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

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Introduction to Fasting Mimicking Diet

Hi everyone. This is Doctor Joseph Anton. I'm your host for the Fasting and Longevity Summit. Today I'm going to cover a very important concept. How can we mimic fasting with food?

What is that? Fasting. Mimicking nutrition technology. Recall that technology. It's nutrition. Eating in them a 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 diet? Okay, so when we eat, the body recognizes food in two ways is 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. Insulin basically allows the calves to go to the cells, but at the same time tells the body, hey, there's food.

There's carbs, come in.

How Food Signals the Body Out of Fasting

And so we're not fasting and it's circulates throughout the blood, both the carbs 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 in the body that there is enough proteins.

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

They like insulin and they're called growth factor. They tell the body to grow. Because we put calories in the body. We put macronutrients in the body.

And this is where the body goes. And in non fasting against fasting mode according to 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.

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 right did very carefully selected.

Plant-Based Nutrient Design and Growth Factors

We spent, you know, 13 years, 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 at all planned based so the entire fast even we can find by the way, it's plant based, gluten free, soy free, lactose free, no preservatives, 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 iron acid spikes IGF in what sequence does not spike IGF steady important.

And we were inspired by you know, some meat for example. They over spike IGF some plant based spike less IGF. And then there's a subcategory. This is where it's very confidential and patent.

There's a subcategory of amino acids within the plant based, you know, family of sources of proteins that do not spike or over spike insulin like growth factor.

So one of the first goals of the fasting mimicking diet 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 found. By the way fat does not increase growth factor. So if you eat fat you're not telling the body there's enough 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. Pathways. They're called the Tor pathway. They're called the peak pass pathway and the rest pathways. And they tell the sound it is carbs and protein and growth factors circulating.

Cellular Nutrient Sensing Pathways

So we're 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 cells. So we studied how much we can feed and if, which molecule, which time of the day, etc. 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 nutrition technology program called the fasting mimicking diet.

When you go and you buy it, it's being sold into two programs. There's something called prolonged for longevity and prolong life.com and there's something called El Neutra Health.

If you want to have the fasting mimicking diet supervised by a dietician or a physician, that's also being offered, and it's offered for people who want to lose weight, they have some metabolic, you know, health issues, cholesterol, blood sugar, blood pressure, inflammation, or they have diabetes or prediabetes.

They go on a program with the fasting and making diet that you can find in l neutral health l dash neutral health.com. So the fasting we're making diet therefore is a healthy plan based intervention five days that mimics the prolonged benefits of fasting helps the body rejuvenate through autophagy.

Programs, Uses, and Supervised Fasting Mimicry

That we explain in another segment about the types of fasting, helps the body improve and resets its metabolism, keeps you younger than your age, and the way it does that is by not spiking at the systemic level.

Insulin digest 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 is now published in so many journals.

And I explain 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 mimicking 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 induces this reaction of the cells to practice autophagy that won the Nobel Prize in Medicine. It rejuvenates your cells 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.

Benefits, Biological Age, and Closing Remarks

And that's the main purpose of the fasting. When making nutrition, you are a little bit further away from age related conditions. You know, diabetes, cancer, Alzheimer's and cardiovascular disease.

So hopefully with this video, you now 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 in the types of fasting in another video.

So watch it, please. And, have a blessed day.