Stepping into Your Fasting Healing Journey Transcript

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Introduction to the Framework

Okay. Dr. Mindy here. Hopefully you'll find there is so much information here.

Fasting and Keto Variations

And let me kind of categorize it for you and sort of give you an idea of how to use all this information. So, first off, I love the fast. I love the science behind fasting.

I like to know every hour what's going on with your body. I'm also a huge fan of Keto Variations. I actually call it more of like feast, famine, cycling.

I want to teach you how to use keto to drop weight to get better mental clarity. Women that are going through menopause or women that are trying to balance their hormones and still use keto and still get the incredible benefits.

Microbiome Science

But when do you step out of keto? When do you need to be doing something different in order to build your hormones up here? I'm also a huge fan of the microbiome, so we're like 100 bacteria to one human cell and so many of these bacteria are driving our cravings in our mouth, either allowing us to lose weight or not lose weight.

They allow us to detox. So I like to bring you the science on your microbiome. Last but not least, I love to detox. And here's why. It's actually sort of a negative or positive spin on a negative.

Detox and Overcoming Blockages

And that's that we live in the most toxic time in human history. The world is not getting any less toxic. And we see so many people that try fasting, they try the keto variations, they work on repairing their microbiome and they come up against a wall and then they've going to have to dove in to detoxing.

You were born in a self healing miracle. You were meant to thrive. You were meant to have energy all day. You were meant to sleep well. You were meant to have great mental clarity.

You were meant to drop weight. And if that is not happening, it's not that your body is malfunctioning. It's that something is interfering. This intelligence.