Five Life-Changing Benefits Of The Fasting Mimicking Diet Transcript

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Introduction to the summit and fasting mimicking diet

Hi everyone. This is Doctor Joseph Anton and your host for the Fasting and Longevity Summit 2.0. The first fasting and longevity summit that we did last year had 55,000 attendees.

Hopefully this year we're going to get closer to the 100,000 people changing lives altogether. Please, these five minutes videos that you're listening to and all the other videos with the other experts are life changing.

Share them with your friends, with your families, with your loved ones to change their life as well. In this 5 to 10 minutes video, I'm going to focus on the benefits of the fasting mimicking diet.

So first, let me recap what is a fasting mimicking diet? A fasting mimicking diet is a precision nutrition formulation that is sent to your house, and a box that you can consume over five days.

It gives you your food. It gives you your vitamins. It gives you your, drinks. So you don't need to buy anything else. And you can still have your one cup of coffee a day with it.

What the fasting mimicking diet is and how it works

But other than that, your food, your drinks, your supplements are there. There's two ways to get the fasting mimicking diet. One way is to buy it on the Pro on life.com.

And the the box is called proline for promoting longevity. And there's one other way if you want to be supervised with the health care practitioner or the dietician, then you can buy it through l neutral health.com l neutral health.com.

This is how you can access it. So it's a five day regimen of precision nutrition that gives you the benefits of fasting. It is plant based no artificial no preservatives.

No, no. It's gluten free. It's non-GMO soy free, etc.. So very healthy. Premium ingredients. Now what is the fascinating about it? It's precisely formulated to nourish your body while keeping the metabolism and the cells in a fasting mode.

And we explain this in detail. I explained in detail in another video about how to mimic fasting with food. But in other words, when you eat it, it doesn't spike the signals in the blood that there's food.

So insulin and insulin like growth factor do not spike. They don't tell the body, hey, I have enough carbs and I have enough proteins. And at the cellular level, it doesn't trigger the nutrient sensing pathways.

These are three radars on the cell. We call them the pKa pathway, the rest pathway and the tau pathway. It doesn't trigger them enough so that the cell is still thinking it's fasting while it's receiving the nutrients.

These are the two secrets of the fasting mimicking diet. Now why you want a consumer fasting mimicking diet. It's important to mimic fasting with food because fasting brings a lot of positive and also brings negatives.

Why mimic fasting instead of water fasting

The positives, like we described in the benefits and types of fasting, are reducing weight, protecting metabolism, resetting metabolism, supporting, blood pressure, blood sugar, blood cholesterol, the triglycerides, a lot of metabolic benefits.

Plus, when you go on a prolonged fasting phase above three days, beyond three days, you're rejuvenating the cells. You're putting pressure on the cells to rejuvenate to survive.

This process, called the autophagy process, won the Nobel Prize in Medicine in 2016. It's a miracle of biology. It pushes the cells of the body to rejuvenate, and therefore they're healing.

They're fixing the reprograming, and they're getting younger biologically. So you're getting away from hitting the next big chronic disease that is related to age because you're getting biologically younger.

And this is very important. I always say stay younger than your age. This is the best prevention. This is the best pro longevity process. So what are the benefits of consuming a fasting mimicking diet.

I'm going to focus on five. Number one is the weight management weight care. We've talked traditionally. You know you hear the dietitians or the doctors or you know, influencers as we talk about weight loss.

This is a little bit of a concept from the past. Because you can lose weight. You can you can get a GLP one, a Semaglutide or Zenpix. It will go all these days that you're talking about.

It will help you lose weight, but you're going to lose muscle with it. You're going to deplete the bones and you're going to have side effects. And that's not always healthy.

Weight care and preserving lean muscle

So we don't want to go back on this concept of just weight loss, because when you lose muscle at the same time, when you're losing weight, you get it into this vicious circle of when I stopped dieting, when I stopped my GLP one, when I stopped my pills or my injections, I'm getting stuck because what happens is I lose muscle, I lose the engine of burning carb, and whenever.

Then I stop my intervention, my body's metabolism is slow. I lost a lot of muscle and therefore I'm picking back up all the calories and restocking them into fat.

So whenever you do any dieting or any injection, any molecule that helps you lose weight, be careful that you want to protect your muscle. If you don't protect the muscle, the day you stop this intervention, you're picking back up everything you lost into fat.

So you're doing cycles of losing muscle and regaining fat, losing muscle, and regaining fat. And this is why most of us have tried so many diet, have tried so many injections, so many pills, and then we go back to square zero.

Actually, we go back worse because we're swapping every time muscle with fat. The most important concept moving forward in weight, we should call in weight care.

Care about your weight, lose only to fat and selectively. You want to lose the fat that is actually inside of your organs, what we call the visceral organ.

Inside or around the organs, the fat around the heart, the fat around the liver, the fat within the liver, around the kidneys, etc. and this is where the fasting mimicking diet does a wonderful job.

It taps selectively into the visceral fat. The fat that is so harmful for the organs, that creates insulin resistance, and it gets you on the path of diabetes.

At the same time, it protects lean body mass. This is the biggest revelation in here. The biggest secret with autophagy, of course, and cell resignation and the fasting mimicking diet.

Because once you protect the muscle, you escape this vicious circle that we've talked about. And basically you're supporting a higher metabolism, a higher, or you're maintaining energy.

But when you lose the weight and you're protecting body mass, you have a better engine, you have a better organ. You are, increasing energy. You're actually walking longer, you're exercising more.

And this is how you escape the vicious circle. You care about your weight, you lose only fat, and you protect lean body mass. This is very important. And why the fasting? Mimicking that?

Everyone thinks when they fast and lose muscle. Yes. On water fast you're going to lose muscle. But with the fasting mimicking diet, with prolonged or with a neutral health outcome, you're not going to lose that muscle.

You're going to protect lean body mass. Why? Because as we talked about the fasting, maybe your diet supports rejuvenation of the cells. The muscle rejuvenates.

Fasting is a stress. Remember fasting is not a calorie depletion. It's a stress. When you have stress hormones of stress are up. One of them is the growth hormone.

Growth hormone. The what pushes the muscle to grow. Now you're pushing the muscle to grow, but not on water fasting. On nutrition it is macros.

Cellular rejuvenation and longevity benefits

There's proteins in the fasting mimicking diet and there are carbs. So therefore the muscle is rejuvenating, push to grow and has enough macronutrients to grow the balance.

At the end of the five days, you see muscle production and the studies are showing that when you repeat the fasting mimicking diet, when you repeat prolonged, we're seeing that people start exercising naturally more because they feel they're leaner, they less fat, and they protected their lean body mass.

And as you can imagine, if you're a diabetic patient and this is why the Neutral Health Program exists, if you're a diabetic patient where all the medicines have failed us is that they help you lose the weight.

And, well, those are the only one that you lose the weight and you lose muscle. Vicious circle, as we talked about or otherwise, they help you gain weight.

This is what insulin does. This was this where all the old traditional medicines and that sensitize insulin uptake or insulin production, they end up actually helping us gaining weight and going forward into our diabetes journey.

This is why the fasting and making diet is so essential for weight loss. Fast, fat induced weight loss and protecting lean body mass. Big secret to escape blood sugar and diabetes.

Emotional benefits and changing your relationship with food

The second benefit of the fasting mimicking diet is cellular rejuvenation. And this is why we talk about it as a longevity intervention. We say the fasting mimicking diet is an important intervention for longevity. Why?

As we talked in the other, other two videos about the benefits of fasting and how we make fasting with food, the fasting mimicking diet helps the body across three days of fasting all the way to five days.

And when you cross the third day of fasting, you're rejuvenating the cells. You're practicing autophagy. Autophagy is so important to reduce the biological age of the body and therefore keeping you younger than your age, and therefore hopefully sets you on a successful longevity pathway.

The third benefit is emotional fasting, mimicking night when you do, prolonged when you do the Neutral Health program, it's a lot of it's an emotional five day journey.

You feel empowered. 91% of people finish the pro line or the fasting mimicking diet 91%. Why? Because it's only

five days when you hear the word that you think you're dieting every day, and this is how you fail.

We all start on the day and then we fail on a day to continue on the diet. It's difficult, it's perpetual, and therefore people feel that they regain their relationship with food.

They finish something, they've done it for five days and they start right away seeing the benefit. They see the weight loss. They feel that they're more energetic.

They feel the brain fog decreased. They feel that they have higher energy. So it's a very emotional journey of a successful five days. The third benefit is changing relationship with food.

So that's the fourth benefit is changing your relationship with food.

Skin rejuvenation and clinical trial results

We hear this all the time. Every time we do prolonged, people say, I never knew that I can either. Plant based nutrition. I never knew that I can eat smaller portions.

I never knew that I didn't need to snack again during the night. I never knew that I could not, you know, be all the time dependent on meat and preservatives and and desserts, etc.

or on my Diet Coke, etc.. So it's, it's a big change for relationship with relationship with food and a diet dictates you to whatever you feel you're addicted to that's damaging your body.

The fifth and last benefit of the fasting mimicking the eye. And it was a bet from us to show that you rejuvenate. Indeed, the body is was is visually, when you look at somebody after doing prolonged, are they going to rejuvenate the cells of the skin?

Skin is the largest organ of the body. So we took the bed and we did a randomized clinical trial to show that rejuvenation happens in the body. Rejuvenation.

Rejuvenation happens in the cells, in the skin cells. And when you look at a person after prolonged, we did, a big randomized clinical trial that we published in a, in a dermatologist journey.

And it showed that it improves skin closeness, skin rejuvenation, skin hydration, and people who did it increase their confidence and their happiness.

It's so important to visually see the transformation. So going through Prolog, you basically are losing fat.

How often to do the program and closing remarks

You're protecting your muscle, you're feeling great, your energy is high, you rejuvenated yourselves, you feel empowered, and you set yourself on the journey to win and to improve and to start a healthy, long life.

Hopefully you enjoyed the five benefits of the fasting mimicking diet. If you want to access it. As I mentioned, the products called proline or Mutual health.com, you can find it on that website.

We recommend you do three times prolonged per year. You don't have to fast all the time. You don't have to go and reset your cells all the time. When you're watching a car race and NASCAR or Formula One, you know the cars take three pit stops.

They don't pit stop all the time. The engineers come, they reset, they fix, they do whatever they fix, whatever's going wrong. And they said back the car on track, healthier, stronger.

The only 2 to 3 times per year 15 days out of 365 days can change your life. Now, if you have diabetes or blood

sugar or other conditions, we recommend you do it 4 to 6 times.

And this is where we provide you, the nutritionist and the doctors to supervise you. If you can find those, those benefits or ask your questions there at our mutual health.com.

Thank you very much.