



THE FASTING PODCAST WOW: EPISODE 111 – PROLONG THE FAST 7-10 DAYS

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The Fasting Podcast WOW (Wellness & Optimal Weight)



EP 111: Prolong the Fast 7-10 Days

Ketosis Fat Burning

Youthful Human Growth Hormone

Autophagy Super Man Mode

Stem Cell Activation

Host: Julie Phillips, CNHP



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WATER

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- **TFP** = **T**he **F**asting **P**odcast. For questions, contact Julie@JPWOWPrograms.com



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Potential Benefits Can be Immense



Per expert Dr. Thomas Seyfried, PhD
(Biochemical Geneticist,
Cancer Researcher,
Professor of Biology at
Boston College, &
Consultant/Trainer for
Integrative Physicians):

**A 7-10 day water-only
fast/year may reduce
your risk of cancer 99%.**

- Stimulate body's **autophagy – superman mode** (300% increase after 24-Hours, 30% more next 24-hours) may continue after fast
- Detoxification with regeneration/repair (scavenging of peptides)
- Anti-aging (e.g. **more youthful HGH, less inflammatory IGF-1**) (Women 1300%, Men 2000% HGH increase after 24 hours)
- **Stem cell** activation that may continue 5+ days after the fast
- **Insulin sensitivity** (no sugar, pancreas, omega scavenging)
- **Burning fat with ketosis** can increase energy (9 calories of energy fat vs only 4 carb/protein)
- Destress/rebuild digestive/immune systems (immune in potentially 72 hours w/protect from chemo)
- Starve abnormal cells, candida, etc.
- Reduce chronic disease risk, allergen, constipation issues
- Improve mental/spiritual health & focus
- It's free, saves money/time, natural, powerful



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Options to Make it Easier or Better

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- Do an excellent job of preparation & gradually exiting the fast
- Ensure bowels are open and urination plentiful with plenty pure H₂O
- Strive for at least 96 hours totally strict – water only, that will achieve magnificent potential benefits – after that if you must relax strictness, consider organic veggie broth but not bone broth, organic greens powder, organic herbal teas without sweetener, black organic coffee if you feel you need it but not to excess...
- Calories consumed will be burned before fat is broken down, too many carbs can fill glycogen & affect blood sugar; too much protein can hinder autophagy
- Consider oxygenating magnesium with soluble fiber – ok during fast
- Some doctors allow as much as 500 calories for women, 600 men – I personally would go nowhere near that & stay all organic & plant
- Consider enzyme/probiotic blend and humic/fulvic acid – won't interfere with fast, WOW drops an option to consider



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Not Everyone Should Do This

WHO SHOULD FAST?

All people with health challenges should check with their health care professional first. People on medications (e.g. blood sugar, pressure), pregnant/nursing, young children, eating disorders, and very thin people are especially advised to get medical input before fasting.

HYDRATION IS CRUCIAL

Pinch of Sea-Salt in H₂O
We Don't Endorse Dry Fast

- Anyone planning to do a 7-10 day fast should check with their health professional first, especially those with health issues or Rx
- Fasting experts say that pregnant/nursing, children, people with a history of eating disorders and very thin people should NOT fast
- People on medications that drive levels up or down (e.g. blood sugar, blood pressure, thyroid) MUST clear with doctor and work with them closely to monitor amount of medication – SERIOUS
- People that think they are perfectly health can have extreme difficulty sticking to a prolonged fast – mental, physical, emotional
- If you qualify and are determined to do it, consider preparing by switching to all natural and organic with plentiful pure water, taper down your eating window and consider a 24-hour fast when ready



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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



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

