Introduction and Community Fasting

It's really great to be with you. I am excited. I am super excited because it is like perfect timing. I have Doctor Joseph in tune with me, who many of you probably know.

But he's the CEO and chairman of the board of El Neutra, which is the company that brings us the prolonged five day water fasting mimicking diet. And I'm literally on day five, I'm leading a group of over 100 people in my community.

We've been doing Perl on all week to kick off our health in 2025, and I'm on day five. I'm a little hangry. I'm a little cranky, but I'm really excited because I know the amazing benefits and the gift of health and autophagy and cellular cleansing and all the things that I have given to myself this week.

And I know before I know it, tomorrow I'll wake up. I'll be able to eat. I won't want to eat junk. I won't want to eat things that I'm fantasizing about, and I won't be able to eat as much because my stomach has shrunk.

My relationship to food is shrink and all the things. So it's perfect timing that I have you here today, doctor, in tune, so I can ask you all the things that we make up in our community and just learn more and educate our audience.

So thank you for taking time out of your crazy busy schedule for being with us here today on the Lasting Wellness Podcast, The Bad Doctor Steals. Thanks for hosting me today, and thanks for being an ambassador for changing the lives of the people around you.

I mean, this is, you know, for those who. No problem. And for those who don't, we're going to talk a little bit more today. But for those with no problem, this is a life changing experience.

This is this is rejuvenating yourselves. This is resetting your metabolism. And this is putting your body on a good longevity lifestyle. So hopefully we're going to change a lot of lives today.

Yes. And for anyone listening I'm going to be doing quarterly group fast so you can come join us. Because there really is a benefit to fasting in community 100%.

We see a lot of people when they do it together. They support each other, they encourage each other. You know, we're humans. We're not we're not so little individuals.

We like to we like to create the social capital, the sense of community, that sense of doing together. You know, we've had communities doing pulled together by hundreds of people, you know, leading one of them.

And, and again, it's a blessing. We go through changing a lot of lives in here. Yeah. I know for me personally, because everyone thinks, you know, I'm the doctor.

So just because I'm the doctor, it's super easy for me. But I'm still a human being. And fasting has always been a challenge for me.

How ProLon Mimics a Five-Day Fast

I've never really been successful at it, and it wasn't until from on, you know, many years ago that I was able to successfully complete a five day fast that gives me all the benefits of a five day water fest.

And I was saying to my friend and colleague this morning, I was like, there's no way that I could do a five day water fast while I'm still seeing patients living.

I mean, if I'm going to do five day water Fest, I got to be at like some retreat center and I stepped away and really taken care of. Yeah. So it's just so exciting.

And I know my, my, biological age is reversing and adding years to my lifespan. I'm, is a tough advising a word because I've been using them. You just you just, just put that under you.

It's the first time I hear it. Like I've been saying all week, I have a tough advising, and I'm like, yeah, word. Yeah. Well, you know, as you mentioned, I mean, this is why we exist, why we were doing water fasting research flawed for decades.

For those who don't know, you know, we put together multiple medical centers, right. University of Southern California, you know, UCLA, Stanford, Harvard.

We put them together and started doing initially water fasting trials. And then it wasn't possible for humans to safely do a five day water fast. And it was so difficult.

But the benefits were amazing for those who were able to do it. I mean, with water, it comes at a cost as well because you're depriving the body. And this is when we, we we talk to the NIH, we talk to donors, to investors.

And then we said probably we can develop a fasting mimicking diet, which is a big oxymoron, right? I mean, a lot of people ask, and you get a lot of questions, how am I fasting if I'm eating this food?

This is what took us 13 years. It took 13 years out of the 23 years of R&D that we've done. The first ten were mostly water. Then we said, let's develop a fasting mimicking diet.

It took us 13 years, $48 million in research and development to get prolonged, to get old, to get to resolve to put science on our side and resolve this oxymoron and discover its very precise formulations.

Those of you who have done for a long, it's a five day nutrition that you eat and your body stays in a fasting mode, and the goal is to put the cells in a little bit of crisis, but you're feeding them back to cells and and have them rejuvenate, right.

When you put a company with no funds, it restructures. If you put an animal with no no food, it just rejuvenates. I don't know if I've ever told you this story, but the, in the chicken farming business and those those farmers who want to get, you know, eggs out of their chicken once they once did chicken get over 9 or 7, eight months.

They actually, you know, peak in production of eggs, and then they start going down and they end up doing say instead of doing six out of seven eggs per week, they start doing 2 or 3, and they're getting older and older, and actually they fast them for three days.

Right? We do always three days in animals is equal to five days in humans because animals have a fast antagonism. And so when you when they fast the chicken for three days, they turn off the lights.

They put them on the water fast. And then three day after three days, they lay their feather and they replace it. New feather, new rejuvenation. And the reproductive system gets rejuvenated.

And they go back and they start laying 4 to 5 per week instead of 2 to 3 extra week. This is that. Wow. Everyone in that business knows that. It was part of my diligence.

Before I joined a do by pure accident, I learned through a friends of my father that they were. They fast for three days and the mice. When we do the lab trials, we do three days of mice, which is equivalent again to five days in humans.

But this is like customary that, in the chicken farming business, they when they get old, they rejuvenate them through fasting so that they reproduce eggs.

Isn't that amazing? That's awesome. No, I did not know that. So it's the same thing. We're rejuvenating us as we're we're aging to stay young, healthy and young.

And, you know, doing that internal cleansing, which there's not. So I have a few questions I want to ask you, that have just come up through this journey.

And I guess before I do that, let's just for anyone who's listening, who doesn't is not really familiar with proline. Maybe you could just talk a little bit about the five day.

What? Yeah. I mean, how are you how are you fasting and eating at the same time? Yeah. So the purpose of doing a five day, you know, prolonged fasting, mimicking with nutrition is to help you reach a longer fast.

So a lot of people say, well, why? Why not skipping breakfast and getting to, you know, a 16 eight intermittent fasting? Because when you do a short, fast, there's not enough crisis in the body to push the cells to rejuvenate and to fix and why we want the cells to rejuvenate.

I mean, if you're made out of cells and metabolism and, and we have around 37 trillion cells, if you rejuvenate your cells, you're biologically younger.

If you're biologically younger, you're further away from the onset of a chronic disease. Right. This came after the simple discovery. But but in this it should be intuitive.

But it's not a medicine where, you know, 90% of us will die at a for pruning diseases. We're not going to die from this car accident or a plane crash.

You're going to die out of Alzheimer's, out of cancer, out of diabetes, and out of cardiovascular diseases. And they all happen at a later stage of life.

They're age related chronic diseases, right? Oh, my mom is old. She gets she has Alzheimer's. My dad just had a heart attack. We accepted socially that we age and therefore we get different diseases.

Yet we bring a pill solution that never solve those diseases. We're going to solve aging. And one way to solve aging and to reverse and treat aging is doing a lot of fast or a five day fasting nutrition where the cells get younger and therefore you are biologically younger.

I always say you want to stay younger than your age, right? Everyone here, here, everyone listening. Stay younger than your age. One way to do that, or one of the most powerful ways to do that, is the prolonged five day fasting that we can do.

The science shows if you do it three times per year, you reversing the biological age by 2.5 biological years. So how do we do that? How is it possible to to fast for five days?

And then to at the same time to be eating the food? Well, we started studying how the body understands that it's eating, that there's food inside of the body.

The first step is a systemic is is a total body step of recognition. Once you eat carbs, insulin increase and insulin, we call it an anabolic factor. It tells the body the cards.

It tells the cells, pick up the carbs. We're going to grow. There are clubs in the body. So one goal of designing this food withdrawal on was not to spike insulin in the blood.

So we have a very special sequences of carbohydrates and very special ways of mixing them so that they absorbed slowly in the blood, and therefore insulin does not spike the other or has a mini spike.

It's important to have a mini instant. The spike. For those of you, the problem the new CGM is to measure blood

sugar. You're going to see mini spikes of blood sugars and these are very important after the soups when it lunch and dinners have soups in Prolog and after the soup, there's a mini spike of blood sugar on purpose so that the muscle gets nourished.

Why Day Five Matters for Autophagy

One of the most important successful factor withdrawal is protecting the muscle and and the beauty of a problem. Why? It's superior. It's not equal or like it's superior to water.

Fasting is that it protects your muscle. And one of the big secrets is those mini spikes of silver or insulin minion say, so that they keep and maintain the muscle.

So. So number one, no big spikes in insulin and therefore no recognition that there are carbs in the body. The second way is we have very special sequences of amino acids of proteins that also do not spike IGF insulin like growth factor.

So in the blood now, although you're getting carbs and proteins, the blood is not telling the body that there is spikes of insulin in IGF. And therefore there's no recognition that there's circulating carbs and proteins.

Step two is we started looking at the cells. How does a cell recognizes carbs and proteins that fat does not push a recognition of food. So fat is not, a macronutrient that pushes recognition as well as proteins and carbs.

So we looked at the cells and we started to understand how they sense food cells have three sensors. So three radars that tell the cell that is food we call the nutrient sensing pathways.

The PCA, the tour and the rest pathways. So we developed the problem nutrition to go around the pathways. Or if they go through the pathways, it barely triggers the pathway.

It doesn't get to the level, the triggering level of recognition. It's food. So it's like it's like the food is hiding, going to getting into the cells.

And the cells are not recognizing that they're being nourished. So number one, that the bloodstream level number two, at the cellular level, the fasting we're making nutrition does not trigger the recognition pathways of food within the body.

And therefore the body is tricked that it's not eating, although it's eating. And the food, by the way, is amazing. You're talking about one of the cleanest, healthiest food is all plant based, non-GMO, gluten free, lactose free, soy free, 100% plant based, made on a very high end premium nutrients and with such a great explanation.

So I want to ask a couple of questions, that have come up. And I actually just I just had a patient right before this and she's done prolonged, but she said, you know, sometimes that fifth day is really hard for me.

So I just do four days. And can you speak to, you know, what does it mean if you skip that fifth day, look like you've done all this work on the fourth day?

Because, I mean, I feel like, you know, having a big salad right now, but I'm not it because I want all the benefit. Yeah. Yeah. So so how harmful is that or detrimental I guess.

Yeah. There are two stages for prolonged. There's the stage of zero to to the third day where. And this is any stage with fasting between 0 and 2 or three days.

Your body has enough carbs. Has it have enough reserves? You know, fat, glycogen, etcetera can respond to the fast. So the first 0 to 3 days your body is changing, metabolism is resetting its own metabolism to adjust to the fast.

So this is where you lose weight. A lot of people love that. This is where your ketones are high. This is where your

blood sugar is adjusting. And a lot of great metabolic benefits.

Now why we went to five days because after day three is when cellular rejuvenation happens, right? So the body and the three tells the cells, well, I've been burning fat again using all my reserves, the glycogen.

I'm going into a crisis. And on day three it tells the cells you're going to start fixing yourself. You're going to start the healing. You're going to start rejuvenating so that we survive, you know, as an organ, as a system.

So as of the three, the cells start rejuvenating you. You mentioned the word autophagy. This is what it's called. It won the Nobel Prize in medicine in 2016.

So it's a big, big word today in medicine. And it starts a day three. Now hey if you get to day four you just getting one one and a half days a lot of energy right.

And this is why when we started Pro Line we did try day one one day two days, three days, four days, five days. We went all the way to seven, eight, nine, ten. Right.

And anywhere between 4 and 7 is is kind of okay with five being optimal. Why? I mean, with five you really got two days of artificially your, your body.

So anyone could do five days of anything with nutrition. You know obviously day five, you know the longer you go the more difficult it is. But five was the balance between at least getting two days off.

Honestly, you don't want to leave on day four and and have, you know, went through the four days just to get one day of autophagy. You want to get two days of autophagy.

You can do day six and seven. We actually are formulating and we have formulated an auto immune fasting mimicking night. It's seven days right. The seven days. Why?

Because when you have an autoimmune disease you have the hyper excited T cells, the white blood cells that are attacking an organ. And when we start what we see was in fasting, it rejuvenates white cells very fast.

There's a lot of white cells rejuvenation. And then once you cross day four and five, we see the body getting rid of the T cells that are by mistake attacking organs.

And we see we move from rejuvenation of image to regeneration of immunity. We start seeing spike of new white blood cells to replace the old mistake T cells that are attacking to Augured.

So we went all the way to seven seven days in cancer the fasting we get diet that we use that we study for cancer treatment to support it. Not to say to treat cancer, but to support the standard of care is a four day fasting and we can die. So anywhere between 4 and 7.

And you, you're doing good for your body. Five being the ideal. So you're going to have new kits that are seven days. Yeah, we have seven days and we have four days for the cancer support.

Are those of it are those available yet? No. They have been used in trials. They've been used in clinical trials. There's a trial. They're happening on multiple sclerosis.

There's a new trials happening and throws. We just finished our trial and and onset of colitis and throws in, Stanford and at the University of Miami.

So whenever you go an autoimmune, what we've seen is that that between days five and seven, the body's not just fixing the existing diesel, but it's getting rid of the ones that are attacking the organ and spiking you with very new, newly made naive, what we call them T cells that are here not censored eyes to attack the organ any longer.

Wow. So when is that going to be available? Because I know a lot of patients to benefit from the mass. Yeah, we're we're getting lost. First, the five version of it, we call it the leaner, the low inflammatory.

None other genic fasting nutrition. And there's going to be five days. We're going to launch that. We'll see. I'm not going to promise but could be Q3 or Q4 of this year.

And then the seven days are still in trials. So it's going to it's going to take a good couple of years for it. That's exciting. So going back to answering my question, it's like you do all this work day one two, three.

Autophagy, Testing, and Scientific Evidence

And if you cut it short or you don't follow through on day five, you're it's like a stage and then you're not. Yeah, yeah. The night of day five, which is what you're going through today.

Right? The night of day five and going to the body of day six is a very, very big night. It's a second pure of night. Auto phase. You right. It's a big, big night.

And you feel it like you feel it. And, it's a very important send the rejuvenation day. Yeah. I if right now I'm feeling good. And, you know, it's fun talking to you and learning because I think when you really hear it all again, you're like, oh, this is so good for myself.

But I know in the past, when I do day five by like 6:00, I just go to bed, maybe read a book, and I'm just like, I'm just going to go to sleep early so I can wake up.

Because if you if you have an ordering, a lot of the ordering holders, they talk about the yes, you're going to see your score tomorrow and it's going to be amazing.

A lot of people post on Facebook saying, look, the ring is talking. It is a there's a difference between day one and day five on the ring and the recovery of the split in the sleep and energy.

It's all recorded. I always usually get crowns, but I have to say this morning my aura ring was like, your air heavy is amazing. It's like, thank you for everyone.

Thank you for this. So yes, so I am, I am, I made up a new word. I'm a tough advising. You're hearing it. Yes. Which is the verb for being sent so that even to Wikipedia say it invented a lot of other phrases.

Okay. So why is autophagy so important? And, you know, you can't really, like take a pill in a bottle and induce autophagy. You have to really fast to, to get where do you say.

Well, you said is important because there's a lot of people trying to say, well, I drink my cleanse. Yesterday a friend of mine sent me an email and whatever it's called one day cleanse whatever for autophagy.

And and as you know, a lot of people try to say, if you skip breakfast, intermittent fasting for autophagy, there's a molecule called sperm. And then which puts the body in the direction of autophagy.

Right. Does it induce full out of energy. But yeah, you have to. Autophagy is a sign of stress on the cell. Right. So you can reach it only by doing a deep fast, not even a ketosis.

Right. And ketogenic diet has enough protein in it. It's a very very long time but has some protein. So the cells recognize the protein. So even a ketogenic diet doesn't get you into the into a lot of scenes where you don't hear those two together.

Right. You don't hear you only hit autophagy with the fasting with pro like you don't hear with the ketogenic diet. But you have to go into a deeper stress.

It's a response to stress. But I always say, you know, if I give the example of a company, right, if you have a company and you need $1 million set for a month as a revenue, just like the buddy and eating, well, 1600 calories.

But if you delay paying the company in this like intimate and fasting, if you delay paying money to the company, you know it's they'll wait for the money, then they'll get the check and they'll spend it if you give the money when.

But if you keep the company with that money for several days and weeks, the company will restructured. The CEO will say, I am in a crisis. We got a cut budget, we get a fixed marketing, we get a fixed sales.

We're going to finish our IT project. We're going to do this again. This is when the restructuring happens. The autophagy is the restructure of the cell.

The cell says I'm going to burn, you know, the, the old, the old and worn down the berries and organelles. And I'm going to produce new ones I'm going to fix here.

I'm going to do that. I'm going to detox here. It does a deep, cleanse rejuvenation, call it whatever you want to call it. In science, we call it autophagy.

And that deep cleaning and deep rejuvenation is so essential because, as I mentioned, it's pushing back the biological age of the cell and it's enhancing its performance.

It's it's pushing a self-healing. We can is it. And you need a deep stress to get there. It's either several days of fasting or it's a very, very intensive exercise.

Right. Those who run a marathon, if they're super thin, they don't have a lot of reserves. As you can imagine, they cannot lean on weight for three days and have a lot of reserves.

Sometimes when you do very deep, intensive exercise and a very lean body, you also do some autophagy in certain cells, right? Especially muscle, etc., where you're building into a deep exercise.

But if you want a total body autophagy, every cell of the body lives on calories. So when you fast you have a total deep body autophagy. And it's like sit there to any pill or drink or liquid that you know, there are there are ways to test autophagy today.

They were not available before. There are multiple centers in the US. We tested our control on at Cedars-Sinai and University of San Antonio, Texas. I as a CEO, I there any other supplement or liquid company to go and do a randomized clinical trial to say we did withdraw a lot and show us that you induce deep autophagy in the body.

Nobody does that except pro, right? Nobody goes and do their testing. They talk about it in marketing, but they don't show us in humans that they induce deep autophagy.

So what kind of like me as a private clinician private. Is there a test I can do or this is just being done at universities? Yeah, it's a little bit sophisticated.

They get to they I mean you can do it but you have to it's not like a routine thing. You can do it lab or quest. You just have to do a special request and send the bloodwork.

And they have to look at special flux within the cell. And it takes several days of reading. So this is not a routine test yet, but hopefully it will be routine at certain point.

Yeah, I'd love to be able because someone was asking in the group, you know, I know I want to take your word for it, but do you have proof that I'm in autophagy?

Yeah. Like, you know what? Can you. Yeah. So the most important response here is, well first we have we were the first product to be tested in autophagy at those universities.

The the the researchers are writing the scientific articles and it will be published. And you're going to be able to see it visually. We randomized, you know, multiple people into a typical scientific study.

Some do pro line, you see the effects, some do just regular. So and you see no autophagy there. And big autophagy or minimal autophagy versus spikes of autophagy.

But prolong has not been tested in 41 clinical trials for it. So for those who want a proof, I mean number one, go do the test is going to take a while and it costs you a lot.

But if you don't want to do that, you can go and read bless you. You can go and prolong life. The website prolong life.com. There's a section there saying, you know, the science.

And in this section around the science, if you scroll down, you can see the results of the true scientific articles behind Prolog, and you can read about autophagy.

You can see test and the blood showing even spikes in what we call missing kind of stem cells so early. Yeah. The stem cell spiking in the blood. This is big I mean this is really big.

Please guys, remember why you're doing fraud. I mean, hey, a lot of people do it. To lose weight super fast is the what is the fastest way to lose weight is to simulate a fast and protect lean body mass, which is amazing.

Especially if you have, you know, high blood sugar, typically already has cholesterol, triglycerides, etc. it maintains healthy levels for those individuals, but the true reason you would be doing prolong is to rejuvenate the cells.

So I look at your biological age, younger, stay younger than your age. If you're 55, projected on your passport that you're 45 from the inside, you're further away from hitting one of the four things that are going to kill you the vascular cancer, Alzheimer's and diabetes.

So that's the main, main purpose. Yes. That is that is the purpose. So I have a couple of other questions. And I just want to say, you know, when I started at the beginning of the week, I was fighting something.

I was not feeling good. And just by fasting, doing prolonged because I didn't give myself. And I've, I haven't really been, you know, I try not to really take my supplements.

So I'm just doing, you know, what's in the box because I want to be very pure and follow it 100%. And by like day three, I was like, I kicked it like, I don't feel sick anymore.

And that was awesome, too. Yeah, but that just tells, you know, I, I come from mainstream medicine, right? I'm a MD, PhD and Harvard and Hopkins, and so we're not here coming from whatever herbal medicine trying to I come in and our founder is a PhD and our chief medical officer is a Harvard VIP.

So we come from medicine. We're not here from the alternative whatever.

Using ProLon Foods and Coffee During the Fast

You know, there's a lot of great alternative routes, but what I'm trying to say is what you're describing and what I'm describing awakening, rejuvenation in the body and the self-healing, which a lot of doctors like yourself have discovered way before us.

Right. And have preached way before us and have created a discipline called intuitive and functional medicine, and finding root causes of disease way before us.

We're bonding together here. We're bringing the true solid science of healing, which I you know, when I studied medicine, I used to to not that even understand it, appreciate it.

I mean, but at the end of the day, if by chance you cut your hand and you do whatever with a knife in the kitchen where I was cutting, you know, tomatoes, you don't need to take a pill.

If you take a pill, it doesn't it doesn't do anything. You just need to take the arm off. Just put a Band-Aid, right. Don't touch it. Don't bring another physical harm to it.

And the stem cells come in and they heal it. If you go into a car accident and you break a bone, I mean, you just fix that bone and then it heals. There's stresses within the body, induces self-healing.

And we lost that. Our ancestors were using this word because they were going through periods of food and food in the last 40, 50 years. We're starting eating every, you know, 6 to 8 hours.

And we lost the self-healing power of the body. But that self-healing, that doctor that lives within us is so powerful. It's not like like how they taught us in medicine that it's everything has to be a pill or a surgery. This is how you heal.

Otherwise everything else is like going, oh, yeah, maybe or whatever. This is. This is the best science of surgery, healing and rejuvenation brought not to the hands of people, to the grown up.

And yep, not all medicine comes in a pill bottle, even if it's a Nerf bottle or a vitamin bottle. I always say, you know, the best medicine comes from within.

And so this is this is allowing us to do that. So for someone who's doing it and, you know, keeping it real here, like it even goes through my mind, like how important is it to be like 100% like, you know, I'm thinking, God, I'd love to have a bowl of steamed broccoli.

No, no, that's the most for the way you just brought up is very important. And there's no d I there's no additions. It's so important because we tried we tried to nourish the most while keeping the body and the fasting sound right.

You don't want to eat to live prolonged because again, I've preached for 15 minutes the self recognition that food the the the spikes of insulin IGF. It's a very precise formulation made to nourish your body and keep you in a fasting mode if you eat something else.

In addition, the cells might recognize the food because of the extra carbs or extra proteins, and therefore you will be just doing a super low what we call a very low calorie diet.

Meaning you're just eating 800 calories of food without mimicking fasting. It's like you're doing a very low key to diet. And then yeah, you you lose some weight, but you will not rejuvenate.

You don't want to be just losing weight. You want to rejuvenate the cells. So now some people find it helpful to say, drink, sparkling water. So there's, you know, some theories where the sparkling water in the stomach might be a little bit more filling with the guys and gives that a better feed that are filled to the brain.

Some people add a little bit of peppers to the soup if they like that. So there's no calories there. This is the minor changes. A lot of people love to eat a cup of, coffee one time of day.

No sugar, no milk. Just add some stevia if you want, but have your coffee if you're if you need that to support your brain. Or a cup of tea, but do not eat food in addition to throw up.

Yeah. That was I'm an I was like a late founder of coffee and all that magical joy that it brings to people. You can okay, so I have this, like addiction to lactase.

I get a latte every morning. And so that was a big thing. I was like, I started now I'm just getting like one shot of an Americano, which is just like, yeah, okay.

And it's so I'm so curious to know, like, you know, when I go off it, am I going to get an Americano? Am I going to

get a lot? Yeah. And and outside of prolonged either during the other 25 days with what I do it a lot of people do.

If you're if you're a fan of latte, it just gets you a black coffee and by the fasting shake and put it as a creamer. Just put one spoon of fasting shake in the morning.

Now you're getting because you know, the fasting shake has a very high levels of, of the right. You don't want the milk creamer, you want the macadamia milk tea.

Where? Because it's plant based and it's super high in ketones. So if you do a fasting shake in the morning as you're creamer, you're still mimicking fasting, right?

So you are doing your intermittent morning fasting and you're nourishing your body with plant based high sources of ketones coming from academia. Nuts, which are longevity nuts, as we know.

There's a big New England Journal of Medicine, the number one science and medical journal of the world, a big paper serving thousands and thousands of people that you eat six times out of seven per week, almonds or hazelnuts or macadamia, you actually are decreasing your cardiovascular risk by 20% superior to the cardiovascular risk prevention by ozempic.

And if it was so, those who inject which is a big or GMP one, if you do nuts six times out of seven it's it's a big, big ninja of medicine article. Thousands and thousands of participants.

You decrease your cardiovascular risk by 20%. So one big secret don't use your typical cleaver by the fasting shake and use the fasting shake as a morning creamer.

It's a beautiful source of macadamia sauce. Plant based, you know, milk for the morning. That is awesome. Now, the only problem is, I only have. I don't have the fasting shake right now.

I only I have the protein shakes. Can I use that or is that, you know, this is this is after food. So you this is, during the 25 days after pulling right during college.

You stick the bullet, right? I'm talking about after. Yeah. Tomorrow. So. Yes, definitely do the protein tomorrow in my coffee. Yes. The protein is, is is not going to mimic fasting in the morning because you're getting proteins.

But after a lot of professional athletes I'm not going to mention names. And a lot of celebrities are mentioning they do the add protein because it pushes the proteins on day six a throw on push it, and they're all plant based.

So for those listening to us today, there's something that we sell on the same website that's thrown on live. It's called the L protein for longevity protein.

And it's all plant based special sequence of amino acids that helps the muscle. Right. So actually the problem they say if you do the protein you're pushing you're nourishing the new cells.

Right. And there's small there's there's a small pool of new stem cells that also are secreted in your body. So the protein spikes a little bit IGF then and pushes those new cells to take over.

So definitely it's a very powerful combination to add the protein to it. It's not an intermittent morning fasting combination. It's not replacing your creamer, but it's getting you a great source of plant based proteins.

So feel free to use either. Each one is different. Yes. Right. Yeah. I can put it in my coffee. The L protein. Yeah. You can put the L protein alone in water or in plant based milk.

I actually mix it with the fasting shake. It gives me like perfect water, water, clean water, the cream. Instead of having milk coming from whatever, you know, soy or whey or cow.

And, and then I add the protein. All right. Well, I'm going to get some fasting shakes. I can try that. And it tastes delicious. Literally this way. Yeah, yeah.

So I want to ask you another question. You know, a friend said to me today, how in the heck are you eating a choco Cris bar or a fasting bar with chocolate chips in it and getting into ketosis?

And. Yeah, I'd like you to speak to that. Yeah. So, you know, unfortunately, chocolate in the United States means butter, milk, chocolate, sugars. So of course, if you eat the chocolate in the United States, you don't get admitted fasting.

The sugars that we have, we're not even allowed to call it chocolate, which is why we call it sugar. But imagine we cannot even call it chocolate by by definition, because there's no butter, no milk, no whatever extra sugars, it's cocoa powder.

Cocoa powder is great, actually, by the way. Ingredient in here. And and it's, it's a so-called powder, as we say, it's not a chocolate. So there's no there's no butter.

There's no, there's no sugar. Added sugar. So when I say I'm eating chocolate while I'm fasting, I'm eating okay. Yeah. Actually not. Yes. It's good actually. Yes.

Post-Fast Protein, LDL, and Long-Term Benefits

So my by the way the the the the autoimmune when the learn from an immune facility which in diet will have in the morning for those who have allergies to nuts a lot of people write to me, they're like, oh, I cannot eat because we have macadamia almonds right in the morning bar.

It's actually it's a chocolate. I cannot call a chocolate. It's a chocolate by it's a cocoa powder and a top class, you know, powder that that mimics fasting in that sense.

So I'm glad you brought that up because that is the one allergy that permits. Like if people are allergic to nuts. So they'll be able to do the autoimmune.

Yes, yes. Awesome. You guys, there's nothing you guys don't think of. You just such a forward. It's just yeah, it takes us always time because we are ethical.

We are scientific. So we go back, we test. So imagine I couldn't launch Deloitte for the military. Doubled my money this year and had higher budgets. But no, he said no, you got to go back and retested.

And it's being tested now in the clinical trial. And once we have the results with lunch, it looks like I love you guys because that's how I practice.

So what about you before we wrap up? What. Yes. How often do you do the five day water fasting mimicking diet? And how do you feel on I do it every 3 to 4 months.

I think now I trust my 26 or 20 seventh the last two times I did the seven, I was the first, guinea pig on the, the on the low inflammatory seven day, seven day.

So every time we do it and or we improve taste, I try it as well. And so, these had this have been the in the biggest thing that I'm looking for is my next month of prolonged because we're bringing now a certified organic, ready to eat soups.

Those are the prolong. They know that the soups are dehydrated there. And so this is why they're in a small pocket. And you can take it with you if you're traveling you take it to work, etc.

but when you dehydrate the soups, you know, sometimes they lose their organ that they used it a little bit of the

flavor. Everything Pro line is tasting eight out of ten and higher, except the soups, because they're dehydrated.

A lot of people test them around 5 or 6. And so one one big development we've done is we developed the ready to eat soups. They get a ton of liquid this time bigger volume liquid.

They're certified organic and they taste amazing. For those who really use. So I've obviously taste the soup alone, but we're effectively launching them in this little box next month, in February.

For those who are poor consumers, they will have an exclusive first, capability to buy them. And officially, we're launching them in March for the general public.

Very, very exciting. And how are you as super fast or do you struggle when you're doing it or, you know, I've been doing it. Yeah. I just my buddy we call if you do intensive exercise or fasting your metabolism becomes flexible.

So if you're metabolically flexible, that's the expression your body easily swings between living on carbs and proteins when you're eating those and then jumping into ketones and, and little bit decreasing the dependance on carbs when you're fasting.

So yeah, it's like the gym. When you go to the gym frequently, you're not going to, you know, feel the pain in the muscle. But once you if you don't, you're going to feel you're going to see that the first time.

That's why we're doing it every quarter with my community. So yes, reap the benefits. And this is the science. Right. So most of the articles, most of the science on on has has covered three cycles per year.

So it's important to do so need to for if you're thin you're healthy. You're a little bit at a younger age three times per year right. If you're pre health disease, if you're in your the touch your 50s and above you're gaining weight is the stubborn way.

This is when you do it once every quarter. And what are the I'm just thinking one last question from my community. LDL is what have you seen with LDL after like three months of, you know, yeah, the three consecutive do you see good reduction?

It's a very important question. So total cholesterol decreases in LDL. So this is a trick of fasting. If you measure you should that measure for lesser right after a prolonged or right after any fast.

Because when the fat is melting in the body there's a release of cholesterol and it tricks the system. And you see like, oh my felicita did not decrease, but actually you got to wait a little bit.

And once you do cholesterol day 2 or 3 months after the Pro line, which represents the true change in your cholesterol from the problem, you see that LDL.

I cannot use the word decrease. It's an FDA claim. If we say, oh, we're decreasing cholesterol, but I'll use the right word, which is you maintain a healthy level of LDL in the blood.

Yeah. So you're saying if you're doing pre and post blood work, wait a couple of months after your three cleansing cholesterol, if you're measuring blood sugar, if you're measuring, blood cholesterol sorry.

IGF they change right away so you can do them. They 67 whatever. Blood sugar and IGF, if you want to measure HbA one C and cholesterol, you better wait 2 to 3 months.

As you know, C takes is same as cholesterol. So then you get the true the true metrics, change is just naturally. It takes time for those to change. Gotcha.

All right. Well, okay. Thank you. I got all my questions there. This has been like a good I was like so excited. My fifth. I feel better already. I just it's like all the good stuff, you know it really is.

Sometimes it's like, is my mind hungry or my body hungry? And a lot of what we think is hunger is just our mind playing tricks with us. And yeah, it's just another opportunity, to get.

Yeah, that's a major benefit, right? When we survey people saying, gee, my relationship with food is one of the top things they they expressively say it.

They said, I didn't know I can eat smaller portions. I didn't know I don't need to snack late at night. I didn't know that I can live five days without my Coke and Pepsi and whatever.

I don't know, like, you hear all of that and day six comes is like, wow, I was buying so much food. I was eating so many big, you know, big portions. I was addicted to something.

And now I realize that I can live happier, healthier, better, feel light and more energy by eating a little bit less. Yes. All right. Any last words of wisdom? You've.

You've just been dumping nuggets at us. Lots of stuff. I yeah, I think, you know, doing prolonged and committing five days without a restaurant or whatever it or doing, you know, I actually go to the rest of the problem to take the soups would be, and a lot of us as the gracious enough, they just get a bottle of water and they do it.

But I'm saying I know it's a commitment and and by the way, prolonged costs around $175. It's a zero cost to you guys. You know, we in the United States, an average American spends $150 every five days just for food, beverage and supplements.

This is official statistics. So you're just prepaying for five days of food, right? So think about it's a it's not a cost for little, but it is a commitment.

As Warren Buffett says, it's like any assets to be replaced. You're the buddy's the only asset that he doesn't know how to replace. He doesn't know how to rejuvenate.

It's so important that our bodies were well worth nothing. So invest in your health. I don't know of anything that you can do in five days that will get you a better result than problem.

There's nothing going to reset your metabolism. Blood pressure, blood cholesterol, blood sugar, blood, all of that. There's nothing is going to reset your cells in five days.

The way prolong does it is a commitment. But five days three times per year, 15 days out of food and 65 days is tons of science. The beauty here, it's not serious.

It's not. Go read my blog. No, go read the articles. Big universities. We're talking Stanford, Harvard, USC, UCLA, University of Miami, big universities.

And why we go to big universities, why we publish results because they're positive. They are consistent. And because the body does the same thing. When it's fast, it rejuvenates, it heals, it goes, it emerges stronger, and we do it with food so that you do it in a healthy way and in a better way.

So please do commit 2 or 3 times per year. It's going to change and enhance your life. Yeah. I mean, I'm, you know, I'm a big fan and I, I was just thinking like the name of this podcast is Lasting Wellness and how proline just fits so perfectly into that.

If you want to have lasting wellness, if you want to have longevity, then you know you can do it five days, you can do it. And you know you also feel so good when we do things that we set our minds to and we do it.

We like get a big win. Just also like neurologically we're like, yes, you know, emotionally we it builds our self-confidence. And if you can do this, you can do other things that you might be afraid to do.

So I'm so glad you are all here today. Thank you so much, Doctor Antin, for coming and just sharing so much information. And that's what I love about proline.

It's doable. It's affordable. It's science based. It works. It's you know, there's no there's no downsides to it. It's just all good things. And so you can go to prolong life.com/doctor stills.

You can get a discount. You can get your kit. You can join us for our group fast. Or you can do it on your own. You can join our WhatsApp group and just, you know, see the videos, see the support and so forth.

You know, we go active in there when we're going to be doing a cleanse. So, I know this was inspirational and informative for you. And even if you're a prolonged champ, you know, I learned something every time I interview you or to hang out with you or talk to you.

I didn't know about the chickens, so that was news to me. So, I'm sure you learned something that you didn't realize. So thank you again, Doctor Antoon.

Thank you, everyone for being here. Have a great rest of your week and we'll catch you for our next episode. Bye.