



THE FASTING PODCAST **WOW**: EPISODE 90 – Carbs in Fasting or Weight Loss

EPISODE 90: CARBS IN FASTING OR WEIGHT LOSS

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



Host: Julie Phillips, CNHP



Not All Carbs Are Created Equal

- ❌ **Macronutrients:** carbs, fats, proteins – choose all natural & organic
- ❌ Any of a group of organic compounds that includes sugars, starches, celluloses, and gums and serves as a major energy source in the diet of animals. These compounds are produced by photosynthetic plants & contain only carbon, hydrogen, and oxygen, usually in the ratio 1:2:1.
- ❌ Simple refined carbs (e.g. regular white bread, pastas, donuts, candy) wreak havoc with our blood sugar and insulin and our health
- ❌ Complex organic carbs can provide excellent nutrients and fiber
- ❌ Holistic cancer experts believe it is man-made sugars that feed cancer
- ❌ Even with organic “good carbs” there are high, low, and medium glycemic indexes assigned and lower can help in blood sugar/insulin issues <https://www.health.harvard.edu/diseases-and-conditions/glycemic-index-and-glycemic-load-for-100-foods>
- ❌ Net carbs affect blood sugar, glycogen... (total – fiber – sugar alcohol)





Carbs Can Be Useful

- ❍ Carbohydrates are broken down into glucose to fuel the cells mitochondria with ATP, excess stored as glycogen in muscles & liver which can support immediate demands with exercise or activity
- ❍ Good carbs can aid digestion, brain health & heart health – organic veggies, fruits, seeds, nuts, legumes and whole grains
- ❍ Fiber (officially classified as carbs & often in fruits & veggies) is a major factor in friendly flora support, bowel movements & cleansing, cholesterol levels, ... Fiber can help us feel full and reduce cravings with minimizing effects of carbs on blood sugar
- ❍ Protein can be broken into glucose if needed (gluconeogenesis) but we'd rather use our protein other ways (e.g. making energy, muscles)
- ❍ Ketones can be an alternative energy source to glucose, but excluding carbs can result in deficit of nutrients and fiber
- ❍ Doing extremely low or no carbs have been linked to risk of heart issues, depression, etc – see episode 70 Alarming Insights on Keto Diets





Carbs Can Affect Fasting & Weight Loss

- ❗ Carbs cause the pancreas to produce insulin and too much (especially refined carbs and simple sugars) can lead to insulin resistance, pancreatic stress, pre-diabetes, diabetes and much more
- ❗ Excess carbs are stored in muscles & liver as glycogen & this must deplete before the body burns stored fat – eating enough net carbs can keep the energy supply going & make it so the body NEVER works to burn fat
- ❗ Starting a water fast or even intermittent fasting window can greatly reduce the time where the body gets around to burning fat because the body must deplete eaten food and glycogen stores before the body gets around to burning fat
- ❗ In a water fast when one is hoping for autophagy, increasing youthful human growth hormone, getting body to burn toxin laden fat with ketosis and more, excess carbs before the fast can lessen & slow benefits
- ❗ As fiber can make us feel full & helps to bulk the stool & remove toxins, the person may be able to get more desired results of fasting & weight loss





Possible Next Steps

- ✓ For questions or suggestions contact Julie@JPWOWPrograms.com
- ✓ **PLEASE Refer others** & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog & the new WOW Lifeboat Freedom video system for income from the WOW natural products www.JPWOWPrograms.com



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

