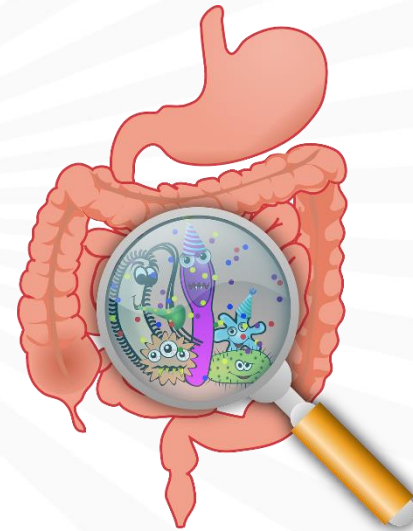




THE FASTING PODCAST **WOW**: EPISODE 147 Insights for a Healthy Gut

EPISODE 147: INSIGHTS FOR A HEALTHY GUT

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

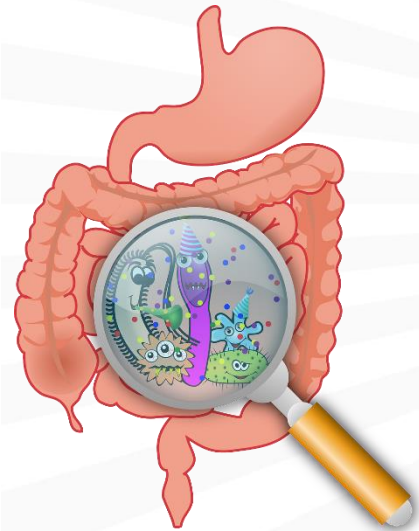


Host: Julie Phillips, CNHP



THE FASTING PODCAST **WOW**: EPISODE 147 Insights for a Healthy Gut

GUT BASICS



- More transmissions from colon to brain than vice versa
- Healthy gut crucial to quality and quantity of life
- What we eat and drink – natural, organic and plentiful pure water
- Just say NO to heartburn & other digestive issues (gas/bloating/etc)
- Probiotics and prebiotics (fiber crucial)
- Hydrogen creation within the body
- Multiple healthy daily bowel movements
- Optional enzyme/probiotic blend & oxygenating, ozonating magnesium
- Periodic or occasional cleanse



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Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

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



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

