



EPISODE 88: THE SNAKE DIET FASTING APPROACH

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



Host: Julie Phillips, CNHP



The Snake Diet

- ❶ Introduced by Cole Robinson who refers to himself as a fasting coach
- ❷ The concept derives from long ago times of food scarcity
- ❸ The approach involves going days without eating and has a proprietary electrolyte drink one can get from the inventor
- ❹ The name came from how reptiles eat – 1 large meal for several days
- ❺ The official terminology: “a fasting focused lifestyle that promotes a proactive eating routine”
- ❻ The 3 phases:
 - 1) 48-hour fast, re-feed 1-2 hours, then 72-hour fast if possible, to get accustomed to fasting & into ketosis (<3500cal/week)
 - 2) 48-72 or 96 hour fast, short re-feed times until weight loss & body composition goals are met (up to 10K-20Kcal/week, men > women)
 - 3) Maintenance: 1 meal every 24-48 hours using the 1-2 hour re-feeds (low carbs, high fats such as oils, non-starchy veggies, meats)



**The Snake Diet
Fasting Approach**



THE FASTING PODCAST **WOW**: EPISODE 88 – The Snake Diet Fasting Approach

Cautions

- ⊗ If you are considering this approach – do proper homework and consider the risks and sustainability
- ⊗ People with health issues such as blood sugar or pressure can be shocked at effect on levels so **MUST** check & work with their doctor
- ⊗ Nutrients needed by the body are an important consideration
- ⊗ Rate of metabolism can be affected in different ways
- ⊗ Social and family life can be affected, as well as mental health
- ⊗ Beware of possible fatigue, low blood sugar, mood changes, light-headedness or being dizzy, headaches, constipation, libido changes, sleep issues, binge eating tendency, menstrual cycle irregularities
- ⊗ Check out episode 80 Beware OMAD One Meal a Day
- ⊗ While speed & amount of weight loss with this extreme approach can be high, risks are also high, so proceed with caution if at all (not a fan)





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*

