From Harvard Labs To Your Plate: The 5-Day Solution Transcript

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Introduction to the Longevity Summit Session

Hi everyone. This is Doctor Joseph Antoun, your co-host for the Longevity Summit. Today is one of the most important sessions that we will do in this summit.

The guest is very special. The program is very special and it is a life changing knowledge that you can have, you know, listen to today. So please tune in, especially if you have if you're above age 40, 45, you have any metabolic health.

But you started hearing about your metabolic health changing with aging and all your pre-diabetic or you are diabetic. This is the session you want to listen to.

I'm fortunate today to have with me. Doctor William Hsu. Not too is one of the top in the country he was heading. He was the vice president at Joslin, the harvest diabetes clinics.

He devoted his life to changing the course of diabetes. And then he left Harvard five years ago now to join and partner with Doctor Longo and myself together to bring nutrition technology, to bring the fasting, mimic intuition technology to change the course of metabolic health and diabetes around the world.

We're going to talk in detail about all of this, but it's an honor and pleasure for me to tag team with this gentleman on this journey and to present it to you today.

Doctor, Hsu welcome. Thank you so much for inviting me to this. And I take every opportunity to really talk about a paradigm shift in diabetes care and looking forward to the conversation.

Yeah. So you've seen thousands of patients at Harvard. You've opened clinics around the world in diabetes, and you still left all this to come and work on the fasting, mimicking nutrition.

What is what has failed in the typical and the traditional approach? And we were both doctors trained the same traditional ways at the Harvard, at the Yale's, at the Hopkins.

And yet we left all the system and we're doing the fasting nutrition for diabetes and prediabetes. What what has failed? And what is this disruption coming in here with this new technology?

Yeah. And this is really I think every listener can identify with this. You know, modern medicine has become an outlet for for drugs, for pharmaceutical companies.

If you think about making diagnosis of diabetes, for example, or other metabolic health is not challenging its laboratory, its history. It's a simple examination.

But what follows is a lifelong journey of just adding medications to another medications for patients. And there's no end. Current model of care says that diabetes is a non disease.

It's a lifelong disease and disease right. We're both part of this disease that just progresses forward, and that it's okay to be on a lifelong dependance of medications.

And I think after looking at some of the best sciences and the most exciting discovery, I just feel that the facts are not all there, right?

Why Traditional Diabetes Care Falls Short

The fact that the body has this ability to rejuvenate the body has the ability to heal, and then they are nutritional interventions that can bring about that change in healing to most people with type two diabetes.

I just think that the story needs to come out. So what is that? Why the current medications? What are the two reasons behind that? And where did the current medications fail and how that compares to what you have launched to the world?

You actually personally launched that through a neutral to the world, which is the fasting mimicking diet to reverse diabetes. What is that gap that the current medications are not fill, and how the fast making diet was able to do so?

I think the paradigm is a the current paradigm of the current model is one that builds upon the belief that everything is about bulk glucose, right? If you control blood glucose at a good level, then everything is rosy.

If you always think about that as the as the final goal, then you will do everything you can to keep the glucose at a good level, even without even ignoring the root causes of type two diabetes, right?

If the paradigm is that control glucose at any cost, then you would give medicine you you you don't have to to address interline causes. It's okay to simply address the symptoms of it.

And this is what's happening here, right? The whole entire medical industries and pharma industry are based on the fact that you just take this pill, take this injection, control the glucose, close your eyes and just live through life with multiple medications.

And that's simply I think that concept needs to be challenged. And so controlling glucose is what most medications do. What are the other and insulin resistance etc..

What are the other reasons the root causes of diabetes that the faster we meet in diet try to solve for? Yeah, I think everybody knows and heard about.

Of course, obesity is a main driver in central obesity and there are medicine for that. Yes. You know, but there are also often a lot of other conversations and key factors in the body that we don't talk about.

For example, you know, aging is probably one of the strongest risk factor for these age related conditions. And just think about people, college students in their 20s, and they party hard.

They eat hard. They don't take care of themselves, but very few developed up to diabetes. Why is that? Because the body has the ability to regenerate, to heal, and to bring order out of disorder, right?

Because the body and the cells are young enough to do that, as we age, we lose that ability. So certainly aging is one of the key factors. If you look at all the many of the age related conditions, from Alzheimer's to cancer to diabetes and others ages, actually one of the most important driver of these conditions.

So when you and I went to med school and most other doctors, the focus on aging is not there, right? We consider that as a normal way of living right now.

Here is still today a lot of doctors who say, you know, your father lost 15% of his muscle, but that's typical for his age, right? That's that, you know, that is developing Alzheimer's.

But of course, because he's 73. So we have accepted and surrender to aging. Whereas I think this is where you're heading with the fasting nutrition I want to cover the other courses is a way that we can still intervene on the age of the cells.

I think part of the problem is that we never had a really effective tool right, to affect aging. I mean, most of them are unfounded by science, and there are more aspirations than than science.

But I think we're at the 21st century right now. There are some exciting discoveries which I think is promising. However, the other root cause of type two diabetes, I think, is people forget that, you know, the physiology of the body.

For example, you know, muscle is one of the most important sink for glucose. All the glucose molecules circulate in the blood. What do they go to? In fact, 80% of these glucose actually ended up should ended up in the muscle.

But as we age, even as some of the side effect of medications that we take for diabetes, we're actually losing muscle. And when you lose muscle, you lose that the sink for glucose actually become smaller and smaller.

Where do the glucose go? They will stay in the bloodstream because they have no place to go. And that's part of the problem. And unfortunately, one of the most common drugs that we use on the market right now, or prescribed by the physician is the GLP one.

I think many people have heard about them. It causes, yes, it controls glucose, but it causes tremendous muscle loss. And in fact, the recent study shows that a course of GLP one like bacon and and a course of a year and a year and half, the amount of muscle loss is equivalent to almost 20 years of age related muscle loss.

Just make sure that so these are I think are two big issues. The aging of the cells. You know, in the certainly the loss of the muscle even from the therapy they're supposed to treat diabetes.

I think these are two major ignored issues that we see. And to clarify, glucose goes to the muscle because muscle is what burns the calves, right? Muscle bursts carbs in one way for us, hopefully to delay or escape or regress.

Diabetes is can we keep the body younger, the aging younger. So he talked about aging. Can we protect the muscle? This is where, as you mentioned, most of the drugs and the diets, by the way, right.

Every time we go on a chronic diet, you lose a bit of muscle as well. And then can we lose weight and decrease in resistance and and can you talk about how the fasting mimicking diet was able to impact positively all these root causes and be presented today as a true solution for that?

Yeah. So the first thing we die is a is a five day structured meal plan.

Root Causes of Metabolic Disease and Aging

So it's everything nutrition that you can consume, but it gives you the benefits of fasting without the burden of having to water only to to do water only fasting.

It was, was discovered or invented at the University of Southern California through Professor Walter Longo. And the birth of this technology is quite interesting because it didn't it didn't just come up right.

It started out with simple organism testing in east to see what what what happens when you shut down these nutrient sensors and tested them into improved flies and tested then in mammals and then finally in the clinical realm.

And now we know, you know, when a person, the human, goes through a fasting mimicking diet, we from the recent publication, we know a couple of things.

One is that it reduces the biological, logical age in humans. That means just a few cycles of going through these cellular fasting. It reduces the biological age of that individual.

It's one of the most powerful interventions based on lifestyle innovation that occurs. So we don't know same this same like fasting pressure on the cell that won the Nobel Prize in medicine.

Is that the same mechanism? Yeah. So it turns out that when somebody is not eating, the cells have to survive.

How do they survive? Well, sure, they will go and grab fats and burn a calorie.

That's one mechanism. But the cells also look inwardly and say, how can I survive five days without food? So the begins to look for cellular organelles.

These are structures inside the cell. So maybe a little bit older, a little bit more dysfunctional. And the cells wanted to burn them up as a source of calories.

Right. So because there's no calories coming from the outside, you're not eating anymore. And that process shrink the cells a little bit. Get rid of some of the older parts, more worn out parts of the cells.

But nature, as always, provides eventually after a couple of days, right? Especially in the fasting mimicking diet, it's very designed. So by six day you begin to eat.

When the nutrition comes back, the cells actually regrow those parts back. So what we have done is simply exchanging those that are worn out, older parts of the cells for new parts.

What do we call that cell? Cellular recycling, cellular rejuvenation. The cells actually in turn gets younger. And that's why this is one of the most powerful ways to actually reduce his biological age without a drug.

And it's based on a lifestyle intervention. It's amazing. And you talked about reversing the biological age we know is one of the root cause fasting, mimicking diet.

Of course the FMD is going to support the weight loss. It's a fasting wrecking attrition so that we understand the pillar there of weight loss and resistance.

But how can fasting help the muscle? Can you help us understand how I know that if we do kind of restriction og LP one, we lose muscle protecting muscle with the fasting.

Yeah. You see, during a a low calorie diet during you know the body needs always need some glucose. Even if you don't eat glucose, the body needs glucose.

So where does the body look for it? Well muscle is the largest sink. It has the precursor. It has the basis by which the body can build glucose. And there's a fancy term gluconeogenesis.

It basically says that the making of the glucose from the muscle. And so if you are on a chronic caloric restriction like a low calorie diet for a long time, the body, whenever it needs glucose, is going to go to the muscle.

The fasting mimicking die has a completely different function. It's a stress to the body. So when you fast, the body says, I'm fasting. Okay, so the body, you know, gets itself ready for that stress of fasting.

So it actually activates growth hormones. Growth hormones then in turn can support the muscle in the fasting mimicking day, the FMD. There's even a special design inside the kit to make sure there is enough complex carbohydrates there, but also enough.

There's a drink in there called the drink that specially way based to provide enough precursor to the body during the fasting state. So the body actually would digest those precursor inside the I'll drink to make glucose instead of muscle.

So therefore you will spare the muscle during the five day fast. So think about the benefits of this. You're losing weight. You're losing fat, but you're preserving the lean body mass.

So we address one of the root cause. Number two you're learning the biological age score, as I mentioned earlier through that cellular changes that we mentioned the cellular autophagy that won the Nobel Prize.

Number two. Right. And number three right. You're losing muscle, but you're losing your you're preserving muscle but you're losing fat. And we know that is a major pivotal a pillar of insulin resistance.

So cellular changes to make cells younger reducing biological age. You're reducing the visceral fat and fat in general. And number three, you're preserving your lean body mass.

Those are the pillars I think traditional medicine just have not really address. In fact, they're even making them worse, right, by losing muscle, by giving GLP one that that dresses the glucose with no regards for muscle integrity.

And you know, I 20 years ago when I was looking into aging and aging technologies, I remember one of the top aging researchers, he was the CEO of the Buck Institute.

He told me the best way to measure age is this is walking, exercising and the speed of walking. And I was fascinated. Now, one new article at the fasting Mimicking light is talking about people walking, even in exercising and moving even more frequently after they do the fasting mimicking diet.

Yeah. It's amazing. It's a it's a paper that was published in as conducted at the leading university. After 12 cycles of fasting mimicking diet. They asked people, hey, how come the results was amazing?

How comes after 12 months, people in the FMD group has seven times more likely of either reducing events or reduced medication compared to standard control?

And so as the during the the focus group, the investigators found out that, you know, it wasn't the big change following the FMD. It wasn't the dietary change that although people are motivated, people are more knowledgeable, they're activated.

But people felt that that nutrition department is checked out because FMD did such amazing job with five days of effort. Instead, people actually put the effort on physical activities.

Now remember in the study there was no pushing to get them to exercise more. There was no special instruction to say you got to exercise more. People automatically exercise more. Why?

Because through the FMD they lost weight. So the burden is less, but they maintain muscle mass. So they're actually relatively stronger when you maintain the muscle when you lose the fact.

So why you feel accomplished. You feel a sense of strength. And that's why people actually take that energy and and and and put it on exercise. When was the last time when you push one button on nutrition, all the buttons on all the lifestyle interventions were press exercise motivation.

Right. Commitment. Yeah. And age of the body. Right. I mean they're probably feeling younger, more vibrant, more more more enabled, like you said, with the energy and muscle protection.

And if I remember there was it was what, four hours of extra exercise hours, actually six hours per week of physical activities. I mean, people just you can't push people to do it.

I mean, people have to want to do this. And in fact, this was this was self-driven and it just speaks to the people just feeling better, more energy, more motivated.

And a lot of people come for, for the biological effect.

How the Fasting Mimicking Diet Works

But in fact, people keep doing the fast mimicking diet and the program because the way it made them feel. There's another attribute of the first thing that we can light and fasting in general, doctor.

So, you know, people measure the belly fat, etc., but the true and the total body weight, but the true unhealthy fat that creates inflammation and insulin resistance is the visceral one, right?

The fat around the heart, in the liver, around the kidney, the the researchers on a fasting mimicking diet try to look for those fats. And what happened into into the visceral fat.

Yeah, I think it's pretty logical, right. If we want to make a you force feed the geese when they eat too much. Right. So they, they get fatty liver. I think it's very logical to, to think that when you fast the liver inflammation goes down.

The liver fat content decreases. In fact, that was that's going to be the subject of our next publication to. Yeah. Just to give you. I can't give you much detail, but certainly it makes logical sense.

And scientifically, I think it's just going to be because I'm very sensitive around the heart. You know, my father just went through, through a surgery.

And to see that the fat around the heart also decreases with the fasting nutrition. It was amazing to read about that and see what are those extra benefits that we're getting when we do this.

Yeah, that was actually really interesting because even we published the paper looking at skin, even the skin improved. Now. Now why did the skin improve?

Well, because every tissue every organ system improve, right? Fasting affects every system, every organ system in the body, every tissue. And and we even had the paper to show that skin reflected changes.

If a skin on the surface is show changes with fasting, you can imagine the heart, the liver and many other organs. It's going to improve. And we've seen this before.

For example, you know, one of the most powerful interventions in in medicine, period, in medicine is what is not a drug. It's exercise. Exercise affects muscle, bone, mental health, heart, lung, I mean, you name it everything.

How is it possible? It's part of the fabric of life, activities and moving. This is how the body is designed to do. Fasting. And the body's response to fasting is equally powerful, right?

It has multi-organ system impacts hidden because now modern day people just don't fast. With fast moving to die. We're uncovering what the body already had built in for self-repair.

They're uncovering that brought out by the fad in assistant standardized way. I think that's really the best news for 21st century medicine. And so, doctor, the I mean, because fasting impacts every cell, right?

Every cell lives on the calories. It's such an upstream intervention. If I'm today a pre-diabetic or the diabetic patient. Let's say I'm a diabetic patient.

I just listened to this conversation. You're telling me it's a plan based, healthy, five day fasting nutrition seven times more powerful than the medication alone protects my muscle.

Reverse my bio age shrinks a few pounds of fat, especially the visual one. It's all great news to me. What would I say? How would I should I go to my doctor?

Does your program and the program with a neutral? Does it offer a full care to I? Can you tell me where to start or what to do? Yeah, because the F and D works and we know it works because of the multiple studies that we published.

This ought to be done right in, in the, in the proper way. And the proper way is you ought to have a physician that monitors your glucose and monitors your medication, because your need for medication is going to reduce over the course of the FMD cycles.

So it's probably not safe for you to do this alone. That's why we've created et al, Nusra, a program called the El Neutral Health Program. And this is not only for people with type two diabetes, but spans the whole spectrum of metabolic health.

But people who want to lose weight, to people who have prediabetes, to people who have other metabolic and cardiometabolic issues. And we have the studies to support that.

Just remember that it's a spectrum, right? Of of it's a continuum of conditions. So in the El Nitro health program, there will you will find a physician specializing in lifestyle medicine that is trained not to increase medicine but actually to decrease medications.

Then in the program, there are registered dietitian coaches that will shepherd. That process will hold your hands through this journey of de-escalation, this journey, what we call diabetes remission.

And then there are technology smart scale, there are apps, content, library of contents. And of course, there's the fasting mimicking diet. Right then the center around this, this amazing neutral technology.

Now you may ask, what do we do for the rest of five, 25 days? Since it's only the five day program, it's actually for the rest of 25 days. There's personalization, coaching, nutrition support provided by the dietitian.

So it's a comprehensive disease management program. You can come to find us and you can find us at El Dash Neutral health.com. The letter letter L for longevity say dash neutral.

And you are a neutral health that you said. Com and so so if I go there say I'm pre-diabetic and explain to people because most people are pre-diabetic they don't know that I.

And this is where they this is where the clarity needs to happen. Right. So you know, I'm, I'm 55. I went to my physician and he said, well, yeah, you're getting a little bit of fat muscle a bit decreasing, Lester, a little bit increasing.

You started seeing a little bit of inflammation with your with your blood pressure. A little bit is on the edge. Most doctors at this stage will be like, well, it's normal for your age, right?

Because I'm fed up hearing that. Normal for your age thing. Yeah. And and just to figure out that after five years, your doctor is going to tell you you have diabetes.

And this is where if you go to a neutral health, you're saying there's a lifestyle medicine physician, because lifestyle medicine at that stage is so important to to get us out of that prediabetes.

The you have a longevity trained dietitian that helps me. And then you have the five day fasting mimicking nutrition. So in a weight scale and the technology to integrate all this, I think you hit it right on the head there.

Most of my my colleagues will say, oh, you have a touch of sugar. What does that mean when you have a touch of sugar? Right. And they will say, you go home, exercise, eat better, lose some way.

I'll see you in six months. I mean, this is this is modern medicine, right? Or they would say, oh, do you want to try a metformin? Do you want to try the drug?

When in fact we ought to be addressing the root cause. When you come to your health, what you will see is two programs. You know, one is a diabetes program.

So if you have diagnosis diabetes. You're enrolling to the diabetes program. Everything else. Unfortunate, unfortunate. Unfortunately, 94% of us are cardio metabolically and healthy according to one reasons.

So most most likely that metabolic health program, which is six months, would be right for you unless you have a

diagnosis of diabetes. So it's only six months and it's only five days a month, right.

So that's like that's it is centered around the five day of FMD. But you get support for the rest of the month as well. But I can eat, I can eat whatever I want the remaining 25 days.

I just need to commit to that five days. Well, you're asking me if you should study five days for your exam?

Protecting Muscle and Improving Activity

Or should you study every day? I mean, you know, as a doctor, I'm always going to tell you, you know, it's every day you should you you should do this every day.

You should study every day. You should eat well every day. But we also we're pragmatic because we are here to solve problems. We're not here to try to be theoretical here.

Five days of M. D. has been tested to shown results, but we'll be there for the rest of 25 days to to encourage, motivate, to provide you with knowledge of the skill set to face.

You have. So, doctor, for that prediabetes program I get the food for five days. I mean, I live in LA and I pay like two $300 for five days of food, but five days of food quasi dietitian plus the supervising doctor.

How much that's going to cost me per month for for prediabetes. Yeah. You know, the depending on what the offering is right now that we're running. But I will tell you, I'll just tell you this flat, you know, if you live in LA every day, you're spending 20, $25 on your meals for five days.

That's easily, easily 150 to $200. Okay. Depending on where you live. And but also when we are successful in cutting out your medications, you stop paying co-pays.

Sometimes tier two co-pays could be $45 $50. Tier three co-pays could be $80, $70. I mean, you can imagine and not not to mention you're getting your health back.

I mean, you are restoring your metabolic health. This program is effectively zero costs. When you think about you don't have to buy food that you generally would spend on normal groceries, drinks, supplements and and no co-pays.

You know, by the end, the food gets delivered to my house. I don't have to cook. I don't have to buy, I don't have to. It just comes in a box and I eat it for five days, plus it either.

Plus the doctor is saying it's between one laboratory. Yeah, was the weight scale. And you're saying it's all between 100 and 70 $5 to $250? Absolutely.

To think about that, that that's, that's effectively cost neutral. You think I'm not paying anything almost for this. But that's the heart of the program is that we want to demonstrate effectiveness.

And eventually we wanted to have this program reimbursed by payers. You know, a program that reverses type two diabetes, that reduces medication costs, that restores metabolic health to individuals.

But many, because we always talk about this this we say silent killer on the on blood pressure. But there's so many silent killers, high cholesterol, high blood sugar.

Right. If I'm a man or a woman, I'm a woman age 43 minute product, or I'm a man aged 40 and above, let's say 40 and above. What is the percentage of male and female above age 40 that have one, at least one or more metabolic disorder?

Yeah. This is what you know, I was saying a little bit earlier. I mean, if you look at blood pressure, sugar, lipids,

history of cardiovascular diseases and body weight, if you put it all together and say, who's healthy, only 6.8% of all Americans are healthy.

And so most of us are not healthy. Okay. And fortunately to say, especially when you get get past age 40, post-menopausal period, even men who are working hard and have no time for themselves with central obesity.

All of these are risk factors, risk factors for elevated glucose, elevated lipids, you know, elevated blood pressure and many other inflammatory sort of elevated inflammatory markers in the body program.

Our metabolic health program is not like we give you one drug for one condition. It's an upstream intervention, just like exercise, just like good sleep triggering the body, inherent ability to heal from the start.

And you're going to see a lot of the downstream benefits that will address many of these metabolic health issues. Yeah. One final question. I mean, this is amazing price wise, effectiveness wise, most people, they don't want to take biologics and drugs and inject themselves and have the side effects and the costs and die out of that health condition.

So it's amazing there's a true solution built in lifestyle medicine. You know, one, I remember the statistics coming from people or especially not diabetes prediabetes.

Again, everyone listening to us here today, if you're 40 is why I asked for this. This is six. You have a 90% chance to have some primitive right. And this is where you want to take take action.

So go to a neutral health and check it out. But if I have diabetes, you're saying that this program takes drugs away. Meaning replaces with time. My drugs are my diabetic drugs my friends.

So I replacing the drugs with lifestyle that I have to continuously do. Or you're, you're literally pulling me out because nobody has talked to me about going out of diabetes.

Visceral Fat, Organ Health, and Whole-Body Benefits

Once we have diabetes, my says it's a chronic disease and my perception is like I'm dude for life to take pills. So how are pills my friends can I it's a really interesting, you know, people with type two diabetes right now take some average six drugs every single day, either by injection or by mouth, six drugs.

And yet we feel it's normal. How is it that we feel it's normal, right. Metabolic health should be feeling healthy without the help of all these drugs.

In fact, scientists agree. If you look at the statements from the American Diabetes Association, Endocrine Society and other world leading, they are now redefining a new angle for people with type two diabetes.

You may not have heard about this, and that is called diabetes remission. The idea of remission. That means you get your sugar control, your hemoglobin A1, see less than six and a half for three months at least without a drug.

Think about that. Then you are in diabetes remission. I wonder why your doctors don't talk to you about this. This has been published, accepted by multiple organizations around the world as the new end goal.

Most likely don't know about the fact that we can buy it. And the current pills. They don't induce the remission in most cases. So the doctors like feel.

I have no tools in the clinic, and I know now that thousands of doctors have joined the Army to support with the fasting. But most patients, if they go to their to their doctors, they tell them, hey, I discovered this fasting mimicking diet.

Say, see, I'm listening to this episode. I'm 60, I'm 65, I have diabetes, I go to day to my doctor. I tell him I

discovered the fasting mimicking. I can take and replace my medication and take me off diabetes.

Most probably. My doctors say I've seen a lot of diets. I've heard a lot of every every six months there's a new diets. This is because you and I were trained as such, right?

To discard a little bit the value of nutrition. But I can I can equip somebody listening to us today to go to the doctor and express this. This is true thing.

It's led by doctors and it's led by Harvard doctors. And we have my doctor and me as a patient to go and do it. Yeah. Well, this is part of a movement we call foodies medicine.

And I think a lot of people give lip service to to say, oh yeah, we believe food is nutrition is good. If you go to your doctor nastiest nutrition important, every doctor is going to say yes.

But the reality is when they see you, when they see a problem, they just prescribe, right. So but it's part of the system and I don't blame them. My colleagues work really hard to take care of our patients.

But it's the environment, right? It's the system. This is also why we created the Neutral Health Program here. So you can come to us. We will have we have the doctors.

These are licensed medical practitioners specializing lifestyle medicine. This is why we we surround you with dietitians that understands the longevity science.

The El Nutra Health Program and Diabetes Remission

And with time I think with evidence, with time, with with with this movement picking up steam. Food is medicine movement. I think more and more doctors are going to come.

And I always remember you always said that we're on the right side of history, and I truly believe so. Can a patient go to the website with his doc and show him the science there, and can, with your team, be able to collaborate with the doctor?

If the doctor once that we can, you know, of course, but I think it is part of a movement. And we understand that as pioneers, as innovators, we're always going to see some some challenges, but eventually we're on the right side of history.

And time is our friend. Yeah. I mean, a lot of doctors would say no, a lot of doctors would say, why not? And a lot of doctors hopefully would say, let me read the science on that website and come back.

And this is just for patients who still want to work with their doctors, who still want to go through that. And yes, and for most, hey, it's a plant based diet.

They can come and work with a neutral health team with your team. I know there are hundreds and hundreds of patients now flocking in. And do I remember the statistics well that two thirds if I'm a diabetic patient, I have 66% shares to decrease the dose or even be free of a medication within just six months.

So with our publications, we, you know, a study run out of Germany, one of the Heidelberg universities. It says the six FMD cycle. That means five day per month you do consecutively for six months.

Had a chance of learning a one C by 1.4. It led to a ten kilograms weight loss with, while preserving lean body mass, drove a 59% drop in insulin resistance marker and achieving all these actually with less medicine.

In fact, 67% of the people in the study experienced a drop in medicine. I mean, it's in herd of well and 10 to 22 pounds of weight loss 22 pounds. And remember these are fat loss.

These are not muscle loss. Okay, that probably summarizes the biggest message we wanted to get out today is that positive trio of root causes right. Take your doctor shoe.

And this was an amazing episode. This is life changing. You know, those of you who came to Blackwell talks are listening to this. This Is the Frontier of New Medicine is now published in top medical journals.

This is the new generation of medicine. It's the fasting mimicking nutrition technology where a lot of diabetes, prediabetes and drug focus on that blood sugar control and the weight.

They help the you lose the muscle. You don't impact your age. So the more you're aging, the more that you're dependent on them. And they'll suddenly unlock this trio.

The fascinating mimicking can help you reverse the bio, a score of your body, and help you protect the money mass and decrease insulin resistance. And especially that visceral fat is a program set up for you.

You have your own dietitian, your own doctor. You work with a team of doctors who we're talking about a hundred x Harvard vice president of the Joslin clinics.

And I feel this is an amazing you price to doctor shoe equal to what otherwise people would pay for actually a fraction. If I need to buy a scale, I need to pay my dietitian my doctor and pay for food and up, including 500 to $1000 to put this entire program at 175 to 250 only is just replacing the cost of food.

This is a true solution that people can adopt, can afford it, can scale it. Please go to a neutral health read and they can they reach out. Can they chat live?

Can they email? Can they have question and somebody we have a waiting to speak with you and their AI chatbot, their email contacts, their phone numbers.

You can call for sure. I think that human touch is what we always strive after. Thank you very much, doctor was a life changing episode and appreciate your time.

Thank you.