Introduction and Dr. Gershu2019s Background

muscle is very underappreciated for its multiple functions in the body. Besides just helping you to run fast, it's actually very metabolically involved.

It's like the biggest organ for burning glucose in your body, you've got to have muscle. They make little signaling agents called myokines critical for metabolic health.

So preserving muscle, is so critical to healthy longevity. This is the Longevity CEO, where we explore the science of metabolism, cellular renewal, and the future of longevity.

Hi, everyone. And welcome again to the Fasting and Lungevity Summit. This your host, Dr. Joseph Anton. It is a big pleasure today for me to interview Dr Felice Gersh, because Dr Gersch was the first doctor in the world, to be honest, actually.

that we have approached when we uncovered the fasting nutrition. Literally when, we discovered the problem, fasting, nutrition, the first doctor we went to, to ask for her opinion, ask her for sound advice on what to do with it was Dr.

Gersh. She's a, one of the leading doctor, OBGYN functional medicine doctor in the nation. And what I love about her is not just the savviness in science and the way she approaches her patients.

but also the care and the heart and passion that she has to make people get to a better place in their life. So I would love for you to introduce yourself first and then we'll start asking you questions at the juncture of fasting, woman health and longevity.

Well, thank you so much. And it's such a pleasure to join you for your amazing summit. It's a topic, as you know, near and dear to my heart because I have totally embraced this concept of nutrition for longevity and fasting-mimicking diets for cellular support and all the different functions that we all must have within our bodies to obtain healthy longevity.

So my background is I'm an MD like you. And I did my residency and OB GYN and practice for many years, but I always knew that there was much more to obtaining health for women than just giving pharmaceuticals and doing surgical procedures.

So I incorporated what I called my ancillaries. very early on in my practice i had a nutritionist a psychologist biofeedback massage chinese medicine with acupuncture so i have all this in practice going back way to the beginning when i started a few decades ago and then after i stopped doing a step tricks about oh my goodness over like fifteen years ago.

It seemed like okay now i had a void in my my life i wasn't doing deliveries so i went back to school and i did the two year fellowship in integrative medicine at the university of arizona school of medicine.

And then become became one of the very first board certified in integrated medicine in the world. And then i took many many courses in functional medicine and of course once you get to that point you never look back except to move forward right just to give you a push start to keep going forward because you realize that there are many will say loopholes that are missing in the conventional medical world and that's what i try to fill utilizing lifestyle medicine you know all of the additional tools that i have herbal medicine mind body medicine so on.

So what happened back, like said several years, quite a few years ago, I was approached by someone who was doing a survey and I just am always like a yes person.

If somebody has something that they want to ask me or I can say, okay, yes, because otherwise you're just closing doors. So I. Part of the survey that where they were trying to interview about a hundred something integrative doctors in the u.s.

about issues relating to fasting i know nothing about fasting except i knew i didn't like it i'd like to eat.

Why Fasting-Mimicking Diets Support Longevity

So i went and i did this interview and there was an ulterior motive that i don't know about in addition to just doing the survey they were actually looking for a doctor that would become the point of study that person would be come like the the beta group for.

Working with this new product that was being developed at the u.s. school of you know. What was it was the major university wasn't actually the medical school it with longevity institute which the director of course it is doctor balter long go so i was so fortunate that of all the people that he interviewed he selected me and then i went to a series of interviews i ended up with falter in his lab.

And then I got to be the beta test site, my practice for the prototype. Yes, that's the famous Dr. Longo who wrote that book. And so he is one of my idols in life and he basically interviewed me and he was part of the process of selecting me to do the beta testing for this new development, this fasting-mimicking diet.

So I got to learn about it and I've got try it myself and utilize it with my patients. And based on feedback from my patient, they made some mild changes, not in efficacy, but in more like palatability, like, well, they didn't like a certain product that was a chip.

They liked it and they changed it to a cracker, you know. So they made some modifications based on feedback that I gave. And as well I just, saw what worked and didn t work with my patients and it was.

A beautiful relationship and its continued to grow since then and so I have incorporated What then became the actual product, you know, so became The Fasting Mimicking Diet that was sold as a real tool that everyone who is a candidate, which is most people can access for their own health and longevity and even now reversal of certain disease states.

So it's been a wonderful journey. And that's why I'm so thrilled to be here with you now, Joseph. Well, fantastic. I'm going to divide this session into three buckets, if you want.

Bucket one, I want to ask you why fasting is linked to longevity. If I go do whatever, Weight Watchers or I inject semi-glutide or anything else, we don't talk longevity, We talk weight loss.

Why fasting, what seems to be a diet, fasting mimicking diet? Why we talk Longevity and Healthy Aging with the Fasting Mimicking Diet? The second bucket is in how to apply the fasting-mimicking diet in life and in what do you personally do.

And it's very important to interview doctors that do on their body what they preach to their patients and what have been your experience in the clinic with it.

Then finally, we want to talk a little bit about the life cycle of a woman and how women can integrate at which time of their life the fast and nutrition in order to give them a better chance at a healthy long life.

So on the first side, we spent five minutes in talking about what is the liaison between fasting and fasting nutrition with longevity? Well, it's so important that you mentioned a fasting-mimicking diet, because just like all fats are not the same, all carbs are the not same.

Well all fasting is not that same! So like starvation is a type of fasting, and that is ultimately not healthy. And so we do need to distinguish how is fasting being done to really optimize what?

Optimize the body's innate mechanisms for survival. So it's really fascinating as I learned about this topic of like program self suicide and autophagy and how these different mechanisms are triggered basically for survive.

The body over evolutionary thousands of years has Why are there is mechanisms and what's interesting is that many of these mechanisms are conserved among different species that are more primitive than humans that's why they could do research in these like primitive things like types of worms and rodents and so on because we all kind of have a lot of similarities and that is the drive for survival.

So it turns out that if you simply do starvation where you fast for very long periods of time your body is going to try to survive by Dramatically slowing energy use so like slow your metabolism and you're going To burn whatever you have on hand like your muscle that is not useful because you can't function You can you will never be healthy if You have a small supply of muscle muscle is very under appreciated for its multiple Functions in the body besides just helping you to run fast it's actually very metabolically.

Involve it like the biggest organ for burning glucose in your body you gotta have muscle and make little signaling agents called mild kinds that are critical for metabolic health.

So preserving muscle is so critical to healthy longevity. In fact, sarcopenia doesn't get talked about enough. It's the loss of muscle. People talk about osteoporosis, which is a very important thing as well, of course, but muscle, is really massively important and people go on very long fast or severe caloric restriction.

They're going to lose muscle and their metabolic rate is going too slow. And then if you start Eating more food it'll rapidly gain fat you know so often people when they look at their body composition to go through these starvation routines you no these like star patient diets and then they start eating again there body compositions which is not really replacing.

The bmi the body mass index as really the key factor in what is really a healthy body it's not just what your weight is on the scale versus your height but it what it composed of.

you know how much muscle do you have lean body mass and that is so critical you don't keep that when you do starvation diets then what about just an occasional fast well that's not a star patient diet and you will.

You know it's a very low calorie you could lose weight and there can be benefit to that but you're not gonna trigger these incredible mechanisms that are for survival that really promote healthy longevity like autophagy so this is how i see it and i'll explain it.

If you fast for one or two, or now you're getting to the day three, your body and, you know, this is like, it's going to say, Hey, there is no food coming in.

Like the body is innately a little lazy. It says, okay, I'm just going wait for some food. You know? Just one day has come by, come and gone or 2 days, but now getting into like the third day and there's no.

And you've used up all of your storage of glucose called glycogen. Now, You've only got as That available or muscle if you're not doing things properly and so your body says okay now we have to start throwing crap overboard you know we don't want to have cells that are utilizing our limited energy you notice the supply that's available so crappy cells like senescent old cells i create inflammation and can produce cancer cells in the body those old yucky cells.

are going to die it's called apoptosis or program self suicide the body has these mechanisms that can trigger them to kill themselves and these are really cells you want to get rid of these or not useful cells now cells that are healthy but are not maybe in tip top condition what gets triggered is this process called autophagy it sounds like Eating yourself so what it is is that there are these things in cells called lysosomes i call them the recycle bins and so different components in the cell like you know organelles like little structures and son they go into this recycle bin the lysis and they get broken down to their.

Elemental components like amino acids fatty acids and then reconstructed into new cellular structures so it's like i called it. spring cleaning in your cells you know like it's like just like fixing things up but your cell then is healthier it'll work better and it will be able to survive longer so everything in Your body is going to be like internal rejuvenation out with the yucky old cells your good cells re-juvinated and this is like a phenomenal you know function that the body can have but it never will come into play unless you actually stop putting food in.

I remember attending one of your lectures and you showed that you called it the miracle of biology tapping into the doctor within which is that process of the buddy and the self fixing themselves to survive a fast and maybe this is what you're saying is linking fasting with longevity is, that And then you rejuvenate the cells, this combination that the fasting nutrition is supporting with.

And I remember very well your slide because we then started using that. You were awakening the miracle of biology and cellular rejubilation. It is, and you get this with the fasting mimicking diet.

That's like the amazing thing that if you just do like occasional days of fasting, this will not happen. And we now know that the longer every cell in your body lives, the greater the potential.

Now nobody can prove like with humans, they've maybe done studies in other animals but in humans doing an actual longevity study to see length of life is very difficult.

But in terms of functional life, in term of having the cells be better functioning, this is really key. And then like you said, you've got to preserve your lean body mass, your muscle.

So what has been shown Is that when you do a fasting mimicking diet you burn the yucky fat the visceral fat fat in your liver the fat around your internal organs the belly fat that creates.

Chronic states of inflammation in the body that get somehow miraculously used up first as an energy source while you're preserving your lean body mass like your muscle and your tissues in you body which you don't want to use them as your energy sources are vital for longevity and just quality of life in every respect.

So this is what happens when you have a short multi-day fast, not just the occasional day of fasting. Here's the thing though, nobody wants to stop eating for several days in a row and just drink water.

You can maybe get a patient to do that once, but they're not going to keep doing it. That's where the miracle of the fasting mimicking diet came in. The idea that you can have, and I labeled it, I think you know this, stealth food, that your eating food that flies under the radar, like invisible to the nutrient sensors in the brain.

So the brains is like the control center and it has the ability to know, are you eating, not eating? Are you sleeping? Is there sunlight? So it had all these different sensors.

and there are nutrients sensors and they're mostly triggered by protein you know so there's this whole thing you enter one have to like get into the base to know the nitty gritty but there science.

In volume that so they are sensors in the brain and if you. can construct a diet which is what they did in the lab and it took you know millions of dollars many many years to come up with this formulation of how to eat food that flies under the radar of the nutrient sensors so that your body will trigger these vital life preserving mechanisms like autophagy and apoptosis.

It will yet you're still getting the pleasure and the health benefits of actually consuming food for the five days that the fasting-mimicking diet will go through.

This has helped us understand and connect fasting, fasting nutrition, and longevity. Now, I know you have been one of the first proponents of fasting and nutrition and fasting in general the proper way.

Womenu2019s Health Across the Reproductive Years

How, for women's health, since you're a women health expert, how do you apply all this into a woman's life cycle? Because the 20s are different than the 40s, and with women, they're different in the 50s and then the 60s in 70s.

And when women should fast, when they should not fast with pregnancy and in lactation. So can you tell us a little bit how you applied this at your clinic?

And I know you do it yourself in general within women's health and women care. Well, women face many times in their lives when they have metabolic challenges.

And so there are many, many time when we really can utilize the fasting-mimicking diet to really create great results. So one of the issues is when women are now living in this society, a very high percentage Are really living with the standard american diet very unhealthy diet filled with chemicals processed foods so that's what it contains chemicals and.

like wheat that has been milled down and all the nutrients taken out and so it's what you eat it also what u don't eat they're not eating the whole foods the plant based diet that had a whole array of the colors of rainbow with lots of fiber polyphenols antioxidants vitamins minerals.

They're lacking in the vital nutrients that they need to run the machinery of their cells and as well they're putting toxicants into their bodies by consuming all of these chemicals that are embedded in our food nowadays.

So it's like just a terrible scenario and it is leading to a wide array of metabolic problems in women that is often manifesting as menstrual dysfunctions.

So I look at the menstrual cycle the way now, actually, the American College of OB-GYN has finally came out and said the Menstrual Cycle is a vital sign of health for reproductive age women.

So it's a sign. It's gigantic red flag when the menstral cycle is abnormal. And that could mean so many things. That could be irregular. They could beat too heavy.

And of course infertility comes along with that. You can't be fertile if you're not ovulating and having normal function of your ovaries. So many women in the reproductive years are facing so many challenges of this sort.

And i have found that utilizing the fasting mimicking guide has been very beneficial for example. If you give it and i always do it in women who have menstrual cycles if i can if they're very regular you have no cycle to really work with but when possible i do.

After ovulation in what's called the luteal phase and there actually was a flurry of research done. couple of decades or so ago where that were funded by the NIH that actually showed this that if you fast in the time that's called the follicular phase that is preceding ovulation depending on the weight of the woman the type of fasting the number of days you can either stop the ovulations from happening altogether.

Because nature says guess what if there is no food maybe this isn't a good time to get pregnant right so if you if u deplete the body of nutrients prior to ovulation that obligation just maybe.

Forgotten for that particular cycle or you may have an obligation but what they showed is that it wasn't as good you didn't get the same spike of the hormones like the extra dial in the l h that proceed and trigger ovulations they were like muted.

So i really would not want to do it before the ovulation would occur but afterwards what they showed and this is so fascinating that it increased heart rate variability it increase the vagal tone or parasympathetic output so we have in our bodies this.

Nervous nervous system component called the autonomic nervous and it has two parts the baseline which should be where you are most of the time which is called parasympathetic when that happens you're in like a calm state

your blood vessels are dilated your heart rate is not fast your digestion is optimal like your motility of your gut is working just fine.

But then there's the sympathetic, which is what happens when you're in a stress state, and then everything goes the opposite direction. Your heartbeat goes up, your arteries constrict, you peristalsis, motility in your gut slows down, so you are more prone to digestive problems, GERD, reflux, constipation, bloating, all these miserable things that happen to the digestive tract when things aren't working right.

And that happens if you have a lot of stress. And the sympathetic part of the autonomic nervous system is activated well it turns out that when they did fasting in the luteal phase it.

Increase the activity of that biggest nerve which is what regulates the parasympathetic or will say the calming side of autonomia nervous systems so women who are pms.

felt better they slept better so like this is like amazing you know it's not a pharmaceutical you're not giving you no ssri antidepressant or something you are triggering the mechanisms that are in the body to actually increase vagal tone and a calmness and all the health benefits that come from that.

So I thought that was, you know, just so fascinating. And then in terms of like menstrual cramps, well, menstruate cramp mean that there's too much inflammation.

So cramming is a normal thing, but it should just be very mild. It shouldn't be like severe. and cramping is triggered when you have inflammatory prostaglandins that are produced inside the uterine cavity that trigger the muscle to actually contract it's like a mini mini version of labor that happens every month to help the body push out the dying.

uterine lining that needs to be expelled from the body but when you have too much inflammation then you get this overproduction of these pro-inflammatory products that trigger too.

Much of this cramping and also as well you often will have nutrient deficiencies like magnesium which is essential for calming the muscle of the uterus down as So by incorporating a fasting mimicking diet i can lower the level of body wide inflammation and by including like.

Food as medicine by incorporated a really healthy plant based diet. Like, for example, nuts and seeds have a lot of magnesium in them and, you know, whole grains have.

A lot. Of the B vitamins that are so important by incorporating the magical, we call them polyphenols. These like, I call the magic sauce of, of plants that actually add tremendous health benefits by.

Incorporating all this. I can eliminate or dramatically reduce menstrual cramping. And when you get all of these things put together, the menstruial cycle can become regular.

So i made some and then of course fertility is enhanced so by incorporating this healthy diet you know food food as medicine along with the fasting mimicking diet in women of reproductive age will say from twenty to forty five okay in that sort of range i can do dramatic transformations in their menstrual cycles and all the different suffering that they're enduring.

and simultaneously, what am I doing? Often, their body weight will come down. They lose the belly fat and they maintain their lean body mass and then they feel so good.

The self-esteem dramatically increases. What's also amazing, and I don't think there's any published data yet on this, but because the gut is improved in so many ways, the microbiome is improving, detoxification pathways, Begin of course in well maybe not everyone of coarse but i'm telling you in state begin in the cut and they include the liver and liver becomes healthier so by having all of these things improve.

You end up having better skin so like the skin will look better like their brain feels better they feel like more clarity i

find in my own patients that what they call this is so prevalent rain fog.

Is like lifted. They feel so much better. And then when they feel, so they want to start exercising and they have joy in life. So it's like an amazing transformation that occurs.

I tell people, let's be realistic in the timeline. Give me a year. We Americans think everything should be like instantaneous, but no, I say, this is a process.

Your body has to heal. You have to improve your gut microbiome. That's all the reproductive age women benefit tremendously then when you look at the women that are trans.

transitioning into menopause. That is a huge metabolic hit to women. The loss of ovarian hormonal production, the progesterone and the estradiol has tremendous metabolic effects and metabolism is the creation, distribution, storage, utilization of energy.

This is like critical to everything in life is having the proper regulation of the energy in the body metabolism. And this really goes offline. It becomes very dysregulated in women as they are transitioning into the menopausal state.

I wish I could change the word menopus because it doesn't do justice. Once again, it's about ovarian aging, senescence of the ovaries, and it is a process.

And it isn't like crossing a finish line. This process can start, I mean it starts like you could say the day you are born, but in terms of really accelerating.

decade before that final period and remember women say I don't have a uterus somebody did a hysterectomy on me does that mean I Don't go through menopause.

Of course you go over and aging, you know If you have your ovaries, but you don' have uterus of course because the period just like I said Menstrual cycle is a vital sign of health The same thing, menopause is not about losing your period.

It's about loosing your hormones. And the period is a manifestation of losing you hormones, so we have to think of it differently because the loss of these hormones and I've changed the name.

They're not sex hormones they're life hormones but they are so important for so many functions in the body. So this group of women they innately start having higher cholesterol, they start putting on belly fat, they start having insulin resistance, sleep problems, food swings, this skin, yes, the skin goes through rapid aging and It's really not a pleasant time to go through.

And I'm a big person on doctor that believes in giving what the body needs. If the bodies insufficiently making hormones, I believe in getting them back.

But no matter what I do with giving hormones. Guess what? I can't give back a set of 21-year-old ovaries that are working in pristine condition. I am not capable of doing that.

So I could supplement with hormones but I cannot recreate a healthy set ovary. So I need additional tools in my therapeutic toolbox and that's where. nutrition, exercise, stress reduction, and fasting mimicking diets.

I do the whole gamut.

Menopause, Metabolism, and Healthy Aging

You know, I don't just do one thing, but this is the fasting-mimicking diet is such a wonderful tool for helping women to maintain metabolic health and keeping their inflammation down, keeping that unhealthy fat from depositing, maintaining proper gut function and so on and the whole gamut of all the health issues that are better benefited by

doing fasting mimicking diet so every woman who is a candidate which is once again most women who are in this will say like from forty up through like say sixty up to even sixty five so we're talking about the transition and into menopause it's not like well once you know your ovaries have stopped working everything's good no not at all it just it like for the rest of your life you're going to be in a state of metabolic challenge.

And so i view a lot of the diseases of aging in a little different light i think i'm not in terms of how many chronicle years you know how may years have you achieved in life but your chronological age but rather how.

How many deficiencies have u accumulated and it starts with hormonal deficiencies and that leads to nutritional deficient sees lots of muscle and loss of proper.

Emotions like you lose your happiness women with the onset of menopausal transitioning they have. Double the incidence of depression and anxiety and their sleep problems so and then you have sleep deprivation and yes without adequate sleep nothing in the body can work properly so by incorporating all of these tools lifestyle plus hormones and part of my lifestyle.

toolbox is the fasting mimicking diet, you can help women to really change the trajectory. I call it defying nature. That's what we're trying to do. Menopause is natural, so is a lot of other bad stuff like tsunamis and earthquakes and tornadoes.

Just because it's natural doesn't mean it is good. So I don't mind actually saying I am happy to defy nature, to define aging, You know, senescence of, and all the consequences of the body.

So, you know this is in a natural way. That's the beauty. You define nature with an enhanced nature. Right. And that's, that the key factor when, when we see nature failing because of age, right.

Not because if nature or re re enhancing aging and nature, with, within natural kickoff healthy nutrition. Absolutely always. That's what I do. I try to incorporate the tools to utilize the innate abilities of the body to heal itself.

You know, that's why I want to trigger what the buddy can do. I don't want you put in if I dont have to, you know foreign agents that were never naturally in the party I only want use things that are innately healthy like the proper food and working with the rhythms of that body circadian rhythm and I think of it as food in fasting is part of a rhythm of body as well.

No, it's really everything in body is about rhythms, In women, there are lunar rhythms, that's the 28-day menstrual cycle, the circadian rhythm, and the 24-hour rotation of Earth on its axis.

There are seasonal rhythms. And to me, they are feeding and fasting rhythms and it's part of the beauty of nature. By utilizing what is natural, we can really promote tremendous healthy longevity at every stage of life.

Dr. Gerst, to finish up, if people are wondering, how to access the fasting-mimicking diet, how many times you give it for a woman, say, going through the 40s to the 60s, 65, and I know you do it yourself, there's nothing better than a doctor testifying on what they accept to do on their body.

Can you talk a little bit through those? Absolutely. So, like it. tool, I will utilize it specifically for what the patient's needs are. So if I have a patient who is significantly overweight, she has obvious metabolic dysfunction evidenced by inflammatory markers that are elevated high lipids, pre-diabetes typically.

I do have patients who are full-blown diabetics, but not that many because we are very interventional. But maybe they have insulin resistance, they are pre diabetes, I will put them on the fasting mimicking diet regimen such that they're going to do it a minimum of four months in a row.

And if they really are in more, we'll say advanced metabolic dysfunction, And then, you know, I, i advocate for the diet that, that Walter Longo advocates and you advocate or which is primarily plant-based with just a little bit of animal protein.

Healthy fish is very good or just to a bit. I call it I've named it myself before I knew about the longevity diet. It's primarily a plant based, but a.

And that's the type of diet that I recommend. And when you say four months in a row, are you saying five days a month? Over the period of four month, a total of 20 days the entire year.

Yes. So to be clear, this is a five day program. The fasting mimicking diet is only five days. When I say like four months or six months, it's only 5 days out of the 30, 31 day month.

You recommend they do it after the ovulation, so at day like 15, 16 of cycle onwards? Absolutely. Or, you know, right. If I can, if they have regular cycles, then I try to usually, so if you figure that ovulation occurs, like, around day 13, 14, or like around a 15, 16, that would be perfect.

because then they're getting all the benefits for their their little face and if they have like if there are. Postman a puzzle they are like totally random cycles we can just do the best we cat most of those women.

Will be on i'll give them some progesterone because i want to induce regular bleeds because we don't wanna have them not have regular withdrawal bleeding.

And so then i can actually time it based on when i'm giving them the projester so it would be when they run the projector. that would proceed the induced bleeding like the the induce period that i would help them to have so that is you know the way that I would do it now for someone that it's already like say they're just.

This is not a typical patient not to begin with but say that my patient for a while and now they are in a very healthy state then it just about every once every four months every three months so it would be three four times a year.

And i find that basically i'm trying to do it every third month. I'm considering five days it's like so simple i like everyone does it differently some people like to go over the weekend because they say you know i just find it so i don't better to get over weekend.

for me that's the opposite i'd like to do it monday through friday because when i'm working which i do every sometimes seven days a week but we'll say i go to the office and see patients mondays through Friday.

I'm so busy i not even thinking of food so for that is like. The week is over you know i started Monday before i know it is Friday, And then I get to do my little refeeding, which is, you know, very gentle when I go back into eating my normal, my, normal food.

And what I have found, this is my own like anecdotal kind of history, but by day five, I always feel like I'm like. that person from Awakening, the movie, but not that I started with dementia, by the time I get to day five, my brain is super functioning.

I feel like I've completed many more circuits in my brains, like my synapses are just super charged. It's amazing, I felt so super focused by day 5. And it's fixed, it really feels like your brain, is going through a real awakening, rejuvenation.

Yes you know i just find it tremendously beneficial i feel so good. When i get like from day four and five it's like i'm on top of the world and i don't feel like on low on the other days i felt normal but i like super charged on day five and so do my patience i know this is anecdotal stuff but it really.

It's, it's so replicated, even though I don't even tell people like, you know, expect this, I didn't want to like give them preconceived notions. I say, how'd you feel?

And they say it, You know? I feel like my brain is like supercharged, amazing, when I get to day four and five. And so there's got to be something to that.

The rejuvenation happens fast and you can feel it.

How to Use the Fasting-Mimicking Diet in Practice

We just published an article showing even skin changes and women gained the two most I mean, they talked about skin glow, skin hydration, but the two very significant report they gave was confidence and happiness.

And this is the emotional factors that you're talking about. I actually, I know in two seconds, whether somebody has done the five day, you know, we're talk about the ProLon is, the name of the product has been the Five Day Pro-Lond Fasting Mimicking Diet, or not just On day six, if they're talking to me and they talk about it was good, you know, felt okay.

I know that they have cheated or not completed it, but if do the full five days, they are raving about the experience. Because you change your relationship with food, You feel great and amazing.

You talk to about cleanliness and the mental fog and in the energy. And then you see their skin changes and obviously they lose a lot of fat. So their body changes.

Those who are resilient enough to do the five-day fasting nutrition, they'll tell you about it, tell their story with it. So with that, I want to go ahead.

No, I was just going to say that occasionally I'll come across someone who, and this is like, um, an N of one, right? I'm just one person, but I will come cross someone.

Maybe I haven't seen them in 10 years and they'll say, Dr. Gersh, like you look younger than you did 10 ago. And it's like. Well, live with me. I don't really know, you know?

But they say oh, definitely. Like, well, it didn't do anything, except an outpacing weapon, perhaps, So yeah, I really do think there's something to that.

Absolutely. Because there is not any place in the body that isn't being rejuvenated. For confidentiality reason, and I'm not going to mention the name, but both Hollywooders and A-listers, that's their biggest secret for still looking young and staying young, you know, stay on the set.

So with this, I want to thank you today. It was an unbelievable session. You know, women's health is a priority. We're very dedicated to it. I think there's an amazing role for fasting and longevity throughout women life cycle.

Thank you for everything you do for women health and appreciate your time today again. Hopefully we change somebody's life with. Oh, it's my pleasure.

And I'm sure. that everything that you're doing is changing so many lives. I mean, that's our goal. Like we began in the beginning. Our mission is to improve lives and thank you so much for allowing me to share my personal experiences with your audience.

Appreciate you. Thanks for listening to The Longevity CEO. Follow the show and join us as we rethink what it means to live longer and healthier lives