



## THE FASTING PODCAST WOW: EPISODE 149 Using Enzymes to Enhance Weight Loss

# EPISODE 149: USING ENZYMES TO ENHANCE WEIGHT LOSS

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



1. Digestive Enzymes
2. Systemic Fat Enzymes
3. Systemic Protein Enzymes

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### Consider 3 Types

1. Digestive Enzymes
2. Systemic Fat Enzymes
3. Systemic Protein Enzymes

- **Digestive enzymes** taken 10 minutes before meal or at start of meal can enhance breakdown & absorption of food to aid weight loss
- **Fat digesting enzymes** (high potency lipase) on EMPTY stomach can seek out and destroy unnecessary fat, e.g. belly fat, visceral fat, fatty tumors)
- **Protein digesting enzymes** (protease) taken in large quantities on EMPTY stomach (called SYSTEMIC enzymes) may clean up coatings on candida which can deter weight loss, coatings on parasites on parasites and cancer cells, help with inflammation associated with excess weight
- Some people may have allergic reactions or interaction with meds, so consult with your health professional if this might be a concern for you
- If taking systemically on empty stomach, may start small and work up gradually (# of capsules & taken on awakening, mid-afternoon, bedtime)
- Digestive enzymes can aid job of systemic enzymes after digestion done
- Systemic enzymes may aid pH/gut/immune/more & speed weight loss



### Possible Next Steps



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

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

