



THE FASTING PODCAST **WOW**: EPISODE 99 – Need LESS of These During Fasting?

# EPISODE 99: NEED LESS OF THESE DURING FASTING?

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



Host: Julie Phillips, CNHP



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### What Might We Need LESS of?

- Supplements
- Sweeteners – even natural ones
- Table salt
- Fats (especially trans/hydrogenated fats but even natural ones)
- Meat (especially with hormones, steroids, antibiotics but even natural ones)
- Energy drinks & specialty coffees & smoothies
- Plastic bottled water & usually don't need more than 100 ounces
- Creamers
- Dairy
- Inorganic food & drink especially junk food
- Number of meals and hours eating during the day
- Stress





### Possible Next Steps

- ✓ For questions or suggestions contact [Julie@JPWOWPrograms.com](mailto: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](http://www.JPWOWPrograms.com)



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

