Boost Immunity With Fasting Mimicking Diet Transcript

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Introduction to fasting mimicking diet

Hello and welcome back to our reversing mast cell activation syndrome and histamine Intolerance Summit. I'm your host, Dr. Meg Mill. And today, I'd like to talk to you about the fasting mimicking diet.

It's a tool that I have been able to use so often in my practice, and really seem wonderful results, and I've actually used it myself, so it's something that I just want to share as a tool.

You know, we're looking at finding the root cause. We want to look at all of the things that are triggering your mast cell activation, your histamine intolerance.

We're looking at finding all of the connections in your body, but we also need to have some tools that we can use while we're doing this process. And one of the tools that I find very helpful is for people to fast, fast and can help, especially when you're having that, that, let's say, dump that overload of histamine.

How fasting supports autophagy and immune balance

We can use fasting as a tool, and we're going to get into how this works and why this can be so beneficial for you. And it's a little bit different than intermittent fasting.

You've probably heard of the intermittent fasting at this point. It's very mainstream, but in intermittent fasting we don't get to the point of autophagy necessarily.

That happens after two days into our third day. And so there's a autophagy is the cellular cleanup that we need. And that starts to happen when we have a water fast.

But it's hard to do a water fast for five days. And that's where the fasting mimicking diet comes in. And there's so many benefits we see, you know, that it promotes autophagy, that it supports weight loss and fat reduction, that it enhances metabolic health, that it improves cardiovascular function, and that it promotes longevity, that it boost mental and cognitive function, that it can help your mitochondria.

But what we're going to focus mainly on our point today is it also boosts immune system function. And that's where it comes into play for us when we're talking about mast cell activation syndrome and histamine intolerance.

So for those of us dealing with mast cell activation syndrome, we know that it involves the overactive response of your immune system. So your mast cells, which are part of your immune system, play a critical role in protecting your body from pathogens.

MCAS, histamine, and cellular cleanup

However, in mast cell activation syndrome, these cells become overactive and release excessive amounts of histamine and other chemicals, and this is leading to the wide range of symptoms that we feel, including the gastrointestinal issues, the skin issues, hives, congestion, headaches, allergic reactions, you know, insomnia, fatigue, anxiety, all of the things that we talk about, we know that it's a whole body issue and that there are histamine receptors all over our body.

So we're getting all of these variety of symptoms and can feel this hypersensitivity. So the fasting mimicking diet can help to modulate these responses by reducing the number of overactive immune cells, including mast cells, through this process called autophagy.

Autophagy is a natural cellular mechanism where the body breaks down and recycles damaged or dysfunctional

cells, and during the fasting period of the fasting mimicking diet, the body initiates autophagy, effectively cleaning out your old and damaged cells, and these include the overactive mast cells, so this reduction in overactive immune cells helps to lower histamine levels and other inflammatory mediators, which are responsible for many of the symptoms that we're experiencing when we have mast cell activation.

So research is showing us that during fasting, the body undergoes a significant reduction in the old damaged immune cells. And when refitting occurs, which is the phase where normal eating is resumed, there is a regeneration of new healthy cells.

So this process actually helps to reset the immune system. It makes it less reactive and more balanced. And this dual action of reducing inflammation and promoting a healthy immune cell regeneration can significantly benefit those with MCAS, leading to fewer flare ups and better symptom management.

And the exciting news is that there are also even studies showing that the benefits of the fasting mimicking diet can last long after the diet period ends.

So the reduction of inflammatory markers and the improvement in immune function can persist for weeks or even months.

Prolon kit overview and how the fast works

So incorporating fasting mimicking diet periodically, such as once a quarter can benefit you long term. So I want to just show you this. This is the Prolon kit.

This is the one that I use. And what I love is it's laid out so simple. Every day is a different box. So you just have your box and you have everything you need.

And there's actually there is food. So you do get to eat. I mean that's the difference when you're doing the fasting mimicking diet, you can still sustain. water Fasting can be stressful on the body and you're not getting any substance.

And research, like we said, is showing that fasting can prevent mast cell degranulation and, you know, prevent the release of more histamine in the body from the mast cells.

And you can get the cardio benefits, the metabolic benefits that are protective benefits from doing this fast. And you won't feel the starvation that you're feeling from just fasting with water.

So to look at this process on day one, the body transitions into a fasting state and fat burning mode so it can begin to do cellular cleanup. And then day two of fat burning ramps up, contributing to the initiation of keto genesis and ketosis may occur.

Day three is when the autophagy starts. So that's when we start to see the cellular cleanup. The fat burning and ketone production and utilization continues and increases.

Therefore, cellular cleaning and rejuvenation continues. And day five sustain cellular recycling, rejuvenation and renewal and sustain ketosis. And then day six and beyond.

You work on re nourishing your body. So I just wanted to share this Prolon fasting mimicking diet. There is so much science behind this and they have done so much research on this particular program.

And it's a tool that you can use to help reset your immune system to help with mast cell activation and histamine issues. Have a great day.