Stop Aging In Its Tracks: The 5-Day Longevity Plan Transcript

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Introduction to the longevity summit

Everyone, this is Doctor Joseph Antoun, your host for the summit. Thank you for watching. Today, I promise that we're going to change your life with the wealth of information throughout the this summit.

We have 40 amazing experts that you're listening to. If you're already here, and these are the best experts in the world, I dedicated personally my life to promoting longevity, to keep people healthier and longer and away from the sick chronic care system, and to practice through health care.

One of the best ways, really, one of the best ways that the science backs today with 40 human trials, 18 universities doing the trials with us at is to do the prolonged five day fasting mimicking diet.

What is the problem?

How the five-day fasting mimicking diet works

Five days fasting mimicking diet. We describe it into the other sessions when we talk about prolonged fasting and how to mimic fasting with food. But in a nutshell, it's a five days very healthy, ingredient wise, plant based, gluten free, non-GMO, lactose free, soil free.

So very healthy ingredients. Five days nutrition program that comes to your house when you order it, and it has all your food, your drinks, and your supplements you need for five days with the goal of feeding your body, nourishing your body while sending signals of fasting to your metabolism to reset your metabolism, cholesterol through glycerol, blood pressure, blood sugar, and to your cells to raise UV cells.

With the process that we described called autophagy, Selfridge innate, which keeps the cells younger than at age. It's very important to rejuvenate your cells and keep them younger than your age.

You're going to hear me talking about this consistently. Stay younger than your age. Why? You want to stay younger from the inside? Because 90% of us will die out of four diseases and they are all age related conditions.

Diabetes. You don't get diabetes type two at age 20, cardiovascular disease. You're not going to get your first heart attack at age 24. All timers.

Why fasting mimicking supports longevity

You're not going to get Alzheimer's, even if you have the Apple gene at age 27 and cancer, you're not going to get the most cancer at age 25. Age related diseases are behind 90% of our death.

So if you keep your body younger than its age, you're actually giving yourself a chance for healthy years of life. This is why prolonged exists is what we call the prolonged for promoting longevity.

And this is why I want you to, throughout this session, learn how to do it for longevity. So we studied one cycle of prolonged three cycles of prolongs, four cycles of round per year, and more frequent prolongs.

If you are otherwise healthy, you know you don't need to lose a lot of weight. You're not medically obese, or if you don't have blood sugar issues or blood cholesterol, meaning if you don't have a health condition, you're basically, you know, above age 40, between age 40 and 70, and you feel like I'm aging, I'm slowing it down.

I have a stubborn fat, I gained fat that I'm not losing, becoming a little bit slower. I start feeding the impact of aging on my body. I'm going through menopause and I, you know, my body switched, I feel aging, I'm losing my parents

to different chronic conditions, and it's time to take care of myself.

Perlman is one of the best things you can do for your life, and your longevity and your vibrance is to regain vibrant years in your life.

Clinical evidence and biological age reduction

So the most important study, if you do not have a health, have health conditions, was published in a journal called Nature under Nature, which is the number one science of the word is Nature Communications.

And we published their February 2024, a major article showing that if you do three times Prolog per year, three times every time is every cycle, every box is five days.

So 15 days the entire year, 365 days. Can you please commit three times to by prolongs that of going to Whole Foods and buying your five days of food instead of going to safely whatever you go?

Can you just buy the Pro and five? The first thing we can do, we did price it in a way equals to just whatever the average American spent on food in $170, $175.

I think in your summit, in this summit, you're getting a big discount, 20% discount or 15% discount on proline. It makes it almost cheaper than buying food for five days.

So can you commit three times to do prolonged per year? Why? Because the size is showing that when you do so is resetting metabolism rejuvenating yourselves?

The aggregate biological a score gain is 2.5 years. You're decreasing your biological age by 2.5 years. It took nature three years to publish this article.

They want us to do more trial to show the true benefits. I mean, it's the first time they're publishing an article, number one side of the world showing that there's one product called prolong, in that case, rejuvenating the cells, resetting metabolism, and helping biological age core to be reduced by 2.5 years.

Recommended use and closing call to action

The same article is showing that if you're between age 50 and 70 and you do prolong three times per year over 20 years, three times 15 days, just 15 days, it's the only diet you don't have to be on every day.

And if you do it between age 50 and 70, you're going to gain 11.5 years of biological age score. And this is incredible. This is how powerful fasting is.

And this is what we recommend you do do prolonged 2 to 3 times once every three master buy your prolonged or subscribe to it. And then you do it for you know, especially if you're after age 42 to 3 times per year, you're going to reduce your biological A score.

You can take off the stubborn weight and going to improve your metabolism again. Feel high energy, the brain fog, all the emotional benefits that we mentioned in the fasting McQueen diet benefit sessions.

So a lot of emotion, a lot of even short term benefit. This is not only longevity. You're losing the weight that you're protecting your muscle. Now very important for them in women as well to protect the muscle, to improve the metabolic markers, to rejuvenate your skin, to protect your metabolism and reset it.

This is the recommendation. This is how you can onboard prolong. Subscribe today, get your boxes and enjoy a healthy, long, hopefully long trajectory in life.

Thank you very much.