



THE FASTING PODCAST **WOW**: EPISODE 109 – AVOID OVER-HEATING/EATING WITH FASTING

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



Ep 109: Avoid Over-Heating/Eating with Fasting

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In The Beginning

versus

Modern Day Times

- Hunter/gatherers had feast & famine
- Body systems had periods of rest
- Soil was rich
- Food & water sources more pure
- Food contained enzymes
- Nature & instincts drove what & when to eat

Eat to Live



- Many eat from sun-up to sun-down
- Body systems **OVER-HEATED** w/o rest
- Soil is depleted of nutrients
- Food & water toxic (chemicals, GMO...)
- Enzymes gone (cooking, processing...)
- Misinformation, marketing, stress, & peer pressure drive what & when to eat

Live to Eat

In modern times, we are often over-heating our systems (digestive, intestinal, immune) & over-eat



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Cool Things Down



Ep 109: Avoid Over-Heating/Eating with Fasting

- 1) Basics first – all natural/organic whenever possible w/plentiful pure water – this should facilitate multiple good bowel movements daily
- 2) Plan time daily to rest your systems, allow for digesting & eliminating waste (e.g. 16:8 or 18:6 with 2 meals/day and minimal snacking)
- 3) Include easily digestible protein to secure muscles & everything made of protein while also giving your body satiety to avoid over-eating
- 4) Stay low carb most of the time and choose complex, not simple, carbs – beware extreme keto diets as documented in ep 70 Alarming Insights on Keto Diets & ep 16 The Keto Kraze
- 5) Include a 24-hour fast perhaps once/week or twice/month (e.g. noon-noon)
- 6) Consider an extended fast of 5-10 days once or twice per year
- 7) This plan may be tweaked for personal choices & may help with over-heating, over-eating, weight control, better digestive/intestinal/immune system function



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



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

