Gain Metabolic Health With The Fasting Mimicking Diet Transcript

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Introduction and Mission

Welcome to this episode of the PCOS SOS Summit. I'm your host, Dr. Felice Gersh. With me for this very special episode is actually already a longtime friend of mine and someone I admire greatly.

It's Dr. Joseph Antoun, the CEO and director of the board for L-Nutra, the most innovative company dealing with fasting. Without actually fasting, the fasting mimicking diet and food as medicine for longevity.

So welcome. Thank you so much for joining us, Joseph. And first, I'd love for you to tell our audience something about yourself, your mission in life.

Because I read your bio and you really do have a mission and it's quite a story. And then we'll do a deep dove into the different products that you're involved with and how women with PCOS can really utilize all of these items to improve their health and their happiness and ultimately hopefully create healthy longevity.

Well, I appreciate you, Dr. Gersh. I'll say a few words about myself. Thank you for the floor for this introduction. And hopefully, together, we're going to change somebody's life today.

That's that's that's an important thing for both of us. I know that I started my career as a physician. I wanted to be a cardiologist. And I thought I would help people at least prevent health conditions and or reverse right.

Or treat their health conditions. And, you know, unfortunately, I felt that I am doing some part of that, but I was mainly also putting people on pills that they have to take for the rest of their lives.

And what changed my my my career with the medicine was, you know, I always, always asked my attendings if the medicine were giving meaning, you know, a blood thinner, a cholesterol pill, a triglyceride fail glucose pill.

Right. So it was it was four or five pills that most people are being put on now, you know, above a certain age, if they work, why do the why do they have to refill them every month?

And I had zero answer to that question that I consistently ask if the medicine is working, why they have to the repeated every month. And because we're managing symptoms, we're not managing most of the the reasons behind the disease.

So I decided to venture out of medicine and they went to health policy and public health that Harvard ended Hopkins And and I was excited to go and help governments around the world to do more prevention.

I did this for a while, and then I discovered that also prevention is a set of recommendations that people started to already know. We know we need to eat healthy, we know to exercise, etc.

But there was no product that represents prevention. There was no product to consume that can represent keeping people healthier, longer and in two to then I ventured into what we call military technology, which is the study of food for longevity and the food as medicine.

And why food? Because that's that's the only product we take every day of our life that they were born to. The day we die is one product. We we take it 3 to 5 times per day.

And this nutrition. Right. And nutrition could be the biggest poison. It could be the biggest medicine or assets for longevity. I met this gentleman by the name of Valter Longo.

He is the the head of the Longevity Institute at University of Southern California. The author of the very famous

Longevity Diet book. I recommend everyone listening to us today to go right away and buy this book.

Food as Medicine and Longevity Science

It's a life changing book in in he studied spent 23 years of his life at Universal Sandy, California, and now 18 other universities joined the research of Stanford and University of Indianapolis and and and the University of Miami and laid in in Palermo a lot of the top research centers join him now all in the quest of discovering two things which food we should eat today to live a healthy, long life.

The food is longevity and which food we should eat. When we have one of the four big killers, 90% of us will die out of one of four diseases cardiovascular cancer, Alzheimer's and autoimmune.

What should we eat in order to be part of the cure, be part of the medicine for these health conditions? What a journey you now in terms of like the whole notion of food is medicine.

So what exactly if you can just do like a summary? I mean, it's very complex. But what happens in our bodies when we eat the right foods and what happens in our bodies when we eat the wrong foods like ultra processed foods, like what can actually go wrong or what can go right?

Well, this is a very big question because food impacts every part, starting from the gut and the gut lining and the gut microbiome, which is critical.

That's critical with the way you absorb glucose. It's critical to what kind of toxins leaks are not into into our body. It's critical for the microbiome and the gut lining then and the blood sugar can induce spikes in insulin spikes in IGF, which then increases aging.

And as we know, you know, Alzheimer's, cancer, cardiovascular and diabetes, these are age related diseases. We don't get Alzheimer's at age ten. We don't get the first cancer at age 22 in most cases.

So pushing the body to age through nutrition is actually one of the biggest secrets for longevity. This is what we specialize in at the ultra food. The term is epigenetics and how you read your DNA through food gets you in most cases, 40 or 50% of cases into cardiovascular and or diabetes.

And now we're calling Alzheimer's type three diabetes. So it's definitely a major proponent of health conditions and or aging or reversing aging. Well, unfortunately, women who have to deal with the condition PCOS Polycystic ovary syndrome actually live in a body that's aging prematurely in all the different condition conditions that you mentioned actually happen in higher proportions and at younger ages in women with PCOS.

So I know that your company pioneered this nutrition for longevity and that you've actually worked with insurance companies, that you have actually a a major program that can help reverse like conditions like, say, diabetes.

Maybe you could share with the audience because the women with PCOS by age 40 have a seven times higher risk of developing diabetes. Almost all women with PCOS have significant inflammation throughout their bodies, this low level inflammation, and they're insulin resistant.

So maybe you could talk about this program that's been created that utilizes food as medicine and also incorporates fasting, mimicking diets. And what does that actually mean?

Like we'll go into like how can you fast and eat at the same time? Yeah. Like go over like the basics of food for a longevity and the program and then we'll get into the fasting mimicking diet. Yeah.

So fascinating. Yeah. Well, the major concept here is that every time we eat carbs and every time we eat proteins, there are some aging anabolic factors that get secreted.

Insulin gets secreted when you eat carbs, IGF gets secreted when you eat proteins. And both of these factors are

telling the body to store or store the food in age a little bit.

This is critical because like you mentioned, PCOS, same as obesity, same as it's a resistant, same as diabetes. And maybe now for actually Alzheimer's and maybe for actually cancer, it all the continuum of the over push of food to that pushes our body to store calories into fat and to become insulin resistance and to age faster.

So to unlock these two phenomenon, we have uncovered two nutrition patterns here at think. One is the food that we send you every day that that is specifically designed is called nutrition for longevity.

And you can go to nutrition for longevity that come to see the food. The food is designed to not over spike insulin and or IGF. So when you eat it, your body is not getting pushed to store it and to age further, which is what's happening today with our modern, modern diet.

The other food pattern that we uncovered and this one took us a good 12 years and $36 million. And the NIH, the U. S. government stepped in to fund the research because it was a major discovery.

Is the fasting mimicking diet? If we're saying PCOS, fatty liver, insulin resistance and diabetes are symptoms of, you know, less ideal lifestyles and in fat storage and and over eating a little bit.

Well guess what a fasting like condition is the opposite of that. Again, how patients induce remission at a higher and a higher rate. So we went and we said if most of the diseases we're dealing with today are a result of frequent eating of unhealthy food, how about we give the impression to the body that's fasting through food?

And this is how the concept of fasting mimicking diet was born. We went and we studied how the body perceives food, how the cells detect food, and we device a nutrition formula, very precise nutrition for me that when you eat it, the cells do not recognize that you're eating, so you're fasting while eating.

It's just mainly to make fasting compliant is to help people, you know, take a five days break in. The ideal protocol is a five day fasting nutrition.

You take a break, you eat the precise formula that mimics fasting. Your body thinks you're not eating, your body is cleansing, it's detoxing. The cells are rejuvenating.

They're trying to fix and align to survive that fasting pressure. And you lose a lot of fat, mainly from the central and visceral fat, which is critical for PCOS and for fatty liver and other and other conditions and cardiovascular risk.

So it's a very impactful discovery that was done some ten years ago and we launched it in the market under the name of Pearland Line for promoting longevity.

It's a five day fasting, nutrition, gluten free plan based, you know, very healthy on the ingredient level. But it was precisely tested in multiple universities to give the body the impression that it is not eating and therefore cutting fat, cutting things that the body had stored and had evolved into health conditions or pre health conditions.

So so women with PCOS as a group have a much higher rate of obesity, the visceral fat that you're talking about and the insulin resistance. So if they would like to get going because this is like a they hear this, it's like, wow.

I mean, the whole concept that you can actually eat and yet your body gets all the benefits of fasting and none of the detriment either.

Fasting Mimicking Diet for PCOS and Metabolic Health

You know, the risks that can go along with some of the fasting with water kinds of problems. Then how often do you have to do this program? It's five days.

And what do you do like when you're not doing it? Because there's all the other days of the month that you're not

doing the proline. So maybe you can go into a little detail of how you came up with a regimen, what a protocol would be, and like how you can actually like reverse real medical conditions utilizing these food as medicine and fasting as medicine tools.

So we have studied the five day fasting, nutrition and unhealthy people. First, we've done three, five days per year. So just just 15 days per year, you're really going to find anyone telling you, hey, do something just three days for you because it works.

And if you're a little bit overweight, we have been or have a, you know, pre metabolic syndrome or your pre in the pre condition that we've studied four times and we've studied up to six times and if you have a health condition, especially, we focus on diabetes and all this is a continuum, right?

Being healthy today and then predispose and then a little bit we add a little bit more weight than we increased chances of PCOS and or cardiovascular and or cancer and or diabetes.

This is the same. Continue. Then we started doing it six months, so five days a month for six months and then just once every three months to maintain.

So I'm healthy, I do three times per year. I need to shed a little bit more weight. I do it four times per year having diabetes and want to decrease my medication and induce remission.

Then I do it six times and then once every quarter. That is phenomenal. Now we know that, you know, there's an epidemic of diabetes, not just in women with PCOS.

And there's been this rush to using these drugs, you know, the GLP one agonist drugs. So they think, oh, you know, I just get a shot once a week and maybe they'll come out with Pill versions and so on. So and what you're saying, I mean, it sounds great, but, you know, it's more work.

But is there any like thoughts on, well, should people just try to do the quick fix? Is that really reversing? Is that like you talked about your start in medicine, it's like, why are you doing this drug if it's not really curing you?

Maybe because so many people I mean, it's like an epidemic now of going to these drugs. I mean, so I can't not even bring that up. So do you have any comments on.

Yeah, that's, you know, like explosion of GLP one agonist and similares. This is probably the most important question to ask today, right? Because everyone is going in it.

Everyone but many people are going and either the injectable soon it will be a drug taken by bye bye just by mouth and it helps you lose the weight fast.

Now the reason that weight loss companies have failed is the same reason how ozempic and it would go away and others will face the same challenge. They they give you either low calorie in the long term, you know, restrictive diet or it is impacted will go with the decrease your appetite and you decrease your food intake.

The problem with chronic caloric food decrease which was studied extensively before and in the biosphere as well in a trial. We're just repeating that bias you're trying, though, at a mass level is people lose fat, but they lose muscle at the same time and their metabolic rate decrease.

So when you're on a long term and this is where medicine has to interfere and the drugs like what movies are they come at an expense. So you should do them with the balance of risk.

Hey, I'm getting a lot of weight and pre-diabetic and I really need a quick start. Maybe then. But the problem now we make them chronic and I'm losing weight from muscle and fat.

When you lose the muscle, you lost the engine of the body. When you go back and you stop your your body

service or your ass and people in the others, the body picks up fat very fast because it lost the muscle, it lost the burn rate.

And you get it's very difficult to rebuild the muscle, especially at a later age in life. So regaining the fat back fast, you're not gaining the muscle back.

You have a lower metabolic rate and you go even deeper and faster into the condition that you were trying to get rid of. So it's a very important notion for people to understand that if the risk is high for them to get a health condition, maybe use those drugs in a very short term.

Actually, a lot of doctors now are balancing this. They're saying take half a dose of the word go is in the exam pick intake prolonged the five day fasting nutrition with it prolong protects.

This is something we haven't discussed it's key for PCOS the only diet proven to protect lean body mass today is the prolonged five day fasting mimicking diet.

And how come you mimic fasting with food and you protect muscle? It's because the body rejuvenates. It's the cellular rejuvenation, the fasting. Mimicking attrition is not a weight loss intervention, although you lose a lot of weight fast.

But it's a protection and rejuvenation intervention. And we see the muscle cells rejuvenating growth hormone as the stress hormone is high when you're doing it.

So it's pushing the muscle to grow at the same time you're feeding. This is why it's a fasting with nutrition, so the muscle gets preserved. This is critical.

You want to shed fat, you want to protect the muscle, especially Lee and when you start getting a little bit to later stage in life. So there is a role for this medication the same way there's a role for any medication that the FDA had approved.

The problem is you have to always weigh the risk and do things if you can do them on the short term, because any inter single intervention you take in any drug has effects and side effects.

This is where people left for all of them in. Some doctors are actually either doing the plan to help the body lose the fat or they combine it with a small dose of semaglutide in order to not get the side effect of this magnitude.

And yet combine that the two interventions together. I mean that would be great if you just took like a slight edge off of the drive to binge eat or something of that sort.

Because what I'm finding is that it takes away their interest in food altogether and it takes away their joy of food, and they're supposed to be on this for life.

And of course, eating is one of the joys of living. We don't want to not enjoy that part of life. You know, so much of life is getting together with friends and family and enjoying a meal.

We just want it to be a really healthy meal. But now they're not enjoying food at all and they're basically on what seems like a starvation diet. And so I'm worried really long term for their nutritional status if they're going to be all malnourished.

And I was going to say, you know, one of the traditional approaches to weight loss has been like starving people like these starvation diets. And, of course, prolonged fasting or just having severe caloric restriction would fit into that category.

So I'm glad that you mentioned it said maybe just like reiterate a little bit what happens if someone says, you know, I'm going to spend the next several months eating a really super low calorie diet, basically a semi starvation diet,

and I'm going to lose all this weight, maybe just repeat a couple of these are like such key points.

I just want you to, like, drive it home again. What? Why is it not a good idea to, like, try to reverse your issues with, like, insulin resistance or being overweight or obese by going on a semi starvation diet?

Well, we there's a lot of science that has been tested there and in it first, you know, mice and then monkeys and then humans. And there was a trial. Then back in the I think in the nineties, in the late eighties or nineties called the biosphere, where they even secluded people in in the desert and in their bubble.

And they gave them, you know, close to 30% of what they would eat. This is what's happening today with this Semaglutide were repeating a mass level of the biosphere trial and of course you lose weight.

And if you had, you know, high blood pressure, high inflammation, that will help you on one side and the other side, they lose muscle immunity decreases.

We don't know. But there's a risk also of osteoporosis that might happen at a later stage that that was not confirmed. But at least immune depression must a muscle loss.

And this is actually how fasting science came up, came back and said if you should not deplete the body chronologically over time, then how about we do an acute signal to the body of fasting?

But just short term and these are actually the five day fasting mimicking diet was bought it was borne out of watching people getting calorically stored for a long period, which was in the healthy way to go.

But this is what we're seeing today with this seemingly without it is critical. You know, muscle and metabolic rate are critical. The engine has to keep has to stay high so that whenever you eat, after you burn it and or you consume it to build to rebuild in the right way rather than to store it.

And this is this is very critical, as you mentioning, into into for a long time. So somebody has high risk, maybe semaglutide short term, you have to detox off it.

And we're not talking about, you know, cancer risk because it's on the label. Right.

GLP-1 Drugs vs Lifestyle and Muscle Preservation

And these are these are short term trials that millions of people are doing it. They going to do that long trial. We see seeing gastroparesis, right. A lot of the recent CNN articles are covering people who are starting having, you know, stomach issues now because of of it's like every drug, you know, any drug has side effects.

Any drug taken everyday has to have a major reason because otherwise you're paying the price of that. The solution to nutrition is nutrition and lifestyle.

The solution? Nutrition is not a drug. If you fail on every nutrition, then yes, maybe you need to and you're preconditioned or you have already a health condition.

Then yes, take the drug for now. We're telling you, there's a tool you can use is healthy food you can consume every day. And if you want to lose the fat fast, there's the fasting mimicking nutrition called prolonged.

It can use three or four times a year. They will get you the benefits you want and that prospect without the side effects that you may see with the drugs.

And again, some doctors are just doing the combination. They're cutting the price for the patient and the consumer by half on the semaglutide, telling them take half a dose and then add the problem to it.

It protects your muscle. You still can eat a little bit and it just rebalances life a little bit for them. I'm not

recommending that, but I'm just saying what people are doing.

I think you should eat healthy and and just just have a healthy behavioral lifestyle. Not sure it's worth taking risks of cancer. Risk of gastroparesis risk of losing your muscle just to lose weight.

I mean, maybe on the short term, again, if you have a very if you have a health condition or a reason that you need to take them for, this is why they were approved first for diabetes.

So when it's worth it, do it when it's not, try to improve good lifestyle or be unhealthy nutrition program. Well, you know, I'm in your camp 100% and dealing with lifestyle as much as possible.

And and often that's all you need to do. So often now a lot of people have access, different types of fasting, like some people call it, like the five to where maybe they'll do fasting or modified fasting a couple of days a week.

So what would you say? Like what are the particular benefits of doing prolonged with the five day fasting mimicking diet versus fasting a couple of days or a modified fast, you know, a couple of days a week or even every other day.

Like what? What happens in the body that's different or yeah. So in general there are two types of fasting is what we call intermittent fasting between 0 hours all the way to two days.

So, so most people talk about the six eight fasting for 16 hours, which, you know, you skip breakfast or 18 hours or oh my God, one meal a day. These are all kinds of intermittent fasting and anything.

Again, you skip food between 0 hours to two days. It's called intermittent fasting, which is more for weight loss for metabolic optimization. There's very important message here to everyone with PCOS or with, you know, some, some some insulin resistance because there's a lot of data on is skipping breakfast good or that is intermittent fasting good or not it's very important to do and all the data is right.

It looks contradictory, but it's right. It's the most important thing to do is to frontload what we called intermittent fasting, meaning it's more important to eat your dinner early, the 6:07 p.m.

dinner, and then stay fasting overnight and then go back at each or breakfast at seven or eight or nine, you would do your 12 to 14 hour intermittent fasting, but you frontloaded it is very important because the calories versus what most people are doing today, which they keep eating at 10 p.m.

and then the next day they go and they all lead at 2 p.m.. So they're doing they're the 14 hour or 16 hour, but not front end is actually back, you know, back end towards the end.

And this nut show is not showing good results because the food that we eat before you sleep is not good food. The body at night is anabolic. There's the aging factors are high.

The growth hormone and insulins are, you know, increase in in anything you eat at night, the body tends to use it to store it. So if you have PCOS or other related conditions, you want to eat early, you went a little bit walk and then you want to sleep and then have your breakfast next day.

This balance is the three things longevity. Losing the weight. It will be called the the the biological clock of the organ so that all the organs are resting and rejuvenated during the night.

The Nobel Prize in Medicine in 2017. People talk about Nobel Prize in Medicine in 2016 in the autophagy, which we'll talk about. But the Nobel Prize in Medicine in 2017 was about the biological clock of the organs.

It's very important that organs sleep at night and rejuvenate. So when you fast above two days, beyond two days, then you're talking about the prolonged fasting or the periodic fasting and why the separation of today's.

I mean, it's not like it's not like a typical clock. Some people, you know, it's less than two days or more. But after

two days, the body is telling the cells, I burned fat.

The first two days I asked the liver to help me a little bit with the glucose. This is I burned my glycogen. I'm in crisis so please cells. You have to be at your best.

You have to perform together so that we survive the stress of fasting. So fasting is a calorie deficit. It's the first. Today it becomes a cellular rejuvenation after the second day, you're turning not just the weight loss now, but you're turning it into a rejuvenation of the cells.

And this is very critical because every cell of the body is fasting when you fast. It's an intervention that's impacting everything in your body. And when the body tells the cells, hey, Richard, we need to survive, you know, detox, eat the debris is, you know, the organelles, try to fix your DNA, try to optimize your performance so that we survive that fasting condition.

You can see how it's a reparation. It's it's it's when you when you watch a car race, when the car is worn a little bit down and needed, you go for a pit stop.

The mechanics come in, they try to screen and whatever is going wrong, they try to replace it or to fix it fast. Things like a screen to the body. You put it into a screen thing and every cell is rejuvenating.

If something is wrong with the pancreas, the body tries to help to support it. If something is wrong with that, with insulin resistance is the major thing.

The body tries to get rid of the fat. So we're seeing this phenomenon. We saw it in mice and then we went to human and we started doing human trials. Now there are 32 human trials on the fasting mimicking nutrition, top universities centers around the world.

We started first studying that for longevity. So you lose weight, you rejuvenate yourselves, do it three times per year. Again, there will be rarely anyone telling you do a product only three times a year, a nutrition product.

Typically, it's an everyday thing. You only do prolonged three times a year. It's five days only. So in total, 365 days. Give us just 15 days. It will help help you at least with that, with some metabolic reset and cellular rejuvenation.

Now, if you have more weight to shed, you can do it four times a year.

Intermittent Fasting, Prolon, and Longevity Diet

And if you're getting all the way to diabetes, we just launched the Diabetes Remission and Regression Program. You do the five day fasting nutrition on month one, two, three, four, five and six.

So a total of 30 days only again five days, month one, five days, month to all the way to six month. And then you just do it once every three months to maintain.

We study this diabetes remission protocol, talking about helping people going off medication. That's the goal. The word remission means I'm I don't need medication for my diabetes.

The word regression means I need less medication. So we called the program a diabetes regression and remission, trying to take people off their meds. And you can do the fasting tradition six times over six months and then once every quarter to maintain it has shown that already at month six, two thirds of the patients with diabetes will need less medication.

They will lose £22 on average within that month, six mainly fat. There was no lean body mass proportionately in body mass loss, and they will decrease the frequency by 1.4. Wow.

Well I was sold on Prolog before it had a name before it even was marketed when I met Professor Valter Longo at

his lab and so on. And the more research that's done, the more enamored I am of this whole concept.

It's really phenomenal what what you've created here for so many people. And I can tell you this is what I am doing and will continue to apply to my patients with PCOS because they are the perfect candidates for this.

You know, they're not the the older people like, say, the frail people who are maybe they can't do this and they're 75. You know, there's you know, there's a place, like you said, for pharmaceuticals and there is a place for everything.

And, you know, so like maybe people 75 and 80 aren't quite going to be the right candidates, but the vast majority of women with PCOS are going to be perfect candidates for this program.

And I can I just want to share with the audience that I have done proline so many times. I lost count a few years back, and it's part of my Healthy Aging program and I have the history of PCOS myself, so I just can't speak more powerfully and strongly in favor of this.

And, you know, part of the program, of course, involves eating. You mentioned how important food is. Maybe you can comment on, well, what is like food for longevity, nutrition for longevity.

And, you know, what do you emphasize that is part of that program when you actually are feeding yourself? Yeah. So and again, The Longevity Diet Book actually cannot recommend it enough.

That's our founders book. Valter Longo Time, 50 Most Influential People in Health. And in this book he describes the fasting mimicking diet in five days and what to eat in between to live a healthy, long life and this is critical because it helps also with the insulin resistance and the aging, you know, mitigating the spikes of the aging factors in the body.

So in between, again in our school, in our program and ideal longevity diet has 2 to 3 times per year. The fasting mimicking diet so prolonged we talked enough about that and in between practice every day the 12 hours of overnight fast so you eat your dinner early and then you stay and then you have breakfast the next day and then you can follow.

And I'm generalizing here, of course, it depends on the person and the age and agenda and all that. But in general, the pescatarian diet is rich in pescatarian, meaning plant based and you add, you know, fish 2 to 3 times per week in, in a diet that's rich in legume, that's rich in nuts and in and in vegetables and fruits in general, in people we see every day a diet popping up and people are lost in every day, every school, every book, etc..

We follow science and we've spent tens of millions of dollars to uncover what we're talking about. And we track people who live and beyond to prove those points.

And everything goes back into harmonizing the body with what the body is used to eat. We've been tailored by nature for hundreds of thousands of years in and once we depart from that harmony, this is when we start developing like we did the last 50 years that over eating and eating high carbs and high protein, this is where we start getting diseases.

If you think about it, humanity in the past, you know, lived around rivers when I did it. We didn't live on the beaches because it's not drinkable water.

We didn't live in the desert because there's no water or food. We live around rivers because the river is where you can drink the water. And around the river is when you have grass and trees and fruits and vegetables and where the animals come in to drink and you can hunt them or not.

So they're filthy. This is the pattern that humanity followed for years. And sometimes there was food, sometimes there was no food. So this is the fasting period.

The alternation of fasting and feeding is critical for the balance of life. And when you want to eat those fruits and vegetables and legumes and nuts and it was easy to fish a fish because they can fly.

The fish typically is not cannot run fast nor fly. And it was easier to fish when we had learned fishing. So that pescatarian diet with periods of fasting and feeding is probably on average the longevity diet.

Of course, you know, if you're 70, I would recommend something different if you're 20, maybe a little bit more proteins at that stage. So there's a lot of variations in the life cycle to optimize the harmony of the body and that will take on a big session.

But for today, this is what I'm going to share with our audience. Well, that was like almost pure poetry. And I'm thinking of, you know, accessing what we evolutionarily were designed to have in our bodies and to do with our with our health so that was really just beautiful.

And thank you so much. Now everyone wants to learn more. Everyone wants to know what's their next step. So how can they learn more about your company, L-Nutra, and the different products that are coming up?

We chatted a little bit about upcoming things that you're working on, so how can they find out the latest, the greatest and keep up on all of this incredible science and and adjuncts to their health?

Well, if you they want to read more about the mission and the science behind longevity and fasting and nutrition you can go to L-Nutra. L is for longevity L-Nutra.com read more about the portfolio of products that we have.

We have designed products that can help people stay healthy and in and slow down the pace of aging. It's critical to to do that as well, because, again, 90% of us will die at a four conditions cardiovascular cancer, diabetes and Alzheimer's they're age related.

So keeping your inner age younger than your chronological age is probably the best practice of health care. And we have a portfolio of product that can help with that.

You can read about all these products on prolonlife.com and you can see what kind of how each one gives you the benefits or how it works and how we design it.

And if you're interested to getting some, this is where to go. Well, thank you so much. This has been fascinating and it's part of my health care portfolio for my self and my patients.

So thank you. And I look forward to seeing all the new adventures and research and products that come down the line. Appreciate it very much.