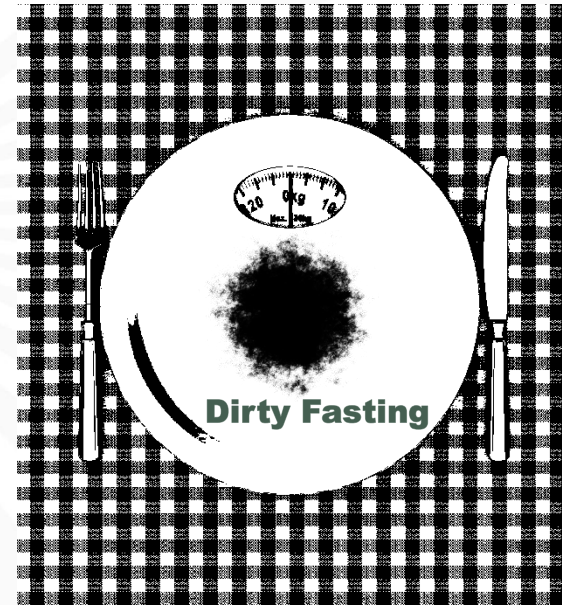




THE FASTING PODCAST **WOW**: EPISODE 138 "Dirty" Fasting

## EPISODE 138: DIRTY FASTING

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



Host: Julie Phillips, CNHP



## THE FASTING PODCAST WOW: EPISODE 138 "Dirty" Fasting

### Instead of Water Only, 50 (or 100) Wisely Chosen Calories

- A trendy terminology becoming popular with many fasting advocates
- Eating during your fasting window – is that bad? Not necessarily
- If it's just a little bit of certain things, it can help you get through the time period while keeping most or all of the benefits with little penalty
- May apply to a time interval of intermittent fasting or an extended fast
- Pure fast (some call it clean even if people eating junk food & inorganic food) a person would drink water, black coffee/green tea (0 calories)
- For a "dirty" fast, one may add up to 100 calories on some or all days
- We don't like the term dirty since we use that for inorganic & junk food, preferring instead "lenient" or "flexible" fasting (clean food always for us)
- Some educators call it "lazy" or "cheating" but still condone it
- Wise choices: stevia, monkfruit, bone broth, organic veggie broth, healthy fat like MCT oil, avoid carbs (glycogen stores & insulin spiking), ½ serving low carb protein isolate (may affect autophagy but also may help blood sugar balance and satiate to alleviate hunger) most suppl ok





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### Supporting Data

- Fasting mimicking approach produced similar results to fasting with food
- MD specializing in diabetes and fasting allows 500cal women, 600 men
- The 5:2 diet for 2 days/week fasting allows women 500 cal/day, men 600 cal/day, likely split into 2 meals, caloric intake 12 hours or less
- Personal experience – I can lose a pound a day either pure fasting or doing this flexible form of fasting, without negatively affecting body composition (suggest using a body composition scale)
- If blood sugar challenged, this may help with dips/cravings
- If a person just can't face 16+ hours of fasting, this could really help
- What you consume DURING the eating window matters immensely to fasting results whether your focus is weight or health – usually organic, low carb, sufficient pure protein
- Not to confuse dirty fasting with dirty keto which is processed, chemical based and junk food – we always encourage ORGANIC





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### Possible Next Steps



For questions and feedback with me at [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)

Check out our website: [www.JPWOWPrograms.com](http://www.JPWOWPrograms.com)

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

