



THE FASTING PODCAST **WOW**: EPISODE 107 – REPLACE FAT WITH MUSCLE & BONE

EPISODE 107: REPLACE FAT WITH MUSCLE & BONE (60-90 DAY PLAN)

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



Ep 107: Replace Fat with
Muscle & Bone (90-Day Plan)

Host: Julie Phillips, CNHP



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Preparing for 60-90 Days

- Many people lose muscle mass or bone after fasting or even just aging
- I piloted a system about 1.5 decades ago where people actually gained significant muscle mass & lost significant fat even if they weren't working out
- That approach used a technology that was not all natural but taught me a lot
- If you would like to proceed with this plan, I would love your feedback/results
- Preparing:
 - 1) Get a body composition scale with muscle %, visceral fat, body fat %, etc – even possibly bone mass - know your numbers including inches waist, etc.
 - 2) Obtain organic produce & protein isolate (preferably non-soy, non-dairy)
 - 3) Decide intermittent fasting schedule – e.g. 6 hour eat window noon-6pm
 - 4) Decide if start with a water fast of 3-5 days to kick start HGH, autophagy, stem cell etc. – check previous episodes on this, not everyone eligible
 - 5) Make a commitment that you will stick to a plan for 60-90 days – buddy is good
 - 6) Decide if your plan will be strict or flexible after you see your numbers above
 - 7) Decide your type of exercise – check episode 104 for new exercise option



Let Your Muscles Be Your Medicine!



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The Muscle-Focused Plan

- Not only can you start your plan with a 3-5 day water fast, but may do once/month
- If chose 6-hour window e.g. noon-6pm, suggest only 2 meals/day & plentiful pure H₂O
- Definitely eat all natural & organic considering using <https://rebrand.ly/foodlist>, relatively low carb, but some of listed fruits on empty stomach 3-5 days/week
- KEY – use at least 2 plant-based protein shakes/day, meat max 2-3 times/week – see episodes 66 Preserve Muscle During Fasting, 93 Intermittent Fasting & Muscle Loss, 9 Why Protein & How Much, 10 Animal vs Plant Protein, 65 Greens & Protein Powders
- Exercise – your choice 5-7 times/week careful to avoid depleting muscle for energy
- Strongly consider the new exercise system from episode 104 – it focuses on balance, total body flex, iso-pushback resistance and angle adjustment training. The exercise system is all about slowing down the aging process, improving overall health, enhancing vitality, while building functional strength and power in less time. The system focuses on stimulating the proprioceptor system through mechano-receptors in the skin, muscles, ligaments and tendons to achieve a total body workout.
- That system uses special natural micronized peptides to feed muscle/bone and power up ATP energy in mitochondria, requiring virtually no digestion – can use w/o system





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Keeping Track



- Using protein isolate and the micronized peptides are key to success and you can assure you are reducing body fat % (and hopefully visceral fat) while increasing muscle percent – feel free to email me at Julie@JPWOWPrograms.com
- Log your inches and body composition numbers every 2 weeks, or even 1/week – including how your energy, health, discomfort is changing – if you're a senior and have what they call crepey skin or turkey neck, also note how those may be improving
- Please share your results/tips/findings with me so we can continue to refine process
- This approach for 60-90 days can be life affecting & cause lifestyle changes long term



Possible Next Steps



Check out our website: www.JPWOWPrograms.com/wow-podcast with links to all the pertinent episodes mentioned and copies of the slides/notes used in each

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

For questions and feedback or possible participation in the new exercise program, email Julie@JPWOWPrograms.com



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

