



THE FASTING PODCAST **WOW**: EPISODE 93 – INTERMITTENT FASTING & MUSCLE LOSS

# EPISODE 93: INTERMITTENT FASTING & MUSCLE LOSS

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

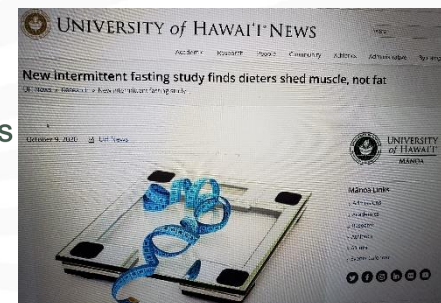


Host: Julie Phillips, CNHP



### TREAT Study in Late 2020

- In late 2020 cancer researcher from University of Hawaii worked with experts in University of California on TREAT – time restricted eating study published in [JAMA Internal Medicine](#)
- University of Hawaii published an article in 4<sup>th</sup> quarter 2020 with their conclusions on the study – the title “New Intermittent Fasting Study Finds Dieters Shed Muscle, Not Fat”
- Of the 116 participants all were overweight or obese split into control group with no changes and the other time restricted eating from noon to 8pm, losing an average of only 2 pounds during the 10-week study
- Major conclusion – changing **WHAT** you eat is super important, not just **WHEN** you eat (episode 64 “Is **WHAT** or **WHEN** We Eat More Important?”)
- Of those tracked in person “65% of the weight they lost was due to lean mass loss, more than double of what is considered normal. Loss of lean mass during weight loss is typically 20% to 30% of total weight loss”
- Major conclusion – most people are **NOT** securing muscle mass for 20-30% to be considered typical and for it to significantly more than double that and more than half of weight loss to be muscle is terrible – episodes 66 “Preserve Muscle During Fasting”, 9 “Why Protein & How Much” and 10 “Animal vs Plant Protein” – and remember what else is made of protein (vital organs, bones, blood, neurotransmitters, hormones, eyes, and more)





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### Take Action

- **KNOW YOUR NUMBERS** – body composition scale with muscle %, visceral fat as well as body fat %
- Develop a plan to get into the middle or upper middle normal range of muscle %, but middle or lower middle of fat % and normal visceral fat
- Calculate the amount of protein you consume on a typical day
- Remember salads and healthy fats don't typically secure muscle mass – guidance by experts is often neglecting protein requirements
- Remember you can avoid animal protein and get excellent absorbable protein otherwise – feel free to ask a wellness professional for suggestions including myself [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)
- Remember extended fast can help preserve muscle/bone with HGH
- At least once, review the episodes mentioned earlier
- Execute your chosen wellness plan including exercise and sufficient absorbable protein & watch your numbers in right direction



Body Composition Scale:  
Visceral Fat, Skeletal Muscle  
%, Body Fat %, Body Age...  
Affordable for everyone.



## Possible Next Steps

- ✓ For questions or suggestions contact [Julie@JPWOWPrograms.com](mailto: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](http://www.JPWOWPrograms.com)



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

