



THE FASTING PODCAST **WOW**: EPISODE 150 – Losing Holiday Extra Pounds

EPISODE 150: LOSING HOLIDAY EXTRA POUNDS

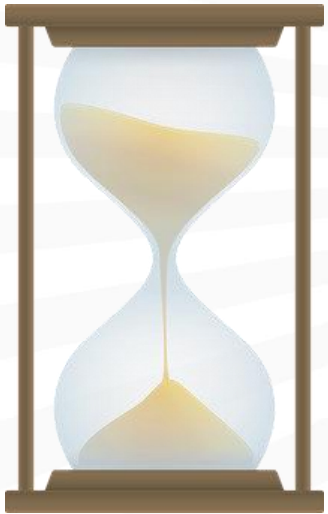
The Fasting Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



Get it Off Quick Approach – With Big Goals & Plentiful Activity



- If you're willing & feel safe, start with a 24-hour water fast noon – noon, drinking lots of pure water (or even a 48 or 72 hour fast)
- When breaking the fast, keep the food light weight, highly digestible, very low carb
- After doing a fast this long, it might be easy to go to OMAD – one meal a day e.g. noon
- When close to goal, it might feel extravagant to eat TMAD two meals a day



Tools to Consider Using

- Consider an oxygenating magnesium to put oxygen & alkalinity into the intestinal wall, support bowel movements, and slowly clean sludge off the intestinal wall, which a fiber could pick up & eliminate into toilet
- Consider a good fiber (e.g. glucomannan) for filling you up daytime & soaking up toxins & fat before bed)
- Consider a digestive/gut blend with enzymes, probiotics, & more for taking 3 before bed to break down toxins & fat





When Holiday Weight Gone



- Compared to 24-72 hour fast, going to TMAD most of the time & 6-hour or 8-hour eating window might seem easy
- 1/week or bi-weekly, get metrics with body composition scale & measuring tape
- Keep learning facts, tips, tools (e.g. this podcast) and share with others



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

