Fasting: Your Route To Cellular Cleanse & Immune Boost Transcript

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Introduction to Fasting and Longevity

Welcome to Mold, Mycotoxins, and Chronic Illness Summit. I'm your host, Dr. Ann Shippy, and today I have the pleasure of talking with Dr. Joseph Antoun.

His passion is to enhance human longevity and he is the CEO and chairman of the Board of L-Nutra, which is a unique nutrition technology company that's based on incredible research.

And it really this company is leading the longevity and food, medicine markets, which is so exciting for me. With medicine being the most potent way to heal our body.

So his background really is quite incredible and led him to this perfect position to have huge impacts and in health in the United States and beyond. And so today we're going to delve into fasting for cellular cleansing and immune rejuvenation, which I know you need listening, but I think probably all of us need.

So welcome. So much for joining me. Well, thank you, Dr. Shippy, of I've known you now for probably five, six years. I haven't seen you for three years or four years, but the work you're doing is a blessing as well.

I'm pretty excited to be to today to be with you. I think they want to say, you know, we're going to we're going to put out a few from a new information that hopefully is going to change somebody's life today.

I think we will, because it's just really such great science based information that's so impactful. And the topic is fasting. So I'd love it if you'd start out by giving an overview about fasting, because I think there's a lot of information out there that's really confusing because there's so many terms.

And so that's, I think the perfect place to start is fantastic. Well, we categorize fasting into to, you know, different types is intermittent fasting, which is between 0 hours of no food all the way to two days.

A lot of people think of them as fasting, skipping breakfast, but actually the body almost behaves the same between 0 hours and two days in, you know, when you're fasting this period, we all have some reserves in the body glycogen fat and deliver can a little bit, you know, dump some calories in the body.

I always talk about it. I give the analogy if if you if you're if you own a company and you don't have revenues. Right. Suddenly there's something happened in the market and you don't have any revenues.

How Fasting Triggers Cellular Cleanup

So you have your checking account, you go first and tap into it. This is glycogen that the body you have, you're saving account and that's fat. And then you can apply for a credit, get a credit from the bank.

That's the liver they can do. They look at you. This is right. Now you can really understand what's going on then. Yeah. Yeah. And that's and you can live off those for a certain period of time.

For most of us, once we cross day to day, go back to the example of the company. So you're the president of that company or you're the owner and suddenly in that you don't have money and you depleted your reserve, what's going to happen? You're going to go into a crisis mode.

And this is the secret of fasting. Why fasting grew so fast to 8% of Americans practice certain type of fasting. Oh, it's really taken off. That is the number one diet in America today.

It fell last year to 6%, but it was 8% for a good four years. And and so so the secret now we're going to lay the

secret of fasting is the stress. So because there's a stress on the on the owner of this company that that's now depleting all the funds, that owner has to go and restructure the company and you have to fix what's going wrong. Right.

So in order to survive another day or two or week or whatever, you know, cut the travel budget, everything that's unnecessary. Right. Try to optimize the technology, try to fix sales and marketing to bring more revenue.

So imagine this is happening. Every cell in the body lives on calories. So every cell is pressured when you're fasting and every cell in the body is going through this process of, okay, if I need to survive, I need to try to fix and we call that autophagy or self eat.

So the cell starts first by, you know, finding the breathe, organelles, detoxing, fixing. And this is critical for this webinar because we're talking about chronic conditions, we're talking about mold, we're talking about things that impact the cells and deposit in the cell.

And the cell gets used, too. So now you have the cell doing Lysosomes are active. They're doing they're they're going in and trying to clean and fix the epigenetics are changing are reading more let's co rejuvenate let's go fix it so there's a total body rejuvenation that's happening after day two and this is critical.

We see that rejuvenating immunity. We see that helping. If you have conditions where the body's saying, okay, you know, I have a dysfunction of the pancreas, should I fix the pancreas of a diabetic patient?

Okay, I have an immune system that is attacking self organs. Should I get rid of the T cells and bring naive ones? Okay. I have issues in the brain that's getting cells that axons are getting older and there's no rejuvenation.

So I try to support the memory with patients with Alzheimer's. And this is all trials that are happening now. There's 18 global universities doing trials with us on fasting to see whether we can help with diabetes remission, whether we can support the current standard of care in cancer, whether we can support student, could have medication with autoimmune, etc., etc..

But the magic, if I want people to remember one thing here is you have to cross day two and the three so that you put the cells in crisis. The crisis is what helps the cell rejuvenate.

We call it autophagy and autophagy won the Nobel Prize in medicine in 2016 and this is what made fasting really big around the world. Now, most people think skipping breakfast, I get autophagy.

That's not happening, right? If you if you owned a company and you're waiting for a big check and somebody calls, you say, I'll drop it at 4 hours. You're not going to go rejuvenate and fix and deplete and and and restructure.

You just get to wait for it. But your bank account will drop a little bit because the money is delayed. So intermittent fasting will help a bit with the with the weight, which has a lot of benefits.

You know, 73% of Americans can lose a bit of weight and that can help a little bit with inflammation, a little bit with blood pressure and other metabolic issues.

But the secret and the big miracle of biology with fasting happens when you cross day two and three. And we call that the prolonged fasting. Going back to answering your question, intermittent fasting is 0 to 2 days, three days and beyond is the prolonged or periodic fasting.

And this when fasting, become having cellular impact on the body. So when we discovered all this, it's these discoveries were coming from, from the Longevity Institute at USC, University of Southern California, and the head of USC, Valter Longo, He's the author of the Longevity Diet book.

Prolonged Fasting vs. Intermittent Fasting

And my second big recommendation here today is go and read the Longevity Diet book on Amazon, packed. With great information and wow, he's been so brilliant in pulling together this information.

And nominated, you know, top 50 most influential people in health for it. The longevity diet book is a is a in a critical I think book to have a life to to see what you should eat to live a healthy long life.

And so Professor Valter Longo, the author, and he's behind this, the fasting science, kind of once he discovered that you need three, four, five days is like, okay, let me see how humans react to this.

And we went to human trials and people couldn't fast on water because it's just so difficult, right? Mayo Clinic actually partnered with USC and they were trying to do trials on five days fast. That that seems to be the optimal.

If you do only two or three days, you're barely getting a day of autophagy. If you go six, seven, eight, nine, tell your bankrupting the body. Right? So you want to pressure that the owner of the company, they fix it and then you want to give them back the funding so that they grow in the right direction.

And flourish again. Yes, let me say good. And so the optimal time was five days. And it was really difficult to tell people to go and fast on five days and water fasting comes at a cost.

You have headaches, you feel fatigue, all of that. And this and. That really, really got me about, you know, the fasting like that, weighing out the pros and cons with the total water cast.

It just felt a little harsh on the body. Yeah, maybe there's some cells that we don't really want to solve. I would say the. Same thing if you if you come and you don't give money to an owner of a company.

Yes, he's going to restructure. But guess what? A superstar a you know, employee would say, you know what, the companies that trust let me go and to another company.

Right. You cannot order your supplies for next month's you cannot sell So fat water. Fasting comes at a cost, comes at a lot of benefits, but comes at a cost.

So this is where the National Institute of Health stepped in. For those who don't know, the NIH is one of the most respected agencies, government agencies, and it funds, you know, great projects in medicine and health to boost, you know, the new innovations that they think it's worth getting into the market.

So they've donated more. They've granted more than $20 million now to the labs of Valter Longo and the first dollars way to invent and discover the fasting mimicking diet or the fasting mimicking nutrition meeting is saying, okay, can you study how a cell recognizes food and can you then develop a nutrition that goes around the receptors so that you're nourishing the body over five days, you're making fasting compliant and safe and you're giving you're giving currency to the body.

And little easier to keep doing your life for sure, like home energy, how the research can take care of the kids. And yes. And it's like, again this year, the owner of the company, you need $1,000,000 a month.

Say we come in, we give you a $600,000. There's still a pressure of the 400,000 and we earmarked the 600,000. So you know what? Pay your employees to keep them.

Pay your supply so that you can sell next month. And we keep the pressure on other departments of the company so that they rejuvenate and they fix themselves.

And that's exactly how the fasting mimicking diet works. It it nourishes the body over five days. But it keeps the perception of the cells that we are still in fasting.

We still need to rejuvenate, we still need to reset and gives you those benefits while mitigating the side effects of fasting. That's beautiful. So. So you're less likely to lose muscle and bone and brain and all the things that you

really, really need that if you were doing just a water fast, you might.

Yeah. To our surprise, actually, it turned out to be people ask me, well, how what's the fraction of the benefits of fasting you get with the fast mimicking diet?

And some of the trials are showing even better because you're funding the transformation. Right? And you mention muscle. So when you fast the stress on the cells and you say secretion of of growth hormone, it's one of the the stress hormones, right.

So the growth hormone is high when you're in fasting mode and when you're in water fasting, the muscle can do anything with it because not being nourished to grow, when you do the fasting mimicking diet, you have plant based sources of protein.

So we see the muscle rejuvenating and being able to get the minerals, the vitamins and the proteins that it needs to be maintained. So now I've done two clinical trials showing that muscle mass is maintained with the fasting mimicking diet, and I don't want to reveal much, but there's a third trial coming up showing potentially an increase in lean body mass.

So this is phenomenal because, you know, we're talking about the fancy stuff, rejuvenation, but there's a lot of fat loss. People love that.

Fasting Mimicking Diet and Muscle Preservation

You know, a lot of people do The fasting we we can diet the product is called prolonged period low end for promoting longevity but you lose a lot of fat and the secret the difference yeah it's prolonged from every other diet is you're losing fat only and you're protecting lean body mass.

And this is huge because this is what a diabetic patient wants. This is what a patient with pre-diabetes. This is what the women are on menopause once this is what somebody feeling weak and down wants to reinvigorate energy is lose fat, decrease that insulin toxicity in the body with high insulin and high resistance and go off on a homeostatic much better, much more energetic body.

So this is huge because I think this is where people really get into trouble with dieting, because when with most diets, people will lose, they'll lose some fat, but then they'll also lose some muscle and bone.

And so then that makes them less metabolically stable. So yes, they end up yo yoing. So this solves that problem. And this is what's happening today. Also, a lot of doctors are moving from the it was mpix and they would go with and saying, hey, let's do prolonged or they're cutting the doses by half and they're giving prolonged because would go over it and it was them taking that you know semaglutide in general that helping people lose weight but they're helping them lose muscle very fast and then you become addicted to them because if you stop wegovy and Ozempic, you're just coming back to eat and you're going to pick up fat.

You're not going to build muscle as fast as you can build fat. And it just puts you in a worst case than when you started. And the only way to help the body and lose fat fast while preserving lean body mass is that positive pressure of fasting that helps to muscle rejuvenate and maintain maintains it with a fast American diet.

Some people may not know what those medications are that are listening. Do you mind describing what they are? Yeah. There's a big wave today of in using what we call the JLP ones in antagonist or the semaglutide which are injections, and soon they will be oral.

So it will be even easier, there will be more people tempted to use them. And they're basically they started these medications where medications for diabetes initially because they they they help with, with how the body called for or called for or the appetite.

They it induces, you know, satiety in the body. They play on the stomach feedback of satiety to the brain. And now

they decrease a little bit the dose and they have a consumer version of it, which basically through inducing decrease in appetite with light nausea and sometimes vomiting as well, is helping people lose weight fast.

So basically, these are injectables that help you decrease your appetite for food. But again, we see a lot of people losing both muscle and and we start seeing the backlash a little bit.

You know, there's some stomach side effects that's, you know, started showing now, you know, paralysis in the in the stomach muscles and their risk of cancers, etc..

And this is why part of our philosophy at Electra is if she can treat things naturally, why you want to drug yourself all the time. We're a little bit addicted to drugs.

And there's a lot of us actually today that are saying, you know what, I want to live a healthy, long life without behaving unhealthy and then having to remedy parts of it with medication and create more side effects and be more dependent on medication.

And I think if you go back to the stability of body in human evolution, we've always had periods of food and we have we always had periods of fasting.

And in fasting. This has been a time where we've had this abundance of calories and such ample calories, one. Hundred percent in the body stored the extra food into fat and where they were when they were of fasting, the body rejuvenated and used that fat for the advantage of the brain was ketones for the advantage of the muscle as well, etc.

And this is critical for the balance of life. Now we're eating all the time and we're eating frequently and dense food and this piling up and to accelerating our aging, it's piling up into insulin resistance.

And every condition, chronic condition we're suffering from has a layer of it's not just diabetes, it's Alzheimer's, it's type three. Now, diabetes, cancer is increase.

Actually, it doubles in diabetic patients and increased tremendously with obesity. So it's all about that lifestyle as a cornerstone to help the body age gracefully and therefore prevent or push the onset of these chronic conditions.

It's really beautiful. It's it's so empowering to think that this Type five days once a month for a while, once a quarter, that you can change the trajectory of your health with with such simplicity.

It it's bringing back nature to our life, right? The people always ask me and I hear people saying, well, it seems fasting has be the only non fad diet because it's the first time we're reemerging our lifestyle, what it should be, rather than we're digressing further from our lifestyle to some new artificial ideas, you know, that has been put out in the market.

So I think fasting, whether it's intermittent fasting, we're big proponents of, you know, eat your dinner early and do your 12 hours and then still have your breakfast actually.

But give the body that 12 to 14 hours of break during the night, every organ rejuvenates during the night and rest and you know, re-energize And then two or three times per year, as you mentioned, you can do the fasting, mimicking attrition.

It's a prolonged light, prolonged fast. But it's important to reset the body, reset the metabolism, reset the cells so that your aging gracefully and you're little bit, you know, pushing that onset of the chronic diseases that we know are mostly correlated with with aging and the way you damage your body.

And then, you know, if that expressed in the brain, that's dementia. It's as if it's in the heart, that's the clogging up the arteries.

Weight Loss, GLP-1 Drugs, and Metabolic Health

And if that's in the pancreas and it's a resistance that this diabetes, none of those conditions are happening at an early stage in life. They happen when we get older, we have less power of healing.

The cells are worn down and then they start winning over us. Yeah, this is really empowering. So I'd love it if you describe a little bit more about how easy the the prolonged process is, because I think it can be so overwhelming to think about implementing something new like this.

Yeah, we made it as easy as possible. We actually have the precision formulation that mimics fasting. It's all plant based, gluten free, you know, low carb, very clean ingredients.

And we we we have a box that we shipped to you. In this box you would have five inside boxes that day, one day through the three day, four, day five each day you would open it.

You have your food inside, you have your morning bar, you have your soups, you have your supplements, you have your drinks. So we give you food, drinks and supplements and all what you need to do.

I mean, you can still have your coffee once a day without, you know, milk or sugar, just not to push the body off fasting. And and there are instructions what to eat when for each day we also have you a group fasting with with health coaches every Saturday.

If you want to ask questions, if you want to learn how to do it, when to start, all of that. A lot of we've just crossed a million users. So we're really we've seen it on mass level now and and it's just it just life changing.

You know, it's it's I call it the four the four pillars of benefits. Right. You have we've talked a lot about cellular rejuvenation and healthy aging.

A lot of people love the the fat loss. You know, women on average would lose like 5 to £6. Men would lose close to £8. And depending on the starting point, if you really have to lose a lot of weight, we see dramatic weight loss in many cases as well.

But then is that emotional benefits that are critical in in I haven't seen anything that can change your emotions in five days but it's the rejuvenation maintaining of the muscle.

We see people feeling saying I changed my relationship with food. I have better mental clarity, I have better energy. I feel that I've succeeded because a lot of us, you know, jump on diets and then a diet is like a ticking clock.

I start on day one and I'm just waiting to feel different again. But yet this is the first time like, okay, day one, there's a day five. Well, one of the things I love about it is it takes out any decision making.

Yeah. Not only when you go on a diet, you still have to decide, okay, here's what I'm going to eat for breakfast, snack, dinner, and so by just knowing, like, this is what we're having, Yeah, you don't get sabotaged so easily.

At 100%. The two things to watch out is if you're doing it the first time and you're not metabolically flexible, it's like going to the gym the first time.

The three, you're going to feel the pain of the rejuvenation. A lot of people in their thirties, like the microbiome, is changing, so they feel like, you know, GI impacts the the they feel that the body is transitioning.

They feel like, you know, it's like almost a flu like transition. And especially if somebody has never been on a keto diet or never been a low calorie diet, etc..

So for those students for the first time know that you're going to go through a transition day three, but take it as

positive your body is. You know, this is exactly when you go off track and then you go and do 2 hours in the gym and you come back the next day, you feel the pain.

It's a little bit like that and they throw you the first time you do it. Then, then it's much easier. And the next time and the next time. And the second thing to watch for is the food is delicious, except that it's not high. And the super tasty soups, these are formulations that are plant based, that are healthy and made of premium ingredients.

But we don't have sugar. In the meat experience. It's not it's not the the high end, tasty restaurants. It's most of the food. These great, very practical soups, very practical.

And the soups, you know, are designed to induce the benefits of fasting and a little bit protective muscle. And and they're not the best soups out there.

They're great soups, but they're not the best out there. So this is like a medicine. You take it for five days as structured as is very well precise in a precision nutrition and guess what?

We're telling you just 2 to 3 times per year. So give us 15 days of your entire year and you'll see major benefits. Or some of the people listening might actually want to do it monthly for a little while to really get a lift off if they want.

Yes, if they like it. And yeah. So if you do it for pure longevity, we do it three times a year if you want it, if you have, you know, certain health goal in mind.

And what we've tested is you do it five days, month, one five days, month to five days monthly. So three months in a row, like you mentioned. And then you can start, you know, you can do it month four and five and six if you have if you want to keep getting the benefits or then you just to maintain, you do it once every three months.

Beautiful. Okay. So you were talking about four pillars. We've got cellular rejuvenation. We've got the emotional success. Yes. Yeah. So second is the fat is the fat loss, the weight loss, the emotional success.

And number four is really the change of relationship with food.

How to Use the ProLon Program

A lot of people after they five, they say, well, I've never I've never knew that I can live with, you know, plant based healthy diet. I've never need a I'm addicted to my Diet Coke.

I'm addicted to late at night, you know, stress, you know, working at night or I'm watching Netflix late at night. I'm snacking. Right. I have to open the fridge at 9:10 p.m.

and snack on something. And this is actually the worst thing we can do for our weight and longevity is that late night snacking, because at night, you know, calories are not the same.

The cause at night when you sleep, you have insulin and growth hormones are a little bit higher at night. And so you're anabolic, you're picking up on the calories rather than taking them for burning the same way you do at breakfast.

So when you eat breakfast and lunch, your body is a little bit catabolic. So less harmful than than the late dinner. So people feel like. This is really an important point that I want to accentuate because I think so many people have talking talked about skipping breakfast for the intermittent fasting, but you just gave some very clear reasons to start, you know, just finish your date earlier, but go ahead and eat breakfast.

Yeah. The biggest you know people are confused with intimate. I oh, a lot of trials are positive, some are conflicting what's going on and it's a simple story.

You want to do intermittent fasting, you do 12 to 14 hours, but frontloaded start at 7 p.m. at 8 p.m., get your dinner

early and then all the way to the next day.

Get your breakfast at eight or nine or ten. It's important to nourish in the morning because this is when the brain is most active, is when the heart and the muscle.

When you go to work. So instead of starving the body, when the body, when the essential organs need mostly the calorie starved, the body at night, where the body doesn't need those calories, it's just sleeping and relaxing.

And this is the biggest mistake. A lot of the observational trials of intermittent fasting, they didn't show a lot of benefits. They're done. And people who are very social.

So at night, you know, some of the Spanish studies, for example, on the Mediterranean coast. So we know those folks, they lit up at night, then they go out and they eat and drink and then they stayed without food all the way to two, three, four or 5 p.m.

And then you binge eat then because you experience that headache. And so you starved your brain and heart and kidneys in the morning where they need the calories you delayed and then you binge it.

It's just destabilized the entire body. Well, we see with centenarians, people living and beyond to eat that they're in early, they don't snack, and then they get their breakfast.

And this is intermittent fasting, but it's the right intermittent fasting. Yeah. Great. So I love this. We've got fasting, mimicking, we've got intermittent fasting at the right time.

And then I think you have some other lifestyle recommendations to once you've got those things mastered that you can layer in. Yes. So we specialize that L-Nutra and the prolonged entity in, you know, what kind of food you should eat to live a healthy long life.

Right. So the entire story of our company started 20 years ago and we said, how come, you know, food is the only product we eat every day of our life?

How come we never studied it and tailored it to us? Longevity. We study. We we did a very good job killing ourselves with it. RICE With the with a fast food.

And let's try not to tailor food to what's longevity. And so we start studying why, why food is so powerful to the body. And there's there's a lot of food ingredients that dictate how our body, you know, behaves and how our body defends itself and age gracefully.

The antioxidants, the seeds you see, there's a lot of ingredients that, you know, now we put them all in the pill. We called it the pill or the longevity pill.

And and this is something we're going to make available probably by the time this webinar is out, the pill would be out as well. Oh, that's exciting. So ingredients of longevity, we call them, whether it's the SGC, whether it's the wasabi extracts, whether it's the pollination, antioxidants, these are all ingredients that DHEA, DHEA is actually the only probably supplement with an FDA blessing to talk about brain health and cardiovascular disease.

A lot of benefits coming from that. So we put all these ingredients of healthy aging and longevity in a supplement that we call the pill. The second bucket that we study is what you should eat to live healthy along and, you know, when you eat carbs, insulin spike insulin is a growth factors in the aging factor.

When you eat proteins, IGF spike IGF are aging factor. So maybe, you know, we're taking highlights in this webinar. One of the biggest highlights as well is protein have been pushed as the best thing you can do.

They're like carbs. They're they're energy to the body. The body behaves the same thing. You eat carbs, insulin, increase it, proteins, IGF increase. It's called insulin like growth factors.

So you're aging every time you eat any you know, you eat carbs. And so this is why, Kelly restriction is the best, you know, longevity, nutrition or increases healthy aging.

So instead of telling you to go on color restriction, we started developing food formulations that on purpose designed not to spike insulin and not to spike IGF.

So we developed a protein supplement called the the L drink. It's it's a drink you drink. It's has 25 grams of protein that's super low carb. But the proteins are studied to nut over spike IGF.

Longevity Nutrition and Biological Age

So basically you're getting your proteins, you're getting some fibers, but when you drink it, you don't overshoot insulin, you don't overshoot IGF, and therefore your body is not paying the price of aging that you typically see when you eat a typical meal that is rich at carbs and proteins.

And and so that's and we have a multiple products there that are designed to fasting bar the fasting shake the eat them and they give you the same benefits of fasting or intermittent fasting.

The body doesn't get this push in aging. And then probably the superstar discovery and product is still the world on five day fasting nutrition. So how can you rejuvenate your body?

How can you use the power of prolonged fasting just two or three times or four times a year to rejuvenate your body and fix it? I would say it's like a you know, when you if you watch a car race, when the car is getting worn down, you take a pitstop in parallel.

It's like the pit stop here. The mechanics come in, they check everything. Whatever is going wrong, they try to fix it and then you go back full of energy and can last longer on the track.

Oh, I love that analogy to your head. So good for you. Oh, like that, right? Yes. It's just it's it's it's a blessing. And it's amazing to when science meets nature, right?

Because science have brought a lot of artificial also things. So were life. But also I feel with fasting for the first time. And religion, by the way, the only common word to all divide religion is fasting.

You either pray it is the sick. Yeah, it's Buddha wisdom, Christian ism, Islam. And so in Christianity, so all of them, they actually have one word in common and it's fasting and says the first time where religion, evolution and nature and science are meeting together under one and one platform, which is the fasting platform.

Well, and with this health crisis that we have with the acceleration of diabetes, dementia, cancer, all all these childhood illnesses that we're seeing, this truly has the the possibility of getting all of these numbers to go right in the right direction and help so many people.

Now, I fully agree. And we touched on this a lot of the well, 90% of us in America, you and I, most probably will die out of one of four conditions. Right.

Alzheimer's, cancer, cardiovascular and diabetes. And in they happen at a later stage of life. It's when the body is age in in if you accelerate the by your aging, by unhealthy lifestyles, which is exactly what we're doing, you know, nowadays we're eating frequently.

We're more stressed, were sleeping with a lower quality and in exercising less. So these are the pillars of longevity, the five pillars of longevity, right?

Nutrition, exercise, stress, sleep. And then finally, that social capital, that happiness, that purposefulness. Right. We're losing those fives nowadays in the we're accelerating the aging of our body.

So instead of having Alzheimer's at age 90, we're going it at age 65 instead of having diabetes. I mean, diabetes for the most part. Type two, we should not have it.

This is one of the diseases that is the most and conspired conspiracy theory. Let's put it this way, where we allowed our self-induced self-induced is self-imposed to our society.

Yeah. And most medicines that we take for diabetes, they're just moving sugar from the blood to the cells and increased fat storage and just accelerating the disease.

So we're trying to bring nutrition and lifestyles that help us stay healthy from the inside, have a right metabolism and the right way so that we push the onset.

We age gracefully, we decrease or slow down the biological age of the cells. And this is very important. You know, we're even if we're 55 from the inside, we could be 40, we can be 45.

And this is what matters, you know, so that when you're age 90 and your body is age 70 from the inside, it just got to 20 years of biological age, which is very valuable, which could in many people can translate to years of gains of chronological age.

What's so fun is to be able to start to measure some of those things. But yes, like the traditional physical labs really don't show until there's actually a problem.

And when we look at the biological age markers, we can actually anticipate, oh, gosh, we're like we're actually older or younger. And then if people are older, then we can really start to look at why and do some of these things to get them back on track.

I hundred percent agree a You know, part of my studies are in health policy and public health, and I've always tried to think what could be the unit of measurement of health and I'm pretty set and a big proponent that aging biological aging could be the best correlate of how healthy or at this are present, whether you have a condition or not.

But you know, again, if 90% of us are dying from age related diseases right now, 80%. Rated aging. Or actually the aging, if we find it through measurement of age and there are many, some to telomeres, some do methylation, some are doing, we actually have collaborated with Yale and USC and we have our own metabolic health, you know, biological age measurement, which we're launching in a few months.

All these together. You're more about that. Yeah. And I don't think any of the aging has the full truth. It's because the body is so complex, but you have the genetics, the methylation, the the metabolisms, etc.

but probably with machine learning and AI, we're going to have, you know, at some point some average of averages of two or three methods that were correlate the most with your true biological age.

But that should be that should become one day soon the standard of measuring how healthy we are from the inside. And I agree with you, we should all know what's our true age is.

The chronological age from the outside is meaningless.

Where to Find ProLon and Closing Remarks

It's about how old are we factually cellular and metabolic wise data from? Well, I know this information is going to be so helpful to our audience today, and it's going to be really important to know where to find all of this information and the products.

So a lot of the whether it's the ingredients in the supplements for healthy aging, whether it's the food for everyday, for the longevity, nutrition or for or whether the rejuvenation and the reset with fasting, nutrition, they're all under

one umbrella.

It's called the prolonlife.come. If you go to prolon, P R O L O N, for promoting longevity life, (prolon.com) You can find those products there and get on one of the programs that we have studied.

Well it's so amazing what you've got done in the last couple of years since I talked to you. It sounds like there's an enormous amount of research happening, some really incredible things happening with diabetes and cancer and then these markers for aging, too.

So exciting. You know, it has been the last 3 to 4 years have been, you know, when we started today asking, you know, how are you now with your I was like, I could tell you were a little bit overwhelmed with with the work that we have.

But it's a company full of hearts, full of mission. You know, our founder, Professor Valter Longo, who owns 40% of the company, has predicated all of it to the Create Cures Foundation.

So we feel we're changing human longevity. At the same time, we're giving back to nonprofits to reinvested in more trials and better research as well.

So it's with that heart and ethics that we're carrying ourselves, and we're up for the task, we're up for the challenge, and we're making it. We're making it happen.

Have goosebumps. I just it's so great. And the way that you're like it's like just this huge butterfly effect of truly changing human health, the longevity in such a big way.

Yeah, it's about time. Yeah. Yeah. Well, thanks so much for joining me and I look forward to staying in touch better and and keeping up with your doing and seeing how I can support what you're what you're up to.

Appreciate you much. We had promised that maybe we're going to change somebody's life. I hope we've done that and multiple ways actually today. Appreciate you for hosting me and we'll see each other soon.

All right. Thanks so much.