



THE FASTING PODCAST **WOW**: EPISODE 145 A Schedule for Serious Fasting

EPISODE 145: A SCHEDULE FOR SERIOUS FASTING

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



2023

JANUARY	FEBRUARY	MARCH	APRIL
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SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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Host: Julie Phillips, CNHP



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When & What?



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%.

- **DAILY:** Choose a 6 or 8 hour window for eating on most of the days (flexible) that covers 2 meal times e.g. noon-6pm with 2 meals/day little or no snacking – make sure sufficient usable protein preserves muscle
- **WEEKLY:** Consider a 24-hour fast once per week e.g. noon – noon, with caution for the blood sugar challenged
- **MONTHLY:** Consider a 72 hour fast monthly (or bi-monthly) if eligible (e.g. not pregnant/nursing, not child, check w/doctor if blood sugar challenged...) – start at noon or later so can eat 1st & last day
- **QUARTERLY:** Consider a prolonged/extended water fast if eligible (5 days) for benefits like stem cells, human growth hormone, autophagy, rebuild immune system, and much more
- **YEARLY:** If eligible, consider a 7-10 day water only fast/year (see left)

Pick what speaks to you, customize and adapt to your liking.



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Super Powers Timing

24-Hours	48-72 Hours (Short Term Fasting)	4-5 Days or More (Prolonged Fasting)
	Ketosis Burning Toxin-Laden Fat, Improving Insulin Sensitivity (Ketosis timing varies)	
	HGH Increase (Women 1300%, Men 2000%) & Decrease IGF-1 (Inflamm.)	
	Autophagy (300% increase after 24-Hours, 30% more next 24-hours)	
	Stem Cell Rejuvenation (rejuvenate immune system in 3 days of fasting)	

- *HGH & testosterone can continue up to 2 weeks after breaking fast, preserving muscle/bone, burning fat*
- *Stem cell activation can continue 5+ days after the fast – refeeding aids the regeneration*
- *Lack of sugar may help to starve abnormal cells while immune system is regenerated*
- *Appetite typically improves by end of day 3*



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Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

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

