best Aloe from Same Supplier)
- 🌿 Healthy Cells vs Abnormal Cells, Blood, Immune
- 🌿 Stress Adaptogen/CBD Elixir (Stress, Mood, Discomfort & More)
- 🌿 Exogenous Edible Ketones (Ketosis, Energy, Health Gain & More)
- 🌿 Water Filter Bottles & Molecular Hydrogen Drinking Water & More)



Visit & Share Our Educational **WOW Fasting Podcast**: www.FastingWOWYouTube.com



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DO YOU FEEL LIKE YOU ARE DROWNING IN...

Debt? Poor Health? Overwhelming Stress?

DO YOU NEED OR SIMPLY WANT A HEALTH OR WEALTH LIFEBOAT?

ARE YOU WISHING FOR MORE FREEDOM?
PHYSICAL ~ FINANCIAL ~ EMOTIONAL ~ TIME

If You, or Anyone You Know, Wants or Needs a Health or Wealth Lifeboat, Visit & Share Our Website to Discover the Secrets to Achieving Health, Abundance & Time Freedom with Little Time, Effort, Cost or Risk