Summit Introduction and Guest Bio

Hey, everyone. Doctor Eric Linsky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event that has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, heart healthy life.

This is information your doctor will not be telling you about, so please clear away distractions and take lots of notes. No joke, you will not find. This collection of practical, natural solutions anywhere else online, from avoiding hidden toxins in your home that are currently damaging your heart to easy, natural product swaps to how to simplify lifestyle habits today, each expert will empower you with simple, money saving tips that put your heart health back in your hands.

And remember to keep this life changing knowledge at your fingertips. Be sure to grab the summit recordings and bonus materials for ongoing support in your journey to a heart healthy, abundant life.

And today, I'm thrilled to introduce you to Doctor William Shue. Doctor Shue is a physician executive with over 20 years of experience in diabetes care and clinical innovation.

Since 2019, he has served as Chief Medical Officer at El Neutra, where he leads the clinical development team and oversees medical and scientific affairs.

Doctor Shue also founded the El Neutra Health Program, focusing on pioneering strategies for diabetes remission and progression. Prior to joining Al Neutra, Doctor Shu was vice president at Harvard's Joslin Diabetes Center, where he directed global health care advisory initiatives across 12 countries.

He provided strategic consultation to pharmaceutical and medical device companies, as well as government organizations, and was a key contributor to the American Diabetes Association national guidelines, including the standard of medical care and diabetes, in various position statements.

His research has centered on the pathophysiology of diabetes and the application of telehealth technologies to chronic disease management. Doctor Shu earned his medical degree from the Econ School of Medicine at Mount Sinai, completed his residency in internal medicine at Yale School of Medicine, and pursued a fellowship in endocrinology and metabolism at Harvard Medical School.

He's also served as the assistant professor of medicine at Harvard, contributing to the advancements in clinical practice in education. And boy, are we going to get a great education today.

Let's get started. All right, doctor Shu, very impressive biography. When people hear things like Yale and Harvard, it's like they stop. It's a show stopper.

Legitimate. Legitimate. Expert. Legitimate experience. You bring so much value. And I'm honored that you're here. So thank you so much, sir, for joining us.

Doctor Z, thank you so much for inviting me. And, I really look forward to to our conversation today. And admittedly, and on purpose, I am ignorant of this topic.

I've underst I know a basic understanding of this topic, but I chose not to dive in too deep. Because you had wonderful talking points that you recommended that we go through.

But I want to take this and I want to preface this doc, I'm coming as a student, and I love this because I one of the reasons why I like doing these interviews and these sorts of things is because I have to always be learning.

So I want to encourage you all, we're going to go to school here.

What Fasting Mimicking Diet Means

Professor Shu, can I call you professor? We're going to class, so come on, let's go right at it. Like, what is FMD? I actually had to look up the acronym.

That's how ignorant I was of it. So, like, what is FMD? How does it relate to cardio metabolic health, and why should we care? Well, I think, you know, this entire, focus on the fasting mimicking diet.

That's what the FMD stands for. It's probably one of the best kept secret, so far in health care. And the reason I say that is because I think modern medicine has really forgotten, the fact that the body has the ability to heal, and we treat our body almost like it's something that needs outside help all the time and forget to activate some of the the inherent repairing system of the body.

What the fasting mimicking diet is doing is really try to activate these hidden genes, these hidden, ability for the body to heal itself, especially when it comes to, chronic illnesses.

I'll give you a very quick example that is, is that when we get a cut on the skin, what do you do? Yeah. I mean, yeah, there's, there's bleeding, there could be swelling, inflammation.

The the body starts to heal. But then most of us just wash it off and put a Band-Aid on it. And then the body to heal. Right. So the body has a built in system for this. Now, when it comes to chronic illnesses, yes.

We all the health care has been talking about changing lifestyles and so on, so forth. That is certainly important. But we forget the fact that the body actually has this ability to heal, even when when it comes to metabolic health.

And one of the the most potent interventions I think we can trigger these healing ability is actually through the practice of fasting. Oh, the fasting has been around for a long, long time.

In fact if you look at all of the organisms around the world, every living organism fast from time to time because nature doesn't always offer food. There is times where there's no rain, there's times when there is no food, and there's certainly the organism over the course of time, have developed mechanism to to adapt to these periods of fasting and then periods of nutrition.

But, except in modern days where we, we consume food all around the clock, there's virtually no time where we don't have food. And this hidden ability to respond to, to fasting has been kind of buried for a long, long time.

Until now. You know, in the 21st century, where we've begun to understand there is a intersection between nutrition, fasting and longevity. And this is when, by understanding the molecular mechanisms underlying fasting, we're now and able to really leverage different modalities of fasting to drive metabolic health.

And that's really the focus behind the fasting making diet. So one of the reasons why Doctor Shu I didn't do extensive research before this. I trust that you are the foremost expert on it.

And so I don't I feel like I didn't need to cover any holes. And sometimes when I'm just understand the microphone, you have to cover some holes and gaps, and, and I also wanted to have a level of ignorance because I wanted to ask questions that other people, other people would think.

And it's hard sometimes when you know the topic. And I mention that because of this, most people listening, watching have heard of intermittent fasting.

Most people have heard of water fasting. If you've opened up your Bible, if you've opened up any sacred tests, fasting is a core part of spiritual rites of passage.

Yet outside of that, I wanted to look at like, what is different about this? Like, I get the name fasting mimicking diet, but explain it like demystify this fasting mindset that we have in the health world that seems to have taken influencers by storm because everyone's intermittent fasting.

It's like part of the thing you have to do, right? You don't. If you don't intermittent fasting, you're not healthy. That's essentially the message that we're getting.

Talk us out of that or explain what this is, how it's different. Yeah, I mean, there's a whole field. The intermittent fasting, came about a couple of years ago, and it was estimated that 10% of all Americans are doing some sort of time restricted eating 16 AA intermittent fasting.

But I think, you know, I think fasting certainly has its role because it is also should not be very foreign to us because because we everybody fasts every single day.

Believe it or not, when we sleep, we fast. Right. And so just by extending the window of that period, it certainly has some biological effect. But what I'm referring to today is something that is deeper meaning that, you know, when when an organism in nature doesn't do not see or does not see food for three, 4 or 5 days, the cellular responses to that kind of calorie restriction or dietary restriction is very different than if somebody fast for 16 hours or 18 hours.

You can imagine, right? It's it's got to be a different lever. Right.

Autophagy, Cellular Repair, and Longevity

And so it turns out the way organisms survive through times of starvation and fasting, prolonged fasting is the cells. First look for other cells in the body that stores energy.

So they will go to for example, typically the fat cells or source of energy. But it also look inwardly itself to say, well, what if the fuel doesn't come?

How are we going to survive? So the cells look inside itself and says, well, what in my cell, cellular organelles, these are tissues and organs inside the cell.

Can I burn off as a source of energy, as a source of calorie, so that I can live another day? Now, you can imagine now that you know the the lifeforms that has been on Earth for however millions of millions of years.

That's debatable. But for a long time there is these structure, these mechanism, these key steps that the cells always take. So it's going to look at itself and say, okay, what is the least valuable things that I can burn off so I can survive, right.

You can imagine it's almost like I often use this analogy. I live in the New England area in the cold winter, let's say if your heater breaks down and you have a furnace, what are you going to do?

You're going to say, well, let's put some blood in there, right? To keep us warm until daylight comes and so somebody can come in and fix the heater. Now, what are you going to throw into the furnace is never going to be the most expensive furniture you have.

You look around and say, oh, the chairs have broken. Okay, let's let's break it off. Right. That's exactly what this the cell would do is say, well, I have no food.

It's been 3 or 4 days now. You know, let's survive. How do we do that? Well, you see the mitochondria there that that's kind of dysfunctional for a little while.

Let's let's get it. Let's get rid of it. What about that misfolded protein there right inside the cells. What about there are tissue and cellular structure that a little more worn out a little bit older.

Let's chew them up. And the body actually the cells actually did develop these digestive mechanism to eat itself. And the technical name is called autophagy.

Auto AG the cells eating the process cells. Now the cells actually survive for another day. And then more chewing of these older word ourselves for another day, another day.

Then obviously if starvation continues, the cell eventually dies because it just like, you know, it's like cutting off your arms and legs to survive. Yeah, but think about what happens when food becomes available again.

A six day, seven nature. In the rain comes. The food you know, becomes available again. Again. The cells now have these nutrients. Now the, the stem cell, mechanism of the body is now activated because now you want to grow back and then the cells now re expand.

They replace the old parts now with new parts with the new nutrition coming in. And so think about that process. What other process are you able to get rid of the older parts of the cells.

Now with the coming in now you're rejuvenating your recycling for the new and you're producing the new parts. You're making the cells younger. And that process happens in almost every cell, every tissue of the body.

This is regenerative medicine at its best, requires no drugs from the outside. It's all built in into every cell of the body. Now, medicine has but by and large neglected this aspect.

Until 2016, Professor Old Sumi in Japan won one the Nobel Prize for describing this autophagy process. And now the whole field of medicine is now turning into what does this mean?

What is the implication? How do we activate these repairing system in different disease day. So that's that's kind of the background, the scientific background.

And certainly we have to go into a fasting. The making diet is later. But this is the key there. Yeah. And we can see your screen doc folks I want to show you something.

Just pulling this up real time here. Or in early 2024. This is a journal nature. And this is a pretty powerful statement. And fasting mimicking diet is shown clinically to cause hepatic and blood marker change, indicating reducing your biological age and disease risk.

And this it seems clear. And I was hoping what we could do is highlight these are the benefits right. Obviously this is a context of heart attack and stroke prevention and recovery.

We're looking at even connection with insulin resistance and diabetes. So the top the top you know three of the top ten killers of the world. So this this process, this fasting mimicking diet protects normal cells while killing damaged cells including cancer autoimmune reduce inflammation, promote multisystem regeneration, extend longevity.

Essentially everything that you just said. Yeah. What I'm showing you, everybody in in pointing out this is well, well-researched is well documented and as like anything I imagine, in my context of this is the wonderful essential oil.

This is where my specialty is, and it's a two edged sword. As much as you could utilize essential oils to help heal, you could misuse and there could be drug interactions.

I mean, I know people accidentally put the essential oil into their eye and ended up having, damage to their body. So what are. So I wanted to cover some of the risks. The dangers.

If you don't do this right, can you explain how exactly this works? What are guidelines? Because I could see some well-intentioned people, myself included, who don't necessarily do the research, who ends up doing something willy nilly.

I can't live off of a granola bar a day, you know. Tell me, how does this work? Practically. So, doctor Z, you did your homework. You pull up that article right there, it's, it's certainly one of the most important articles that, that that linked longevity, fasting and then potential disease reversal.

This is a very important. So let me quickly summarize this paper. You show that just by activating this inherent body's ability to repair through fasting, in this case through the fasting mimicking diet, which is a five day journey, right?

So five days and three times, so five days per month, people going back to living their normal life to repeat five days that assimilated fast again with fast significant diet. That's another month.

And then five days another month is show all these benefits. Liver effect on down, insulin resistance, going down, immunoassay in essence gets addressed, meaning that the aging of the immune system gets addressed.

And also this reduction in biological age by two and a half years. Wow. Look, let me let me qualify that a little bit. Biological age is essentially saying that, it's a different way of, of characterizing someone's health.

You know, one person a person may be 45 years old, but he could have a 50 year old body, or it could have a 35 year old body. So physiological age or biological age is try to take aim at what is really reflecting the true health of their body, other than the calendar year, which is really, you know, not a very predictive.

So think about it. 15 days of intervention by this simulated fast we call the fasting to begin diet is able to lower that biological age by two and a half years.

Now why why is that important? Well, because today's medicine in our model of medicine, you know, the to today's topic is downstrokes.

Clinical Evidence and Biological Age Reduction

And and cardiovascular diseases. So you think about the neurologists take care of them and then you have diabetes the diabetes after the technologies take care of them.

And then you have cancer. The oncologists take care of them. Right. But you think about what is the common cause of that. Yes, there's lifestyle, there's obesity, there's all of that.

But aging is probably one of the most important predictor. In other words, 25 year olds typically don't have stroke even though they might eat like pigs.

Party like one and never sleeps at night and drink a lot. They don't get strokes, but because the body's ability to heal there is much more robust than somebody in their 60s.

Right. That's a fair statement. True. Yes. Oh yeah. Of course. And so this is why now by making the cells, by going through that slow cellular rejuvenation process, by making the cells go through autophagy, through simulated fast, now the cells become younger.

When they shrink, they digest itself and then re expand back with new components. When food becomes available, you're essentially making the cells younger.

And that doesn't only happen in one type of cell. It happens in the body. Now why is that? Because when there's no flow coming into the body is a universal stress to the every organ system in the body.

It's like when you run a company and your company's revenue is down by 90%. Every department gets affected. Every department needs to be restructured until you begin to chop of the people who you think are less efficient, you get rid of the unit that that don't function.

Then and then what? You've become lean and mean, and then you're able to survive the downturn. Now when? When now you become very efficient. You you're you're you're you're profitable again.

What do you do? You grow them back. Now this organization healthier than before. That's exactly what happens to the cells of the body. And and so in this example, by simulating that five day fast three times a year, just total 15 days, this is, this is amazing impact in healthcare.

So, so practically speaking, is this a is this a calorie counting mentality? Is it I mean, can you give us some guidelines of how someone can start to do it?

Is or is it just someone goes to proline and purchases the package and everything? I know everything is there or someone does that. So explain maybe some of the basics of how to's.

So, you know, one can argue. So hey, why don't we just go drink water for five days and nothing else and go to a mountain and just buy, just rest up and don't do anything.

Wine can. But the issue here is, is is safe. Is it safe to do this right? Number two, especially someone with condition, with a health condition without medical supervision, this is probably really risky to go off and just fast unsupervised.

Right. And that's why there is this new technology called the first American diet that was invented, in a university, laboratory conjunction in conjunction with Al Netra, the maker of this product.

Essentially, it was funded over 25 years by the National Institutes of Health, especially the National Institutes of Aging, putting in about $36 million of research money to ask a very essential question, given that fasting for five days may not be very safe, and also very few people will be able to do that, how can we provide some nutrients that kind of fly under the radar?

So people who are going through the fasting and making diet can get the benefits of fasting while you're being supported with the nutrition that's in the package.

That is the story behind the first thing we can diet fast for right now over a million people have have benefited from using the fasting mimicking day.

Initially we have a commercial product people can buy, call, prolong. But now as we go into health care, as we are talking about conditions such as diabetes, insulin resistance and metabolic syndrome, we now have a program with medical doctors, supervision, with dietitians supporting and this entire journey so that medications could be adjusted accordingly with the goal, with the eventual goal of restoring metabolic health while reducing the dependance on medications.

And that is the program called L Neutral Health. L neutral is the name of the company health, you know, suggesting this is really a medical program using still using the same technology that I described earlier that fasting mimicking diet, that flying under the radar.

How the FMD Works in Practice

But now in l l in l neutral health is now bundled together in this service so that your listeners and people who who wanted to benefit from the FMD can do it with MD support.

MD supervision, with RG support. It's a full fledged program. Well, I'm intrigued. I used to every every Monday I used to water fast. And it was wonderful.

It was wonderful for the season of life that I was in. And I found myself, you know, having a very predictable life at the time. Currently, we have six children.

My wife is pregnant with baby Z, number seven. And I will tell you. Yes, I'll tell you. I have craved and I've been craving to fast. But in all transparency, I get really, really tired when I fast.

And I wonder why. That well, and and with the demands I have with family, with work, ministry, everything that we do, I have not been able to find that time.

Nurses, like you said, I'm going to have to go away for a week to a retreat center with no obligations, just to focus on me. So what you're sharing here is almost like a too good to be true but proven science it is.

You can have your proverbial gluten free sugar free, dairy free cake and eat it too, right? So. So what kind of things? Explain what if you could when someone starts this, what are what are some things that they can expect?

And I want to preface this because I've fast it a lot. I've gone days water fasting. I did my daily or once a week. Oftentimes when I've done extended fast, there were headaches.

There would be, detox, some type of sin, symptoms, like achy joints. Next thing you know, my old shoulder injury from high school came out and like, one the world just obviously, you know, we know scientifically what's happening.

So what kind of things can people expect. And then boom energy. And next. You know, I feel like I'm, I'm I'm on cloud nine. And so can you give us through some expectations for people as they go through?

I think I wanted to address two different crowds. You know, one is the healthy individuals who wanted to drive longevity and health span. And that just good for health and wellness.

The the second crowd is people who have health conditions and want to use this to, to really help to activate the body's ability to heal. I think it's two different conversation, you know, speaking to the first conversation, first group, people who are doing this for health, wellness and longevity, I would say, hey, keep at it right.

So the body is go through many changes throughout this five day journey with the first mimicking diet. First day. What what's happening is your body is going to try to burn off those glycogen.

That story you in your liver takes about 24 hours. Then you go into fat burning mode. But the body still has enough fuel there, right? So it's not going to trigger these, these the existential threat of no food okay.

So it's by the third day for day that, that that the cell says, hey you know what? We're really not getting any food from the outside. Now we got we got to fend for ourselves.

That's when autophagy truly happens. So so by day three you're like, oh my goodness. You know, we call that a Bank of bankruptcy day. Like the body feels like there's just nothing coming.

Like we got to activate this emergency release right. And that's when autophagy probably likely to start day three, day four. And then it takes a couple of days for the for the cellular rejuvenation to occur.

The good news is the good news is the more frequently you're doing these fasting, the more metabolically flexible you are, meaning that you know at first.

If you haven't fasting a long time, you wanted to fast. Your body's like, where's my carbohydrates? You know, where's my sugar? Right? Yeah, yeah, I can use fat. But, you know, it's like, you know, it's like, burning carbohydrates.

It's like going to the ATM when you don't have money, you just say, hey, you know, carrying card outside. Two seconds. The money is in your hand, right now.

When you go into a go into a deeper deficit, you got to now maybe sell your stocks. Now, that's not so easy.

Triggers sell it and then cash comes in after a few days and then then, you know, gets transferred to your bank and now you can use it. Right?

So it's a deeper process. Okay. But the more often you do this, the more you fast, you become more metabolically flexible, much like when you go to the gym right the first day after you work out.

Oh, soreness everywhere, right. But if you keep going back they you can handle the same load now without soreness that physically we call that flexibility and strength metabolically it's the same okay.

So I would say yes you know a lot of these these aches and pains. And we call the keto flu sometimes people experience hunger because you're not you're not eating much.

Right. And you feel cold because your metabolism slows down for that few days. And that's natural. And, you know, it just gets better once you practice, fasting in the fasting, mimicking die, it makes it easier.

You know, it not only extends your intermittent fasting, period, but actually it triggers some of these cellular mechanism mechanisms, like autophagy.

Intermittent fasting simply is too short of a stress, too shallow of a stress to trigger these cellular survival mechanism. It's only through the practice of prolonged fasting that we're able to see these cellular rejuvenation, the biological age reduction, the present preservation of lean body mass.

All of these gets brought up with the longer fasts. But again, you know, that's why the longer fast is harder to do. It's it's it's probably 0.01% of the people are willing to do this or, is safe to do.

That's why there is this invention of the fasting mimicking diet. Have you ever heard of the Master Cleanse? Tell us more about it. I'm just wondering, because it's this is it sounds like an infinitely healthier version of that, made popular decades ago.

It's, I think it was Beyonce that made it famous. The lemonade diet is what she used to lose. 40 pounds in a month or something. I forget what it was, but essentially, you're drinking a mixture liquid of freshly squeezed lemon juice, maple sirup, and cayenne pepper with water, and that's all you're consuming.

Using FMD for Metabolic and Heart Health

And it's recommended to do that at least ten plus 14 days. And essentially what it it's it's it's it's tapping into the science of what you're sharing.

But essentially the flying under the radar nutrition is pure maple sirup sugar. And so that's what I'm and that's the diet. And so you could shed weight, and it became very popular, especially in very, very, we call it granola natural health circles in the 80s and 90s.

But what I'm hearing from you is a much more, well balanced bell bell balanced nutritional approach to this. So, I mean, any, any kind of examples of certain foods that people would, would be consuming.

I'm not sure if you can put the cap. Yeah. So inside the family member diet, it's a five day structure meal plan, meaning that it's a meal plan. You know, in these five days you just eat food from that box where there's soups in there, the bars in there, the, multivitamins in there.

They're. There are even drinks to help preserve your lean by a body mass. Everything formulated scientifically tested in 18 universities, which are clinical trials.

By the way, I just started our 42nd clinical trials. And so there is a lot of evidence around this safe, safety and efficacy. Now, the whole idea is you will stay in the box for the five day.

You just consume the food in there, you add water, there's soup that you can cook up. But but but you want it to give them maximum nutrition while flying under the radar. That's it's really difficult to substitute because if you say, well, I'm just going to drink juice, well, the cells may recognize that there is juice, there's sugar in there.

And if the cell says, oh, there's nutrients coming in, then it's not going to go into autophagy. Oh yes, we're short on calories but it still sends nutrients.

So it's not just the calories is the particular nutrients that's part of this. The this package. That makes so much sense. Yeah. And makes a lot of sense. Yeah.

And yeah. Absolutely. So maybe, if we have time. Well, let's go to the disease state, crowd there. So, yeah, I. Was going to say at this point, I really appreciate the thorough, exam, understanding and would love to, you know, at this point, land the plane and discuss metabolic health specifically.

Yeah. Heart. And just see any sort of encouragement that you can give to people, that are looking to prevent and or treat. Because now, you know, it's been 25 years since the the first, sort of, study was published.

You can imagine the 20 years of journey, that Professor Longo here has undertaken over these two decades. Now, we know there is application of this in disease state as well.

But because it works, we don't want to just say, go and buy this online, do it yourself and this is because safety is number one. That's why we create is El Nitro Health Program Y a program because he works.

That means the medication will have to be reduced. If you're on insulin your insulin dose will be reduced, even stopped, potentially. If you're on multiple drugs for diabetes and hypertension, those potentially could be mitigated through through multiple cycles of fasting, making diet.

And this is why we put together a very comprehensive program. Doctor takes the lead dietitian will hold your hand twice a month, you know, in a coaching program for course of six months, if you are, if you're interested in the metabolic health program or in a 12 month diabetes remission and regression program, the idea for diabetes remission and regression is really for people who say, look, I'm sick and tired of taking all these medicine.

Every time I go to my doctor, my doctor just tells me to take more in, more meds, higher dose of insulin, more injectables. This program is really aimed to, activate your body's own healing ability so that over time, with multiple, multiple cycles or SMD together with the know how of your medical team, we can safely do prescribed.

Another word for that is de-escalate your medication. So with the hope that one day your metabolic health can be restored free of medicine, free from the burden of diabetes.

And that's our goal. I love that. And where can people learn more? So, if you are in an interesting in the metabolic health program or the diabetes program, the supervise program, remember our company's name is called neutral.

Neutral. And that stands for longevity through nutrition L Neutral Health because it's a health care program.com. Again l-metrohealth.com is a mouthful I know that but this is where it really reflects the history of the company.

We started out with nutrition for long for for longevity. And then we discover the application of this technology in health care that hence l dash neutral health.com.

That's where you can find this, very innovative program activates the body's ability to heal medically supervised program. That's exactly right. That's how we get there.

Yeah. There it goes. Now, for our listeners who are interested in the, health and wellness of longevity, there is a much easier website called Pull Out life.com.

That's where you can purchase the the five day fasting that we can die kit. And, then this is a DIY, way to get three

cycles into it with the studies showing two and a half years reduction in biological age.

And that's where you have two options here, depending on what your goals are.

Where to Learn More and Final Takeaways

And I think it's important that we don't lump it all together because there are different concerns and and issues here. It's awesome, I appreciate it. This has been you've answered a lot of questions that were even unthought of as I was going through the last 20 some years of natural health and, and considering fasting and looking and other alternatives.

And I really appreciate this and thank you for the work. Thank you so much for, everything that you've done. And I'm really looking forward to diving deeper into this and, and even trying it myself.

So anything else that you would like to leave the listeners with before we leave? I think, you know, I just want to encourage the listeners to take action today.

A lot of us wait and say, well, I'm going to wait until the new year. I'm going to wait until the summer. I'm going to wait. There's no better time today.

And, the the fasting mimicking diet technology makes it easier for all of us to take a step, you know, in activating our own body's ability to heal it.

And we are here for you, with supervision. If you have a health condition, it's not to yourself. These are great options for you. So take a step forward.

I love it, I love it, folks. This is scientific fasting. That's safe. It's effective. It's proven. And you can have a guiding hand, which is more than what I could have asked for 20 years ago. Existed and exists.

Please prayerfully consider taking advantage of this and check it out. And as always, this is Doctor Erickson. Lenski, Malcolm, and you and your family truly experienced an abundant life.

And we'll talk to you soon. Bye bye.