



THE FASTING PODCAST **WOW**: EPISODE 151 – Cholesterol and Fasting

EPISODE 151: CHOLESTEROL AND FASTING

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



Host: Julie Phillips, CNHP



Huge Wake-Up Call for My Relative on Cholesterol Statin Meds



- In December 2022, a clinical study published in a peer review journal proved that many medications cause neuropathy
- Astute neurologists decided to make this more well known and went on youtube to expose it and suggest a natural approach
- What shocking news for my relative that was experiencing symptoms like feet numbing, burning, pain etc.
- The medications named spanned several categories and the worst offender was in the category of statins, which he was taking for high cholesterol & the top med on the list was his
- In the exposing video, the astute doctors named 2 alternative meds but those had terrible negative side effects possible also



Finally – Serious Motivation to Make Changes

- The video suggestions to change the picture: natural ketogenic diet, intermittent fasting, and exercise
- This relative has FINALLY gotten motivated to tackle these concepts, even though a senior citizen sworn off dieting for years
- Interestingly, another relative with creeping cholesterol and triglycerides also regained the **willpower** they had lost years earlier
- The missing link many lack in improving health & weight=**willpower**
- Willpower to make a plan, stick to it for 90-120 days, then perhaps an easier plan to maintain but both an all natural approach
- Why is intermittent fasting a key part of the plan? One can FORCE the body to burn toxin-laden fat from within the arteries, around the cells, and bogging down vital organs like the liver with excess visceral fat





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The Fasting Component is Key to Success



- By giving the body many hours to deplete glycogen stores in muscles and liver, securing muscle, one can force the body to break down stored fat to use for energy even while we sleep
- Personally I suggest a 6-hour eating window, perhaps noon – 6pm with 2 low-carb natural meals, easy-to-digest protein, no snacks
- Open bowels, plentiful pure water, sound sufficient sleep, sunlight
- The 6-hour eating window leaves 18 hours to accomplish burning off glycogen stores and then stored fat
- For aggressive forcing of the fat burn, one can consider a 24-hour fast, 72-hour, or multiple days
- A leading cancer expert believes that a 7-10 day water fast per year reduces the risk of cancer 99% - before considering this, make sure you are eligible for a water fast & consult professional



A Natural View of Cholesterol Levels

- Cholesterol has crucial good uses in body e.g. providing structural elements in brain & nervous system, shuttles fat-soluble nutrients into cells, essential building block for hormones, helps make bile acids to help digest fats – high cholesterol in seniors linked to better cognitive
- Some believe ideal cholesterol levels got lower over the years resulting in more people taking the cholesterol meds
- One natural health professional's suggested ranges: LDL 100-200 ideal, VLDL 5-30mg/dl, HDL 55-80, Triglycerides 40-80, Total cholesterol 180-300, LDL:HDL ratio 3:1 (2:1 is excellent), Triglycerides:HDL 2:1 or less (1:1 is excellent) – get a copy of this slide on website at end
- Get a body composition scale to check visceral fat especially, eat natural foods to help with cholesterol/triglycerides, get and use max willpower





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Optional Next Steps



- Do more homework on the topic & share with others
- With renewed willpower, make a plan & execute it
- Keep tabs on how you are doing with visceral fat, cholesterol, triglycerides comparing to natural views
- For feedback or questions, email julie@jpwowprograms.com – slides used on website



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

