The Diabetes Breakthrough: How 5 Days Can Change Your Life Transcript

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Introduction to the Longevity Summit and Diabetes Breakthrough

Hi everyone. This is Doctor Joseph Antoun, your host for the longevity summit. One of the major differences between this summit and the previous summit is that now, finally, we have published two major articles and two top diabetes journals, Diabetes and Journal of Clinical and Chronologie and Medicine, both focused on the fasting mimicking diet to regress or remit diabetes.

Let me walk you through all this because now we have a big revolution, probably the biggest new technology, new intervention, new big hope for diabetes patients.

So please listen carefully today. And if you know somebody with blood sugar issues or pre-diabetic or who is pre-diabetic or full diabetic, make sure you refer them to this talk and make sure you refer them to L neutral and Uttara Health Nutrition where you can find the size, the articles and the summary of why the fasting and making diet for medical weight loss, prediabetes or metabolic syndrome and full blown diabetes.

So I'm going to go into the details now. First let me define what is diabetes regression and remission. You know, for those who suffer from diabetes and even myself coming from medical school, I'm an MD, PhD with two masters, and I did Harvard and Hopkins study.

I did the best institution. I taught at the University of Chicago, and I was the director of the Health Policy Center.

Why Diabetes Is Usually Treated as a Progressive Disease

And with all this, all my learnings when I went to those schools were about diabetes being the number one disease in the world and being a progressive disease.

Right. The day you're diagnosed with diabetes, the doctor puts you in that format. Then you get to expect that in a few years is going to get another pill, then another pill, then now the GLP once, then the instruments.

So when you see a doctor and he announces that your blood sugar is high. This is a journey of progression. He's not going to tell you, well, in six months you take metformin and you'll be done in 12 months.

I'm pretty sure I'm going to reverse it for you in two years. After you take insulin, you know you're going to be cured. It's actually the opposite. We call those treatments for diabetes.

They don't treat diabetes. They move. And this is a loophole right. So the diabetes is is defined by a level of sugar in the blood. And that's a big loophole that a lot of companies took advantage of.

Because what they do is they just give you pills to move sugar faster from the blood to the tissues. When the sugar is absorbed faster to the tissue, guess what?

The excess sugar, the excess carbs, they get sorted more fat and you become even more insulin resistance. And then even you need no more pills so that to compensate for the blood sugar increase as a result of the blood sugar pills.

So this is one of the biggest, I'm going to call it unconsidered conspiracy conspiracy theory. I'm going to give the benefit of the doubt. But actually most what I want you to know that most diabetes treatments, the current medicines, most of them, over 90% of them, they actually are pushing you even forward in the disease, not even not curing you, but is actually pushing you forward.

Especially insulin, by the way. So it's just mind blowing that we're okay spending trillions of dollars on healthcare

system and we don't cure diabetes patients.

We actually give them treatment to balance their blood sugar. But at the end of the day, we're just pushing them forward. And there's no day that this disease would end.

There's no promise for any of the doctors to end it for you. I used to tease my attending and say, hey, if we're giving those prescriptions and same for cholesterol, same for blood pressure, like, what is the end date?

No, no, they have to refill it every month. But then we're treating nothing. We're practicing secure.

Defining Regression and Remission in Diabetes Care

And today, for the first time in history of the disease, we're bringing a natural intervention called the fasting mimicking diet that can help you regress, regress, meaning you need less medication or remit diabetes remit, meaning you don't need medications anymore for your diabetes.

These two words, these two claims, they were specifically created for nutrition, for non-pharmaceutical interventions. Because if you want to say three diabetes or cure diabetes or reverse, this is kept for pharma and the biotech and the industry.

Now the underlying society, the American College of Lifestyle Medicine, all the big physician and dietitian binary and the American Dietitian Association, they all came together to say, wait a second time.

Betis is a disease of aging and nutrition. If there's an intervention that can come in and help patients become free of their medication and not needing more medication, let's create these two claims.

One is called regression. Going backwards, needing less medication. One is called a remission, needing no more medication from diabetes. And they specifically in their national position paper on diabetes, mentioned the fasting mimicking the two big national position papers from the biggest diabetes organizations, both dietitians and physicians.

They created the word remission and regression because of the power of the fasting. And they said in their position paper, inspired by the results of the fast mimicking diet.

So we're going to hear today is characterized from life is the first time we're helping people regress from diabetes. So why the fasting mimicking diet is so powerful?

Prediabetes or diabetes? It's very simple. It works on the root causes of the disease. It doesn't just regulate the symptoms. You know, the current pills.

You take them to push the sugar away from the blood and therefore, by definition, lower the sugar. Therefore, I'm not diabetic. That's wrong. You are diabetic.

It's just you have a medication that's helping you move, hide it away, hide the symptoms away. But actually your body is not functioning well because you didn't tackle the root causes of diabetes.

So what are the three root causes of diabetes? Number one is weight gain and insulin resistance. And this is where the entire medical school teaching the entire most of the pill industry focus on the medicines is okay.

Root Cause 1: Fat Loss and Insulin Resistance

Insulin resistance I need to lose weight. The more you accumulate weight, the more the weight becomes what we call resist the insulin. You know, insulin is produced by the pancreas to push blood sugar, to push the sugar from the blood into the cells.

The more you gain fat, the more you become insulin resistant and the more actually blood sugars remains in the blood and you become you go above that 140 and you start becoming diabetic.

Fight the way. Insulin resistance is actually a common denominator to many other diseases, including cancer and including Alzheimer's. We call Alzheimer's today diabetes type three.

So it's a variance of it's a high inflammatory status as well. So it's against longevity. When you start accumulating weight. Building insulin resistance is not just prediabetes and diabetes.

It's also cancer risk is Alzheimer's. Risk is cardiovascular and heart attack risk on high inflammatory status as well. So very important to unlock that part.

How you lock insulin resistance is by melting the fat. And how to decrease fat is very important to focus on decreasing visceral fat. The most unhealthy fat you stuck in your body is not the fat under the skin, although that's not super healthy, but is the fat around and within the organs, the fat around the heart, the fat around and within the liver, the kidneys, etc.

this central fat is the most important fat to get rid of and the fasting mimicking diet. Fasting itself goes directly to this fat. When you're fasting, the body thinks there's no calories and you're doing the fasting.

Maybe you can die. The body thinks there's no calories. It goes deep to pick the reserve the fat and melts it down from the visceral fat. So very important pillar of diabetes that the fasting mimicking right focuses on the second pillar of diabetes, where most interventions fail on is protecting muscle.

We don't talk in diabetes about muscle, but it's one of the most important factor to reverse diabetes. Why? Because if your muscle is strong, muscle is the engine.

80% of the carbs in the body go to the muscle because the muscle is the engine of your metabolism is the engine of burning car. Most drugs do not impact muscle.

And actually the newest drugs, the GLP one seemingly tied. And this will go with the many. I don't want to mention names, and there's a big respect for those because they do have a role to play.

If you're significantly obese and you want to reduce in the short term your weight. But on the long term they have a lot of side effects. One of the most important one is you lose a lot of muscle with that.

10 to 30% of the weight loss within the GLP one is coming from muscle loss.

Root Cause 2: Protecting Muscle During Weight Loss

When you lose n when you do chronic dieting, a lot of people say, you know what, I don't want to use the drugs. I want to go on a chronic, low calorie diet.

Even the diet, which is one of the healthiest buys by the American Heart Association, you lose muscle with it. We've done a randomized clinical trial with put them in training diet head to head against every day.

My training diet against just five days a month fasting. We we can die with the fasting maybe can lie to protect lean body mass. With the Mediterranean diet, there was a loss of 1.2 pounds in 120 days of link body mass.

It's so important to protect muscle because as long as the engine of burning carbs is there, then you are independent. You're not depending into colors, you're not dependent into the pills.

You're independently burning your own carbs. So if you eat healthy and you protect your muscle at the same time, this is what the fast, significant diet is piracy to do.

You're unlocking that second pillar. So important today, very much under spoken. Why why there's a lot of discussion about muscle and diabetes because most interventions fail and protecting muscle and therefore they don't want to talk about it.

How come the fasting mimicking by protecting body mass. There are two trials on protecting lean body mass. Protecting muscle with the fast significant.

And how does that happen? As you know fasting. And we talked about it a lot in the other discussions. Fasting is is stress. Fasting is this stress. This stress induces rejuvenation autophagy rejuvenation of the cells.

Guess what rejuvenates very well as a big organ is muscle. Now fasting may begin by your fasting with food. There are proteins. There are carbs. Not like water fast.

With water fast, you lose muscle with the fasting, mimicking that you are nourishing the muscle that is being pushed to rejuvenate. And one of the hormones of stress is growth hormone.

Growth hormone actually is what the muscle love to grow. So you're having a fast growth hormone is telling. It's a stress hormone. Starting the muscle to grow.

The muscle is being fed by the fasting making diet and is rejuvenating with autophagy. That trigger protects the embodiment. And think about it makes perfect sense.

Think about it. Think about ancestors and human evolution. Towns and towns of years ago. When there is no food, the body doesn't want you to get weak and is fall down and not search for food, right?

What the body does breaks down the fat into ketones to nourish the brain so that you stay awake and invest with growth hormone pushes the muscle to grow and walk and find the next fruit or vegetable.

It's a natural human evolution. We just lost it because we stopped fasting. If you go back any fast and even better now, science is our side. We didn't have science. Our ancestors didn't have the science.

The size of the fasting. Maybe diet is even giving nourishing the muscle at the same time. So the muscle is very well protected. And this is so important for diabetes patients or prediabetes.

Are you going to hear me mentioning diabetes? But this applies to prediabetes metabolic syndrome, to people who have a lot of weight to shed. There's a lot of people that are medically obese, meaning they have their BMI above 30.

Unfortunately, 40% of us in America are medically obese and 73% need a metabolic reset. So what? I'm going to use the word diabetes, but this applies to all metabolic or many of the metabolic health that you can benefit from doing the program at lunch.

Root Cause 3: Rejuvenation, Aging, and Autophagy

And neutral health come the third pillar for the IDs or prediabetes. We talked about. First one, insulin resistance that comes with accumulating fat. We talked about muscle.

The third one is aging. Is aging so important? You know, those who were eating unhealthy at age 24, they were not diabetes. They were not diagnosed diabetic.

They got diagnosed diabetic at age 50. So the body when the body is young, when the cells are vibrant, when the pancreas is young, is still producing insulin, the cells consume calories and burn calories fast.

Youthfulness is so important to combat diabetes. So why we don't talk about it? Because there's no pill that you can take to make yourselves younger. But guess what?

There's a fasting mimicking diet that pushes the cells to rejuvenate a process called autophagy. I talk about it all the time. That's the secret of the miracle of biology.

This is why the fasting mimicking diet is so powerful. It's giving you autophagy on the cells. It's helping you, helping your cells. And when you fast cells lives on calories.

So when you fast this signal across the body, it's not just the pancreas, it's not just the heart. It's not just the brain. It's everywhere. Every cell is saying, or almost every cell is saying, I need to rejuvenate.

I need to stay younger than my age. I need to heal, I need to fix, I need to reprogram. And this healing process gets to cells biologically younger. We did a study showing that the biological age score of the body decreases by 2.5 years when you do three cycles of the fast, significant diet.

And that youthfulness. I always say this expression stay younger than your age. The younger you are from the inside, the further away you are from the onset of the four major age related health conditions that will kill us.

We never they never taught us in medicine that these are age related conditions diabetes, cardiovascular, cancer, Alzheimer's. This is what's killing 90% of us.

You don't get Alzheimer's at age 20. Even if you have the Apple gene, you don't get diabetes type two. At age 24. You don't get your first heart attack at age 26.

So they are age related. And one of the solution to pull you back, to regress or to remit is to get yourselves into younger age. There is no pill that can do that.

There's only the fasting mimicking diet that can do that. So why the fasting mimicking diet is showing today? And the two trials that I talked to you about, it's going to be 700 to 800% better than medication alone.

So when you're taking your medications, this is why we're talking regression. We don't want you to stop your medication. We want you to add the fasting. Begin by to them.

And then your doctor every 3 to 4 months is taking off for six months or whatever period.

Clinical Results and Medication Reduction with Fasting Mimicking Diet

It tells you, hey, your numbers are great, your onesie is great, your blood sugar is great. I'm going to pull one medication off. So the goal is we come.

We don't want to disturb what your doctor have prescribed, what you're doing. So don't think this is a replacement or this is just, you know, going a different day in a different way.

No. We want to work with your doctor. We want to work with you. But we're finding a solution that every six months. This is what the studies are showing.

Two thirds of diabetic patients within six months decrease the dose or get rid of get fully rid of a pill for diabetes. So imagine six months when we say six months just five days a month.

So the Neutral Health program for diabetes, you do the fasting. We begin diet month one five days. Only 25 days. You go, you eat whatever you want. In all the signs that we've done, we never restricted food or ask people to exercise.

There was no other factor. Of course, we recommend that you eat healthier, that you change, and the fasting will inspire you to change naturally. Not forcefully, naturally, not forceful.

This is very important. These are tiny winds, tiny five days of winds that will change your life as well. So five days

month one five days months to five days.

Month three month for one five -630 days in total in six months, just 30 days in total. And two thirds of the patients are decreasing Edo's or taking off one medication two thirds.

This is what we call regression actually, on average, 22 pounds of weight loss. 59% of the patients are showing insulin resistance reduction, and these results are 7 to 800% better than medication alone.

I mean, it's unbelievable. And guess what? You know, you overeat with aging. You become diabetic. Fasting right, is the fastest way to pull you away from this overeating, accumulation and diabetes while protecting your muscle with the fasting mimicking diet and while rejuvenating your by biological eight score.

We've done a lot of trial for 12 months and now we launch the program. So we have all the data to show 99.1 over ten patient satisfaction. They see the beauty here is and this is why compliance is so high.

Compliance is like 76.5% of patients over 12 months. So you do it every month, the first six months, and then just once every three months to maintain.

So once a month for six months, that's the program you're going to subscribe to. And then once every quarter just to maintain. So in the entire 12 month you're basically doing it eight times, only eight five days to help you regress from the number one disease in the world.

There is nothing else that can get even close to this. So patient satisfaction is so high and compliance is so high. 9.1 over ten satisfaction rate 76.5% of people stay on it after month 12 or at month 12.

Why is that so? Because it's five days. It's five days only a month. We're not asking you to diet every month. We're not asking you to take pills every day or to add pills every day.

Program Structure, Compliance, and How to Get Started

It's five days. There's a day one. There's a day five. Is that always easy? It's a fasting, remitting diet, plant based, clean nutrition. But it will inspire you to change your life.

It will reset the biological age of your cells and it will reset your metabolism. This is why it's so successful. If you want to read more about the clinical trials I mentioned, if you want to try, try it and start your journey.

You can even try one cycle just to try and talk to the dietician and she will put you on a plan. The dieticians there supervise you there. We train them in lungi and diabetes, not just diabetes.

And this is where most medication in the current care system fails. They look at this, they zoom in on one factor. There's one pill, one receptor dropped your blood sugar.

That's all. But the side effects you lose muscle units using chances of cancer. You're damaging some of the cells. I mean, these are, you know, you're losing bone density.

These are important side effects that comes with all the pills. This is when you hear a pill ad. There's like a list. You know, people are smiling and dancing, but there's a list of 20 side effects with it.

Well, there's a role for medication. I'm a physician and definitely train the to to prescribe certain medication for certain cases. Having said that, there's a big role for nutrition and health unit.

Food is medicine. We are the first company and Neutra to show you scientifically that food, not just eating healthy, but food, is getting a regression and the remission from the number one disease in the world.

And that style beat is go as start your program on health. The program is called Diabetes Regression Remission

and is centered around giving you the best care through nutritionist and dietitian, longevity dietitian and doctors centered around the fasting, mimicking diet, unlocking your metabolism, rejuvenating yourself, and protecting your muscle.

Thank you very much.