Introduction to fasting and longevity

If you really want this stuff to work, you need to make sure too that you have a really strong base and a strong foundation that your body can really rev up that activation or whichever peptide or bioregulator you're using for whatever purpose.

You need a stronger base. And what is a strongly base? Cellular health, right? Your cells actually being able to do the things that are activating them to.

That's what fasting is. can do, so I think they absolutely tie in. This is Dr. Tox. Hey, everybody. We want to welcome you to the Peptides and Bioregulator Summit.

Today, I have an incredible treat for you. I've a longevity dietician, a superwoman, entrepreneur in the 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. But she happens to be the director of education for All Nutra, representing Prolon.

Joining me today is Renee Fitton. Renee, thank you so 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.

Dig into some nerdy stuff with you. Heck yeah. Let's freaking 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 ProLon in our lives, we were suffering with sea salt and water and just trying to make it. Three-day fast was all I could handle unless I had Prolon, helped me to push it a little bit.

Why don't you, Renee, just give me a bit of background about what does fasting mean to you as a longevity dietitian and how did you get in the fasting community with El Nutri?

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

Fasting means a lot to me, and that's why I think that there's just so much that we can talk about. Truly, we could probably sit here for hours and hours talking about fasting.

We're going to have to consolidate it and do a little bit less. But what brought me into this world was actually what many people would consider the king of fasting and especially fasting mimicking, Dr.

Renee Fittonu2019s fasting background

Valter Longo. So Dr Valters Longos is my mentor. I was lucky enough to study under him at USC's Longevity Master's program, so is one of the only, if not the, only a master's degree that you can get in healthspan and longevity for nutrition.

So I got to study there and then also went to Italy and studied under them out in Italy where he does a lot of his research there. So that really is what piqued my curiosity where I started to really sink 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 signs to justify doing it because it's counterintuitive, right?

a lot of time there, and then from there it was just kind of, you don't look back. Once you see it, it's there and 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. I mean, like seven years ago, I got introduced to Prolon through a clinician friend of mine. And I was trying to, for like a spiritual sense of a reason, take three-day fasts of clearing the mind.

The Bible just talks about all these spiritual benefits to your soul and it helps your body just take a break. But it was so hard for me. It used to be a type 2 diabetic and I feel like I would struggle with blood sugar issues.

So when I go the ProloN kit, the packaging is like the apple. of a fasting-mimicking support system, which I guess you guys are the only one out there.

I've never seen competition for you 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 that way you utilize it. And I had such an incredible experience with it so I'm just like very thankful to the Prolon creator and that founder because before that I just had a hard time with blood sugar issues and stuff with just traditional water fasts.

I feel like those olives, I am in love with the olives in a can. Freaking, that's my own personal effect. Out there, by the way, like I used to be an olive hater.

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

Now it's like, oh, okay. True. There you go. The soups and the olives, they keep you going. It's crazy. So I'm curious. I mean, I know there's so many benefits to fasting and I love your superhero origin story into, it's cool that you get to be learning underneath the master like that.

That's how I feel with learning under Dr. Ken Holdsworth with the peptide community. 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 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 am sure our community wants to go there. And I know you now your stuff, so.

Yeah, sure. 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'll turn things on. It will also turn thing off. And 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.

How fasting-mimicking works

But also the ones that are also most impactful, especially in terms of longevity. First of all, I want to talk about nutrient sensing pathways. 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 or not present.

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

Then the last one, is PKA, which is usually the one people least familiar 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 proteins 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. So when fast, we limit them. And that will allow us to down-regulate mTOR and IGF-1 and PKA, which then will also up- regulate 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 cellular cleanup and rejuvenation.

And then what we're also starting see, although very I would say, especially in the fasting-mimicking world, 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 we inhibit some of the epigenetic changes that are negative or problematic for longevity.

That is also really kind of this two-for-one. We're getting this deep cellular activation, but also the ketone activation is kind this other avenue that can really help us support with longevity.

And then I'll talk about one more, which is that we also see activation of NAD+. pathways, right? And so this one, like people are injecting NAD exogenously 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 on it's own.

And that's what fasting does. That's really, I think, what I get so stoked about when I talk about fasting and fasting mimicking is this potential to get 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 three to four times a year, if you are a generally healthy person.

So it's kind of this cleanup. And before we started recording, Michael, we were chatting too about how for this audience of people who are leveraging peptides and bioregulators, if you really want this stuff to work, you need to make sure too 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 bioregulator you're using for whatever purpose, like you need a strong base. And what is a stronger base?

Cellular health, right? Your cells actually being able to do the things that you are activating them to and that's what fasting can do. So I think they absolutely tie in hands.

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 which you restrict.

If you start to restrict the things that are damaging you, give the cell the ability to respirate. meaning it takes a breath and in its breathing cycle, everything you just talked about is the reproductive power of mitochondrial's ability to renew a cell back to its homeostatic state.

And if you're constantly bathing cells and 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 itself.

So I always see like a Prolon style fast is really like an intracellular washing because you actually clean out the old

and 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 signaling the power of rejuvenation of your entire body.

There's nothing really that matches it 100%, but I would definitely say there are peptides, bioregulators, and things that you can take inside or around a fast that would optimize those pathways that your 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 not thing 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 peptide.

Yeah, so all the pineapple ones, they have the ability to stop telomere shortening. So as cells divide, it actually increases telomer length 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 hormetic stress, but it takes so much effort for the body to process food that part of way that you unlock your adrenals is to go on a ProLon fast.

Cellular cleanup and longevity pathways

If you want to kind of take it to the next level, stack a pineal peptide like pineale pep or epithelon or one of these pineel activating peptides, you'll go into deeper rest.

And even in a calorie deficit of a prolon 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.

Once you get into a fasted state in your last you know, soup mixtures around 5pm, you're going to naturally be more restful at like an 8 or 9pm. If you stack pineal pep with that, like a pineel peptide, You'll go into a sleep I don't think you've ever felt until you have that combination.

I like to keep things simple, but I think probably my favorite longevity peptides to stack inside a Prolon FAS would be a Pineal Activating One. Let me ask you something if you don't mind.

Because one thing that I do work with a couple of practitioners that will leverage like low dose GLP1s and things like that to suppress hunger during the fast.

I mean, L-Nutra would qualify that as a recommendation within the fasting time with an FMD, 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 maybe something that people could leverage for that purpose? Yeah, so I appreciate the GLP-1 space. I think a lot of people are not under the opinion of wanting to inject themselves.

It becomes like a hassle or a pain. Actually like that integrative 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 DNF10. 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 prolon fast and then they make another product which I really like and I'm the director of education for them. This is what we do, but it is called gut feeling.

I'll take gut-feeling which has arc mancia which is been shown as a keystone probiotic in patients who already have a healthy weight. If you're looking at the ultimate in biological terrain shift 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 ship the microbiomes with something like Archimansia, you're in a fasted state. Yeah, something I 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.

So for me, that's like the sweet spot of the supportives without the injections because you get all of benefits. I tell patients using oral-based peptides, there's only side benefits, no side effects.

So it's just, it is a nice fit and I think that's a great marriage that if you were, if I was to offer a kit, you know, I would have you on a ProLon. I'd have 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, your creating neurotransmitters in a way that is optimized as well.

And so, because I thing 90% of the weight loss game is the mental game. And take it from me, who's been extremely skinny, 120 pounds on a 5'9 frame to 215 pounds, on 5 9 frame, and now I'm at a healthy weight.

And that journey was like 10 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 2 diabetic with Tourette syndrome.

That's part of my story, Renee, that You don't know all the things, but I had two traumatic brain injuries and they just led to me having a wrecked nervous system.

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

And here's the deal. We make GLP-1 in our own system, just like we make our NAD. So if you can nudge our 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 could stimulate this five or six times a year and have huge benefit to your microbiome. Yeah, no, and thank you for that answer because a couple of things came to mind as you were going through those recommendations.

The biggest one being that acromansia can also stimulate or has been shown to stimulate GLP-1 natural production in your body. It's kind of like the little hack to getting it without having to do the injections.

And especially now that we're capturing some downsides, especially to excessive GLP-1 usage. So, you know, I love that kind call out for the Acrimansia supplementation.

Peptides, sleep, and fasting support

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 healthy mitochondrion.

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 Like, we kind of go deeper and deeper into the cellular level, right?

Into this deep cleanup. But at the mitochondrial level that's why they have mitophagy now. Like they're going even deeper in to 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 are mitochondrion power.

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 is senescence cell buildup.

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.

So the accumulation of dead cell 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's 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 this cell So things like ProLon, things peptides or bioregulators, we're dealing with healing cellular biology.

And so literally your body from the inside out will start to manifest shifts. I can't tell you how many patients I had come into my clinic in Fort Worth, Texas that we used fasting in the Prolon style with things, like peptide, for people who had skin issues.

Add 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 turn over. 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 renewing your body from the inside out.

That's such a powerful, if you are on this journey of healing and health, 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… Yes. When we think about it, I mean, we're made of over 30 trillion cells, like so many cells make up a whole body, right? And the cool thing 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 means we just had a study published A couple years ago that showed 25% improvement in skin hydration with just a five day, a single cycle, right?

Improvements in fine lines, improvements in skincare 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 just one avenue. If you look at now, there's, I mean, over 47 clinical trials just in fasting-mimicking, right? And you've been talking about fasting overall, but in fast mimicking showing benefits across metabolic health.

And that in itself is in a huge umbrella of different things that we could look out from insulin resistance to blood sugar levels and A1C levels, and blood pressure and cholesterol, et cetera, 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 this is what's so cool is that not only are the benefit 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 say fasting and fasting mimicing having a huge impact, I am referring to prolonged fasting.

And so these are fasts that are about three days or more. And my sweet spot is going to be three to five, three, to six, you know, with five. You know the ProLon five day fasting mimicking kits 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, it can be a really great solution for metabolic health, for weight loss, or for ketone production on a daily basis.

But for some people it could be too much stress on an everyday basis, and for other people your metabolic and weight health is already healthy. 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 path.

GLP-1 support and gut health

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 we basically degrade cells and I was just in a horrible state.

So part of my journey, believe it or not, and this is before I knew Prolon existed because this was 18 years ago for me, read a research book by a doctor named Holda Clark.

She's really, really famous in the parasite cleansing state and she wrote all kinds of books on parasite cleaning. My very, very first fasting experience was taking psyllium fiber in a powdered form and drinking it with water and these three herbs that would kill parasites.

And you did it for three days. For the first time in my life, when I checked my blood sugar after these 3 days, it dropped by almost 200 points. Because it was the 1st time of my live that I ever stopped what I was habitually consuming.

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 Prolon, and I used to tell my patients this, as 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. So my most recent, in adult years, because I'm 35 and I know Renee you don't know me too well, so just, you know, getting to know on this.

I feel like we've known each other forever though. We probably have and we probably like ran in the same conference and probably high fived and you know I'm sure we have been in it for a long time but my most recent experience was it'll actually three years on October 31st was 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 jacked, and I really find that there's things like Prolon that will give you that fasted five-day experience that'll shift your mindset around the relationship to something you think you have to have.

My next venture is coffee and going into green tea. But what I like about it is there's the ability to stop what you're addicted to. And to start what, when you get into a state of what like to call food apnea, you eat the same foods 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, because I used to run food sensitivity panels on all my patients, is that doing a ProLon 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 want 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 have a feeling for most of us, that it's like a daily thing we think about, you know, 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 an 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 is another one, for you blood-pressure.

And then here are one's for blood sugar and here one is for this and one here for that. What we see with fast mimicking, is impact. across the board.

Metabolic health and behavior change

So in fact, a company called L-Nutra Health has developed programs for people with type 2 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 three to four months of starting because At the six month mark for individuals with type 2 diabetes, 67% of people have either fully removed or have significantly dropped their medications.

So, and this is with five days a month, right? And so you can just imagine how powerful that is. And that's just on A1Cs or your long-term measures of blood sugar.

Wow. 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 be back to a high HA1C or fasting glucose.

You want 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 three to four 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 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 three, four 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 craving, better relationship with food.

This full behavior change that happens because for five days, one, of course, you're limiting some of the other things that you might add, whether it be alcohol, sugar, whatever, coffee.

You don't have to limit coffee during the five-days, but a lot of people do. Now, you can, can for those five days, it's so much easier to say, I'm just gonna cut this out for five day, then I am cutting this up for the rest of my life.

Comes something that people can grasp onto and be like, reassess, and you're like okay, let's think about how that went. Wow, he survived, wow, feel incredible, like you start realizing really quickly, 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 seeing in most of us today, right?

But also what I think is cool in term of behavior changes that you've seen with the fasting mimicking program. This is in people with type 2 diabetes where they did one five day, once a month for six months in a row.

Then we compared that to people who have type two diabetes that had to do a healthy diet every day for that same six month, so that's the standard of care and then we compare 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. The fasting mimicing group increased their activity by four hours a week. Now what is more shocking part maybe even is the standard care group dropped their 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 of 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, as we all know, so hypercritical to our health and our longevity and metabolic rate, but also really important so that we feel strong so we even want to go to workout or go even for a walk or whatever, right?

You want 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 those kind of like achievement moments, which, as a dietitian, I always urge people to like set achievement days where you like look back and you are like, okay, like what did we achieve?

You know, yourself that little boost. With fasting mimicking, it's just intrinsic into the program. 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?

I'm like, I have all this time on my hands. What else can I do for my health and my longevity and so my metabolic health, wherever you're at, whatever your goal is.

And it really just kind of opens it up so that you are not like okay, well there goes another salad. Okay, this is done. You just feel like you committing so much just on nutrition alone 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 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.

Closing thoughts and resources

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 grab ProLon and you do a Prolon fasting mimicking, it's the most powerful tool I can think you can have to stop and have a reset in your metabolic health and to completely shift the old habits and bring in something new.

and maybe just become the biohacker you want to or go to the gym like you feel good in your body, feel in good your soul, have cleaner and clearer skin.

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

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 El Nutria if they want to do a Prolon kit or if you want actually have the medical side where you all kind of walk them through?

Where can you 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. If you have metabolic health concerns, type 2 diabetes, If need a little bit more oversight or you want the support from dieticians, check out L-Nutra Health.

That's L dash. nutrahealth.com. And then if you're just wanting to connect with me, I love to chat. You can find me on Instagram at fittonnutrition, that's F-I-T-t-O-N nutrition, or on my website, fittennutrion.

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