Introduction and Guest Background

Hi everyone. This is Doctor Joseph Antoun, your co-host for the Longevity Summit. Today I have a very special guest. One of the pioneers in clinical longevity.

Doctor Gladden. Welcome, doctor Gladden. No good to be here. Antoun. Thank you. Joseph. I would I wouldn't do fairness if I would describe your background, because it's a very lengthy and a and there's a personal story here while you're here.

I'd love for you as a leading cardiologist, but also as a human who went through that sick care system and a personal story with health, and then transitioning all the way to leading one of the most prominent longevity clinics out of out of Dallas.

And you're now your protocols in your books on longevity. We're going to tackle all those. But would you take a couple of minutes to introduce yourself?

Yeah. For sure. Yeah. So, you know, as you mentioned, my background is interventional cardiology, and I came to Texas in 1988 and practiced that for 25 years here, actually.

And in that time, I, I love that work. I really loved that work. And the reason I loved it was because we were always innovating. Every year. We were finding new ways to treat people and help people.

And inside that system, of course. And so I ended up sort of starting my own heart group, and I ended up with ten offices. I had 12 doctors, and we were a full service group, and we flew around Texas and southeast Oklahoma in a little airplane, a little 836 Bonanza.

Right? So service outlying areas. And I had a real passion to try to bring high quality care to people that didn't want to come to the big city or couldn't access it.

And so we started cath labs and heart attack programs and congestive heart failure programs. And then I ended up owning cath labs and things like that to kind of facilitate getting things done.

And I also had the opportunity to co-found a heart hospital in Dallas that's become nationally recognized the Heart Hospital, Baylor, Plano. Now it's Baylor Scott and White, myself and another cardiologist and the people at Baylor put that whole thing together.

And, you know, the reason we put it together was because we started asking a different question. We started to ask, you know, rather than somebody coming into a general hospital getting general treatment when they're going through really an existential crisis, right?

When you have a heart issue, it's an existential moment, right? You're facing your mortality. And so we wanted to create a very patient and as well as physician centric, relationship centric, family centric environment for these people.

So the rooms were massive, right? So that family members could sleep in the rooms and things like that. We had all kinds of counseling and things to, to really kind of enhance the experience.

And, and the hospital has become again nationally recognized as one many, many, many, many awards for service and quality. And it's involved in many research projects and things like that.

And it's now expanded. You know, when I when we founded it, I thought, well, it's nice to have one heart hospital.

Why don't we have more? So now it's actually expanded into several outlined community areas and things like that.

So anyway, I loved all that work, but what happened to me in my 50s is I got sick and I was putting on weight. I was exhausted all the time, and when I would become stressed and I had a fair amount of stress, I would go over a cliff, a depression, or I could and I was developing brain fog.

So I went in and got tested by one of my colleagues. And, you know, they ran the usual blood work and thyroid and electrolytes and, you know, everything else.

And they came back and said, you know, everything checks out for your age. You're just getting older. Why don't you take an antidepressant? My gosh, I felt so I felt so betrayed at that point.

It was such an existential moment for me now. Right. It's like, can I can I make peace with the past that I with the with the fact that I've reached the zenith of my life and it's just going to be downhill from here.

It's like, no, I can't do that.

Personal Health Crisis and Career Shift

And I've always been very athletic and active and played soccer and basketball and still board and mountain bike and do all these things, surf, all kinds of stuff.

I'd love to run. I can't make peace with this. And so I just went I threw myself into the whole functional integrative age management medicine at space.

And two and a half years later, I was able to crack the code on everything that was going on. And if I had the data in front of me now, we could crack that code in about 3.5 minutes, interestingly enough.

But it took me two and a half years to figure out that I had subclinical hypothyroidism. Right? All my numbers look quote unquote normal, but my reflexes were very slow, and I didn't have enough thyroid activity at the cellular level.

Then genetically, I don't convert inactive thyroid to active thyroid in my brain efficiently. I have a diet two mutation, and so I needed not just T4 since roid like you would be given if you had hypothyroidism.

I needed T3 and T4 and in specific ratios. So once I got that it's like holy cow, the lights came back on. I'm like, wow, I'm popping out of bed again.

And then putting on the weight was related to testosterone depletion, right? So I needed some some hormone supplementation on that point. So I took testosterone DHEA and I lost 20 pounds of fat, put on 10 pounds of muscle, weighed what I did in college.

And I'm like, okay, this is great. And then when it comes to the anxiety and the brain fog, my father died with dementia. Right? So I'm sitting there thinking, oh my gosh, I don't want to go down that pathway.

And it turns out that I simply don't make certain neurotransmitters very efficiently. And once I understood the genetics around how to manipulate those genes to actually do what it is we need them to do, then all of a sudden, you know, the lights came back on there too, and I could come at a tremendous stress and not really get depressed.

And then I learned to meditate. Right. And so then I really started down. I've always been very spiritual. I grew up in a very sort of Christian spiritual background, but I kind of gotten away from that.

But I really got back into a not really connected to any religion, but just a very spiritual pathway. And that led me to such insight about peace and love and connection and how we're all connected.

And all of a sudden, even some of the Buddhist teachings you know about, there is no self, right? And you go into these spaces and all of a sudden it's like, oh, what a beautiful day this is. What a gift. Right?

So now you're living life from this very precious place. And so I realized that I could not practice cardiology anymore. I could not do that. I could not do secure.

I thought, you know, I don't know if you know this about interventional cardiology, but it's an athletic endeavor, right? It's like being a professional athlete.

You're in the lab, you're wearing lead, you're doing stuff. You know, you can do that for some decades. But you know, those guys all pay the price. You know, cervical spine disease, lumbar spine disease, all kinds of things crop up on them.

And you know, they have to they have to tap out. Right. So I knew that I quit at some point. But at this point it was like the decision was made for me.

I had no ability to continue. It's like, no, I have to go practice health care. We've been practicing sick care this whole time. And so that's when I left in 2012.

So yeah, I mean, this is an amazing story to me, and I'm happy you shared it a little bit in detail here, because you just tapped on all the pillars of longevity, the stress, the sleep, the exercise, the nutrition and the social capital.

And a lot of people forget about the social capital and part of it, the self-love, the purposefulness, whether it's meditation, prayer, etc. those are the most important pillars of longevity.

And can you. This is very interesting. And this is this is healing, this medical. I would love for you to continue after 2012. What have you done and how have you come about to approach longevity?

Because you were one of the early ones? Yes. What is longevity for you today and how can you advise others? I mean, a lot of people listening to us today, the summit will have probably over 70,000 participants.

Last year we were close to 60,000. Yeah. And a lot of people will be listening to hear. And we want to change their lives and inspire them. So yeah, I think, you know, when you go into this field and you leave what, you know, there were a couple of things that happened.

One is I realized that I was asking new questions, and I found that, you know, in the medical profession and almost any branch of it that you can name, people get trained up in a particular way and they get married to a set of answers.

And I found that what actually enabled me to actually heal myself, if you will, was by asking different questions. And so the first question I started to ask was, I wonder how good I can be?

I wonder how fit, how strong, how mentally sharp, how many years and decades can I carry that forward. So that was the first question. Then it was, I wonder if we can crack the Hayflick limit.

I wonder if we can live well beyond 120 telomeres shorten, the limit kicks in, and humans pretty much die out at 120. But can we actually crack that code?

And then how do we live young for a lifetime, right? How do we live young for a lifetime? And then I wrote a book. 100 is a new 30. Playing the symphony of longevity will enable us to live young for a lifetime.

And in there I started to realize that the other empowering question was, how do we make 100 to new 30? How do we actually do that? So I'm saying that as a pre statement to the fact that when I built this, what we have today, it started by asking different questions.

And I think if you're listening to this, if you're at a point in your life where you feel like you have your answers around things, it's very important for you to rethink that, because all progress comes from questions, not from answers.

In fact, people get very sort of binary about their answers, and they get very defensive about their answers, and then they have to defend their answers.

And yet all growth and all connection comes from asking questions. So those are the four questions that we're asking here all the time. That was the first thing.

The second thing is that it was difficult to get my arms around longevity right. It's a big topic. How do you actually get your arms around it? And so it came to me several years ago that there were really circles of areas that needed to be addressed.

And the first circle was the life energy circle, which is really the psycho spiritual space. And I go through this in great detail in the book, and there are lectures and other things I've given on this that have expanded on even more.

But that life energy circle is key. If you know, if you haven't solved or if you're not working to solve the traumas in your life, you know what's making you addicted to this or to that, or keeping you from actually doing the thing that you know you want to do, but you keep getting in your own way, right?

If you haven't gone into that space, that psycho spiritual space to solve those things, then you know it's going to be very difficult to succeed in longevity.

So that's the first thing. The second thing is a lot of medicine. There are really three tiers of medicine, right. So we have symptom driven medicine, which is what I was trained in, which almost all practitioners are trained in.

And then below that you have functional medicine, right? Which is let's get to the root cause. And that's that's great. Let's get to the root cause. And everybody I think understands that.

But there's actually a level below that. And the level below that is longevity. Right. Or the flip side of longevity of course is aging. And so all of disease for the most part, unless you've got some genetic snip that's, you know, predetermined Tay-Sachs or something, all of the disease is really riding on top of this river with an ever accelerating current of aging.

Right. And that's taking you towards the false right. And so when you come up with a solution from a symptom driven approach, it doesn't have a very durable response.

In other words, if you stop taking the pill, the symptom comes right back with functional medicine. If you, you know, clean up the gut and take care of the foods and all this, lower your stress and all of a sudden your rash goes away.

Okay, well, that's a more durable result right now. But to get the most durable result right, you've got to work on the actual drivers of aging, what's actually driving the current in the river.

And that's the area we work across all three areas. But in most longevity clinics, they don't. Interestingly enough, they don't even work at that level.

So we work at that level with all of our clients. And the idea is that you want to understand the hallmarks of aging, right? So things like shortening telomeres and mitochondria that don't work well in proteins that don't fold appropriately, and senescent cells that build up and inflammation that builds up and things like this.

And balancing something very important in the fasting space, which is this idea of mTOR, which is basically a biochemical pathway that helps us build and grow and develop, and yet it increases our risk for cancer, and we die sooner if we're on that gas pedal all the time.

Think of it as a teeter totter. On the other side is a Ampk, which is activated by fasting. One of the great benefits of fasting, right. So understanding the balance between mTOR and Ampk becomes really critical.

So we go through and we do all the hallmarks that we're up to about 16 hallmarks of aging right now, right. So when you're working at that level, you're actually working with each client, looking at them through these different lenses, and all of a sudden you get much better results for people.

The next area is health. So we go through every organ system, right? Whether it's cardiovascular or brain or gut or whatever it is. And we find because we're not married to the answers, we are finding new solutions all the time.

We have ways now to actually reverse heart disease, to actually reverse dementia.

Longevity Framework and Core Questions

And I'm not kidding you. I mean, we have ways to actually do this stuff. It's really remarkable. And yes, it's always easier if you catch people sooner, but we can still make progress for so many people.

And then and then the fourth area is performance. So when I'm 100 I want to be fast, agile, strong, quick, balanced right with great cardiovascular capacity, reserve recovery and flexibility.

And if I'm not that today, then I'm not going to be that in 100. And when you're 18 you go for run and lift some weights and you're pretty good to go.

But each decade of your life, you have to understand that just because you learned how to work out in your 20s, that does not translate into your 40s and your 40s you have to switch it up.

You have to train more areas of your of your body and your nervous system for that matter. So training performance becomes really, really important. And then the fifth circle is basically the environments we reside in.

If we don't architect our home, our office, our business travel and our vacation travel to support the mission so that it's effortless for us to, you know, put on our sneakers or we're going to we're going to meditate now or we're going to fast during this period of time, or we're going to do whatever we're going to do.

If we haven't architected those, you know, we'll have clients that say, I was doing so great, I was making amazing progress. I hadn't felt this great in 20 years.

I went to Italy for three weeks and the wheels came off right. So architecting those. So those five, those five circles really become the construct for for what we do.

And that's again, before we go into fasting, I wanted to ask you a personal question. What do you do for first of all, I don't know what's your chronological or biological age, but what would you do say if you're in your 1560s or 70s?

What do you advise? And I know this is personalized and every person is different, but how would you apply those themes to people, and how do you approach them and recommend them to do and what you personally do, like what's your daily routine that supports your longevity?

Yeah. So I think one of the one of the other things that we're really excel at, at Glide and longevity is basically the deconstruction process. So I think you're aware of the fact that chronological age and biological age don't necessarily match up.

And I'll just say one thing about that. I wake up 27 every day, right? I was born in 1954, in February of 1954. So you can do the math. But I wake up 27 every day, and that is such a massive driver of if I wake up and I don't feel 27, it's like, no, I'm 27, I'm getting back to 27.

I don't acquiesce and say, yeah, but you're so much better than most people your age. Yeah, you can still do all

these things. You still go mountain biking with your son in Colorado last weekend.

It's like, no, no, no no, no, no, no, I'm 27. I need to get back to 27. And so having a mindset age is super important. Then it's important to understand that we are all the mosaic of many biological agents.

You have a telomeric age, a brain age, a heart age, a cardiovascular age. You are many, many ages. And anybody that tells you that I got my biological age tested and I'm five years or ten years younger than my age, and I'm good.

That is not true. Unless you've actually deconstructed the situation to know where you are across the whole span of everything, you really don't know where you stand because you're only as young as your oldest age, right?

And so you want to know what that is, right? So I think what we do exceptionally well here is to deconstruct an individual when they come in. So we really understand a couple of things.

One, what cards are you holding, what genes are in your right or in your genome. You know, what are your set of proclivities? And yes, genes are not our destiny, but they are a set of capacities or proclivities that we need to be aware of.

And so you have to know the cards you're holding. Then, number two, you have to know where you are in the game. Right? It's an exponential game. Agent is exponential.

It's not linear even though it feels linear. It's exponential. And so you're in an exponential game. And if you don't have an exponential strategy you'll lose.

Right? So so you have to know where you are in the game. And that means measuring, you know, the appropriate ages for yourself. Then to your question of well okay, I'm in my chronologically my 30s, 40s and 50s.

Well, now that you understand your mosaic of ages and you understand the genes you're holding now, you come forward with a custom plan to say, okay, what are your aspirations? What do you want to do?

Well, let's build a program understanding all this about how you get there. Not only that, or you may take it. And that's kind of how we how we go about it, if that helps.

Well, sure. I love the idea of mindset. Like the mindset is. So it's important and powerful, right? You gotta you gotta believe in it. You gotta live it.

And then you get a plan and then you plan for it and then you achieve it. That's right. And and you do. You mentioned meditation and operators. Is that part of your daily lifestyle?

Oh yeah. Yeah. Journaling and meditation are part of my life every day. Like I was up journaling today and I take time out to do meditation, I found it to be so incredibly powerful.

It's not just I would say the simplest form of meditation is to allow your mind to kind of go blank, right where it's just like, okay, I'm not I'm not really thinking about anything.

And that's super useful. It allows your system to rest right where we're so stressed all the time. It's like, well, when is there really rest? What would I sleep? Yeah, but I'm dreaming, blah blah blah.

But meditation is another form of rest that's really important. So that's one form of meditation. But when you really start to learn to meditate, you can actually put yourself into places where you're now getting in touch with how connected we are to everything, how much love there is in the universe, how much creative force there is, how we're connected to that love and creative force.

And it's bringing forth joy onto the planet. And this really becomes our purpose here as well. And when you really align with that bigger purpose and you start to feel that in your bones, you can feel it in your cells, it's like, oh, this is

invigorating.

This is revitalizing, right? I'm not stressing for a dollar. I'm not stressing for that. That's not why I'm here. I'm not here on planet Earth to stress for a dollar.

I'm here to actually do much more than that. I'm here to actually bring a bigger message and be part of something greater and share that with so many people.

So that's, you know, when you when you get aligned around things like that and you realize that meditation can take you into areas of your own spiritual insight, your own sense of purpose, right?

Then it becomes massively transformative. Yeah. I mean, this is so powerful in longevity. And for people listening to us, you're listening to two doctors trained at the top medical institutions that have had long health care careers mentioning this.

This is powerful because we were taught in medicine to disrespect all of this, right to to just, you know. Yeah. Since this is the it's very powerful and we study centenarians.

So at El Neutra and our founder, Professor Walter Longo, one of his big five pillars of longevity is the study of centenarians. And what you're just saying, Doctor Gladden, is, is actually one of the most common factors, some centenarians.

It is healthy, some do not. Right. So like a lot or move a lot something that some actually smoke, some of them, you know, and that serenity, happiness, that purposefulness, that sense of family, sense of why I'm here and peace and joy.

It calms down the entire system than the sleep. Better than this. Less stress, less than they are, size more than they eat healthier. So it's the mother I call it. It's the mother of the pillars.

It is. That's why in the book I talk about the life energy circle is the one that binds them all. All the other ones are encompassed in that. Because to your point, it's so, so, so incredibly powerful.

And it's the one that doesn't cost anything. And, you know, if you're listening to this and like, I don't have the money for this high tech therapy and that high tech therapy, I get it.

But if you can work on this area, if you if you grab the book, quite honestly, I'll walk you through that in great detail. You'll see that this can really transform your life.

Yeah, that's the name of the book and where people can find it. Yeah, it's 100 is the new 30 if you just go to Amazon. I actually it's, it's about 450 pages not to intimidate people, but it's very comprehensive.

And I actually did the audiobook as well. And I read the entire book. It took me about a week. But what was interesting about reading it was that I made so many edits to make it a more readable book, because when you're writing a book, right, you can write long sentences.

You can do all kinds of things. When you're reading it online, it's like, no, I can make that much better and more digestible, right? So the book is actually very digestible, so don't be put off by that.

And some people will just buy the book and jump to this chapter or that chapter, whatever they're interested in. But the audiobook is great too. If you like audiobooks, it's great so you can get, you know, audible.

You can get that stuff on Amazon. And I'm going to say something that I rarely, I rarely say because there's even in longevity, a lot of people step into it with a mix of science and non-science and Doctor Gladden, I know you're OCD about it.

I know you're come. You come to it from a very, very solid medical background and ethics. Whole ethics. And this is what changed your life and this is what you love.

So for everyone listening to that, this is one of the books that you want to pay attention to. And you want to you want to believe what's in it. This is coming from practice of medicine, but also a lot of trials and a lot of science into it.

So that's a good bridge to take us to fasting now because that's one of the yeah, nutrition. That's one of the corner of living long. And we all know that Keller section is the probably the only proven.

We know that a lot of other other great potential intervention. But it's one of the best ways to prolon the life of mice and human. But I want to ask you about your, your take on fasting for longevity.

How do you play that into your life and in your clinic? And if you do and the results you see with your patients or with you. Yeah. So fasting, you know, fasting has been around for millennia, right?

I mean, when you go back into almost any tradition of whatever it is, people were fasting, whether it was in the Americas, whether it was in Europe, the Middle East, China, you know, it doesn't matter where you go.

Mindset, Meditation, and Daily Longevity Practices

Asia, everybody was fasting. And so I think that's really interesting in and of itself. You know, the humans don't adopt something uniformly unless it's actually providing something really good.

They may not have fully understood it the way that we do, but they knew that it was doing good things. Right. So I think that's number one. Number two, many of the people that we see are metabolically challenged, right?

We know that insulin resistance is fairly rampant. And other people we see may have cancer or they may have heart disease. So they may have other issues.

And a lot of those are kind of tied in metabolically. And one of the things that we love to do is to do like a five day fast mimicking diet very early on and others will do their baseline testing, get a feel for where they are.

But then one of the first recommendations for them is to put them on a fascinating routine like this, because it really resets the clock for them. It resets so many elements of their metabolism, even their taste buds, their gut biome.

You know, the gut biome, basically the bacteria, they are driving your appetites, right? So when you reset the gut biome, you're actually decreasing your cravings for sugar and other things.

So really, it can be so powerful as a way to kind of metabolically start to heal. And so it's really, quite honestly, for our people, it's one of the very first things that we go to.

And then, you know, there are there are people that are not too far off. So maybe they they do a five day and then maybe, you know, two months later they do another five day. But other people are challenged.

They may do a five day monthly for three months, four months, even six months to really kind of get things reset and recovered. And I think if you're if you're thinking about your own situation and, and you want to do, you know, two things to really change your life, you know, look at your mindset, right.

For number one. Number two, really dive in on the fasting piece. Now there's some interesting things on intermittent fasting right. So everybody's into intermittent fasting.

And that's an intriguing thing. There was an interesting paper that was published looking at people between 1999 and 2015. It was a cardiovascular study looking at cardiovascular events and disease and death.

And what they found was they just happened to ask the question, okay, well, let's go back through our data. And this wasn't the question they were asking on the front end, but they said on the back end, let's just go back and look at this at the data here and see what were people's eating habits.

Right. Who was eating one meal a day, two meals a day, three meals a day, who skipped breakfast? Who Skipton or who skipped lunch? And let's see how that mapped out.

And it turned out that the people, right, that the people that ate one meal a day had an 80% increase in all cause mortality and cardiovascular events.

And it's like, my gosh, okay, well, that's a big wake up call, right? And so we're not massive fans of people trying to cram all their calories into one meal.

And I think, I think my take on that is we know the benefits of fasting. Right. So how do you make sense of this study? Well, I think the way that I think about it is that eating we think of eating as being restorative, but eating is actually a stress.

It's a big metabolic stress, particularly if you're going to take all your calories and jam them into one meal in 30 minutes, or 45 minutes or even an hour.

And so I think you can undo all the good of fasting by exposing yourself to that, you know, big metabolic challenge and load. So we're bigger fans if you're going to if you're going to intermittent fast, let's say you're going to eat in a, you know, six hour window or an eight hour window or whatever your window is, ten hour window, it doesn't matter.

Pick your window. But whatever it is, break up, you know, have 4 or 5 smaller meals across that span rather than sitting down and say, oh my, you know, and people are proud about it.

It's like, no, I only one meal a day. It's like, really? Okay, well, tell me about that. So anyway, I think if you're listening to this, think about your intermittent fasting and kind of a same way.

So yeah. Yeah. Would we have studied and observed in centenarians is and would when, you know, outside of the prolonged and the five day fasting and we diet, which, you know, most thought leaders, you know, as yourself supported push the discussion and intermittent fasting the shorter fast is is being debated today.

Right. And what we know for sure is the circuit fasting the 12 hours while the overnight our is the probably the most safe and the most pro longevity.

Right. And you mentioned that you talked about the biological age of each organ. Each organ needs to rest overnight. And we don't realize is when we eat late and a lot of the intimate factors or the oma, the one meal a day or those are shorten the window to narrow and end up eating and overeating the later part of the day.

That's right. And during the night when you're sleeping and you're anabolic, your insulin is higher. Insulin growth factors are high because of food. You match those with growth hormone that naturally increases during the night and insert a little bit early in the morning.

You're really anabolic at night, and you're just absorbing and restoring that binge food that came to your body. And this is what we're seeing. Intermittent fasting, failing longevity is when you're eating later in the day when your body does not need the food, you're going to sleep.

You're keeping your body awake because your digestive system is working while you're doing it. And the body needs to sleep, and you're storing your anabolic, you're storing and you push longevity through spiking insulin.

You push aging, which is longevity. And the other side, what I call front, ended in the middle of fasting. If you eat early in the evening, if you start your.

And I always say one of the secrets to longevity is sleep a little bit hungry. If you only do one thing, sleep better hungry, that's that's like for me, two thirds of longevity actually.

And in addition of of of the the social capital and the stress and the sleep. But it's it's helped it helps you sleep. Sleep better gain energy in the next day, stress less, feel empowered.

But the goal is to start your fast at 7 p.m.

Fasting, Meal Timing, and Metabolic Health

or 8 p.m., and then you can still the next day, each your first. For your brunch. You would still do 12 to 14 hours, but you're not eating when you don't need the food and you're feeding because the studies are showing that the breakfast eating during the day is important.

This is where the essential organs of the body need to need to eat, right. The brain is mostly functional in the morning, the body the going to work or going to the gym.

So you're matching food and requirements versus mismatching food, sleep and requirements. And this is where now you can go back and make sense with all the intermittent fasting articles, those who are observational, skipping breakfast and just pushing towards the end of the day, they're not doing very good at longevity.

Those are interventional fasting. We're telling them eat early at night and then still have your breakfast. So do front end fasting lower than tail ended there actually having a much better cardiovascular profile.

And which makes sense. This is how nature is when there's day there's no. That's right. You don't eat overnight. That's your true fast. And we see this in a lot of centenarians.

One of their biggest secrets. They don't stay up at night. They don't snack at night. They don't. That's right. Late night food is one of their biggest secrets, actually.

That's right. You know, the other thing that goes along with that, and I completely agree, is willpower. Right? Your willpower is stronger in the morning.

It's going to be weaker at night. I mean, you run out, right? Nobody's eating ice cream at 9:00 in the morning, but a lot of people are eating ice cream at 9:00 at night.

And so when you kind of understand that about yourself, it's like, okay, well, let me let me construct my day to where my biggest meal is not going to be dinner.

Right? Because I think if you want to do a bigger meal, do a bigger meal at lunch, and then have something lighter at dinner, right to your point, eat light, eat or eat at six, eat at 530 or something like that.

Have some soup, you know, drink some tea, you know, do some things like this and then, you know, have that two, three hour window before you actually go to bed and going to bed early to your point, hungry and cold right is really good.

So we like cold rooms. We're like chilly pads, things like that. But going to bed hungry and cold. It sounds counterintuitive. I wouldn't want to go to bed hungry and cold.

Well, because it's incredibly helpful. This is going to slow. That's right. If you put if you put food in the fridge, right, you're you're prolonging the you slow the metabolic rate like the Greenland shark.

Right. Exactly. So you want to decrease the rate of aging by doing those things. So I wanted to clarify this point because there's a lot of people that coming up with theories and, and then pushing their own books and their own marketing and their own ideas to fasting, and they're trying to spoil it.

It's fascinating. It's so important. Do not get confused. I'm talking here to the listeners. And fasting is actually very important for longevity. But it's the circadian.

Fasting starts early and there's still eat your food when your body needed. The second thing, don't go for the craze that's happening, which is starve your body the entire day.

Where your brain is thinking is where you're getting the headaches, where your muscle needs the energy for getting the the, the fatigue, and then binge eat at night.

Now it all depends on your starting point. If that helps you lose some weight because you're starting with a very high BMI and you're pre-diabetic, and you do it for a short term to just you're sliding from such a bad point that one meal a day or squeezing eight hours is helping you to lose that weight.

You know, okay to do it for that period. But once you get to that weight zone, you want to go back and rematch your body with sleep front and then fasting for longevity.

So for some, they always tell me, hey, the eight hours helped me. The yes, because they started with a lot of overweight. They were able to not over binge eating eight hours.

So that could be a transition. But it's not an ultimate longevity intervention. It's a short term weight loss intervention. I would I would just add I would just add that we find that people that are looking to optimize body composition, right, which is less body fat, more muscle, that they do much better when they really kind of skimp on dinner.

Right? So if you're going to have that one meal, make it at lunchtime or split it between breakfast and lunch and then have something super light at dinner, because, you know, when you eat a big meal and go to bed, I mean, your body has nothing to do but store those calories, right?

So you want to basically be taking in calories when your body is going to expend them. And the idea of if you do have a meal, going for a walk for 30 minutes or something like that afterwards to help you, you know, lower your insulin and your blood, bigger things like this, right? This becomes super important.

But we're so culturally driven to have these big dinners. It really works against us. And yes, you can make it social. You can go to a big dinner, but just order an appetizer.

I just order an appetizer and some, you know, some camomile tea. Enjoy the company, but don't get sucked into the idea that, oh, we're going to eat this big, massive feast. Yeah.

What America is suffering mostly from doctor is, is not just the social and the big, but the late at night. Right? And this is what the life we built.

Like you said, we're not here to stress, to make a buck. But actually, this is what 90% of people's life. We are stressing for work and we're staying up late at night and then we feel a little bit hundred.

We open the fridge and we get another snack on the order and Uber eat late at night or it's the worst. That's the worst. There's the mini bar and the hotel rooms and we open and and and you know, the hotels are made for people with high income to travel.

But when you open, they still have the M&Ms and the snicker bars since 1960, they're still there. That's right. Both of them better remember someone when they were a kid.

Right? So yeah, instead of a fastball or something puts you in it. Keeps you in a fasting state. They're overfeeding your carbs. High carbs at night. That's right.

So this is this is what we need to change. Is that first then double eating because it's happening a lot that late night snacking now it's made easy by Uber Eats etc..

And go back to your dinner. And then if you can restrict, look at your dinner. This is what's going to align the front end intermittent fasting with the longevity.

And I want to stress this because I'm, you know, I speak a lot at conferences and webinars. And this is the biggest question I'm getting today, even from scientists and doctors.

They say, hey, we thought intermittent fasting was the best thing. There's some data now showing it might not be the best thing. It's just yeah that's right.

Is is the data that's people not doing. It's how it's done. That's right. So this is it reinforces how timing is important. Right. The fact that you can do it right or wrong means it's a powerful intervention.

And right. It's very powerful for your longevity. So that's right. I'm this is this is a very, very interesting and informative discussion. I want to thank you very, very much, Doctor Gladden, for your time today.

You're storing your approach to longevity, what you're doing. I mean, you're you're one of the epicenter of longevity and clinics. And for everyone, you know, listening here, if you're inspired, Doctor Gladden has again his clinic in in in Dallas.

Do you, do you do virtual or or telehealth or. It's mainly you know, that's a good question. So we do we do a lot of telehealth. However, in the state of Texas, mandated by the Texas Medical Board, there's a medical legal reason that we have to see people in the state of Texas to establish a physician patient relationship.

So people do need to come here. And quite honestly, if you come here, it enables us to do the testing for you. That is very difficult to get done other places, and it's difficult to ever go to any, you know, any lab test now or quest and actually get done.

They always mess it up. And so we're literally sending samples around the world for people. So this is a this is a comprehensive if you're asking the question how good can I be. Right.

And how do I make 130? If you resonate with those questions, we're a good place to come. These are the changes, the brain set of people. These are the most important questions you want to ask.

And you're like, there's nothing.

Clinic Access, Testing, and Closing Remarks

And I remember always Warren Buffett, right? He's like, I'm successful in investment big time. But the only investment that I cannot replace is my body and my health.

Right. So it's worth everything. If we lose our body, our age, it's we lose everything. So this is definitely worth it. Yeah. The other thing I'll just say this about that is that many people pay for this with pretax dollars through an HSA or through, you know, they have an LLC and they run it through as a business expense, things like that.

And the other thing to realize is that the return on investment is a thousand fold. So it's like, wow, where can you get a thousand x on your on your investment?

Right. Well, if you actually live young, if you actually stay young and we're demonstrating this with our clients, right. They're going to retire in their 60s now.

They're in their late 70s and they're going so strong it's like, oh my gosh, I've made so much money because I've been able to continue to work like this and create new things and buy new companies and do all these other things. Right.

So if that resonates with you, then, you know, the return on investment here is just massive. So yeah. And the

savings I'm paying for sickness at the second stage, that's the other side.

Same thing with Prolon and I big supporter. And now across 15,000 doctors prescribing pronoun recommending prolonged the same and prolonged. We say it's the exact cause of food otherwise.

But plus you're getting all the benefits of your time. And we used to say you cannot buy time. I think now we can say you can start buying time and youthfulness.

You can buy time and youthfulness. So that's it. Doctor Gladden and thank you very much for your for the wealth of knowledge today and for sharing your experience and supporting people.

Hopefully we change somebody's life today. Yeah, I'm pretty sure we'll see you soon on a different episode. I love that that's why we're here. Change lives.

Thank you. Thank you very much. My pleasure.