



THE FASTING PODCAST **WOW**: EPISODE 108 – SUPER ZAP IMMUNE SYSTEM IN 14 DAYS

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



Ep 108: Super Zap Immune System in 14 Days

Host: Julie Phillips, CNHP



The Need to Zap



Ep 108: Super Zap Immune System in 14 Days

- We are especially vulnerable now to virus, bacteria, stress, abnormal cells & more
- Some are worried about others who are not vaccinated and vice versa (e.g. spike proteins)
- Whether we feel at risk or merely want to feel more resistant & resilient to invaders...
- Consider a super zap for your immune system in only 14 days
- You can design your own or tweak the 14-day plan to suit your needs
- You may end up with a zap on your digestive system, weight & overall health at same time



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14-Day Zap Plan



Per expert Dr. Thomas Seyfried, PhD (Biochemical Geneticist, Cancer Researcher, Professor of Biology at Boston College, & Consultant/Trainer for Integrative Physicians):

A 7-10 day water-only fast/year may reduce your risk of cancer 99%.

- 1) Choose & order supplies: (email Julie@JPWOWPrograms.com for suggestions)
 - 180-cnt jar humic/fulvic capsules (4 awake, 4 mid-afternoon, 4 bedtime)
 - 90-cnt jar enzyme/probiotic blend (3 awake, 3 bedtime)
 - Small jar ozonated oxygenating magnesium with potassium (1-3 bedtime)
 - Small jar soluble or combo fiber (1-3 bedtime)
- 2) Organic food, plenty pure water, open bowels, pos mind/body/spirit, chew well
- 3) Plant-based protein rather than animal protein during the 14 days
- 4) Decide if willing to do 3-10 day water fast (prefer at least 5) – ramp up/down
- 5) On fasting days, still take supplements mentioned
- 6) On non-fasting days, consider 6-hour eating window e.g. noon-6pm, 2 low-carb organic meals
- 7) Optional new exercise system from episode 104 a great choice 7-14 days
- 8) Maintain a strong immune system and healthy lifestyle long term – this plan may help with virus, bacteria, oxygenation, toxins, heavy metals, digestion, assimilation, elimination and more



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Possible Next Steps



Email Julie@JPWOWPrograms.com for suggested products with best prices

Please refer others to the podcast / youtube & give us a good Itunes review

For questions and feedback or possible participation in the new exercise program, email Julie@JPWOWPrograms.com



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

