



THE FASTING PODCAST **WOW**: EPISODE 117 – JULIE'S 25 MOST POPULAR EPISODES (SO FAR)

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



**JULIE'S 25 MOST POPULAR
EPISODES (SO FAR)**

Host: Julie Phillips, CNHP



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- 66 Preserve Muscle During Fasting
- 7 Insightful Tips for Fasting
- 67 My Favorite Digestive & Gut Aid Helps Fasting
- 86 The Hydrogen-Gut Connection
- 104 New Exercise System & Insights
- 74 Can Pink Sea Salt Help Health & Fasting?
- 48 Short Term Fast (48-72 Hours)



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- 4 Water Purity & Fasting
- 103 When to Eat Your Carbs
- 62 Rebounding or Yo-Yo Dieting
- 61 Prolonged – Extended Fast for Health Urgency
- 83 Supplement Combos for Fasting
- 92 Is Visceral Fat Your Problem?
- 63 Fiber Facilitates Fasting, Fullness & Flushing
- 54 Low Energy Level & Fasting
- 5 Molecular Hydrogen (H₂) & Fasting
- 8 Key Tools in the Fasting WOW Program
- 100 Mediterranean Diet & Fasting
- 58 Things That Delay or Prevent Fat Loss
- 80 Beware OMAD One Meal A Day



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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*

