Boost Your Fertility With Guided Fasting Methods Transcript

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Introduction to informed fasting

In the Primemester Protocol, we teach you about a concept called reproduction. Informed fasting. There are many benefits of fasting or going without consuming food or nutrients.

Otherwise, for fertility and for egg quality and quantity and sperm quality and quantity. However, it has to be done in such a way that it's beneficial for fertility and not harmful to aspects of the fertility system.

So one of the ways that we get all of the benefits of reproduction informed fasting without any of the potential risks to reproductive health, hormonal balance, or other aspects of the full fertility system is to use the fasting mimicking technology that was developed by my colleague at the University of Southern California, Valter Longo, and is now offered through ProLon.

How fasting mimicking supports fertility

So what is important is that you need to have a prolonged fast in order to get the full benefits of fasting, including autophagy, which is the destruction or or eating up of damaged cellular components.

So it allows for cellular cleanup, cellular repair, mitochondrial cleanup and repair, as well as DNA repair and so many other aspects of improving cellular health and function, including for the uptake and utilization of nutrients that are so critical that we're getting through our nutritional gifts our way of eating in the Primemester Protocol, and also through our supplementation to our super baby nutraceuticals and our very targeted supplements, and through the complete Mama bundle or complete Mama and Daddy bundle.

And then for some, that extra neural tube and chromosomal care. So we're able to get all of these benefits of a prolonged fast without any of the potential downsides, including the loss of lean muscle mass and potentially dysregulated hormones.

Longer term, because of the body having been put into starvation and being exposed to nutrient deficiency for a period of time. So with the ProLon fasting mimicking technology, we're able to consume nutrients that go below the nutrition sensing sensing pathways.

So the body and brain believe that it is fasting. It's having the equivalent of a water fast while you're still actually putting critical nutrients into the body and preserving lean muscle mass.

Using ProLon in the Primemester Protocol

There are many benefits of the fasting mimicking diet, but the primary one that we're focused on for fertility is the biological age reduction benefits, because everything that we're doing in the Primemester Protocol and through our targeted nutrition, through our Super baby nutraceuticals, is to slow and ruvo and reverse aging.

And that directly impacts our cells, our DNA, our egg health and our sperm health and other aspects of our fertility system. So the way that we use the fasting mimicking technology in the Primemester Protocol is part of our systemic deep scrub.

It's a very elaborate detox and reset. But one critical component of it that anyone can do is to do three cycles of the fasting mimicking diet using ProLon.

So what you do is you have a four month Primemester at the end of year, four month or 120 day Primemester, you have a you have a projected conception date, your PKD.

We teach you how to calculate this in the very beginning of your Primemester. Now, if you're Primemestering farther out from wanting to be pregnant, then that's great because you can Primemester for six months, 12 months, two years, five years, and you can do even more cycles of the fasting, mimicking using ProLon because you have more time before your conception date.

You don't want to be doing anything that is promoting a larger than average detoxification in the body within 4 to 6 weeks of your conception date, which is why if you're doing just a 100 and day, 20 day Primemester, you do three cycles and then your final month you do not do any more fasting or fasting mimicking, okay, so what you do, let's say you're doing a typical 120 day Primemester.

You will do your first, second and third cycles of fasting, mimicking in Primemester month one, Primemester month, to Primemester month three. You'll do them about 25 to 30 days apart from one another.

If you happen to want to, and be able to do them during your the menstrual week of your menstrual cycle. So the week that you're bleeding may be starting on day two or day three, that's great.

Or if you want to do them live with us in one of our group fast. And that happens to be at a different point in your menstrual cycle. That's great too.

Whatever works well for you.

Timing fasting cycles before conception

So you'll come in immediate. Upon starting your Primemester, you'll do your first five day fasting mimicking diet. You'll do your second one in month two of your Primemester, your third one in month three of your Primemester.

And then you won't do any fasting, mimicking in or fasting in the final month. In the final 4 to 6 weeks leading up to your projected conception date, your your phase three of your Primemester, which is your conceiving phase.

And you will, by doing these three consecutive cycles of fasting, mimicking, you are giving yourself a jumpstart and a 2.5 year age reduction. At 2.5 year reduction in your biological age right off the bat, so the effects of your full Primemester Protocol will accumulate over your 120 plus days and give you an even larger biological, reproductive epigenetic age reduction for your eggs and sperm in full fertility system in the programing of your future super babies.

But this will give you an, a jumpstart in that 2.5 year biological age reduction. Just this one small piece. And so you'll see that reduction in biological age, you'll if you are outside of the fertile zone of BMI or waist to hip ratio, if you're above and you you need to come down into the fertile zone of BMI, which is 20 to 24 plus or minus one, or if you need to come down into the fertile zone of waist to hip ratio, which is less than 0.7.

This will also help you with that while preserving your lean muscle mass. Because remember, both are body fat and our muscle, our organs of fertility and organs of longevity.

You will also see, a very market change in your cardio metabolic health.

Health benefits for metabolism and inflammation

So if you're someone with PCOS or you have problems with insulin resistance or blood sugar regulation, this will be really important for you. If you're somebody who has high inflammatory load, which is profoundly aging for the eggs and sperm in the fertility system, and you as a whole, then this will also be a tremendous benefit to you.

And if you have a stress sensitive inflammatory disease such as endometriosis, we think PCOS falls into this category. And Dimitrios says, did I say that?

Yes, I did fibroids, even allergies, asthma, sinus problems, inflammatory bowel diseases like ulcerative colitis, IBS

and Crohn's disease. And a large number of other stress sensitive inflammatory disorders, then this is really important for you.

Also, if you are suffering from an autoimmune disorder, including Hashimoto's, thyroid Itis, or low thyroid function hypothyroidism, this is really important for you as well.

And if you just want to improve that the outside because remember our biological age what what we're concerned about for the purposes of fertility and having our best eggs and our best sperm to create our super babies, whether we're conceiving naturally or through assisted reproductive technologies like IVF or II, we're concerned with the biological age reduction on the inside, but it happens to be reflected on the outside, and you may see beautiful changes in your skin, for example.

So these are just some of the benefits that are largely, widely documented in the dozens of clinical trials supporting the fasting mimicking technology and that you get to benefit from for your fertility and for your upcoming pregnancy.

And the superb babies you're making. So I'm so excited to share this with you. It's something that anybody can do. And after you've done it once, it gets easier and easier.

So enjoy this experience. Invite your partner. If you're partnered to do fasting, mimicking with you. It's easier when you do it together. And also you are each part of the equation of making your healthiest possible.

Ordering ProLon and next steps

Fertility. Your healthiest possible pregnancy, and your super baby. Which means your healthiest, happiest, brightest, most well adjusted, most neuro cognitively strong and resilient to the stresses of the modern world, baby that you can possibly make given your DNA and your epigenome, which is your gene expression and that of the other person providing DNA for your super babies.

So enjoy! I can't wait to hear about your incredible experiences. We have a special link for you that you should use that will give you 20% off, and I recommend that you purchase the three pack so that you get the already the discount that the site offers, and then you can add our 20% off code on top of that.

And that way you from the get go, have your first, second and third cycles ready of your fasting, mimicking for your Primemester and then if you have a partner, order that three pack times the three pack times to set so that both of you have that.

Enjoy! I can't wait to hear about your experiences. Email us at support@fertilitypregnancy.org to share all of the beautiful transformation that you're experiencing.

And of course, to let us know as soon as you get your positive pregnancy test. Because we cannot wait to celebrate your super babies with you. They are the answer to your prayers and the answer to our prayers to.