Fasting With Food? The Science Behind The Fasting Mimicking Diet Transcript

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Introduction to Fasting-Mimicking Nutrition

Hi, everyone, this is Doctor Joseph Antoun, Today I'm going to cover a very important concept. How could we mimic fasting with food? What is that? Fasting.

Mimicking nutrition technology. We call the technology. It's nutrition, eating and fasting at the same time. I want to clarify this to everyone. So how is it possible to fast with food?

A technology called the fasting mimicking died. Okay, so when we eat, the body recognizes food in two ways. There's one way that is systemic throughout the blood.

So when you eat what we call the macros, when you eat carbs, there's something in the blood that increases called insulin.

How Food Signals the Body to Stop Fasting

Insulin basically allows the clubs to go to the cells, but at the same time tells the body, hey, there's food, there's carbs, come in. So we're not fasting and it's circulates throughout the blood, both the cards and insulin.

And it sends the message to every organ that there is carbs. So we're not fasting. The other macro that is very important in here is our proteins. Whenever you ingest proteins, there is something in the blood, a growth factor as well, like insulin, that tells the cells and the body that there is enough proteins.

It's called IGF one. When you eat proteins, IGF one increase. What is one insulin like growth factor? Very simple carbs increase insulin. Protein can increase insulin like growth factor.

They like insulin and they're called growth factor. They tell the body to grow. Because we put calories into body. We put macronutrients in the body. And this is where the body goes in a non fasting against fasting mode it goes into a growth mode.

So one way to mimic fasting with the fasting mimicking nutrition is to not spike insulin is how can we get complex carbs absorbed in the body.

Designing Nutrients to Avoid Insulin and IGF-1 Spikes

So the body takes time to break them and doesn't spike doesn't have one shoot spiking insulin actually have a micro spikes and they go for a long period.

So the entire body is like, I don't see enough insulin. I don't get an ingestion of carbs coming at the same time, getting a little bit of carbs. And it's not really satisfying us.

It's not over spiking insulin the same way the amino acid in the fasting mimicking, they're very carefully selected. We spend 13 years a neutral plus University of Southern California, the Longevity Institute and then 17 other universities came all together.

40 human trials, 134 issued patents and over $36 million again 13 year process to develop and test the fasting mimicking diet. The protein selection was very important that all plant based.

So the entire fasting baby can die. By the way, it's plant based, gluten free, soil free, lactose free, no preservative, no artificial. So it's a very healthy, premium plant based nutrition.

But the amino acid we studied for a long period, what sequence of acid spikes IGF and what sequence does not spike IGF. Slightly important. And we were inspired by some meat for example, the over spike IGF.

Some plant based they spike less IGF. And then there's a subcategory. This is where it's very confidential and patterned. There's a subcategory of amino acids within the plant based family of sources of proteins that do not spike or over spike insulin like growth factor.

Cellular Nutrient-Sensing Pathways

So one of the first goals of the fasting when we can died is to not spike blood sugar and therefore insulin and blood protein and therefore IGF. So at the systemic level, the body is not recognizing the food.

Now the second layer, the second secret is when the macros and the third macro is fat. By the way, fat does not increase growth factor. So if you eat fat you're not telling the body there's no food and enough food, and the growth factors do not increase.

So when you get on the cellular level, the cells have what we call nutrient sensing pathways. These are pathways. These are radars. These are receptors on the cells that actually tells the cells, hey we're detecting food.

They're called nutrient sensing. They sense pathways, they sense the food. So we studied those three pathways ways. They're called the tour pathway. They're called the PCA pathway and the Rasp pathways.

And they tell the cell that is carbs and protein and growth factors circulating. So we should be you know, we're not fasting. There's there's food in here.

So we studied how much. First how can we go around the pathways. How can we have nutritional elements that do not go through the nutrient sensing pathways.

And those who go through the pathways? What is that switch? Where is the detection minimum detection level of food that tells the receptors that, hey, I'm satisfied now versus no, I'm still hungry.

I'm still fasting, I'm still under the fence. So we studied how much we can feed and of which molecule, which time of the day, etc.

What the Fasting-Mimicking Diet Is Used For

it's a very complicated process and discovery to understand how much to nourish so that the nutrient sensing pathways are not triggered, and therefore now at the cellular level, the cells are not sensing the food.

So now we devised this to tradition technology program called the fast mimicking diet. When you go and you buy it, it's being sold into two programs. There's something called prolonged for longevity and prolonged life.

And there's something called L neutral health. If you don't have the fasting mimicking diet supervised by a dietitian or a physician, that's also being offered.

And it's offered for people who want to lose weight. They have some metabolic health issues cholesterol, blood sugar, blood pressure, inflammation, or they have diabetes or pre-diabetes.

They go on the program with the fasting. And we can diet that you can find in literature, health l dash neutral health. So the first thing we make invalid therefore is a healthy plan based intervention.

Five days that mimics the prolonged benefits of fasting helps the body rejuvenate through autophagy. That we explain in another segment about the types of fasting, helps the body improve and resets.

This metabolism keeps younger than your age, and the way it does that is by not spiking at the systemic level.

Insulin IGF and at the cellular level does not trigger enough the nutrient sensing pathway.

It's a big invention. It took over a decade, $36 million now published in so many journals.

Health Benefits and Biological Age Reduction

And I explained the science to you today so that you can trust it so you can understand. Yes, you can fast with food. It's called a physiological fast, meaning you're putting food in your mouth over five days, very healthy, plant based, high premium ingredients, but your cells and your bloodstream are not recognizing enough the food.

So it's a physiological fast. It is possible. It's a very important technology. The latest article on the fasting diet is showing that if you do it three times per year, three times, it helps you decrease your biological age by 2.5 years.

It uses this reaction of the cells with practice autophagy that won the Nobel Prize in Medicine. It rejuvenates yourself and your cells are younger. They have a biological age score that is younger than your age.

And when you're younger than your age, and that's the main purpose of the fasting. Mimicking nutrition. You are a little bit further away from age related conditions in a diabetes, cancer, Alzheimer's and cardiovascular disease.

So hopefully with this video, you not understand the technology of how to mimic fasting with food and you understand the value of it. I'm going to elaborate a little bit more on the benefits of fasting and the types of fasting in another video.

So watch it please, and have a blessed day.