How The Fasting-Mimicking Diet Can Transform Your Health Transcript

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Introduction to Dr. Joseph Anton

Welcome to another interview. Now, my next guest is Doctor Joseph Anton, who's a dynamic and visionary leader at the intersection of medicine, science and policy.

He is the, as a MD, a PhD in biomedical sciences, a master's in public policy. He is the CEO and chairman of the board for El Neutra Incorporated. Doctor Anton pioneers innovative solutions that transcend, conventional health approaches.

Now, under his guidance, El Neutra has emerged as a trailblazer in biotechnology. Leverage the power of the fast American diet known as FMD, to optimize health and promote longevity.

Now, these programs harness the body's natural ability to regenerate and rejuvenate. Offering a novel approach to overall health and longevity. Beyond his role at El Neutra, Doctor Anton is recognized as a thought leader and advocate for evidence based health care policies.

Again, I am so pleased to have Doctor Anton, for this interview. okay. That guy Anton. I'm so glad that you're here. We're going to have a really interesting conversation.

And what I think our listeners may enjoy hearing is, a little bit more about your background and why you were so passionate about, using a nutritional approach.

For wellness, for sure. You know, I went to med school like you did. I did my MD, PhD, and and what we hope when we go to med school is to cure people and and prevent and cure patients.

And then reality hits a little bit where you see that you're barely helping people manage their chronic conditions. And we're almost doing no prevention.

And so I decided to leave and I decided to go into health policy and public health. So I did my health policy and public health studies at Hopkins and Harvard.

And and my goal was how can I lobby governments to do more prevention? You know, how how come we we spend trillions of dollars on health care and we just till now, we're getting diseases even earlier in our lives, and we're living sicker.

We used to say sicker longer. And I was sicker, shorter. We just lost half a year last year and our lifespan in the US, by the way. So we're getting early onset of health conditions.

We're living sick for a good chunk of our life, and we're dying earlier than wind. And then like five years ago and we're spending 4.2 trillion on top of that.

So I spent a couple of decades doing that.

From Medicine to Health Policy

I advise a lot of governments globally on how to reform the system, the health care system, how to prevent, this is what I became director at, University of Chicago in the health policy department.

I also was coaching a company. Does health policy support for governments. I even founded the Journal of Health Systems and Reform, which is now a very prominent journal that ministers of health looked at.

Look at to learn the latest on policy reform. But then then you hit another wall, which is, you know, telling people to eat healthy or telling education campaign, stop smoking, etc.

lose weight, exercise. And people by now know that right. And the the is how can how can they adopt that lifestyle, how they can be a little bit more practically preventative?

And how can we also do better at curing and at treating the conditions that where we're suffering from the autoimmune, including a mistake, the cardiovascular, the diabetes, the cancers, etc.?

And and this is where I decided to join, a biotech company, Lilly and, and wanted to learn how to discover products, technologies that can solve a problem and a health care problem.

And I did that, and I learned a lot about how to bring new technologies, innovations to the market. And then I started looking around the world for what could be that innovation that can come and support people, prevent and have a better chance at disease remission.

And then finally, this is where the big moment happened, which is nutrition, because nutrition and food is the only product we consume every day of life three or more times per day, and every 100% compliance.

And it determines almost everything in our brain and everything but a lot of things. The microbiome, which is most of what the DNA in the body sits, absorption.

And, you know, what are we made of? What how do we read our genes? The epigenetics is a lot of it determined by nutrition. And then I got a passion to see how can we turn nutrition into it, you know, an intervention for prevention and human longevity and, and nutrition for and as a nation of disease regression or remission, these are new words that now we in the medical community are adopting regression.

It means how can we decrease the frequently the frequency of the condition? How can we decrease the need for medication and remission means how can we temporarily, you know, have a patient that doesn't need medication?

It might lead to a cure, might not, but at least you're in remission. You don't feel the symptoms. You don't need medication. So that became my passion.

And I met, a genius of a person called Walter Longo, who's the founder of the company. What I am and, he's a genius, and he's very ethical. These are the two most, you know, quality of his.

And he spent 30 years of his life putting 18 universities together to do true science behind nutrition. Right. He puts USC was ten for Harvard, Mayo Clinic, UCLA all the top kind of you know, many of the top universities I have crushed.

We did not include the University of Iowa. This is why we haven't done a phase three on multiple sclerosis. Otherwise it will be with you. And we try that.

We'll get that to happen soon. Yes. And we've been working on that, but hopefully we'll do it. So you put all these universities together and, and and we said let's start doing nutrition for diabetes remission, nutrition for cancer remission, nutrition for Alzheimer's, etc.

and autoimmune. But then we just finished the autoimmune trials at Stanford and University of Miami and Crohn's and all set of colitis, and including one of the trials we did it was in Charité in, in Germany, our nutrition program for patients with multiple sclerosis.

We'll talk a little bit about that. But when I when I met this person who has done the first ever built a biotech, a food, right, it's like Pfizer's, like Genentech and but it's all nutrition randomized human trials, the very high evidence based medicine behind protocols of food.

And and so I partnered with him and we launched the company that I am the CEO of today. It's called al-Nusra. And this for longevity neutral meaning through nutrition, this longevity through nutrition. And we are the first new treat that, the word biotech means you innovate medicines.

We have the new treat tech of the world, we innovate nutrition. And we started developing two types of nutrition nutrition for longevity. We're very famous therefore prolonged, which is a fasting mimicking nutrition for longevity, first patented for longevity versus bio age by 2.5 years.

So proline is a big product now globally, a lot of probably listeners know no proline. And then we use a different formulation of fasting mimicking diet for, cancer, for diabetes, for Alzheimer's and for multiple sclerosis.

That we are testing around the world, you know, and I want to clarify for our listeners what what, Doctor Anton and I are doing. So we're talking about supporting yourself physically.

Allergy. So your cells do the chemistry of life more effectively. Your medical team will keep an eye on you, and they will need to adjust medications as needed.

And as your cells do the biochemistry of life more effectively. What we sometimes see is blood pressure is going down. Blood is going down, mood improving.

And the if we measure the biomarkers of aging, those are euthanized literally. So I would be careful that we're not making a treatment claims here.

Building Evidence-Based Nutrition Science

We're talking about improving physiology in your cells. Do the work of potentially making some really positive health promoting changes for you. And periodically, I'll keep reminding everyone that we're talking about better physiology.

And it's your cells as they do that biochemistry better that that is where the magic, can begin to happen. I fully agree with you, Doctor Walsh. And that's exactly where nutrition that we develop comes in, is how can we rejuvenate the cells?

How can we have our cell, our meta Condrey are the way the cells read the DNA, the way they function, the way metabolism is operating. How can we reset metabolism?

How could we rejuvenate the cells so that the body is a better, you know, more more youthful in the younger but more performing, better performing body.

And I want to make the comment and, I'm going to invite you to correct me the development of M. S. and the development of autoimmune. It begins with the biochemistry not working optimally, and that over time, that dysfunction leads to more severe dysfunction and, more severe symptoms.

And then, you know, it over a period of years, eventually, enough damage occurs so that we have optic neuritis and we can't see. We have our first clinical episode of neurologic symptoms in the docs, order an MRI of our brain and our spinal cord.

They call us and say, okay, you've got lesions, in you have either clinically isolated syndrome, or they may tell you you have multiple lesions. And I think you have M. S..

You want to comment? Is that what are your thoughts there? Yeah. I mean, we we, we always say. In any, any health issue in life is an issue to health, right?

So any fundamental metabolic or cellular dysfunction can lead to lead to any health condition where we struggle with. Right. Whether we're talking diabetes and the issues with the pancreas and insulin resistance, whether we're

talking blood pressure, we're talking Alzheimer's and the brain.

And, you know, the dysfunction of an organ expresses itself into symptoms, but it's a dysfunction of it's it's an abnormal function of what should work.

And the fundamental the root cause of tackling all those. This is what you're passionate about. This is what I'm passionate about is how can we turn the fundamental of the operation of the body cells and metabolism into what they should be?

And by the way, that's the practice of health care, right? Where we're practicing today in medicine is is sick. Yeah, right. I give you a drug for a receptor or for one thing, and then this side effects it.

And then maybe I'll help you on this disease, but sorry, you're going to die from another disease, right? By working on the fundamental of the operation of the cells and the metabolism, not only we're giving people a better chance at managing what they have today, but we're giving them a greater chance of also helping something else that would have developed something else that's coming, something else that they would can conduct.

And that's the root cause of why we have conditions and why we age. And when you tackle those root causes of aging and, and dysfunctions in the cell is when we give the body will be called hopefully a better health spend, meaning living healthy long.

You know what I like to tell my followers is I'm not in the business of treating disease. I'm not in the business of helping the cells work better to create healthier environments at the cellular level and healthier physiology to create health, of course.

And so we we we often discover people need less and less medication, of course. And also we're not one system or one disease or one receptor focus in here.

That's very important. Right. And we see today with the GLP one is like okay I want to lose weight. I think GLP ones. And the second day I have a side effects I don't cannot digest well my food the third then I have thyroid cancer.

Then I have optic nerve damage that we're discovering, then kidney damage then. And that's the problem with medicine, right? Even chemotherapy is needed for for cancer 100%.

But how many other damages. So how can we, in addition to these care? Because once you're sick you want to focus on that disease. But in addition, how can we improve the fundamentals of operations?

What we call Hermes is in the body and the metabolism and the cells so that we if there's any help with the condition you have today, hopefully that will help.

But otherwise, how can we keep you at your best operation every day so that you don't get something? Also, say you don't die from from another disease or from the side effect.

Fundamentally, how do we help you create more health for yourself? So with that, let's get into fasting. Something I'm very excited about. And I know you have a great deal of excitement about fasting.

Yeah. I mean, we we are the we are the grandfathers of that discipline, right? We've been doing fasting trials on mice and in humans for over 30 years now.

Right. And this is we're extremely passionate about fasting. As I mentioned, we love studying nutrition scientifically, but also we studied a lot fasting.

And why is that? So, you know, in, in in an exercise, let's just give a similarity to exercising. Right. In exercise we say, hey, do some activities every day, walk 10,000 steps and do some little bit of lifting, but then few times do the

intensive exercise.

And why is that so? Because it's like fasting. Healthy nutrition is like healthy activity intensive exercise is like fasting. You create a stress in our body, respond very positive to stress.

Our body actually rejuvenates. You know, what doesn't kill you makes you better. This actually work. It works very well on the cells. Every time we stress the body with fasting, the body says, okay, I gotta get used to a better function to resist the stress.

And I'll give you an explanation. I'll give an analogy that will help people understand it here. So we we started studying fasting literally from 1 hour to 2 hours to five hours to one day to two days to three days, to five days, and to seven and to ten, and just to see what happens to the body with fasting.

And I'll give the example of a company, say, say you have a company that needs $1 million to operate. I'm going to give that example to the body in eating.

Say, let's say it's a big person, 2000 calories to simplify it, or 1800. So if you have a company and you need $1 million and suddenly you have no money, suddenly, like there's no revenues, what are you going to do?

Say, okay, I'll go. I have money in the bank. I'll go to my checking account and I'll take some money from there. The money? The first few hours from fasting, what we call the intermittent fasting phase, the first or times restricted eating the first period.

You actually say I have glycogen. It's a it's a quick reserves that the body can tap into in the muscle, in the liver, etc.. So in the first day of fasting, the body starts, you know, using glycogen, the checking account.

Go back to the company example. Now you have you're crossing more time. You say, you know what, I'm going to tap into my savings. Now. The body does the same thing.

You end of day one. You're starting day two. Everybody's going to say, I have fat reserves. I'm going to go and tap into my reserves and cut those into what we call ketone bodies so that, you know, the rest of the body can use those as energy is most important in the brain, because you want to keep the brain up so that you keep walking when you fast and you find your next fruit or the next vegetable. Right?

This is how our ancestors had to deal with or what our ancestors had to deal with. So fat is your savings account. Then you're burning your savings account.

Now you're going to ask the bank for a loan or accredited, you know, use your credit card. Or if you're a big company, you need to get a loan. So the body the same thing.

Now we're getting they to Nrf2. It's going to ask the liver to do what we call the glucagon is is going to say, hey liver kind of credit us a little bit, dump some of your reserves into the bloodstream and produce a little bit new carbs.

And this is what happens at the end of the day to day three is happening. So go back to the company example. We burn our savings, we burn out check.

How Fasting Mimicking Works

We were checking savings and now the credit line what we're going to do. We're going to go bankrupt. And to avoid going bankrupt we're going to start to restructure the company.

The management team gets together, say we're going to restructure the travel budget, fix here, fix sales, fix marketing, try to do whatever you can structurally and functionally to be at the best performance, to believe and very high yield to survive the stress of facing this world.

We start seeing in the body after day three. The body's telling the cells, I cannot nourish you any longer, I can nourish you, but I'm going bankrupt, right?

So you've got to find intracellular sources of calories, and you get to start rejuvenating, to sub to support your function and to be at your best performance.

Why is that so powerful? Because every cell in the body, at the end of the day needs calories. We have 37 trillion cells that are all looking at surviving, that all engage into this process of rejuvenation, or most of them.

Right. This process is called autophagy. Self eat, self rejuvenate. And it won the Nobel Prize in Medicine in 2016. Every cell in the body lives in calories.

Every cell is going to say, I got to figure it out. And the cells are rejuvenated, right? This very powerful way because the naturally our ancestors we when we live today is a fad.

Fasting is not the new fad. When we live today, eating all the time is a fad. Our ancestors and all species on this planet for hundreds of thousands of years there was winners, winner.

There was no food. What to do? There was spring, the rejuvenation. There were summers where we restore and then were expended the rejuvenate afterwards within the winter of the summer.

So this is something physiologically embedded when we study one cell, one cell specie all the way to flies, to mice and to humans, they all behave the same.

When you put them under fasting, they all behave the same. And we see genetically the, the embryonic genes, the useful genes are triggered. So the cell wants to rejuvenate, wants to become more polyvalent.

So the operation is survives the fast. And this happens only after the E3. A lot of talks about intermittent fasting, first day on a phase. You know, only day three.

We measure this in humans. We measure this multiple times. You got to spend, you got to burn the glycogen in some of the fat and, and tap into the liver before the body says, I'm in a crisis.

And when it's time to, autophagy. And then you go and the company now is restructuring at the end, I'm going to do take the painful decision, you know, let some people also go.

There's a deeper type of restructure, which is, I'm sorry, I'm going to have to take deeper cuts and deeper efficacy. And the body starts doing same thing around day five of fasting.

It tells what we call these cells that cannot rejuvenate. There's too sick, they're too old. We call them the zombie cells, the senescent cells and the bodies.

They're saying, hey, I cannot spend any more calories on you. I got to get rid of you. And it sends them to other places to death. So the body is saying, doing triage.

Now you're good. You're functioning. I'll keep you. You're too old. You're creating inflammation. You're not rejuvenating. I'm going to have to get rid of you, and I'm going to have to replace it with the younger stem cells, younger and a company perspective.

So people I can afford, they can produce high in a buddy perspective. It's a younger cell. It's a stem cell. And that cell is the one that can be very cost effective in producing the output that the body needs with the with the right calories.

So we start seeing a day five of fasting, a spike in the blood of stem cells. And now with the fasting mimicking night, I'll talk about that. We're seeing stem cells of the kidney.

If you have chronic kidney damage, we're seeing hypoxemia. You know, people with obesity, when they start losing their sense, their distal nerves. We're saying that we're seeing a dramatic drop from 38% to 6% drop into hypoxemia, the loss of smell.

So we know there's a level of what we call now regeneration happening as of day five or fasting. So when we discovered all this, we were so excited. Water fasting five days.

The metabolism rejuvenates. The resets, the cells rejuvenate, and there's some kick of youthfulness happening in the body. So we went and we decided to see if the body can uses that process to support patients with cancer.

We partnered with Mayo Clinic. We went to do the trials and people could not fast for five days. No CEO of any company wants to go and restructure and go close to bankruptcy is too difficult, right? Too difficult.

The water fast and the headaches and all interrupt you for a moment. So I did, water fast, five and seven day water fast. For quite a while. It it is really hard.

You're hungry, you're crabby. It is really, really uncomfortable. That's going to be the very rare individual that will do that. And, I did it for a while, and I quit because it was too hard.

Yes. For sure. We less than 0.1 percent of people are able to do it. And then, when we tried to recruit people, it was difficult. We partnered with Mayo Clinic and Mayo Clinic as a major hospital.

They couldn't recruit more than 15 people in one and a half years. So we went to the National Institute of Health, the NIH, and we we show them the results that we have in mice and mice.

You know, we're supporting cure rates of multiple cancers big time. We're supporting the remission of diabetes, etc. with water fast. We told them, look, it's too difficult for people too fast.

It's too difficult for a company to have zero revenues. How about we devise a very precise nutrition formulation? They can mimic fasting on the cells.

So we feed now people in very, very precise 100% plant based natural, you know, non-GMO, all healthy, gluten free, soy free, lactose free, etc. super healthy diet, all plant based but a very precise formulation for five days.

It's called the fasting mimicking diet. We can give it to people, they'll consume it. They'll eat something less. Headache. They can do it. They comply.

High compliance is 89% to 91% on it and takes all the pains of not all. Most of the pains of fasting. And it mimics the benefits. It keeps the cells in a fasting mode.

So the NIH, seeing how robust the science was and how effective and prickly they got in mice, they gave first $10 million and then another $10 million to support the development.

And European governments gave €30 million, and we put some money. So in total, $48 million over 13 years to develop the fasting mimicking diet and style testing.

This is probably the most expensive nutrition in the making ever, and we had to sit and study how every cell recognizes food and try to bring those same ingredients, but at a lower dose, so that the nutrient sensing pathway synthesized.

In that sense, the food did not resist. So why don't we hang on to what is a nutrient sensing pathway? Because our our listeners probably won't know that.

Yeah. So the next question I always get is like, how are you mimicking fasting with food? Right. And I have have a lot of stories initially about about when we launched healthy.

But it's an oxymoron. It's a fasting mimicking diet. So it's an oxymoron. And the first product we launched was called proline for promoting longevity.

So basically to mimic fasting with nutrition, we, we started studying how how does the body record food. Right. If you put nutrients in the body, how does the body recognizes that it's eating and it sees there's two very important ways that the body recognizes food.

First, at the blood level, at the systemic level, when you eat carbs, insulin spikes, when you eat proteins, IGF spike, which is insulin like growth factor.

So the growth factor is this spike. After you put nutrients in your body, they're turning every organ, every cell that anabolic there. They're they're saying they're growth factors.

They're telling the body, hey I'm noticing insulin saying I'm noticing this carbs in here. So now you can you're not fast. You can start to grow and store.

And IGF is the same insulin growth factor is saying there is proteins enough proteins in the blood. So well we can go anabolic. We can grow, we can strengthen the muscle etc..

So the first characteristic of the fasting mimicking diet does not spike insulin, nor IGF enough for the body to feel that there's enough carbs or enough proteins.

Okay, that's number one. Number two, even though the signal at the blood level, I'm not up. How about the cells? The cells, they're going to receive nutrients.

How can we have the cells receive nutrients and not register or sense the nutrients. So we studied at the three the three main nutrient sensing pathways meaning these are pathways at the cell membrane and inside of the cell that sends food and then tells the cell are you fasting or not?

And the pKa, the rest and the tau pathways. And the tour pathway is more of a protein pathway. The PTA and the rest pathways are more of a curves pathway.

So we started studying how much nutrients has to go through each for the cell to feel it's satisfied and it's not fasting. And then how can we also nourish the cell outside of those pathways?

Healthy fats are the most important actually ingredient that does not go through those pathways. So the first thing we make in light is very rich in healthy fats, brain like fat like the brain loves the healthy fats.

It's the fat organ at the end of the day, also the neurological system. This is why ketogenic diet is why the fasting mimicking light, they're welcomed by the nervous system because it gives them nutrients that look like it looks like them.

And then it has plant based sources of proteins. But we studied the amino acid composition to not trigger to not spike IGF in the blood and not trigger to tau pathway at the center, the level and the carbs as well.

The plant based sources of complex carbs. It's a lot more complicated than what I'm simplifying it, but for to not have an insulin spike and to not over trigger the peak and the rest pathway at the center of the.

Benefits of the Fasting Mimicking Diet

Okay, now I'm realizing that we don't have a whole lot of time left, but. So I want to be sure that we're hitting the key points. So, what are the top three benefits of the fasting American diet?

For our listeners? Yeah, they're, the fasting maybe. You know, as I've explained first, has a very important the five days I go back to the example, I give the example of the, the company and the body losing the fat and then

rejuvenating the cells.

So important. And when you translate those into health, 73% of us in America and around the world have certain extra weight or metabolic markers that you want to, you want to deal with.

So the fact that you're doing five days of fasting, you're making health metabolism so much you lose a lot of fat. And the beauty about the fasting because I because it's a stress I'm going to go back.

Yes, we spend a lot of time, but it unleashed. It unleashes all the things that I'm going to repeat now. It's a stress. Fasting is very important. It's not a low calorie diet.

It's the stress. And the stress increases growth hormone in the body. It's a stress response. So you're you're nourishing the body with the fasting and mean know why the growth hormone is up.

This is why muscle gets maintained. So you're losing only fat and you're protecting lean body mass. There's no other nutrition. There's no other drug.

The GFP ones is where they fail like the assembly. So you lose a lot of muscle and fat. Typically, when you lose weight with any chronic diet or with, with any obesity pill, with the fasting mimicking, that is the first time that we're losing fat, central fat.

This is what insulin resistance, where inflammation is formed in the body and a lot of triggers. And then you're protecting muscle. That's so important for for aging and for multiple conditions like diabetes, like multiple sclerosis, etc..

So you're losing fat, you're decreasing. And and the related metabolic benefits you're protecting lean body mass. You're changing relationship with food.

A lot of people tell us, well, I can do five days of anything. Okay. Five it's and the fasting is just five days a month. And you don't have to do it every month.

You do it three times per year for aging and rejuvenation. And if you have a health objective, you can do it for four or 5 or 6 times per year. But it's five days only for a month, and anyone can do the five day.

So when you do the five days, you started feeling like, wait a second, I can go on five days of a healthy nutrition. I don't need big plates, I don't need late night snacking, and I can live on a healthy plant based diet.

So it starts changing your relationship with food. And a lot of people mentioned this to be like one of the top benefits of, of, the fasting mimicking diet number three is that can do.

You know, we've all tried medicines, we've all tried weight loss, we've all tried chronic interventions. And, and a lot of us in that failing. Right? I mean, we we cannot comply on a medicine forever or on a diet, whatever, on a nutrition plan forever.

And the bit about this fasting mimicking diet. It helps people feel that they have achieved something. They feel the benefits right away. You lose the weight fast.

You feel the energy. You rejuvenated yourselves. You have less burdened body. You have youthful cells. It's youthful you. And then you say, you know what?

It just triggered that excitement for me to lead a better longevity lifestyle, a better healthy lifestyle. And B. J. Fogg at Stanford, you know, has the the the tiny, the tiny wins theory.

Like, if you truly want to change your behavior in life, you're going to build tiny wins and build on those and the fasting mimicking that integrates in your lifestyle.

It doesn't change your life. So just five days do 25 days of whatever you want. It just gives you one win after the other and you start building on those.

And the fourth benefit, probably the most important one I kept it for, number four is cellular rejuvenation. We talked about autophagy. After day three, you rejuvenating the cells right.

It's a Nobel Prize winning autophagy won the Nobel Prize. They did discover won the Nobel Prize in medicine in 2016 based on autophagy. And this is when we did our MSC first trial on multiple shows was in 2014, 2016.

The Nobel Prize on Autophagy was was won at the same year. And and when you rejuvenate your cells, you just you have better functioning cells, better functioning body.

So on the one side, you know, improving your metabolism and the weight and the inflammation side and the other side, you're rejuvenating the cells. That combination makes the physiology of the body, makes the infrastructure of the body a better, operating infrastructure.

And then you have all the other positive expression of that skin even rejuvenates, rejuvenate, sleep, energy, etc.. All these are benefits. One people that people experience with the fasting and we can it and I'll, I'll tell the listeners, I certainly have used, the pro line kits.

And so, I'll have a little comment that, your company has created these kits where everything comes to you in a box. You just make a decision on what I'm going to consume is in the box.

And that's all I'm consuming. It makes it so much easier. And this is way, way easier than a water fast.

Where to Find Dr. Anton and ProLon

Like, oh, my God, it is so much easier. And, all these health benefits, that are really superior to the water fast. So I am, personally very enthusiastic on the fast and working diet.

We appreciate you. You mentioned proline. This is the first product we launch. It's, five days of fasting, mimicking diet that we were talking about. People receive it at home.

I'm actually doing the interview on my day for today. And this my 24th cycle. And I'm on day to day four today. We just launched the ready to eat soups, the soups we used to, you know, lunches and dinners that include soups.

With the prolonged fasting, we can buy it. And people used to say, well, the dried soup when you dry them for shelf life purposes, they're all plant based, healthy, no chemicals, no additives.

But when you dry a soup, it loses a little bit. They all get elastic. So now finally we have the ready to eat soups. They're fully certified organic coming from Italy, cooked in Italy.

And they're they're delicious. So, I'm very I'm very much enjoying my day for now. For the first time, after 23 times, I'm really happy with, the taste and the and the.

Okay. Doctor. And, I see you, it's time for us to wrap this up. What? What I want you to do is to tell our listeners where to find you. And they're probably curious, wanting to, figure out how to find the pollen, as well.

So, you can you can follow me personally, doctor Joseph ent on, on all platforms, social media platforms. If you want to read more about the science behind the fasting and baking night.

Also have published on preclinical and clinical trials for, Ms. and for other health conditions. You can read the signs on on the Pro on Life website or on the program.

Life is the is the product website, but mostly you can read the science on what, what is called the l neutral.com l

dash introduction site. Or we also have the neutral health, the health vertical of the company where there is a full program of dietitians and products that you can, you can read about.

So you can click on, the science parts of the menus and read more, about the products and the science. There. Thank you, Doctor Anton, thank you very much.