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

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Introduction to the summit and guest

Hi everyone. This is Doctor Joseph Anton, your co-host for the Fasting and Longevity Summit. Today is one of the most important session 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 are going to, you know, listen to today. So please tune in, especially if you have if you're above age 40 or 45, you have any metabolic health and you you started hearing about your metabolic health changing with aging and or you're pre-diabetic or you are diabetic.

This is the session you want to listen to. Unfortunately, today to have with me, Doctor Williams new life issue is one of the top on the philologist in the country.

He was heading he was the vice president at Joslin Big Harvest Diabetes clinics. He devoted his life to change 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 information 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 a pleasure for me to talk to him with this gentleman on this journey and to presenting to you today, doctor.

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

Yeah. So you've 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, you know, approach. And we were both doctors trained the same traditional ways at the Harvard, at the Yale and 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.

Why traditional diabetes care falls short

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. Yet it's laboratory.

Its history is, it's a simple examination. But what follows is a lifelong journey of just adding medications to another medications for for patients. And there is no end.

The current, current model of care says that, diabetes is a non curable disease. It's a lifelong disease. And the process of disease. Right. Yeah. We are both thought that this is a 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, the, the most exciting discovery, I just feel that, the facts are not all there, right?

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 diabetes, type two, with type two

diabetes.

I just think that this story needs to come out. But so the back issue, what is that why the current medications, what are the two reasons behind diabetes and where the the current medications fail and how that compares to what you have launched to the world?

You actually personally launched that to a neutral to the word, which is the fasting we making diet to reverse diabetes. What is what is that gap that the medications and that feel and how the fasting mimicking diet was able to do so?

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

If you always think about that as the is 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 and you would give medicine, you don't have to to address the underlying causes, it's okay to, to simply address the symptoms of it.

And this is what's happening here, right? The whole entire medical industries, informal 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 there'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. The the fact that we making diet try to solve for. Yeah, I think, you know I think everybody knows and heard about of course obesity is a is a main driver and central obesity and and they are medicine for that. Yes.

You know but they are also often a lot of other conversations and, 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 they don't take care of themselves, but very few develop type two diabetes.

Why is that? Because the body has the ability to 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 other age related conditions, from Alzheimer's to cancer to diabetes and others, age is actually one of the most important driver of these conditions.

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

But then I hear it still today, a lot of doctors who say, oh, you know, your father lost 15% of his muscle, but that's typical for his age, right? This that, you know, you're that is developing Alzheimer's.

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

I think part of the problem is that we never had a really effective talk, right, to affect aging. I mean, most of them are, unfounded by science, and they're 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 sync for glucose.

So all the glucose molecules circulate in the blood. What do they go to? In fact, 80% of these glucose actually ended up ended up in the muscle.

Root causes of diabetes beyond glucose control

But as we age, even, some of the effective medication that we take for diabetes, we're actually losing muscle. And when you lose muscle, you lose that.

The that the sync for glucose actually becomes 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 Mozambican and Majuro, a course of a year and a year and have, the amount of muscle loss, it's equivalent to almost 20 years of age related muscle loss.

Just just picture that. So these are, I think are two big, issues, the the aging of the cells, you know, and 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 that we see. And to clarify, glucose goes to the muscle because muscle is what burns the calf, muscle burns carbs.

And one way for us, hopefully to delay or escape or regressed, I mean, is, is can we keep the body younger, the aging younger. So you 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 got an a chronic diet, you lose a little bit of muscle as well.

And then can we lose weight and decrease in some 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 diabetes?

And so to so the first thing we can Di is a is a five day structured meal plan. So is everything. In nutrition that that you can consume. But it gives you the benefits of fasting without the burden of having to, water.

Only if I did to do water only fasting, it was was discovered or invented at the University of Southern California, through Professor Walter Longo and the, the the, the the birth of this technology is is quite interesting because it didn't it didn't just come up right.

It started out with simple organism testing and ease to see what what what happens when you shut down these nutrient sensors and, and tested the ninja in, in fruit flies and tested then in mammals and then finally in the clinical realm.

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

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

Is one of the most powerful interventions based on lifestyle, innovation, that occurs so we know the. Same, the 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, when, when somebody is not eating, the cells have to survive. How do they survive? Well, sure, they will go and grab fats and burn as calorie.

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

These are structures in the inside the cell. So maybe a little bit older, a little bit more dysfunctional. And the cells wanted to burn them up as a sort of a 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 that we can die is very designed. So by the day you 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 way to actually reduces biological age without a drug. And it's based on a lifestyle intervention.

And it's amazing. And you you talked about reversing the biological age, which we know is one of the root cause fasting, mimicking diet. Of course, the FMD is going to support with weight loss.

It's a fasting that nutrition so that we understand that pillar there of weight loss insulin resistance. But how can fasting help the muscle? Can you help us understand how?

I mean, I know that if we do kind of restriction, what do you do when we lose muscle? How come protecting muscle with the fasting, the. You see during a low calorie diet during you know the 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 called gluconeogenesis. And it's basically says that the making of the glucose from the muscle. And so, so if you if you are on a chronic calorie restriction like a low calorie diet for a long time, the body when whenever it needs glucose, it's going to go to the muscle, the first thing that we can die has a completely different, function.

It's a stress to the body. So when you fast, the body says, oh, 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 that in turn, can support the muscle in the fasting mimicking die the FMD. There's even, special design inside the kit to make sure there's enough complex carbohydrates there, but also enough, there's a drink in there called the all during that, especially whey based to provide enough precursor to the body during the fasting state.

So the body actually would digest those precursor inside the old drink to make glucose instead of muscle. So therefore you spare the muscle during the five day fast.

So think about the benefits of this. You're losing weight. You're losing less visceral fat, but you're preserving the

lean body mass. So we address one of the root cause.

How fasting mimicking diet works

Number two you're lowering the biological age score, as I mentioned earlier, through the cellular changes that we mentioned, the cellular autophagy that one of the the Nobel Prize, number two.

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

So cellular changes to make cells younger producing 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 inside the. They're even making them worse, right, by losing muscle by giving GLP one the the 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, is exercising and the speed of walking. And I was fascinated. Now, one new article on the first thing we're making that is talking about people walking even and exercising and moving even more frequently after they do the fast, significant diet.

Yeah. And it's amazing. It's a it's a paper that was published, it is conducted at that in a leading university after 12 cycles of fasting, mimicking diet.

They ask people, well, how come the results was amazing? How comes after 12 months, people, in the FMT group has seven times more likelihood of either reducing agency 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 FMT. 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 up because FMT 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 fad 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 fat.

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

All of the buttons are all the lifestyle interventions or press exercise motivation. Right. Commitment. Yeah. 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 the muscle protection.

And if I remember, that was it was what, four hours of extra exercise. Hours, actually six hours per week of physical activities. I mean, people just expect people to do it.

I mean, people have to want to do this. And inside 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. But in fact, people keep doing the fasting, mimicking diet and the program because the way it made them feel.

There's another attribute of the fasting mimicking light and fasting in general, doctors who, you know, people, 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. Did the researchers on the fasting mimicking I 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 fat. Glad you you force feed the geese when they eat too much rice and then they get fatty liver.

I think, it's very logical 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.

Yeah. Just to give you I can't give you too much detail, but certainly it makes logical sense. And scientifically, I think it's just going to be because.

I'm very sensitized around the heart. You know, my father just went through a 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 the internet is actually really interesting because even we we've published the paper looking at skin, even the skin, improved.

Now that why did the skin improve? Well, because every tissue, every organ system improved, 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, showed changes with fasting mimicking diet, you can imagine the heart, the liver, and many other organs is going to improve.

And we've seen this before. For example, you know, one of the most powerful, interventions in a medicine period in medicine is what is not a drug. It's exercise.

Exercise affects muscle tone, mental health, heart, lung, I mean, you name it, everything. How is it possible? It's is part of the fabric of life. Activities are moving.

This is how the body is designed to do fasting. And the body's response to fasting is equally powerful. But it has multi-organ system impacts hidden because no modern day people just don't fast.

With Vaseline mimicking the diet, we're uncovering what the body already had a built in for self-repair. They're uncovering that brought out by the FDA in a consistent, standardized way.

I think that's really the best news for 21st century medicine. And so that pressure the the I mean, because fasting impacts every cell with every cell lives on the calories is such an upstream intervention.

If I'm today a pre-diabetic or a diabetic patient, let's say I'm a diabetic patient. I just listen 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.

Protecting muscle while losing fat

Protects my muscle, reverse my bio age. Shrinks a few pounds of fat, especially the visceral one. It's all great news to me. What? Where would I said, 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 a vacation? Can you tell me where to start or what to do? Yeah, because the FDA 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 cycles.

So it's probably not safe for you to do this alone. And that's why we've created at al-Nusra a program called the El Nitro Health Program. And this is not only for people with type two diabetes, but it 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 neutral 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, but hold your hands through this journey of de-escalation, this journey, what we call diabetes remission.

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

Now you may ask, what do we do for the rest 25, 25 days since it's only the five day program, it's actually, but the rest of 25 days there's personalization, coaching, nutrition support provided by the dietician.

So it's a comprehensive disease management program. You come, to define us and you can find us at El Dash Neutra health.com. The letter letter L for longevity C Dash nutrition, ultra nutrition health.

But com you said al-Nusra dot com and so so if I go there say I'm prediabetic. And to explain to people because most people who are pre-diabetic, they don't know that adequate and this is where they this is where the clarity needs to happen.

Right. So, you know, I'm, 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 little bit decreasing cholesterol, a little bit increasing. You started seeing a little bit of inflammation with you shouldn't be restarted.

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 there's a lifestyle medicine physician, because lifestyle medicine at that stage is so important to to get us out of that prediabetes.

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

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

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 and metformin? Do you want to try the drug?

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

So if you are you have diagnosed diabetes, you enroll into the diabetes program. Everything else. Unfortunate, unfortunate. Unfortunately, 94% of us are cardio metabolically and healthy according to one reason.

So most most likely that metabolic health program, which is six months, will be right for you unless you have a diagnosis of diabetes. So it's only six month.

It's only five days a month, right. So that's that's like this. Is better around the five day of FMD. But you get support for the rest of the month as well. Okay.

But I can eat I can eat whatever I want and 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?

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 should do this every day.

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

Five days that have happened has been tested to show results. But we'll be there for the rest of the 25 days to encourage, motivate, to provide you with knowledge and skill set.

To to face reality, you have. So that is true for that prediabetes program. I get the food for five days. I mean, I live I live in L. A and I pay like two $300 for five days food, but five days of food plus a dietitian, plus a supervising doctor.

How much? How much that's going to cost me per month for for pre-diabetes. Yeah. You know, the, the depending on, what the offering is right now that we are running.

But I will tell you, I'll just tell you this flat. You know, if you live in L. A. Every day, you're spending 20, $25 on your meals for five days.

Benefits for visceral fat and biological age

That's easily, easily 150 $200, okay, depending on where you live. And, but also when we are successful in cutting out your medications, you stop paying copays.

Sometimes tier two copays could be $45, $50, tier three co-pays could be $80, $70. I mean, you can imagine and not, 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 only you spend on normal groceries, drinks, supplements and and no copays.

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 a dietitian, plus the doctor is saying is between 1 and 70. But yeah. Was the weight scale. And you're saying it's all between 100 and 70 $5 to $250?

Absolutely. And think about that. That that's that's effectively neutral. Cause neutral. We either pay anything almost for this. But but that's the that's the heart of the program is that we want to demonstrate effectiveness and eventually we want it 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. Money. Because we always talk about this, we say silent killer and under 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, the men age 40 and above, let's say 40 and above.

What is the percentage of male and female above age 40 that have won at least one or more metabolic disorder? Yeah. This is 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 that all together and say, who's healthy, only 6.8% of all Americans are health.

And and so so most of us are not healthy. Okay. And unfortunately to say, especially when you get past age 40 Mary postmenopausal 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.

It's it's 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's inherent ability to heal from the start.

And you're going to see a lot of the downstream benefits that that will address many of these metabolic health issues. Yeah. One final question. 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 cost and die out of that health condition.

So it's amazing there's a true solution built in lifestyle medicine. You one. I remember the statistics coming from people or especially now diabetes prediabetes.

Again everyone listening to us here today, if you're about age 40, is why I ask for the statistics. You have a 90% chance to have some pre metabolic 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 up because nobody has talked to me about going out of diabetes once we have diabetes, my mom says it's a chronic disease, and my perception is like I'm doomed for life to take pills.

So how are pills, my friends can. I mean. First, it's a really interesting, you know, people with type two diabetes right now, it takes, on average, six drugs every single day, either by injection or by mouth, six drugs.

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

In fact, the scientists agree.

Metabolic health program and care model

If you look at the, statements from the American Diabetes Association, Endocrine Society and, and other world leading weaponisation, 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 A1C 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.

I think doctors who most doctors don't know about the first we buy and the current pills, they don't induce the remission in most cases to the doctors like feel.

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

They say, I'm listening to this episode, I'm 60, I'm 65, I have diabetes. If I go today to my doctor, I tell him I discovered the fasting mimicking. I can take a replacement medication and take me off the diabetes.

Most probably my doctors say, oh, I've seen a lot of diets. I've heard a lot of every, every six month is a you diets. This is because you and I were trained as such right to to discard a little bit the value of nutrition.

But I can I can we equip somebody listening to us today to go to the doctor and express, this is scientific, 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 by we call food is 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 a doctor and ask, is nutrition important? Every doctor is going to say yes. But the reality is that when they see you, when they see a problem, they just prescribe. Right.

So but but it's part of the system and I, I don't blame them. My colleagues work really hard to take care of our patients. But but it's the environment, right?

It's the system. This is also why we created the natural health program here. So you can come to us. We will have we have the doctors. These are licensed medical practitioners, practitioners specializing in lifestyle medicine.

This is why we will surround you with dietitians that understands the longevity science 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 stand tall. I always remember you always say that we're on the right side of history, and I truly believe so.

It can get 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 a doctor for the doctor.

Once that we can, you know, of course. But but, I think it is it is part of a movement. And we understand that as pioneers, as innovators, we're always going to, to see some, some challenges.

But 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 will 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 we. Yes. And for most, hey, it's a plant based buy. 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 and the do I remember the statistics well that two thirds that say if I'm a diabetic patient I have 66% chance to decrease the dose or even be free of medication within just six months.

Yeah. So with our publications, we know a study run out of Germany. One of the Heidelberg University is it says

the six FMT cycle. That means five day per month.

You do consecutively for six months, had a chance of lowering A1C by 1.4. It led to a ten kilogram 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 unheard of. And 10 to 22 pounds of weight loss. 22 pounds. And remember, these are fat loss.

These are not muscle loss. Okay. That's that's that probably summarizes the biggest message we we wanted to get out today is that positive three year of fruit causes right.

Thank you Doctor Shu. And this was an amazing episode. I, this is life changing.

Diabetes remission, costs, and next steps

You know, those of you who came to doctor. Thanks. Or listening to this, this is the Frontier of New Medicine is now published in top medical journals.

This is the new generation of medicine. Is the fasting mimicking nutrition technology where where a lot of diabetes, prediabetes and IBS 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 you're dependent on them. And now suddenly we unlock this trio.

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

You have your own dietician, you have your own doctor, and you work with a team of doctors who we're talking about a hundred x hundred vice president of the Joslin Clinics.

And I feel this is amazing. You price it like to equal to what otherwise people would pay for actually a fraction. If I need to buy a scale, I need to pay my dietician, my doctor and pay for food, and up, including $500,000 to put this entire program at 175 to 150 only is just replacing the cost of food.

This is a true solution that people can adopt, can afford it, can scale with, please go to a neutral help read. And they can they reach out, can they chat live?

Can they email, can they ask have question. And somebody. Absolutely. We have ambassadors waiting to speak with you. And there they are I chat but their their email contacts, their phone numbers, you can call for sure.

I think we we we I think that human touch is what we always strive after. Thank you very much, doctor. Shoot, this was a life changing episode and, appreciate your time. Thank you.