Introduction to Dr. Joseph Antoun

Dr. Joseph Antoun. I'm so excited to have you here for this Super Fertility Summit. You have an incredible passion to enhance human longevity. Similar to my incredible passion to enhance reproductive longevity.

You're the CEO and chairman of the Board of L-Nutra, a unique nutrition technology company leading the longevity and food as medicine market, and one that I have known about for a very long time because I am a retired tenured professor at USC and I was in the same school as Valter Longo.

So I've been following this research and this work for a long time, and I'm so excited to share it with everyone listening so that they can hear about the power of fasting through this specific tool that has mountains of data behind it in different populations, and how it's going to benefit their, their fertility.

before you took on this particular role, you were the CEO of Health Systems Reform, which is a boutique consultancy that's aimed at elevating public health through reforming health systems, strengthening health care management, and improving health care delivery.

You are the co-director of the Center for Health Policy at the University of Chicago, and adjunct professor of health policy at the Buck Institute for Research on Aging, and a fellow of the Department of Social Policy at the London School of Economics and Political Science.

And you founded and served as the editor in chief of the Journal of Health Systems and Reform, and you've served as the chairman of the board at Global Health Span Policy Institute and as a member of Forbes Business Development and as a head as head of Business Development for Emerging Markets at Eli Lilly & Company.

I could go on because your background and expertise are incredible, but I can't wait to dive into this conversation that we are about to have today, unlike any other conversation we've had on this Summit.

I also just want to say that ProLon is an incredibly generous sponsor of the Super Fertility Summit. So thank you for your sponsorship and support of this incredible event, and thank you for being here to share your brilliance with us.

And I appreciate it so much. I look forward for this interview. I always say, our goal is change somebody's life. At least with this, this interview ends up being hundreds and thousands of people's life.

yesterday webinar, I had 3400 live, you know, listeners. And and it is because we're bringing a true solution to people and, as, as you care enough to want to go to med school, I, I did before all the titles you name, I did my MD and my PhD, and I had three masters and we all wanted to change people's life.

And, we hit a wall because the medical traditional care system, you know, isn't that sensitive to to aging and lifestyle and nutrition and stress and sleep and all of that.

Root Causes of Fertility Decline

It just you go to a doctor, you get diagnosed with something that that, you know, they taught us, and then they get to go on the pill and hopefully, you know, one day you'll you'll solve the problem.

And, you know, we're the same breed. We decided to say, well, you know, maybe 80% of health problems can be solved with with true science behind lifestyle medicine and understanding how we age and and how metabolically we change, and how people to fight the root causes of why, in our case today, why they're struggling to have babies.

And guess what? You know, it used to be a big, depressing moment for every mom and dad and just just for us to learn that even through you, you get 80, 90% success of, of struggling fathers getting babies even after age 40.

So this is not an unsolvable problem. This is not genetics. And, you know, everything is inherited and you learned helplessness and take pills. This is, the science of the control of your health and solve what you're going through.

And then you'll be very productive and reproductive. That's right. I love that so much. There are so many places I feel like I could go from what you just said.

And you're right, we go into the training that we go into because we have this immense desire to be of service and to make the world a better place for people.

I lost my mother at birth, and so I became obsessed with figuring out how to make reproduction go well for as many women and families as possible. From the time I was 5 or 6 years old, you have to have that almost kind of crazy level of devotion to go through.

Then number of years of training and education and just grueling work that we do. And you're right. Then we realized that the traditional care system is failing us in so many ways, and we see that in fertility more than anywhere, because the rates of fertility challenges are growing every single year.

The rates of miscarriage are growing every single year over diminished ovarian failure. I mean, we we really have a fertility crisis on our hands. And I'm so excited to have you talk to us about this incredible tool that you have developed that was originally developed from the taxpayer dollar, from NIH funding, and now has, is it 32 clinical trials behind it?

Did I get the number right? Yes. And okay, so tell us, first of all, when we're seeing rates of fertility challenges and infertility on the rise, and especially because we're waiting longer to have children, what are you immediately thinking of as the root cause issues that we need to be focusing on here?

I mean, it's two root causes. Is is definitely biological aging, right? Even even when we're 39 and 40 or 37 or 42. But we're finding because we're living a life of stress and lack of sleep and, and eating and binge eating, etc.

we're actually older and internally, right? A lot of fathers and mothers at age 40, it actually 43 or 44 and 47 internally, biologically this is very important.

This notion, you know, I always and you mentioned I did public health and health policy studies. I've always said the biological age should be the unit of measurement of health, where as healthy as young.

And with the more we age, the more I always say we're not going to get a heart attack at age 20. When I get good at going to get Alzheimer's at age 24, it's age related health conditions, right?

Because we have an inner power of healing the cells. When they're young, they don't do mistakes. And then these younger cells called stem cells that actually keep replacing and rejuvenating.

And then when we are older, the cells are more prone to doing mistakes. And the younger cells, the stem cells that are supposed to fix that are also older or they disappear with age, we call them then become the zombie cells or the very old cells.

So the bio age of the body is very, very, very important. The second thing that's very important is the extra, you know, the extra life cell, let's say mismanagement that we add to our life right from a lack of stress or lack of sleep, extra stress, lack of happiness.

What we're a little bit overeating where that we're we're not exercising as we should. We call those the five pillars of longevity. So nutrition, exercise, stress, sleep and social capital and happiness.

When those five pillars are lacking in our life, you know, we tend to gain weight. We tend to have a little bit higher blood pressure, high cholesterol, some adrenal fatigue.

The ovaries age, you know, gets a little bit accelerated the the entire because our body is like it's like winter going into spring. Right. That reproduction is that is a rejuvenation of nature.

And you gotta you gotta have you gotta supply line that re flourishing the supply that, that. reprograming and rejuvenation of the body. This is what reproduction is.

And and this is why, I mean, you invited me here today is to talk about. Okay, these are the problems. We have a metabolic health issue that's happening today.

We're gaining weight where that's leading to insulin resistance to PCOS to, you know, we call we call it diabetes in medicine. But diabetes is just it's just an endpoint.

You know, we're all pre-diabetic somehow with inflammation, with insulin resistance, with the fact that we have a little bit of a PCOS. If you're a woman with a little bit of, you know, lower testosterone level if you're a man.

So that's all the same syndrome. That's right. And, so number two, the biological age. So that's the combine are making our couples even at age 35 and 37 and 40 and 42, they're their struggling with fertility because of these two factors, the aging factor and the metabolic health factor.

And you invited me today to come and talk about one intervention. But then you can reverse both these or reduce the impact of both these. and that's fasting.

And the way we do it, we do it with food.

Lifestyle Medicine and Multi-System Health

So we're I'm going to talk about the benefits of fasting. But just to be clear for everyone, science has brought up this is why Doctor Cleopatra was mentioning they do the trials and and 18 universities now involved over 200 patents is a new way to fast and it's a much healthier way, which is to fast with food.

And that's a crazy concept. This is why we needed, you know, $100 million in the science to come up with it. But science has helped us get the benefits of fasting while eating food.

This product is called prolong problem and promoting longevity. And I'm going to go all the way to why prolong that? Let's talk about the benefits of fasting and aging and metabolic health.

Then we can talk about how can we fast with food. And yes, that's a little bit about the science of prolong and how people can use it, how the couples together, mother and father to be, how they can use it together, to to reinvigorate their health and, and increase their chances of having the baby.

I love that, and thank you for saying that, because it it's not just the work of mothers and mamas to prime minister and to have healthy babies. It's the work of both parents, both people providing raw material genetic material for the child.

Before we before we go into the benefits of fasting and then we tongue and then we talk about heaven provides the benefits of fasting without the downsides of fasting.

I want to talk. I just want to go back to something that I think is really important, because we have really been indoctrinated in society to think that true intervention and truly powerful intervention involves going into a physical medical center, being given, a pill, as you said, a prescription, being given an injection, going through a procedure.

And of course, there are instances in which people need those things. And I think it causes the collective mind to

really downplay the value of lifestyle medicine, the things that we're achieving in the prime master protocol, the things that we're achieving with prolonged, even though there's so much data behind these.

Right. So can you just say a few words about that, what you would say to someone who still feels that talking about lifestyle factors or individual level modifiable epigenetic factors, as we talk about in the Prime Minister, is is not really important for what they want to achieve, whether it's healthy fertility, having their super baby or longevity or some other outcome.

I mean, the, as we said, is critical because the fertility comes from when we when we talked about two two it causes one is metabolic health and one is aging.

And both are things we can intervene in. And we have been unaware of. Exactly. What you just mentioned is, is, lifestyle changes and supports and understanding all the way from the microbiome in the gut, all the way through to the epigenetics, all the way to, the blood sugar that we have to the hormones that we have.

And and those are this is not the old way of doing medicine, which is to find a disease, because this is, you know, in medicine is like, oh, you're sugar is this high above 140.

Therefore you become diabetic. Well, if it's 139, you're not diabetic or if it's 130, there's no cardiovascular issues. There's no. So right. We look today as this and then dream of this progression.

And guess what? When you're a little bit pre-diabetic and you have a little bit of adrenal fatigue and a little bit of aging ovaries, and you have a little bit in medicine, they told you you're normal.

I don't know why you don't have kids, but actually you're not because you're a little bit training and multiple levels and you're stressed and you're not sleeping and you're gaining weight, and you have a little bit of insulin resistance.

And this is where we come. This is where the Prime minister, this is where prolonged. This is where products that come and say, you know what? No, no, no, we're going to have a multi systemic intervention to reinvigorate every contributor to you can becoming fertile in this again it's like winter and spring right.

In winter it's you know it's it's snow rather than water. It's trees with no leaves. It's you know animals hiding. It's the birds hiding. It's a multi-system depression. Right.

So and then spring comes and it's a multi-system intervention. There's flowers on the trees. Water is running, the snow is melting. The birds are the butterflies are transferring the pollen to the or the bees.

And it just this is what it is. We have to take care of every system and organ in the body to be fertile and productive. This is us creating a new baby.

And this is what the two ways to do that is rejuvenate metabolic health and rejuvenate the age. And this is when you're prime minister is so focused on this multi-system intervention.

This is why I would prolong to the benefits of fasting. It's focus on rejuvenating every cell of the body to both together to get that very high successful rate.

in in helping the parents to be becomes of becoming parents. Yes. The most important thing in the world, if that's what you want for yourself, nothing more important.

So tell us that that was so beautifully said. The the winter is the multi-system depression and the spring is the multi-system rejuvenation or intervention, which is exactly what we need because fertility is in just in the egg and sperm.

They're important, but it's much, much bigger than that. And that gets left out of the equation most of the time. So now tell us about the amazing benefits for metabolic health and the reduction of biological biological age, which equals, enhanced longevity and enhanced reproductive longevity that we get through fasting and how prolonged

achieves that for us in a very unique way.

Yeah. So, you know, fasting has two stages, what we call the intermittent fasting, which is between a few hours to all the way to two days. And then is what we call the prolonged fasting beyond the two days.

Fasting, Autophagy, and ProLon Science

And why would why we divide vaccine to intermittent prolonged because the intermittent phase the first two days, if you don't eat it for two days, you still have enough reserves in the body to, to, to replenish and, or to, you know, mitigate that.

Right. So it's like, it's like when you don't have money, if you're running a company, you don't have money, you go first. You're checking accounts saying, you know, I'm going to try to use money from my bank because I have no sales, I have no revenues.

The body goes to the glycogen first and they say, I want to go to my savings accounts because I'm running them. I tell you, the body goes to fat, breaks down fat into ketone bodies.

Then finding is, hey, I'm. I burned my checking accounts, I'm burning my savings account. I get to get my credit card or ask the bank for a loan. And this is the liver.

The liver can also, through any of the food Genesis dump or calories into it into the blood system. So so the body between this intermittent fasting 0 to 48 hours has enough glycogen, has enough fat, and has enough little bit reserve in the liver to get more credits and go through it.

But it's very helpful phase whereby if for your metabolic health, if you're if you're, you know, have a little bit of PCO, a little bit of insulin resistance, this part can help you lose the weight, the extra weight you decrease, insulin resistance, you decrease a little bit.

Your, you know, inflammatory marker, etc.. So it has metabolic health benefits. Now, when you cross the three year fasting, the body's in crisis. Remember we were giving the analogy of you having a company.

And now if you spend all the money you have in the bank and and the bank doesn't want to give you any extra credits, you're going to turn in to the company and say, we're going to restructure.

We got to fix, we got to cut some travel budget. We were we're just unfortunately spending money on X, y, Z. That was not helpful. We're going to sometimes let some people go.

So you restructure the company, you try to fix and become very cost effective, and the body does the same thing. After they see the body tells the cells, I cannot feed you any longer.

You get to go inside. You can fix a lot of things that are happening well, you get to rejuvenate the intracellular compartments. You're going to lose the breeze.

Organelles, toxins. You get to get rid of all those and try to use your intracellular, you know, the brain organelles as a source of calorie. So that's a rejuvenation.

This is the miracle of fasting. Why for the last ten years, anyone listening here to us have heard so many times about fasting. It's actually because of this magical phenomenon.

And I know when aubergine when she calls it the miracle of biology. This is rumination, right? Because rejuvenation equals reproduction. It's the flourishing is the winner is the winner of fasting.

When you were, you know, burning the fat and and and tearing, tearing down intracellular compartments to use them and then rejuvenation after the three is when the cells gets fixed and they flourish.

And it's very important and you're keeping continuing burning fat. So you're benefiting after the three both from metabolic health continuous improvement and rejuvenating the cells.

By the way, this phenomenon is called autophagy or self eat or self rejuvenate. And in won the Nobel Prize in Medicine in 2016. So wasn't that recently 2016?

Yeah. Why? We love that prolonged fasting because it fixes metabolic health and weight. And 73% of Americans suffer from the weight and weight related health condition.

And it rejuvenates the cells. There's no intervention known today, nothing in the world you can do today that we are 100% clinically sure it would rejuvenate the cells like fasting does.

So now it comes all at a big cost. Who's going to fast on the water for five days? So when we were doing the science that you see, if you, you know, you were still at USC at that time, University of Sydney has a longevity institute and it was studying the benefits of water fasting.

And they discovered that actually five days is the best regimen for water for fasting because you go longer than you bankrupt the body, right? You want to you want to take the body to the stress of fasting.

You want it to rejuvenate the cells and then you want to retreat it. Right? Like everything, like the summer season, you want to come in and feel like every company, when the CEO restructures the company, you know, it's a very cost effective company. You want to give it back money to flourish.

So five days is the right time for a prolonged fasting, but still it comes at a high cost. You're going to have headaches. You're going to potentially have low blood sugar.

It's so difficult. You know, 99.9% of us cannot do a water fast, nor should from that standpoint. But there's a lot of benefits. So the National Institute of Health, is the biggest funding agency for biological inventions or for scientific inventions.

it came to USC and gave now over $20 million. They said, can you come up with a nutritional program, a very precise nutrition formulation that people can eat over five days, but it mimics the benefits of fasting, and we fast with food.

And that was the biggest intervention. Some years ago. We did that invention 14, 15 years ago. We we we tested it in mice. As you develop any, any potential medication that we went to humans and now we have tested, we called it proven.

Is it promote promoting longevity and prolonged. That was tested in 32 clinical trials done in over 18 universities. We're talking about Stanford, USC, UCLA, University of Miami, University of Indiana, University of Milan, Genoa, Heidelberg, Charité, 18 universities around the world have tried and tested the first immunity lab for lipid disorders, for diabetes or even cancer, and for metabolic health and the results are amazing because it's one natural intervention.

We were bored with fasting when when humanity's, you know, weather evolved or it's got creation. There was no food around this. That's really exactly.

Right. We seem here like we're bringing a Wow intervention. And at the end of the day, just hey guys, we've been over eating for the last 40 years. Go and starve a little bit because your balance your body, rebalance your body.

Our ancestors have done that for, for years and years. And this is what kept them very strong and very healthy in my. They were looking to talk about it, but one of the biggest benefit with, with fasting, with trauma is maintaining muscle.

Muscle mass is very important for, for reproductive health, especially on the men's side with testosterone and the

performance there. So it's it's an important factor in just, fasting increases growth factor in the body.

And because it's not water fasting, it's fasting with food. This is what problem is. Again, it's a precise formulation. When you go to prolonged you get a box of food.

It's all plant based by the way. It's all non GMO, gluten free, low carb friendly source of protein. So the product is is super clean and super healthy, plant based great for health outside of fasting but mimics the benefits of fasting.

and it nourishes the muscle and therefore the muscle is maintained, which is very important when you want to cut fat, you don't want to cut muscle with it.

A lot of people are jumping on the GLP one agonist and and the semaglutide, the Ozempic, etc. and you're going to lose fat, which can help a bit with PCOS, insulin resistance.

They can lose a lot of muscle with those and that's a little bit dangerous. So that's it's it's science meeting nature. We're not bringing a concept that it just fasting.

And even in the old medicine books, fasting was at the core of the interventions. It just we started eating all the time and we're eating a lot of chemicals in our food, etc., that that were not fertile as, but I have a story here just due to to say which is going to a little bit, I emphasize how natural and how effective you know, fasting is.

Right? So I may, after I joined NHS, I'm a c of a neutral we produce problem. We do the research behind it. And when I would just first took the job, I was sitting with my father and with two other business gentlemen, and they invest into, into chicken farms, in the chicken farm business.

and the uglier. So, you know, they sell eggs and they were talking to us and whatever. And then finally they asked me, like, what do you do in life? And I said, I just embarked on what I think is something is going to change humanity, bringing back fasting to the word, helping most of us, most of the new diseases or the proliferative diseases, cancer and diabetes and Alzheimer's could.

If we eat healthy and we rejuvenate through fasting, we're going to potentially support those groups. And then they're looking at me completely unimpressed, completely unimpressed, and I was like, why?

You're right. I have this. And then like, this is what I would chicken. I was like, what do you mean? they said, so a chicken at the prime time, which is four month old or five month old, lays six eggs in a week.

So six out of seven days, it reproduces in it. And then when the when the age, as the chicken ages, it goes down to four five per week and then four per week and three per week.

When the chicken lays three extra week, they actually shut down the lights. They fast them. This is what we do in animal trials. So when you do prowling in mice, you do with only three days because the metabolism is fast, the first of three days delay their feathers, they rejuvenate you feathers, and they go back to lay 5 to 6 eggs per week.

Oh my God. So you they it reverses, they know, to reverse the biological age and reproductive age of the chickens. This is the fastest. It's a standard of intervention that that farmers use to to get a better egg yield in their farms.

I was like that's unbelievable. That was that is incredible. What an incredible story. It just shows you I mean, interdisciplinary minds really make a huge difference in the world.

It's a big proof of rejuvenation of production. And I wanted to mention this story. I promise you a very big, pride story in here. Oh my God, every mother and father listening to us.

It seems we've been using this for a long period, and we know for three days an animal equal to five days in humans, because I really thought it was a little bit, a little bit slower and works a little bit different.

So again, it's grown on five days fast. I mean, we don't want you to starve with water fasting. It's a fasting mimicking diet. It's a five days only. And what you can do is you can do program.

You only do it five days a month. So it's just you order your three boxes, you get you get to do with three months in a row. You do box one. And if you if you're doing the prime minister with that Cleopatra, which as you know, is a four month program, you just order the three pro month one, you start with the five days, month two, and then you continue the program with Doctor Cleopatra. Month two.

You do the second on monthly, you do your third pull on that. You've rejuvenated three times. And the the, the science is showing us that you can reduce your bio age by 2.5 years and that quickly.

Muscle Preservation and Clinical Evidence

But this show saw the article. It was published in nature. Nature is the number one. Science or not the word. And maybe we could share it. Even here. It's ink.

It's incredibly difficult to get, a paper, a study published in nature. So look at this fasting mimicking diet, which is the prolonged diet causes hepatic and blood marker changes, indicating reduced biological age and disease risk and the reduction in biological age.

What we referred to this in the Prime Esther protocol as biological, epigenetic, reproductive age, but that mirrors the the broader biological age of 2.5 years from three cycles of prolong.

So in the Prime Minister as as Doctor Antoun was saying we want to do it. You want to be prime minister for at least 120 days leading up to conception.

So month one, you do your prolong for five days. You just order them all at once, do your month one the next month, you do your second one, your second cycle.

The third month you do your third cycle, the fourth month leading up to your projected conception date. No fasting. We don't want, increased detoxification.

We don't want to be fasting. And we obviously aren't going to be fasting during pregnancy either. But we really want to leverage fasting. And this tool for fasting with all of its benefits, without any of the downsides in the Prime minister.

So it's it fits perfectly with the Prime Minister protocol. And, I'm just the these findings are incredible. So published just in February. Yeah. Very freshly published data February 2024.

But this is one of dozens of studies that have been published on this fasting mimicking diet prolonged so and and like Doctor Antoun said, I was there still at USC in the in the longevity school where Doctor Vats or long ago when these studies were first beginning.

So it's just really incredible to see the evolution and let me tie back in what you were just talking about, Doctor Antoun, about preserving muscle mass, because we consider both fat and muscle to be organs of fertility.

They're critical. You want to have the right balance of the two. You don't want to have so much muscle that you don't have enough body fat, and you don't want to have so much body fat that you don't have enough muscle.

You need both a strong amount, a decent amount of body fat, and a strong muscle presence in order to have your healthiest reproductive health. So it's really it's really critical to be able to use this tool, get all of the cellular rejuvenation, all of the, metabolic biologic benefits, biological age benefits, weight reduction benefits, and insulin sensitivity benefits it and I should say weight reduction benefits if you need them.

And not lose any of your muscle mass in the process. So this is incredible. So, so Doctor Antoun is showing us the

portal for prolonged. And we'll also make sure that you have easy access to being able to order your prolonged if you want to do this.

Yeah. And they went here to tell everyone when you go to the website that you can click on science here and you can see on the articles. And I pulled the one on muscle because you mentioned that we have. Yes.

Application. The European Journal of Applied Physiology, talking about how the fast name beginner does not reduce muscular skin because people think, oh, I'm going too fast, I'm going to lose muscle, which is true.

When you water fast, you are the muscle. This is why the fasting mimicking light nourishes the muscle. And it actually, maintains it. So. And we went all the way for athletes this trial.

Actually, we have now two trials showing no muscle loss, but this one we went for athletes, men athletes because this is, these are the ones that gain the most and lose the fastest.

Yeah. Even with athletes, you don't lose muscle. Actually, we have NBA players, NFL players, they do pro long in the offseason to cut fat and protect their muscle mass.

So this is this is critical here as well. There's plenty of articles here all in the top medical journal Jama. Look at that. Yeah absolutely I mean this one's and the training versus the training data etc..

For those who want to read more about all the clinical trials, you can go to the science section of colon and or bipolar. Wonderful. Thank you so much.

Thank you Antoun, before we wrap up, I love this conversation so much and I, I would love to talk to you for another hour. I want to ask you two questions.

The first question is if there were one thing that you could tell the mom, data person that who's listening to us right now about taking care of their fertility and their future baby, what would that one thing be?

And I would say it from the heart, because I'm a dad as well. And I had my third boy at age 43 or 44. So went through this very successfully. Three boys, I think, I think what matters the most in life is what impacts you on a daily basis.

And at the end of the day, it's your happiness, your social capital, your year. And this is shown very much in, in, in even longevity studies is if you're happy then you're in, you're serene and you have your friends and your family and well invested.

Then you sleep better, you eat better, you exercise better. Your blood pressure is better. Inflammatory markers are better, right? It's another multi-system intervention.

The way the same way we talk about fasting. Tune in, intervene at every cell, be happy and be serene and safe and and stress less. And that's that's a big thing.

Don't stress about it. Just be happy and deal with it. and and number two is the second thing you do every day is food, right? Yes. And food. And and you age every day.

So, so we want to use happiness to slow down aging. We want to use the approval and fast mimicking that to help you slow then also your bio age. But food. This is what took me out of medicine.

and and and brought me to nutrition because the true pill that everyone takes every day of their life is called food. That's right. But unfortunately, historically, the food companies that just wanted to explore our palate and they sold us bad food.

So we stayed away from food and we went to meaning food is medicine. We actually overconsume food. But we

stayed away from the concept of food as medicine.

And we went for pills and medications. And obviously pills and medication are great intervention for so many health conditions. Nobody's negating that.

But is a much bigger role for nutrition as medicine, for food, for longevity.

Practical Fertility Advice and Closing Thoughts

And food is medicine. And this is why we, you know, our company is longevity through nutrition. And we decided to be the first nutri technology company that puts science behind food for longevity.

And food is medicine. And this is what I invite everyone to to go and read more about. Is it we eat four times. I mean 3 to 5 times a day. this is the pill you're putting.

This is the only product you're putting in your body. Make sure you're eating the right thing because it impacts every cell in your body. So, big recommendation be happy, eat healthy, do three three times fasting per year.

This is what nature is about the spring, in the winter. And you know, our ancestors had phases of no no food. It was the body. Use that to burn the fat like this.

Yes, you stuck it when you have it and then you burn it when you need to. And you're exactly. Cells. and, and. Yeah, this is what I would recommend, for folks to do.

It's beautiful. I just want to underscore what you said, that what you do on a daily basis is the thing that impacts you the most. And if we can find the way to be high in social capital, to live from a place of happiness that doesn't mean that stress won't exist in life.

But how we engage with the ups and downs of life still can allow us to be steady and serene and happy on the inside. and then the other thing that we do every day in the pill that we really are taking every day is the food.

So choose wisely. And I love that. That's so compatible with what we say. We say that food is is the number three epigenetic input. And the first, second and third thoughts.

Sleep and food are those because of the sheer frequency with which we put those pieces of information into our system. And they're such powerful pieces of information.

So nutrients both food supplementation prolong. So thank you so much for that. And then the last question that I want to ask you is also a feeling when you hear the term Super Fertility.

What what feeling does it evoke in you. Well it's a feeling of, I think, empowerment and it's a feeling of and do attitude. Right. Because we've, we've, we've we all look for doctors when it comes to medical expertise.

And doctors have been trained to be a little bit learned helplessness. Oh it's used you have diabetes for the rest of your life. Yeah. You have a fertility issue.

You have cancer. You have Alzheimer's. I think Super Fertility is self-belief that I can do something about it. And this is something that instead of me being labeled because we get used to that labeling ourselves with, so many conditions and depression and ADHD and this, that every time we meet somebody now they have a label somehow on their back and the medicine that they have to take.

I think the power of healing is within us. And Super Fertility means look back inside of you. Each one of us have 37 trillion sat beside billions cells, a trillion cells, billions and trillions.

And a lot of them are stem cells as well. They can rejuvenate, they can heal. You know, when you go to a kitchen

and if you're cutting a cucumber and by chance you cut your a little bit your skin, you don't go and put pills and it just you just put a Band-Aid, take the trauma off.

What does it mean to put a Band-Aid on there? Just take more trauma. Don't rub it. Don't add to it, and it will heal the same way. The breach in the skin is healing on its own.

The stem cells come in, the cells rejuvenate. It's, you know, same way. Internal health condition and even emotional status can heal. We just need to take the trauma from it.

We just need to take the the, the the negative ideas out of it and the labeling out of it. And just re empower that rejuvenation from within, which will unleash reproduction and profitability.

I love that so, so very much. Super fertility is empowerment. I can do attitude that and a self belief that there are things that that we can do and looking inside of ourselves for the answer that the Super Fertility book will be, coming out hopefully in 2025.

And that's one of the main premises, is to stop searching outside and and to look, look inside for the answers. And I love that. So much. and you talked about the labels that everybody's walking around with.

And that's why we earlier you saw me ask a question about infertility and put it in quotes, because we don't use that term at the Fertility and Pregnancy Institute because we know only approximately 3% of the human population is truly sterile.

And yet one out of six are walking around with a diagnosis of of infertile. And we know that the overwhelming odds are that you listening right now, if you've been diagnosed as infertile, your overwhelming odds are that you're not infertile.

You're facing fertility challenges that are temporary and that can be overcome. Look, by looking inside and applying the tools to that multi-system regeneration that we've been talking about.

So Dr. Antoun, this has been so beautiful, so powerful. I want to thank you for being part of the Super Fertility Summit, and for all of the wisdom that you've shared today, the incredible science, and also the heart and soul behind it.

I appreciate it very much. I want to say two more things. Number one is we are 40% pre donated as a company to the Creator's Foundation. So anyone who's going to support us, we're doing ProLon and that's just changing their life.

But they're actually 40% of the entire company is pre donated by the founder to the Creators Foundation. And number two we promised to change somebody's life today.

Probably we did that and and and help many people's life. Please share what you what you learn today with others. We other grassroots movements. We're not here.

you know, raising funds and putting stacking millions to go and build businesses and just to be in the next food or pharma company. We're here with a big mission and a true science, and this is a grassroots movement.

So anyone who learned something or few things today, please share it with your friends, with your family, with others so that they benefit at the same time from it.

Absolutely. Thank you so much for that. And I agree wholeheartedly. Thank you so much for being here. Thank you to each and everyone of you listening until next time.