



THE FASTING PODCAST **WOW**: EPISODE 143 ADD DAILY AVOCADO TO FASTING, KETO, ANY

# EPISODE 143: ADD DAILY AVOCADO TO FASTING, KETO, ANY

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



Host: Julie Phillips, CNHP



## THE FASTING PODCAST **WOW**: EPISODE 143 ADD DAILY AVOCADO TO FASTING, KETO, ANY

### Incredible Benefits

- Avocados, largely grown in Mexico, classified as a fruit, nicknamed “alligator pears”, known for creamy flesh & bumpy skin, Hass >
- High nutrient, high fiber, high healthy fat superfood that helps to burn fat and satiate or help one to feel fuller, eating less and less often
- Oleic acid in avocado (better than olive oil) aids weight loss 3 ways:
  - converts to oleoethanolamine (OEA) that turns on fat-burning
  - and is a cofactor to PPAR alpha fat cells turn into heat-dissipating radiators
  - also binds to TRPV1 receptors to satiate us to eat less (fiber also satiates)
  - Stimulates CD36 lipid transporters, helping to liquidate more fat
- Although the fat content of avocados makes them high in calories, a 2022 study published in the Journal of American Heart Association observed that people who ate 1 avocado/day for 6 months maintained stable body weight
- Super low net carbs good for keto, weight loss, and getting keto-adapted because most of the carbs are fiber, which helps colon, feeds friendly flora, helps balance blood sugar, and more





## THE FASTING PODCAST **WOW**: EPISODE 143 ADD DAILY AVOCADO TO FASTING, KETO, ANY

### Super Health Benefits

- Helps to increase good HDL cholesterol, decrease bad LDL cholesterol
- Can help with blood pressure level, further aiding cardiovascular health
- Can increase the absorption of other foods such as vegetables
- Is extremely versatile, used in dressings, salads, eaten alone, desserts, sour cream or mayo substitutes, all kinds of recipes, huge value eaten with egg
- Nutrients include potassium (more than double a banana), magnesium, vitamin K, B vitamins, manganese, zinc, vitamin A in preform beta carotene...
- Anti-inflammatory, anti-cancer, aids digestion and metabolism
- Lutein and Zeaxanthan aid with eye health (macular) and vision
- Supports healthy skin/hair/nails w/biotin/A/E including promoting collagen production, brain health, healthy gut microbiome, mood, risk of arthritis...
- Aids immunity including source of glutathione, the master antioxidant
- Aids muscle development (all 9 essential amino acids for protein synthesis)
- Aids bone and teeth (rich in phosphorus, magnesium, manganese), reducing risk of osteoporosis





## Amazing Test Results



**Group 1  
Burger Only**

**Group 2  
Burger +  
Avocado**



- In Journal of Food and Function, one group ate 250g burger patty and 2<sup>nd</sup> group ate 250g burger patty with 68g avocado
- 2 hours after consumption, group 1 had signs of vasoconstriction (blood vessels shrinking), not true in group 2 with avocado
- 3 hours after consumption, in group 1 there was an activation of nuclear factor kappa B (master inflammatory switch), not true in group 2
- 4 hours after consumption, in group 1 there was an activation of interleukin 6 (major inflammatory cytokines), not true in group 2 with avocado
- The study demonstrated how combining avocado with burger patties could result in much healthier responses within the body
- In another study Habitual Diet & Avocado Trial, one group was low fat, second group added 1 avocado/day, third group was oleic acid without avocado – results showed 2<sup>nd</sup> group with 1 avocado/day had 9% reduction in oxidized cholesterol that leads to plaqueing & decreased visceral adiposity
- Another study showed small particle LDL (bad cholesterol) was also lowered





## THE FASTING PODCAST **WOW**: EPISODE 143 ADD DAILY AVOCADO TO FASTING, KETO, ANY

### Choosing & Eating

- Color darker usually riper and yield to firm gentler pressure (unripe don't have all the nutrient value and over-ripe squishy one may have oxidation, spoiling)
- To extend shelf life of ripe avocado, store in refrigerator, if cut add lemon or lime and wrap tightly to deter oxidation
- To help ripen faster, put in bag with an old banana peel
- Hass is most popular and very high in value, more than Fuerte Florida avocados
- On the dirty dozen, clean fifteen lists, avocado is listed as #1 in 2021 and 2022 on the clean fifteen list by Environmental Working Group (EWG) with less than 2% of avocado samples showing any detectable pesticides, so organic not so critical
- Much of nutrition is just under skin, best to cut it & peel off skin rather than scoop it
- Consider using organic avocado oil for cooking rather than olive oil
- Consider 1 avocado per day for anyone, even those intermittent fasting & keto
- **Pets caution:** contains persin toxic to birds, rabbits, horses, goats etc but dogs/cats resistant – still avoid swallowing pit & overconsuming can lead to diarrhea or vomiting. Persin not harmful to humans & investigated as breast cancer treatment, but humans with kidney issues caution about potassium level – ck with doctor



**Per ASPCA  
Poison Control  
Center**



## Possible Next Steps



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

Check out our website: [www.JPWOWPrograms.com](http://www.JPWOWPrograms.com)

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



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

