Introduction and Guest Background

Hi everyone. This is Doctor Joseph Anton, your co-host for the Fasting and Longevity Summit today. I have a very special guest, one of the pioneers in clinical longevity.

Doctor Gladden, welcome not to let him know. It's good to be here. Antoine. Thank you. Joseph. I would, I would, I would I wouldn't do this if I would describe your background because it's, it's a it's a very lengthy and, and, and, and and there's a personal story here.

Why you're here. I'd love for you as a, as a leading cardiologist, but also as a as a human who went through that secure 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 and you're now your protocols and your books on longevity. We're going to tackle all of those. But would you take a couple of minutes to introduce yourself?

Yeah, sure, sure. Yeah. So, you know, I'm 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 love 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, little A36 Bonanza, right to 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 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 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 advocate 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. So to really kind of enhance the experience and, and the hospital has become again nationally recognized, has won 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 outlying 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 of depression, or I could, and I was developing brain fog.

So I went in and got tested by one of my colleagues and, and, you know, they ran the, the usual bloodwork 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? Oh 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 Longevity Pivot

And I've always been very athletic and active and played soccer and basketball and snowboard and mountain bike and do all these things and serve all kinds of stuff.

I love to run and I'm like, no, I can't make peace with this. And so I just when I threw myself into the whole functional integrative management medicine 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 looked 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 or my brain efficiently.

I have a diet to mutation, and so I needed it not just for synthroid like you would be given if you had hypothyroidism. I needed T3 and T4 and in specific ratios.

So once I got that I was 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 weight.

What I did in college. And I'm like, okay, this is great. And then when it comes to the 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 under 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 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 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, I thought, you know, I don't know if you know this about interventional cardiology, but it's a it's an athletic endeavor, right? It's like, being a professional athlete, you're in the cath lab, you're wearing led. 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 no ability to continue. It's like, no, I have to go practice health care. We've been practicing sick here this whole time. And so that's when I left in 2012.

So yeah. I mean, this is, this is an amazing story to me, and I'm happy you share that a little bit in detail here, because you just tapped on all the pillars of longevity.

The, the, the stress, the sleep, the exercise, the nutrition and the social capital. A lot of people forget about the social capital and part of it the self-love, the purposefulness, the medi, 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. Yeah. So 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 right for them. So yeah, I think, you know, when you go into this field and you leave what, you know, there were a couple 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 in 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, telomere short and have a climate 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 how playing a Symphony of Longevity Will Enable Us to Live Young for a lifetime was published just last September.

And in there I started to realize that the other empowering question was, how do we make 130? How do we actually do that? So I'm saying that as a as a pre 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 come 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 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 falls. Right. And so when you come up with a solution from a symptom driven approach, it doesn't have a very durable response.

So 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.

Longevity Framework and Aging Hallmarks

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 and proteins that don't fold appropriately in 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, 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 entering a Ampk becomes really critical. So we go through and we do all the hallmarks. So 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 cardio vascular 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. 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 a hundred, 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 a hundred.

And when you're 18, you go for a 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 workout in your 20s, that does not translate into your 40s and your 50s.

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 too fast during this period of time or we're going to do whatever we're going to do.

If we have an architect of 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 don't want 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.

Yeah. And that's again in before we go into fasting. I wanted to ask you a personal question. What would you 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 50s, 60s or 70s, what do you advise? And I know this is personalized, that 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 do you personally do, like, and what's your daily routine that supports you? And look. Yeah. So I think one of the, one of the other things that we're really excel at, at Gladden, 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 a mosaic of many biological ages.

You have a telomere age, a brain age, a heart age, a cardiovascular age. You are many, many ages. And anybody that tells you that, oh, I got my biological age, tested it on 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 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 propensities or proclivities that we need to be aware of.

And so you have to know the card you're holding. Then, number two, you have to know where you are in the game. Right? It's an exponential game. Aging 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, 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 change it. And that's kind of how we how we go about it.

That helps. So short. I love the idea of mindset, right. The mindset is so it's important and powerful. Right. And you get you get to believe in it. You get to 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 you mentioned meditation and or prayers. Is that part of your daily lifestyle? Oh yeah. Yeah. Journaling and meditation are part of my life every day.

Like, I was I'm journaling today and I, 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? Or we're so stressed all the time. It's like, well, when is there really rest? Well when 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 on to the planet. And this is 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 inside your own sense of purpose, right.

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

This is powerful because we were taught in medicine to disrespect all of this right to to just, you know, yeah, this is this is the is very powerful. And we study centenarians.

So at ultra and our founder, Professor Valter Longo, one of his five pillars of longevity is the study of centenarians. And when you're just saying Doctor Gladden is is actually one of the most common factors, some centenarians eat healthy, some do not.

Right. So find a lot or move a lot, some do not. 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 then peace and joy.

It calms down the entire system. Then they sleep better, then they less stress, less, and they exercise more. Then they eat healthier. So it's the mother is the mother of the pillars.

It is. That's why. 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. Yeah, I know, 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. Can you remind us of 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 our lives like, no, I can make that much better, 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 or whatever they're interested in. But the audiobook is great too, if you like audiobooks.

But it's great. So you can get a, you know, audible, you can get that stuff on Amazon. And I'm going to say something that I rarely, I rarely say, because even in longevity, a lot of people step into it with a mix of science and non-science.

And a doctor Gladden, I know you're OCD about it. They know you come, you come to. It's a very, very solid medical background and ethics and ethics. And this is what changed your life and this is what you adopt.

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 clinical 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 nutrition, that's one of the corner of living long. And we all know that calorie restriction is the probably the only proven, we know that a lot of other other great potential interventions, but it's one of the best ways to prolong the life of mice and human.

But I want to ask you about your, your take on fasting for longevity. How do you bring that into your life and in your clinic? And if you do, and the results you see with your, with your patients or with.

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.

Asia, everybody was fasting.

Mindset, Meditation, and Daily Practice

And so I think that's that's really interesting in and of itself. You know, 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 or 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 fasting 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 there 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 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. 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 skip breakfast? Who skipped dinner, who skipped lunch? And let's see how that mapped out.

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

And it's like, oh my gosh, okay. Well, that's a big wake up call. Right? And so we're not massive fans of, you know, 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 in 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 in kind of the same way.

So. Yeah. Yep. Would we have, would we have studied and observed and centenarians is and would when, you know, outside of the prolonged and the five day fasting and begin diet, which, you know, most thought leaders, you know, as your self supported post the discussion on intermittent fasting, the shorter fast is is being debated today, right.

In which we know for sure is the circadian fasting the 12 hours by the overnight hours? That's right. It's the probably the most safe and the most problems.

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 at night, a lot of the intermediate fasters or the omad, the one meal a day, or the those who shorten the window to narrow.

Fasting, Circadian Timing, and Metabolic Health

Right. Of eating and overeating in the later part of the day. That's right. And during the night when you're sleeping and your anabolic your insulin is high, your insulin growth factors are high because the food you match those with growth hormone that naturally increases during the night.

And instead and 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, feeling longevity is when I'm eating later in the day, when your body does not need the food, you're going to sleep, you know, keeping your body awake because your digestive system is working well.

That's right. And the body needs to sleep. And you're storing unit anabolic. You're storing and you push longevity through spiking insulin. I you push aging, which is longevity.

And the other side, what I call front end in the middle of fasting, if you eat early in the evening, if you start your pastorally and I always say one of the secrets to longevity is sleep a little bit hungry.

If you only do one thing, sleep a little bit of hungry, then that's like, for me, two thirds of longevity, actually. And in addition of, of, of the social capital and the stress and the sleep.

But it's it's helped it helps you sleep. Sleep better, gain energy the next day, stress less, feel empowered. But the goal is to start your first at 7 p.m.

or 8 p.m., and then you can still the next day eat your breakfast or 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.

And this is where the essential organs of the body need. That's right. We 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 not matching food, sleep and requirements. And this is where now you can go back and make sense of all the intermittent financing articles. Those are observational.

That's for skipping breakfast and just pushing towards the end of the day they're not doing very good at longevity. Those who are interventional fasting, we're telling them eat early at night and then still have your breakfast to do front end of the fasting level, then fail.

And that that actually having a much better cardiovascular profile and look, which makes sense. This is how nature is circadian. When there's day there's no that's right. You don't eat overnight.

That's too too fast. And we see this in a lot of centenarians. One of their biggest secret. They don't stay up at night. They don't snack at night. They don't. That's right.

They were 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 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 if you want to do a bigger meal, do a bigger meal and lunch, and then have something lighter at dinner, right, see your point.

Eat light, eat early, 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 like chilly pads, things like that. But going to bed hungry and cold, it sounds counterintuitive. Why would I want to go to bed hungry and cold?

Well, because it's just incredibly helpful. This is it. This is how it is going to slow. That's right. If you put if you put food in the fridge, you're you're prolonging the slow.

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 they're pushing their own books and their own marketing and their own ideas to fast and they're trying to spoil it is fasting is so important.

Do not get confused. I'm talking here to the listeners in intermittent fasting is actually very important for longevity. But it's the circadian. Fasting starts early and then still eat your food when your body need it.

The second thing right, 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, getting 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 come.

But you're starting 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 re match your body with sleep front and then integrated 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 bench eat in eight hours. So that could be a transition. But it's not an ultimate longevity intervention is 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 a lunchtime or split it between breakfast and lunch and then have something super light at dinner, because, you know, when you when you eat a big meal and go to bed, 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 have a meal, going for a walk for 30 minutes or something like that afterwards to help you, you know, lower your insulin and or 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 where 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, yeah. And with with America is suffering mostly from, that planet is is not just the social and the big but the snacking late at night. Right. And this is, this is what the life we built.

Like you said, we're not here to stress, to make a buck, but actually, this is with 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 hungry.

Already opened the fridge and we get another snack, or we order an Uber to eat late at night or a or. It's the worst. Word. That's the worst. There's a minibar in the hotel rooms and we open and and you know, the hotels are made for people relatively educated with a high income to travel.

But when you open, they still have the M&Ms and the snicker bar since 1960, they're still here. That's right. But everybody remembers them when they were a kid.

Right. So yeah, instead of a fast bar or something puts you in a it keeps you in a fast sick state. They're overfeeding your carbs, high carbs at night.

Right. So this is this is what we need to change. Is that first and 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 a little bit your dinner, this is what's going to align the front end, the intermittent fasting with the longevity.

And I want to really stress this because I'm, you know, I speak a lot at conferences and webinars. And this is the biggest question I'm getting to, 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 is just yes. Right. Is is the data that's people know it's done.

It's how it's done. That's right. So this is it's reinforces is how timing is important. Right. The fact that you can do it right or wrong means it's a powerful intervention.

That's right. Privilege. Right. It's very powerful for your longevity. So it's right. I'm, I'm. And this is, this is a very, very, interesting, informative discussion.

I want to thank you very, very much, Doctor Gladden, for your time today, your store and your approach to longevity. What you're doing. I mean, you're you're one of the epicenter of longevity in the clinics.

And for everyone, you know, listening here, if you're inspired, Doctor Gladden has again, his colleague in, in Dallas. In Dallas. Do you, do you do virtual or tele 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, me, if you come here, it enables us to do the testing for you. That is very difficult to get done in other places, and it's difficult to ever go to any, you know, any lab tests now or quest that actually get done.

They always mess it up. And so we're literally sending samples around the world for people. So this is, 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, good place to come.

Clinic Access, Testing, and Closing Remarks

I mean, these are the change the brain set of people. These are the most important questions you want to ask. Any who like there's nothing. And they 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 buddy and my

health. Right. So it's worth everything.

If we lose our buddy our age, it's it's we lose everything. So this is definitely worth it. Yeah. Yeah. And 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, we're demonstrating this with our clients, right then we'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. But, the percent and the savings I'm paying for sickness at the second stage.

That's the. Same thing with Pro plan. And I mean, you're a big supporter. And now with plus 15,000 doctors prescribing payroll are recommending payroll on the same on payroll.

And we say it's the exact cost of food otherwise. But plus you're getting all the benefits of your age and time. And we used to say you cannot buy time.

I think now we can say you can start buying time. You can. And and. With the youthfulness you can buy time and youthfulness. So I said. Doctor Gladden, thank you very much for, 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 it, that's why we're here. Change lives.

Thank you. Thank you very much. My pleasure.