



THE FASTING PODCAST WOW: EPISODE 112 – BLOOD SUGAR & FASTING

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



Host: Julie Phillips, CNHP



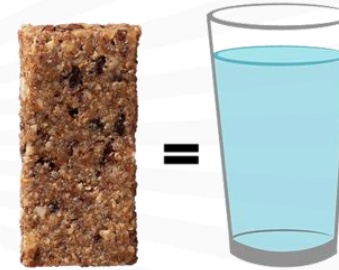
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#fastwithfood

Equal blood glucose levels



FAST BAR

WATER

4 Hours after
a 15-hour
overnight fast*

- For a 15% **ADDITIONAL** discount, use coupon code **TFP** at www.FastBar.com
- **TFP** = **T**he **F**asting **P**odcast. For questions, contact Julie@JPWOWPrograms.com



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People with Blood Sugar Issues


- Good complex sugars such as organic fruit can fuel our cellular battery mitochondria to help make ATP energy for a healthy body – insulin is the key (hormone) that unlocks the cells for glucose to enter
- Too much simple sugar (including refined white bread, pasta, etc) can make our cells “insulin resistant” where they tend to stop listening
- Sugar can back up in the blood getting sticky, leading to glycation – premature aging and the A1c test measures glycation of the blood
- People with blood sugar issues can be diagnosed with insulin resistance, hypoglycemia, pre-diabetes, diabetes, etc.
- Those with diabetes are at risk of serious disease, blindness, neuropathy...
- High levels of insulin in the blood causing inflammation & FAT STORAGE
- Imbalanced blood sugar can cause cravings, resulting in weight gain
- Known blood sugar issues can cause difficulties & danger during fasting, so these individuals should check with their doctor before & during fasting
- But... these same people may say good-bye to those issues with fasting





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Options to Make it Easier or Better

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- Resting the pancreas & helping the body repair the cells (e.g. omega3) can occur with effecting fasting w/o refined sugar & low complex sugar & carbohydrates – always eat all natural & organic varied diet
 - Protein isolate can have a positive effect on blood sugar levels
 - Fiber can also have a positive effect & can aid fasting results & detox
 - Prolonged fast can help with stem cell, hgh, & more, but MAJOR caution and doctor interaction if blood sugar challenged
 - Intermittent fasting can help give the pancreas a break and help eliminate sugar and inflammation from the body – 8:16 or 6:18 options
 - Doctors that are expert in fasting use it for blood sugar challenged
 - Some supplements (e.g. mitochondria nutrients) super helpful with blood sugar (in 90 days, 90.2% of all participants saw a change to normal or near normal levels with no negative side effects, most participants reduced their medication and/or insulin injections – contact me for info
 - Our sponsor for this episode offers bars with equal blood glucose as H₂O)



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Possible Next Steps



Check out our website: www.JPWOWPrograms.com

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

For questions such as which supplement brands I prefer and quantities with timing and feedback, email Julie@JPWOWPrograms.com



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

