



THE FASTING PODCAST **WOW**: EPISODE 102 – POWERFUL 3-DAY FAST

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



3-DAY FAST

Host: Julie Phillips, CNHP



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CONTRAINDICATIONS

All people with health challenges should check with their health care professional first. People on medications (e.g. blood sugar, pressure), pregnant/nursing, young children, eating disorders, and very thin people are especially advised to get medical input before fasting.



Preparation

- Shorten window & eat highly digestible, low carb food pre-fas
- Use good fats or exogenous ketones to help get “fat adapted”
- Choose a time when eating out and vacation won’t sidetrack
- Consider having a buddy or accountability partner
- Plan for plentiful pure water to flush toxins & feeling of fullness
- Get bowel movements flowing e.g. 2-3 per day
- Rid the house of temptation food and drink
- Get your body composition scale so you can see where you stand with visceral fat, etc.
- Decide if you will do ONLY 72 hours e.g. noon Mon – noon Thu which allows you to eat pm 1st & last day (none Tue-Wed) or the full-day plan of post dinner Mon 8pm – wakeup Fri (e.g. 8am) which provides about 84 hours – 12 extra hours of benefits



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Ketosis Fat Burning



- Even if suggested prep of low carb light weight eating & fat adapting isn't done in advance, a serious amount of burning of toxin-laden fat can occur, even while sleeping
- Insulin sensitivity may improve
- Fat can be burned out of arteries and away from cells and vital organs
- People with blood pressure and blood sugar must watch constantly and count on doctor to advise about Rx



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Youthful HGH



- Human growth hormone is for youthfulness – most adults would benefit from having more
- When fasting, women have shown to increase HGH 1300%, men 2000%
- Simultaneously the inflammatory hormone insulin-like growth factor 1 (IGF-1) decreases
- Increased HGH can help to preserve muscle and bone while not consuming protein
- Increased HGH can promote fat burning
- HGH and testosterone can continue up to 2 weeks after breaking a fast



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Cleansing Autophagy



- Autophagy is a survival mechanism we are blessed with
- When there is no food to sustain us, the body can look for food internally (eat thyself)
- Amazingly, the body is focused on eliminating bad things like tumors, cysts, abnormal cells – while simultaneously scavenging for nutrients like vitamins, peptides, etc
- As quickly as 24 hours into a water fast, autophagy can increase 300%, rhwn 30% more in the next 24 hours
- Autophagy can continue past the fast aiding the body's repair
- Drinking organic green tea with no sweeteners or cream (even organic ones) can increase autophagy



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Rejuvenating Stem Cells



- As you probably already know, stem cells can become whatever type of cells they need to be to help the body
- When conceived in mom's womb, stem cells became liver cells, pancreas cells...
- As we age, the body enjoys much less stem cell activation
- Some people look for stem cell donors and pay thousands of dollars for injections
- Often the injection has side effects like my relative who went deaf
- Why not activate our own internal stem cells?
- This can happen as quickly as 24 hour into the water fast
- It can continue 5 or more days beyond the fast
- Re-feeding with high quality nutrients (e.g. including protein amino acid peptides)
- Rather than re-feeding with meat, consider organic plant-based protein powders & organic greens powder mixed in



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Other Benefits



- Experts believe your immune system can get a new lease on life as quickly as a 72 hour fast – but let's not spend much of that time burning off food & drink we consumed
- Lack of sugar during the fast may help slow down abnormal cells and also yeast overgrowth/candida – often found together
- Environment may be less conducive to parasites and undesirables after the fast
- Weight loss may be easier after the fast (appetite, cravings, etc)
- Digestion and bowel movements may be better after the fast

- If optional tools are used such as an oxygenating ozonated magnesium are used, even with a soluble fiber – more cleansing may occur
- If optional WOW drops are used during and after the fast, major extra benefits may occur



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Possible Next Steps



Check out our website: www.JPWOWPrograms.com

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

For questions and feedback, email Julie@JPWOWPrograms.com



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

