Fasting Decoded: The Truth About Intermittent And Prolonged Fasting Transcript

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The five-day fasting is a very, very important reset to the body. Resetting metabolism, you're losing a lot of weight, which improves blood pressure, blood sugar, and blood cholesterol, et cetera.

And you rejuvenate the cells. There's nothing in medicine today. It is no pill. there's no surgery. This is Dr. Toms. Hi everyone and welcome to the Fasting and Longevity Summit 2.0. Last year we had 55,000 people that watched our summit and I'm pretty sure we changed the thousands of lives there.

This year hopefully we're going to have 75, 000 or 100, 00 we'll see. I'm Dr. Joseph Anton, I am the host. I have spent decades of my life in longevity, started as a physician and turned into prevention and living a healthy long life rather than a sick care system where you live is sick.

And actually we're not even living long sick, the US population lost 0.5 years of our lifespan last year. So we are living more, a bigger portion of life sick And then we're dying even sooner, which is unbelievable concerning in light of spending over $3 and $4 trillion per year on our health system.

Today, I want to talk to you about a very critical topic. It's fasting for longevity. What are the types of fasting? Because there's a lot of misconceptions.

Some people tell you intermittent fasting is good, some is bad, and you study here and study there. But on average, most people are convinced it's healthy, but I'll tell how it is healthy and when it isn't healthy.

And then I'm going to tell about the prolonged fasting where the magic happens and why we invented the technology of fasting with nutrition called the fasting-mimicking diet.

So let's start. From a high level perspective, there are two types of fasting. The intermittent fasting phase. Intermittent fasting, meaning fasting zero hours, right after your last meal, all the way to two days, 48 hours.

We call all of that intermittent fast. When you cross day three and you go longer and your fast, we call that periodic or prolonged fasting three, and beyond.

Why we divide fasting into two major types? Because the first type, the 48 hours, first reaction of the body is to say, okay, I'm not eating, and I don't have calories, so I will go and tap into the reserves.

I am going to do a comparison between the buddy on intermittent fasting and a company that has no revenues. It's the same way when the Buddy doesn't has calories.

What do you do if you are the head of this company? First thing I say, well, I don't have revenues now. I'm not selling well this month. Let me go and get some money in the bank because I have saved some in a bank.

So first I go to my checking account and the body in first few hours goes to the glycogen. Glycogens are small storage of extra calories in body, mainly the muscle, some and liver.

And this is where the money goes first. That's our checking accounts. Hours, the first hours of fasting. Then again, if you have your company and you said, okay, I'm depleting my checking account, let me tap into my savings account.

And the buddy says, Okay, after almost a day now saying, Let me go and tap. Into fat. Let go break down the fat that I stored. I turn those into ketones.

So the debris, the cuts, when you cut the fact, it goes into small ketone bodies. This is why you say when

somebody is fasting, they are in ketosis. It means they already.

have went through hours and hours of fasting and now they're tapping, they are breaking down the fat. The same way you go and you tap into your savings account.

Now, when you start depleting the savings account, what are you going to do? You're going go and tell the bank, hey, I need a credit card or I needed a loan or need to borrow something because I'm still lacking funds.

The same way the buddy goes to deliver and ask the liver, liver has some extra calories, ask deliver to to something called neoglucogenesis. Can you dump more calories into the blood?

Because we need you. We need your bank, loaner, credit card. And this is what happens after day one, getting close to day two. Now, when you deplete your checking accounts, your savings accounts.

When the bank is saying, I gave you the money I can give you, now I have to stop. What are you going to do? You're in a crisis mode. You are in stress and in crisis.

This is the transition from intermittent fasting to prolonged fasting after day two or day three. And then what do you do if you have a company and now you depleted all the checkings and savings and your loans?

You're gonna restructure your company. You gonna come in, you gonna gather the team and say, hey, we gotta fix everything going wrong to survive another day.

We're going to cut unnecessary expenses, We gonna transition some of the funds from this department to that department, and we gonna fix anything going, wrong.

And this is what the body tells the cells after day three. Please consume all the debris and organelles, whatever is left over within the cell, a process we call autophagy.

Self-eat, self-rejuvenate. And, this process won the Nobel Prize in Medicine in 2016. It's very important. This is the first time we're talking about something impacting every cell in the And when every cell is fasting, every cells lives on calories, it is impacted, is involved into this fasting process.

This one intervention is impacting, we call it upstream intervention, and it's impacting the entire body. And look what's doing to the cells. It's telling the cell to rejuvenate, fix, heal, reprogram.

Practice autophagy, Nobel Prize in Medicine in 2016. It's very powerful because this is a miracle of biology. When we say we have a doctor within, this the doctor with it.

Fasting, especially prolonged fasting, awakens the Doctor from within. it's a natural healing process. Our ancestors, thousands of years ago, they did not have food all the day.

They were not ordering Uber Eats at 10 p.m. they had pairs of food, especially end of spring and summer. And this is when they stored a little bit of extras, both in storage and in fat.

Then when you go through the winter time, there was a lot of periods where there were no food migration and snow, et cetera, and their body knew what to do.

Consume the fat, rejuvenate the cells, and then in spring you flourish again with nature. We lost these cycles of fasting and nutrition. we eat all the time today.

This is why we keep storing fat. Insulin resistance with aging. And then we developed insulin resistance, and that's the mother of almost a lot of or all, almost we don't want to say all age-related chronic conditions.

Diabetes now with diabetes type 2, cardiovascular health, cancer, a lots of cancers are linked now to our lifestyle,

especially nutrition and especially insulin resistant.

And Alzheimer's, we started calling it diabetes, type 3. It's intoxicating the brain with insulin resistance, with glucose, and with molecules coming into the brand that otherwise should not be absorbed into to the body.

This is why it's so critical to get into this autophagy, to to this total body audit and rejuvenation phase. If you watch a car race, the cars are going fast and the engine's getting tired and there's wears and tears in the wheels and what the car does.

It goes to a pit stop. The engineers come in, the mechanics, they look at what's going wrong. They change the wheels, change to gas, fix whatever is going on, and then the car goes back stronger, longer to the track.

We need the same things. Going at full speed of life, stress, lack of sleep, overeating, concentration of calories, conservative things that we're putting in our body.

from time to time, and we recommend three times per year, two to three. If you don't have any health condition, you can do it two or three time per years.

You gotta put your body into rest, into a full reset. Gotta reset your cells, gotta detox. Lose the excess weight, lose the toxins, then go back stronger, longer.

This is the importance of the prolonged fasting. Now you dont wanna go for days and days, some people go extreme for weeks. Then you become depleted. A company that has no funds for a longer period is going to lose some of its own best people.

They're going go and apply to other companies. is going to lose supply and sales for the next month. It's going be in a detrimental, it cannot order its own supply, cannot sell, can not market well.

And then there's a vicious cycle. So it's good to stress and then re-feed when they see a restructure of the company with his team. The same way when the body does autophagy, now you want to bring back food and it evolves, the companies evolves into its best way.

This is how the buddy also rejuvenates even after the fasting with the refeeding period. so that it flourishes in the right direction with new cells with healed cells.

So, intermittent fasting, 0 to 48 hours. prolonged or periodic fasting, three days and onwards, we recommend you stop at day five. The five-day fasting is a very, very important reset to the body.

Resetting metabolism, you're losing a lot of weight, which improves blood pressure, blood sugar, and blood cholesterol, etc. And you rejuvenate the cells.

There's nothing in medicine today. There's no surgery, there's nothing in healthcare. They can rejuvenate the cells of the body like a prolonged fasting.

And then you stop at day five, you refeed and you're going now back into the right direction. Hopefully you reverse the bio age of this cells. So important, so important this autophagy process.

You reverse the biological age score of your cells and then your body is younger from the inside and is healing from inside. If you have diabetes, if you other chronic conditions, inflammation, the body's trying to heal.

The wake is the doctors from insight to try to heel and try be biologically younger. Why it's important to stay younger than your age? Fasting or prolonged fasting is one of the most important interventions and one the more proven ones.

To stay younger than your age, remember this expression. I want to stay young than my age. My chronological age

is 50, let's say, or 55 or 60. If I wanted to be 40, I wanna be 35, if I'm gonna be 45, then I don't want be equal age to my chronology age or even older.

Why I would be younger from the inside? Because 90% of us die from one of four diseases and they are age-related diseases. Right? Cardiovascular disease, diabetes, cancer, and Alzheimer's.

You don't get Alzheimer at age 22. If you didn't develop your type 2 diabetes your blood sugar started increasing at 23. It increased at 55. you don' t get alzheimer's at 27, you got it at 70. if you didnt get the first cancer say colorectal cancer you dont get it.

at 22 you get at the age 55 and 60 and 65 and 70 And so on and so forth, you're not going to get your first heart attack at age 27. Your first worry at the age of 27 is not a heart.

You're worried about a hot attack when you are 55. And this is a big concept that medicine ignored. This is why medicine still practices sick care. Medicine ignored that aging of the cells from the inside is the true sign of health.

The unit of measurement of longevity should be your age, your inner age. The age from the inside. Age of the cells. the age of your metabolism. Because the younger you are, the further away you're from your diabetes, cardiovascular event, Alzheimer's and your cancer.

And one of best ways to stay younger and away from what's going to kill you, what is killing 90% of us, is to do the prolonged fasting. Now, prolonged fasting for five days is not an easy thing to do.

It comes with all these benefits that we talked about, but it also comes side effects. When a CEO of a company has no money, there are problems also. Yes, he's going to restructure.

The bank account, the fat will decrease, But there also side-effects. There are headaches, muscle loss, fatigue, risk of low blood sugar. So it's a stressful process.

And this is why the scientists in 18 universities got together, led by USC and Professor Walter Longer, who's the grandfather of this fasting discipline and the new invention that is called the fasting mimicking diet.

So all these 18 university got it together. And the National Institute of Health started funding the process of discovering what we call today the Fasting Mimicking Diet.

What does that mean? It's a nutrition, it's very precise formulation that researchers have studied at Allutra and all these, Allitra is the company that manufactures it and researches it.

And all of these 18 universities, they developed this food, this very precision nutrition formulation, all plant-based, healthy, gluten-free, soy- free, lactose free.

So very premium, high quality nutrition. But when it gets into the body, when you eat it, the cells and the blood to not send signals of food. So it's a fasting-mimicking diet.

You're fasting and getting the benefits. Your doing autophagy, cellular rejuvenation, you're resetting your metabolism, your losing weight, and actually with the fasting mimicking you protect the muscle.

This is very important. And so the fast mimiking diet is a way that allows you to fast for five days for a healthy longevity. and without having to starve your body with no calories.

It makes fasting compliant, easy, and more fruitful. Its an enhancement to the fasting experience. So these are the two types of fasting. Intermittent fasting for weight management, resetting the metabolism.

And there's multiple ways, there are multiple names there. There's those who skip breakfast, we call it 16-8. 16 eights meaning 12 hours overnight of fast plus an extra four hours because you skipped breakfast and now you're

going all the way to lunch.

We call 16 hours, eight hours fasting and eight of food. There is, if you say 24, it means 20 hours of no food, four hours food. There are those practicing what we call OMAD, one meal a day.

You're just eating one time a. And so intermittent fasting in general is beneficial. there's two types of science behind it. Whenever you do observational trial on intermittent fasting, you're just watching people and you study them when they do intermittent fast.

Typically the results there are not great. Why? Because people do the wrong intermittent. They're eating late at night. And then they skip breakfast. Most of us, we're like, oh, I wake up in the morning, um, and I don't have a big appetite.

But if you research it in depth, so you're not hungry in morning because you ate later at night and you had a little bit of Friflox and it's giving you a bad taste and, you don' want to eat in th morning.

You just say, Hey, i'm not a breakfast person. I can easily skip. A lot of people do that because. They have not finished their dinner early at 6 PM. They had not walked or spent two hours before sleeping.

Because believe me, if you do that, you're going to wake up hungry the next day. One of the signs actually, one of, the, If you want a secret here, and one the science to be doing the right nutrition and fasting and living healthy long life is to sleep a little bit hungry.

I always say sleep on a, little hungry, too much hungry you can not sleep. Being full and sleeping is wrong because you're stocking the calories that you ate at night.

Whatever you eat at nights is going as a reserve. There is no exercise when you sleep. Your heart rate is low. You're not moving. So you basically end the hormone, the anabolic hormones are up at the night, growth hormone is up and incident a little bit later, early in the morning.

See, your body is ready to pick up the calorie at that. Whenever you heat, excess goes into fat. We used to say in the 80s and the 90s, calorie in, calories out, that's not true.

What you eat before sleeping is mainly going to be stopped, what you ate in morning or during the day is going, you have catabolic hormones, is gonna be spent because you're moving throughout the night, your thinking, and your entire body is active.

So when we do observational trial intermittent fasting, people by default that do intermittent by skipping breakfast are a little bit late night eaters.

Not everyone, I'm not generalizing, but a lot of them. So when you mix the results, the result are not so positive. This is why a lot of people are confused today.

Is intermittent fasting good or bad? Well, actually, if you do it late and intermittent fast, meaning you're eating late at night, and then you are skipping breakfast, Actually, results are more negative than positive, because there's nothing worse than eating late at night.

Even skipping breakfast the next day cannot overcompensate to eating at late night and therefore the results are mixed. Now when we do randomized clinical trials, when come in and intervene and tell people what to do, we tell them You know, finish your dinner at six or seven or max eight and then stay without food to next day.

So they're doing a front-ended intermittent fasting. They're pushing their dinner backwards and they starting early and now you have a perfect night's sleep.

You didn't store the fat during the night. You start burning fat in the morning because you ate your dinner early and

you continue the fact burning throughout the day because your skipped your morning food.

This is where we see positive results from intermittent fasting. We see pro longevity results with intermittent fastsing when you do a front ended intermittent What I'm saying here is very important because even a lot of doctors are confused.

Is fasting good? Should I tell my patients to do intermittent fasting? Shall I them or dietitians or nurse practitioners? They're all interested. They reading the benefits of fasting.

But for every four positive article, there's one negative article and they're confused And I'm here trying to clear the confusion for everyone. If you eat your dinner early, you practice intermittent fasting by sleeping great overnight, not eating food overnight and then adding a few extra hours after that to continue the burn.

This is where intermittent fast helps you lose a lot of weight and is pro longevity. For a max longevity benefit, we recommend you just do that 12 to 14 instead of 16 because we believe breakfast is not bad.

So a lot of people ask me, how come you're asking me to do breakfast and to doing intermittent fasting? Well, this is what the centenarians do. This is one of the biggest secrets.

that we uncovered from people living 100 and beyond. They eat their dinner early. Most centenarians are not watching late night movies, they're not staying up late.

The actually sleep very early, They have their diner at 5pm, at 6pm max at 7pm. Then there's one or two, three hours before they sleep. And then they still have the breakfast the next day.

So they actually practice 12 to 14 hours of intermittent fasting and still had breakfast in the morning. This is very much pro-longevity because you see all the positive factors came together.

We had dinner, but early dinner. We didn't sleep on a full stomach, so our body and the biological age of the organ, biological clock of our organs is not interfered with.

They didn' stock calories overnight. Didn't increase insulin resistance by stocking those calories. And the next day, they still ate in the morning because guess what?

We need food throughout the day. People always ask me and they ask the founder of our company, Professor Walter Longo. He's the author of the Longevity Diet book.

If you want to read about all this, all what I'm talking about in a concise, precise way, go read the longevity diet book by Professor Volter Longa. And it's most scientific evidence behind what we're talking.

But a lot of people, they don't understand it or they're confused about whether breakfast is good or bad. Well, breakfast is actually very important because it gives you the calories in the morning that you need so much.

Your heart is pumping faster in a morning because you're walking, going to your job, cooking at home breakfast, doing to the gym, whatever you are doing.

You're muscles are active, your brain is the most active in morning as you work, as your cater for your kids, etc. Whatever you do in life. So there's a demand for calories.

In the mornings, you want to supplement that demand. Now breakfast becomes bad. If you ate at 10 PM and you still ate that 6 AM or 7 AM, you're just in a constant eating mode.

And of course, then you over stacking calories, more so in the night than in morning. But then this is an oversupply of food. This is where liberty becomes less bad, so a big mistake.

by a lot of non-scientific theories in the 90s and the 2000s saying, oh, you should not eat breakfast and you eat every six hours. These are not the right recommendation.

The right recommendations is eat your dinner early, allow time for your body to rejuvenate overnight to sleep well, to start spending the calories and then when you need it in morning, just have your breakfast in I just took a little bit of time to help you understand all the theories and the science behind intermittent fasting.

Now, intermittent fast will not get you into autophagy. One of the biggest misconceptions out there is that, oh, I do intermittent-fasting because I heard that it rejuvenates my cells and I will live a healthy, long life.

Well, you might live healthy long-life because you are losing weight. You're improving your metabolism. Very important for inflammation, very important from blood pressure, It's actually an amazing intervention if you do it right.

The 12 to 14 hours circadian fasting, the overnight fast that we talked about, but it doesn't stress you enough to get to cellular rejuvenation. You've got to go to two or three days of fasting to Get there.

Remember the company with no revenues. If you have a delay of a few hours and revenue is not going to go and restructure the company, you're just going wait for it.

Your bank account drops a little bit. That's intermittent fasting. You're fat drops. It's healthy to do it every day the right way, but it's not gonna stress enough the body to rejuvenate.

The stress of autophagy. And reversing the biological age of the cells comes after three or more days of fasting. This is why the fasting mimicking diet comes here and it helps you go through that process in a healthy and less side effects.

And it enhances, it's a funded fast. There's macronutrients, there's micro nutrients coming to the body to help the cell rejuvenate and grow back healthy.

Hopefully, this summarized the types of fasting, the benefits of fast and how to do fasting right. And I'll see you in the next episode. Thank you for tuning in to Doctor Talks.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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