Introduction and Guest Background

Hey everybody, we want to welcome you to the Peptides and Bioregulators Summit. Today I have an incredible treat for you. I have a longevity dietitian, a super woman entrepreneur in the Just Lady Boss space.

Just grinding through our community, providing so much value to everyone she interacts with. She is a nutritional master, a queen of fasting. She happens to be the Director of Education for all Neutra representing proline.

But joining me today is Renee Fitton So Renee, thank you so much for joining me. Thank you so much for having me and for a beautiful intro. I am so, so excited to be here and excited to dig into some nerdy stuff with you.

Heck yeah, let's frickin go! Well, the topic of the hour is probably one of my favorite longevity hacks because it's something that's universally friendly to everyone.

And before we had something like proline in our lives, we were suffering with sea salt and water and just trying to make it. And, you know, three day fast was like all I could handle unless I had something like proline help me to push it a little bit.

Why don't you, Rene, just give me a little bit of background about like, what does fasting mean to you as a longevity dietitian? And, and how did you get in the fasting community with al-Nusra, for sure.

So, I mean, what what does fasting mean to me? I think fasting is a huge umbrella term. It covers so many different kinds of fast, so many ways to fast.

So many different benefits. It is so targeted to the individual. We are getting out of our body's way, and we're letting it be the incredible scientist that it is and able to really start to personalize its impact on the individual.

So fasting means a lot to me, and that's why I think that there's just so much that we can talk about it. Truly. We could probably sit here for hours and hours talking about fasting, but we're going to have to consolidate it and still a little bit less.

But but what what brought me into this world was actually the, the what many people would consider the king of fasting and especially fasting, mimicking Doctor Valter Longo.

So Doctor Val Longo is my mentor. I was lucky enough to study under him at USC's Longevity Masters program, so he's one of the only, if not the only, a master's degree that you can get in health span and longevity for nutrition.

So I got to study there and then also went to Italy and studied under him, out in in Italy, where he does a lot of his research there. So that really is what piqued my curiosity, where I started to really think into the biochemistry, the science.

How does this really work, especially when we talk about fasting, mimicking, which is the benefits of fasting. But with food, you have to understand the science to justify doing it because it's counterintuitive, right?

So it's a lot of time there. And then from from there, it was just kind of you. You don't look back once you see it, it's there. And you can't, you know, you're not going to go back to just drinking electrolytes and water for five days and going through pain and suffering.

When you have the comfort of something as impactful and as effective without the struggle. It's so true.

What Fasting Means and How ProLon Fits In

I mean, like seven years ago, I got introduced to proline through a clinician friend of mine, and I was trying to for like a spiritual sense of a reason, like take three day fasts of like clearing the mind.

And, you know, in the Bible just talks about all these spiritual benefits to your soul and it helps your body just take a break. And so but it was so hard for me.

I used to be a type two diabetic, and I feel like I would struggle with blood sugar issues. And so when I got the prolonged kit I like to see the packaging is like the apple of a fasting mimicking support system, which, you know, I guess you guys are the only one out there.

I've never seen competition for y'all, but opening it up and realizing that I could be in this calorie deficit that would allow me to stay in a fasting state, that it also tasted good.

And it took the mental burden off, thinking that my blood sugars were going to be affected negatively. And it just really was intuitive in the way that you open it, the way that you utilize it.

And I had such an incredible experience with it. So I'm just like very thankful to the proline, you know, creator and that founder because before that, I just had such a hard time with blood sugar issues and stuff, just with just traditional water fasts.

And I feel like those olives just I'm in love with the olives in the kitchen. Freaking. That's my own personal effects out there, by the way. Like I used to be an olive hater.

These olives are, hate to say, life changing, because I feel like that might be a little too far, but they they really are so good. I could as even somebody who would have, I would have picked them off of anything that you gave them to me on.

Now it's like, oh, okay, olive tree. And there you go. The soups in the olives, they keep you going. It's crazy. So I so I'm curious. I mean, I know there's so many benefits to fasting and I love your superhero origin story.

And too, I mean, it's cool that you get to be, you know, learning underneath the master like that. That's how I feel with learning under Doctor Kent Holdsworth with the peptide community.

I mean, he's like 30 years inside his own field and I get to sit there and pick his brain. It's like a dream come true. But I'm curious, you know, down the pathways of what fasting affects.

Kind of what are what what do we turn on in a genetic factor? What are we turning on at a cellular level? Like what are some of the top things? Let's get a little bit nerdy, because I'm sure our community wants to go there.

And I know you know your stuff, you know? So yeah, no, sure, I think I think what's super cool about fasting is that, as I mentioned, we really are kind of getting out of the way and we're letting our body just do what it does best and it will when we go into these fasted pathways, it will turn things on and it will also turn things off.

And it is it's really quite broad in its impact. There are a lot of things going on, but I want to focus on some of the pathways that I think first, this audience is really going to be familiar with and knowledgeable on, but also the ones that I think are also the most impactful, especially in terms of longevity.

First of all, I want to talk about nutrient sensing pathways. So these are essentially what I like to think of as alarm bells on the cellular surface that are telling our body that food is present, are not present.

And for many listeners, some of these are going to seem really familiar. The big one that people are familiar with is mTOR. The other one is going to be IGF one.

And then the last one is pKa, which is usually the one that people are least familiar with. Yeah. And what we see is that when we restrict especially simple sugars and proteins, interestingly people are like amino acids really, even

though my blood sugar is not going up.

No. These are some of the biggest triggers because protein stimulate growth. That's also why we use them to build our muscle. And so yes, proteins are absolutely going to stimulate these nutrient sensing pathways.

And so when we fast we limit them. And that will allow us to down regulate mTOR and IGF one and pKa, which then will also upregulate things like Ampk.

And people I'm sure are starting to become especially familiar with Ampk. And it's how it can support with longevity and and cellular cleanup and rejuvenation.

And then what we're also starting to see also very I would say, especially in the fasting mimicking world, we we don't have as much literature here, but we certainly know that it's true with fasting.

Is that when we increase ketones, what we also see is that we inhibit some of the epigenetic changes that are negative or, problematic for longevity. That is also really kind of this, this two for one, we're getting this deep cellular activation, but also the ketone activation is kind of this other avenue that can really help us support with with longevity.

And then I'll talk about one more, which is that we we also see activation of NAD plus pathways. Right. And so this one like people are injecting NAD exogenous because of the benefits.

But what if you could just let your body kind of just turn that on on its own and support with sirtuin activation. Yeah. On its own. And that's what fasting does.

And that's really I think what I get so stoked about when I talk about fasting and fasting mimicking is this potential to get like so multi avenue activation and stimulation of longevity and optimization pathways with just one thing that you're doing.

And by the way, I also am a believer that you only really need to really turn on this lever maybe 3 to 4 times a year. If you're a generally healthy person.

So it's like it's kind of this clean up.

Cellular Pathways Activated by Fasting

And you know, before before we started recording Michael, we were chatting to about how for for this audience. Right. If people who are leveraging peptides and bio regulators, like if you really want this stuff to work, you need to make sure to that you have a really strong base and a strong foundation that your body can really rev up that activation and or whatever, whichever peptide or by regulatory using for whatever purpose.

Like you need a strong base. And what is a strong base cellular health. Right. Your cells actually be being able to do the things that you're activating them to do.

And that's that's what fasting can do. So I think they absolutely tie in hand in hand. Well, I agree, and I love the fact that like fasting in a sense, you know, we always say you are what you eat.

But I like to say you are what you restrict. And so like you, if you start to restrict the things that are damaging you, you give the cell the ability to rest.

Spirit meaning it takes a breath. And in its breathing cycle, everything you just talked about is the reproductive power of mitochondrial, the ability to renew a cell back to its homeostatic state.

And if you're constantly bathing cells in, saturating them with too many calories and too much nutrition and too much food and you overwhelm it, it never has the ability to clean it. So.

So I always see like a pro line style fast is really like an intracellular washing because you actually clean out the old and you give rise to be renewed and so it's a really powerful science, you know, in and of itself.

Because in the fasting world, I mean, every pathway you just talked about, they're even finding things like stem cell activation, they literally can activate your own endogenous stem cell production, not just nad power, but you're you're signaling the power of rejuvenation of your entire body.

And there there's nothing really that matches it 100%. But I would definitely say they're peptides, bio regulators and things that you can take inside or around of fast that would optimize those pathways that you're already activating, and you would just accelerate your body's ability to get into a longevity state.

Because really, I think the name of the game, if you're fasting five times a year, is to really be like in your supreme of longevity. It's just like there's nothing on it that that can really match that.

And so it leads me to some peptides, probably my favorite one that I would use inside of a fast. And it's the most longevity promoting is all of the pineal activating peptides.

Yeah. So all of the pineal ones, they have the ability to stop telomere shortening. So as cells divide it actually increases telomere length by by stopping that division.

It also helps with endogenous melatonin production. So I noticed that there's a reduction in cortisol. And here's the deal. One of the main stressors for us is constantly eating.

I mean we don't think of it as like a hormone stress, but it's takes so much effort for the body to process food. That part of the way that you unlock your adrenals is to go on a prolonged fast.

If you want to kind of take it to the next level, stack a pineal peptide like pineal pepper epithelial on or, you know, one of these pineal activating peptides, you'll go into deeper rest.

And even in a calorie deficit of a prolonged fast, I don't think I've ever slept as deep because part of circadian biology says that really we should not be eating when the sun goes down.

And so once you get into a fasted state in your last, you know, soup mixtures around 5 p.m., you're going to naturally be more restful at like an 8 or 9 p.m.

if you stack pineal pep with that, like a pineal peptide, you'll go into a sleep. I don't think you've ever felt until you have that combinations. I like to keep things simple, but I think probably my favorite longevity peptide to stack inside a prolonged fast would be a pineal activating one.

Let me ask you something if you know. Sure. Because one thing that I, I do work with a couple of practitioners that will leverage, like low dose GLP ones and things like that.

Yeah, yeah. To suppress hunger during the during the fast. I mean Neutra would, would you know, qualify that as, as a recommendation within the the fasting time with a PhD.

But I do know some practitioners that are doing it because it makes it easier because even though you're getting nutrition, breakfast, lunch, dinner, snacks, all the wonderful things, you know, it's still a reduced calorie program.

So do you have any thoughts on on maybe something that people could leverage for that purpose? Yeah. So I appreciate the GLP one space. I think a lot of people are not under the opinion of wanting to inject themselves.

Right. That's it just it becomes like a hassle or a pain. I actually like that. Integrated peptides has a mixture called can't Wait. Very clever name, but it works on the same pathway of ghrelin and leptin.

And it's a proprietary blend. The peptide is called DNF ten, and it's actually like an FDA approved oral based

peptide supplement that, again will reduce food noise.

So you could add can't wait into a prolonged fast. And then they make another product, which I really like. And I'm the director of education for them.

So, you know, this is what we do. But it's called gut feeling. So I'll take gut Feeling, which has AAC mancha, which has been shown as a keystone probiotic in patients who already have a healthy weight.

So if you're looking at the ultimate in biological terrain shifting, terrain modification is the name of the game to heal the body. So you've got to shift over from a microbiome that craves sugar and carbs and all these quick energy, caffeine, all this kind of stuff into a state of parasympathetic tone relaxation, rest and digest.

You start to shift the microbiome with something like AAC, Mansa, you're in a fasted state. You have something like can't wait, which turns down food noise, and you start to heal and seal the gut lining and you'll actually absorb things in a greater capacity.

And that nutrient absorption just starts to skyrocket your health and cellular turnover. And so for me, that's like the sweet spot of the supportive without the injections, because you get all of the benefits.

And I tell patients using oral based peptides there's only side benefits, no side effects. So it's just it's a nice fit. And I think that's a great marriage that if you were if I was to offer a kid, you know, I would have you on a pro line, I'd have you with pineal.

Can't wait. And gut feeling and do that whole spread and get into a state of relaxation inside your fast so that even from a mental perspective, you're creating neurotransmitters in a way that's optimized as well.

And so because I think 90% of the weight loss game is a mental game, you know, and take it from me, who's been extremely skinny, 120 pounds on A59 frame to 215 pounds on A59 frame.

And now I'm at a healthy weight and that journey was like ten years for me to figure out the sweet spot, to get into the gym, to shift my neurotransmitter and to quit.

I used to be a type two diabetic with Tourette syndrome. That's part of my story, Renee, that you don't know all the things, but, two traumatic brain injuries, and they just led to me having a wrecked nervous system.

Peptides, GLP-1 Support, and Fasting Stacks

And in the pursuit of health, I found that being in a state of relaxation is the ultimate healing tool. So that's that's that's a long winded answer to to a short question of as I think combining something like a G.

And here's a deal. We make GLP one in our own system. Yeah. Just like we make our own NAD. So if you can nudge our own biology into its way that we're created, then we don't necessarily have to have a ton of something from the outside and kind of like you, you can stimulate this 5 or 6 times a year and have a huge benefit to your microbiome. Yeah, no.

And thank you for that answer. Because, a couple things came to mind as you were as you were going through those recommendations. The biggest one being that Ackerman sia can also stimulator has been shown to stimulate GLP one natural production in your body.

So yeah, it's kind of like that little hack to getting it without having to do the injections. And especially now that we're we're capturing some some downsides, especially to excessive GLP one usage.

So you know, I, I, I love that kind of call out for the romance the supplementation. But yeah. And the other thing that I wanted to call out was also you earlier had talked a little bit about the mitochondria, right.

And the importance of, of healthy mitochondria. And I think that also is another reason why we love fasting and fasting mimicking so much is because, again, it's another solution to support with not just helping your cell clean itself up through autophagy, but also helping your mitochondria clean itself out.

So like we kind of go deeper and deeper and deeper into the cellular level right into this deep clean up. But at the mitochondrial level, that's why they they have my autophagy now.

Like they're going even deeper into this, allowing our mitochondria to clean themselves out and rejuvenate and replace themselves so that we can have the power and the strength to do this deep cellular cleanup, along with all of the other incredible processes that our mitochondria power.

So, yeah, 100%. There's also I mean, if people don't know, we could also nerd out in that there's something called cellular senescence and there's senescent cell buildup.

And these are basically dead cells that have accumulated over time, because we're not nourishing a body to create a cellular environment for them to replicate and stay alive longer.

And so the accumulation of dead cells are actually eaten in autophagy. And so there's a recycle effect of our bodies even at a mitochondrial level, there's the ability to recycle the mitochondria power so that we're creating a longer lived cell.

And the name of the game, shout out to Dan Pompa, one of my favorite people on the planet. But, you know, our health is the health of the cell. So things like proline, things like peptides are by regulators.

We're dealing with healing cellular biology. And so literally your body from the inside out will start to manifest shifts. And I can't tell you how many patients I had come into my clinic in Fort Worth, Texas, that we used fasting with in the prolonged style with things like peptides for people who had like skin issues, add like an outward something they wanted to shift, and the only change that they had to do was unburden the digestive system and start to put things in that help that recycle process.

And guess what? Even your skin cells turnover. And so you can have beautiful skin like you or me. If you add it as part of your whole routine, you're going to notice you're kind of renewing your body from the inside out.

And that's such a powerful like, if you're on this journey of healing and health. Like, what a beautiful thought to think that every choice I'm making that way is turning over me into a more powerful version of myself.

It's like, yeah, so like, you got on it. No, no, no, I mean, when we think about it, I mean, we're made of over 30 trillion cells, like so many cells become whole body.

Right? And the cool thing about, about fasting and fasting mimicking is that we are going at the cellular level. And that's why we see the benefits being so holistic.

We see skin health benefits. I mean, we just had a study published a couple of years ago that showed 25% improvement in skin hydration with just a five day, a single cycle.

Right? Improvement in fine lines, improvements in skin texture. I mean, these are things that people go through, like the most painful skin peels to do, and you're doing it in five days with a fasting mimicking protocol.

And then, you know, that's that's just one avenue. If you look at now, there's I mean, over 47 clinical trials just in fasting, mimicking. Right. And even talking about fasting overall, but in fasting, mimicking, showing benefits across metabolic health.

And that in itself is an a huge umbrella of different things that we could look at from insulin resistance to blood sugar levels in A1 sea levels and blood pressure and cholesterol, etc., etc., etc..

And all of the benefits that you see there. And then you can transition to longevity benefits and biological age benefits with I mean, we're talking two and a half years of biological age reversal with just three cycles.

So these are this is this is what's so cool is that not only are the benefits so wide ranging, but they're so impactful with relatively low lift. And so you know, when somebody asks me what is something that I can do that's just going to give me a really good bang for my buck.

Fasting and fasting mimicking is number one top of my mind. And let me just also clarify, because we haven't really touched on this when I when I say fasting and fasting mimicking having a huge impact, I am referring to prolonged fasting.

And so these are fast that are about three days or more. And my sweet spot is going to be 3 to 5, 3 to 6, you know, with five, you know, the prolonged five day fasting mimicking cats are specifically designed in those five days to just optimize that exact amount of deep cellular clean without going too far.

But that's important because, yes, intermittent fasting and daily fasting can have benefits, and for many people can be a really great solution for metabolic health, for weight loss, for for ketone production on a daily basis.

But for some people, it can be too much stress on an everyday basis. For some people, you don't actually, you know, your metabolic health in your weight is already healthy.

And so really, you probably just need to focus on the deep cellular cleanup a few times a year. I do want to make sure that I clarify that, because I feel like we've gone pretty far down this this rabbit chew and that type of saturation in the body creates rapid aging.

And so I looked horrible. There's something called advanced glycation in products. That all is part of a downward cycle of how our we basically degrade cells.

And it's it was I was just in a horrible state. So part of my journey, believe it or not. And this is before I knew proline existed because this was 18 years ago for me.

I, read a research book by a doctor named Hold a Clerk. She's really, really famous in the parasite cleansing state, and she wrote all kinds of books on parasite cleansing.

So my very, very first fasting experience was taking psyllium fiber as, like in a powdered form and drinking it with water.

Metabolic Health, Immune Benefits, and Behavior Change

And these three herbs that would kill parasites. And you did it for three days. And for the first time of my life, when I checked my blood sugar after these three days, it dropped by almost 200 points, because it was the first time in my life that I ever stopped what I was habitually consuming.

And so I will say this because metabolic health is like the most important issue that we can tackle, because heart disease and diabetes is killing more of us as Americans than anything else out there.

And so use prolong. I need to tell my patients this has the ability to stop. It's a real reset. Just stopping what you're addicted to shifts your relationship with it almost instantaneously.

And so that shift for you, just like for me, I started to hit metabolic goals in my life much easier when I stopped the thing that was harming me. And so my most recent in my adult years, because I'm 35 and I know Renee, you don't know me too well.

So just, you know, getting to know me on this, I feel like we've known each other forever, that we probably have, and we probably, like, ran in the same conference and we probably high fives.

And, you know, I'm sure we've been in it for a long time, but my most recent experience was, you know, actually three years on October 31st is my sobriety day.

And the thing that impeded my body's full potential was alcohol for me. It kept me suppressed. It kept my sugars, you know, jacked in. I really find that there's things like proline that will give you that fasted five day experience that will shift your mindset around the relationship to something you think you have to have.

My next ventures coffee and going into green tea. But what I like about it is there's the ability to stop what you're dictate to and to stop what when you get into a state of what I like to call food apnea, you eat the same foods over and over and over and over again until you literally build an allergy to them.

There's no way to eliminate all of them. You have to stop everything to calm down all the noise. And so one powerful thing I've seen is I used to run food sensitivity panels on all of my patients.

Is that doing a prolonged fast calms down the immune system so that it stops the overactivity, and you get a clear marker of how your immune cells are reacting to food.

That's a powerful thing that I mean, just using fasting as a tool to even bring clarity to those systems. But I just wanted to touch on metabolic health because I feel like that's something I haven't really talked about with a lot of doctors on here.

It's been mostly about treating chronic illness or their specialty inside of it. And I feel like for most of us, that's like a daily thing that we think about, you know, is is keeping our metabolism strong.

Absolutely. Well, I mean, and unfortunately, most of the chronic diseases that we see today, cardiovascular disease, diabetes, even, cerebrovascular disease have roots in metabolic dysfunction.

So it should be something that absolutely everybody is talking about. Now, what we've been able to show with fasting and fasting mimicking is just a incredibly impactful change across a lot of metabolic markers, right?

Like when we use drugs and medication, it's so hyper targeted. It's like, here's this one for your blood pressure. And actually here's another one for your blood pressure.

And then here's one for your blood sugar, and here's one for this, and here's one for this. And what we see with fasting mimicking is impacts across the board.

So in fact, a company called El Neutra Health has developed programs for people with type two diabetes or any metabolic health concern, where you're doing a cycle of the five day fasting mimicking diet, alongside support with registered dietitians and physicians to adjust your meds because you are literally coming off of them within, you know, we reassess medications within 3 to 4 months of starting because at the six month mark for individuals with type two diabetes, 67% of people have either fully removed or have significantly dropped their medication.

So and this is with five days a month, right. And so you can just imagine how powerful that is. And not just on a one or your long term measures of blood sugar.

Well, and this is also a long term solution which is super important, right. Like you don't just want to get them down and then resume regular eating and then be back to a high, high A1, C or fasting glucose, you want to stay down.

And we're also seeing that where people, once they have reached their goal, all they have to do is do fasting mimicking cycles for those five days. Right.

Just 3 to 4 times a year, just like what the recommendation is for everybody. So it's super, super sustainable. But I also wanted to just touch on a couple of things.

One is the immune health piece that you called out, which is so important. Absolutely. I mean, there's some really

cool studies with fasting and fasting mimicking in autoimmune health, but even in healthy individuals, we've been able to show changes in the immune profiles, the the amount of lymphoid and myeloid that you have.

So the actual types of cells, making sure that there's more good and less bad essentially in like the most dumbed down version of that, improving your immune health with again, like five days, maybe 3 or 4 months in a row.

That's it. And then you mentioned the behavior change piece, which I also have to touch on because it is I mean, this is something where we've done surveys with where people have completed just a single five day fast.

And they I think it's over 80% of people have a reduced cravings, reduced sugar cravings, better relationship with food. You know, like this. This full behavior change that happens because for five days one.

No, of course you're you're limiting, you know, some of the other things that you might add, whether it be alcohol, whether it be sugar, whether you know, whatever, coffee. Right.

So you don't have to limit coffee during the five days. But a lot of people do. Now, now you can can for those five days, it's so much easier to say, I'm just going to cut a sale for five days, then I'm cutting this out for the rest of my life.

Oh, 100%. Yeah. Something that people can grasp on to and be like, okay, let me just give this a shot. And then once you if it's five days and you on day six reassess and you're like, okay, let's think about how that went.

Well I survived and wow, I feel incredible. And wow. Like you know, you start realizing really quickly, like, maybe I don't need this as much as I thought I did.

And so I think that's where we start seeing a lot of this, this behavior change in terms of cravings and sugar addiction and all these things that we're we're seeing in most of us today.

Right. But also what I think is cool in terms of behavior change that we've seen with the fasting mimicking program, this is in people with type two diabetes, where they did one five day once a month for six months in a row.

Then we compared that to people with type two diabetes that had to do healthy diet every day for that same six months, right? So that's the standard of care.

And then we compared them to doing five days of fasting, mimicking a month. And what we were able to show is that and this was not even something that the researchers asked the participants to do.

They weren't like, hey, you need to work out on top of all of this stuff. But they checked out what their physical activity was before and after, and the fasting mimicking group increased their physical activity by four hours a week.

Now, what is the more shocking part, maybe even, is that the standard care group dropped their physical activity by six hours a week by the end. And if you think about it, you're like, okay, why would that happen?

Why would we see such a big delta between these two groups? And there's a couple things that we think is happening. One, with fasting, mimicking, not only are you dropping weight so you feel lighter, which you would see in both groups, right?

A healthy diet is going to help you lose weight as well. But with fasting mimicking we protect muscle, which is, as we all know, so hyper critical to our health and our longevity and our metabolic rate, but also really important so that we feel strong so that we even want to go to workout or go even for a walk or whatever.

Right? You want to feel lean and strong. And so both those two things are happening with fasting, mimicking. Then on top of that, there's this sense of motivation, pride, completion that you get that really motivates you to do other things.

So accomplishment is a big piece of this. If you're doing every single day dietary change, you never really get this kind of like achievement moment, which, you know, as a dietitian, I always urge people to like set achievement days where you like, look back and you're like, okay, like, what did we achieve? You know, like yourself that that little boost.

But with fasting mimicking, it's just intrinsic into the program.

Where to Find ProLon and Renee Fitton

And then the last piece of it is that you are doing this for five days, which means that for 25 days and in some cases three months before you do your next one, you're like, what else can I do?

Like I have all this time on my hands. What else can I do for my health and my longevity and my so my metabolic health, wherever you're at, whatever your goal is, and it really just kind of opens it up to you that you're not like, okay, well, there goes another salad.

Okay, this is another. And you just feel like you're committing so much just on nutrition alone with with everyday nutrition change that when you're doing five days, it kind of opens things up a little bit.

So you know, these are these are some of the things that the researchers call out that really allow us to understand this really big difference in behavior change between the two groups.

That's incredible. I think that's a good opportunity of an invitation to anyone who's listening that if you've never enjoyed the experience of fasting, I guarantee if you grab proline and you do a prolonged fasting mimicking and it's the most powerful tool, I think you can have to stop and have a reset in your metabolic health and to completely shift the old habits and to bring in something new and maybe just become the biohacker you want to, or go to the gym like you want to, or this excuse me, feel good in your body, feel good in your soul. Have cleaner and clear skin.

Whatever your goal is, I feel like we just hit so many different aspects of, you know, the the relative ness to our health and wellness. That is such a simple but powerful step by step tool to utilize.

And so yeah, Renee, thank you so much for breaking it all down for me. I think that's actually like a great place to end, because I feel like we just hit every bit of the sweet spot that anybody could ever dream of from the fasting world.

And so, Renee, how can people connect with you? How can they get connected with al-Nusra if they want to do a prolonged kit, or if they want to actually have the the medical side where y'all kind of walk them through, where can they find all that for sure?

So of course, if you're interested in prolon, definitely check us out on the website. It is prolonlife.com Prolon life.com. If you have metabolic health concerns, type two diabetes, if you need a little bit more oversight, or you want the support from dietitians, check out L-Nutra health.

That's L-nutrahealth.com. And then if you're just wanting to connect with me, I love to chat. You can find me on Instagram at Fitness Nutrition. That's Fitness and nutrition or on my website at nutrition.com.

So I hope to see you all there. Let's fricking go. Awesome. Well, thank you so much, Renee, and I appreciate everyone for joining us.