Dr. Gladdenu2019s Background in Cardiology

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. So the first question I started to ask was, I wonder how good I can be?

I wonder how fit, how strong, and how mentally sharp. How many years and decades can I carry that forward? Then it was, I'll wonder if we can crack the hay-foot limit.

I wondered if I could live well beyond 120. Humans pretty much die out at 120, but can we actually crack that code? And then how do we live young for a lifetime?

This is Dr. Talks. Hi, everyone. This is Dr. 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, Dr.

Gladden. Welcome Dr Gladen. Oh, good to be here, Anton. Thank you, Joseph. I wouldn't do fairness if I would describe your background because it's very lengthy and there's a personal story here while you're here.

A bluff for you as a leading cardiologist, but also as 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 Dallas.

And now your protocols in your books of 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's interventional cardiology and I came to Texas in 1988 and practiced that for 25 years here actually.

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

sort of starting my own heart group and I ended up with 10 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. 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 Baylors Scott and White. Myself and another cardiologist and the people at Bayler 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, 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, all 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 room and things like that. We had all kinds of counseling and to really kind of enhance the experience.

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

And it has now expanded, you know, when we founded it, I thought, well, it is nice to have one heart hospital. Why don't we have more? So now it actually expanded into several outlying community areas and thing like.

So anyway, loved all that work. But what happened to me in my fifties is I got sick and I was putting on weight. I, was exhausted all the time. And when I would become stressed and had a fair amount of stress, I wouldn't go over a cliff of depression or I could, and it 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 everything else. Then they came back and said, you everything checks out for your age.

You're just getting older. Why don't you take an antidepressant? Oh my gosh. I felt so betrayed at that point. It was such an existential moment for me now, right?

It's like, can I make peace with the fact that I've reached the zenith of my life and it's just going to be downhill from here? No, I can't do that. And I've always been very athletic and active and played soccer and basketball and snowboard and mountain bike and do all these things, surf, all kinds of stuff.

I love to run and I'm like, no, I can't make peace with this. And so that's when I threw myself into the whole functional integrative age 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 three and a half minutes, interestingly enough.

But it took me two and half years to figure out that I have 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 DIO2 mutation. And so I needed not just T4 or synthroid like you would be given if you had hypothyroidism, but I need a T3 and T 4 and in specific ratios.

So once I got that, it was like, holy cow, the lights came back on. Wow, i'm popping out of bed again. was related to testosterone depletion, right? So I needed some hormone supplementation on that point.

So, I took testosterone DHEA and I lost 20 pounds of fat, put on 10 pounds a muscle, weighed what I did in college.

Personal Health Crisis and Career Shift

And I'm like, okay, this is great. Then when it comes to the anxiety and the brain fog, my father died with dementia, so I am 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.

Then I learned to meditate, right? And so then I really started down. I've always been very spiritual. sort of Christian spiritual background, but I'd kind of gotten away from that.

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

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 sudden it's like, 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, I couldn't do that. Could not do sick care.

You know, if you know this about interventional cardiologist, but it's a, it is an athletic endeavor. Right? It's like being a professional athlete, you are in the cath lab, wearing lead, doing stuff.

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, they have to tap out, right?

So I knew that I'd 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 go practice healthcare.

We've been practicing sick care this whole time. So that's when I left in 2012. This is an amazing story to me and I'm happy you shared a little bit in detail here because you just tapped on all the pillars of longevity, the stress, sleep, exercise, nutrition, and the social capital.

A lot of people forget about the Social Capital and part of it, is the self-law, purposefulness, meditation, prayer, etc. Those are the most important pillars for longevity.

Can you, this is very interesting. This is healing, it's medical. I would love for you to continue after 2012. What have you done and how have, have have 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. A lot people will be listening too here and we want to change their lives and inspire them. So. I think, you know, when you go into this field and you leave what you 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 find 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 wondered how fit, how strong, How mentally sharp? How many years and decades can I carry that forward? So that was the 1st question. Then it was I Wonder if we can crack the Hayfoot limit.

And I wondering if We can live well beyond 120. The telomere is short and the hayfoot 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 live a young time for lifetime? And, then I wrote a book, A Hundred is the New Thirty, playing the symphony of longevity will enable us to live Young for Lifetime.

It was published just last September. And in there, I started to realize that the other empowering question was how

did we make a hundred the new thirty?

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 your at a point in your life where you feel like you have your answers around things, its 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 defensive about the answers.

And then they have to defend their answer 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?

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.

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 it even more, but that life-energy circle is key.

If you haven't solved or if you're not working to solve the traumas in your life, 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 their own way, right?

If haven gone into that space, that psychospiritual space to solved those things, then 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 medicines. Right. So we have symptom driven medicine, which is what I was trained in, almost all practitioners are trained.

And then below that, you have functional medicine. Right? Which is let's get to the root cause. That's great. Let's go to root causes. Everybody I think understands that.

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

That's taking you towards the falls. 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, you know, clean up the gut and take care of the foods and 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?

Reframing Longevity Through Better Questions

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' even work at that level.

So we worked at level with all of our clients. And the idea is that you want to understand the hallmarks of ageing,

Right? So things like shortening telomeres and mitochondria that don't work well and proteins that fold appropriately and senescent cells that build up and inflammation that builds up.

And things and balancing something very important in the fasting space, which is this idea of mTOR, 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 AMPK, which is activated by fasting, one of the great benefits of fasting.

So understanding the balance between mTOR and AMPk becomes really critical. We go through and we do all the hallmarks, so we're up to about 16 hall marks of aging right now.

So when you're working at that level, you are 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. We got through every organ system, whether it's cardiovascular or brain or gut or whatever it is, and 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 reverse dementia. I'm not kidding you. 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.

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 am not that today, then I will not be that 100. When you are 18, you go for a run and lift some weights and you're pretty good to go. Each decade of your life, you have to understand that just cause you learned how to work out in your twenties, that does not translate into your forties and your fifties.

You have switch it up. you to train more areas of body and 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, or business travel and our vacation travel to support the mission so that it's effortless for us to put on our sneakers or we're going to meditate now, we are going fast during this period of time, if we have an architect of those, You know, we'll have clients that say, I was doing so great.

I'm making amazing progress. hadn't felt this great in 20 years. And I went to Italy for three weeks and the wheels came off. Right. So architecting those, so those five, those circles really become the construct for, for what we do.

Yeah. Fantastic. Before we go to 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 do, say, if you're in your fifties or seventies, What do your advice and I know this is personalized and every person is different, how would apply those themes to people and how do approach them and recommend them to do?

And what you personally do like, and what your daily routine that supports you in longevity? Yeah, so I think one of the other things that we're really excel at at Gladden Longevity is basically the deconstruction process.

So I you're aware of 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 woke up every 27 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 am getting back to 27 I do not 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 I need to get back.

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 telomeric age, a brain age a heart age cardiovascular age you are many many ages and anybody that tells you that oh 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're 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. So I think what we do exceptionally well here is to deconstruct an individual when they come in. We really understand a couple of things.

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

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

It is not linear, even though it feels linear. it's exponential, so. You're in an Exponential game and if you don't have an exponental strategy, You'll lose, Right?

So, So you, have, to, know, where, are, in, the, game? And that means measuring, 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're understand the genes you are 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, you maintain it. And that's kind of how we go about it, if that helps.

For sure. I love the idea of mindset. Like the mindset is so important and powerful, right? You got to believe in it you got a live it And then you plan for it and then, you achieve it.

And you mentioned meditation and all prayers. Is that part of your daily lifestyle as well? Yeah. Journaling and meditation are part 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 really thinking about anything.

The Five Circles of Longevity

And that's super useful. It allows your system to rest, right? We're so stressed all the time, it's like, well, when does it really rest? Well, while I sleep, yeah, but I am dreaming, blah blah, like meditation is another form of rest.

That's really important. So that is one form 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 for us. And it's bringing forth joy onto the planet.

This is really becomes our purpose here as well. When you really align with that bigger purpose and you start to feel that in your bones, you can feel it in yourselves.

It's like, oh, this is invigorating. this was revitalizing, right? I'm not stressing for a dollar. I'm not stressing for that. That's not why I am here.

I didn't, I not here on planet earth to stress for a dollar. And here to actually do much more than that, to bring a bigger message and be part of something greater and share that with so many people.

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

Then it becomes massively transformative. Yeah. I mean, this is so powerful on longevity. And for people listening to us, you're listening 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 just, yeah, since this was the… It's very powerful and we study centenarians.

So at Alnutra and our founder, Professor Walter Longo, one of his pillars of longevity is the study of centenerians. What you're just saying, Dr. Gladden, is actually one the most common factors.

Some centeneers eat healthy, some do not. That's right. Some actually smoke, some of them, you know, but that serenity, happiness, that purposefulness, sense of family, a sense why I'm here, peace and joy, it calms down the entire system.

Then they sleep better, then they stress less, they exercise more, and they eat healthier. 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 is one, that doesn't cost anything. 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, grab the, book quite honestly, and I'll walk you through that in great detail, You'll see that this can really transform your life.

Yeah. Do you remind us of the name of, the Book and where people can find it? Yeah, 100 is the new 30. If you just go to Amazon, it's about 450 pages, not to intimidate people, but it is very comprehensive.

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 are reading out lines like, no, I can make that much better, more digestible, Right?

So the book is actually very digestable. So don't be put off by that. And some people just buy the books and jump to this chapter or that chapter, whatever they're interested in.

But the audio book was great too. If you like audio books, it's great. You know, audible, that stuff on Amazon. I'm going to say something that I rarely say because even in longevity, a lot of people step into it with a mix of science and non-science.

Dr. Gladden, I know you're OCD about it. You come to it from a very, very solid medical background and ethics, whole ethics. This is what changes your life and this is your job.

For everyone listening today, this is one of the books that you want to pay attention to and you wanna believe what's in it is coming from practice of medicine, but also a lot of clinical trials and a lots of science into it.

That's a good bridge to take us to fasting now because that's one, nutrition is the corner of living long and we all know that. calorie restriction is probably the only proven.

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

How do you apply that into your life and in your clinic? And if you do, and the results you see with your patients or with you. 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's in Europe, the Middle East, China, you know, it doesn't matter where you go, 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 is actually providing something really good.

They may not have fully understood it the way that we do, but they knew that it doing good things, right? 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 may see may have cancer or they may heart disease or may other issues and a lot of those are kind of tied in metabolical and one of things that love to do is to like a five-day fast-membraning 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. It resists 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 good biomes, 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 is one of the very first things that we go to.

There are people that are not too far off. So maybe they do a five day and then maybe two months later they'll do another five days. But other people are challenged.

They may do 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 thinking about your own situation and you want to do two things to change your life, look at your mindset 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 and 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 questions they were asking on the front end, but they said on back end let just go and look at the data here and see what were people's eating habits.

Who was eating one meal a day, two meals a days, three meals, who skipped breakfast, dinner, lunch? Let's see how that mapped out. It turned out 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, that's a big wake-up call. We're not massive fans of people trying to cram all their

calories into one meal.

Mindset, Meditation, and Daily Practice

And 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. 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 a meal in 30 minutes or 45 minutes, or even an hour.

I think you can undo all the good of fasting by exposing yourself to that big metabolic challenge and load. So we're bigger fans. If you're going to intermittent fast, let's say you going eat in a six hour window or an eight hour, whatever your window is, 10 hour windows, it doesn't matter.

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

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

Yeah. What we have studied and observed in centenarians is when outside of the prolon and the five-day fasting, when we can diet, which, Most thought leaders, you know, as yourself supported push the discussion on intermittent fasting, the shorter fast is being debated today.

Right. And what we know for sure is the circadian fasting the 12 hours, right. The overnight hour. That's right. The probably the most safe and the pro longevity, right?

And you mentioned that you talked about the biological age of each organ. Each organ needs to rest overnight. And what we don't realize is when we eat late at night, a lot of the intermittent fasters or the OMAD, the one meal a day, or those who shorten the window too narrow, they end up eating and overeating the later part of today.

That's right. And during the night when you're sleeping and you are anabolic, your insulin is high. Your insulin growth factors are high because of food.

You match those with growth hormone that naturally increases during night and insulin a little bit early in the morning, you really anabolic at night.

Then you just reabsorbing and restoring that binge food that came to your body. This is what we're seeing intermittent fasting failing longevity is when eating later in a day, when your buddy does not need the food, You're keeping your body awake because your digestive system is working while you're awake and the body needs to sleep.

And you are storing your anabolic and you push longevity through spiking insulin. You push aging, which is very longevity. On the other side, what I call front-ended intermittent fasting, if you eat early in the evening, you start your fast early, and I always say one of the secrets to longevity is sleep a little bit hungry.

If you only do one thing, sleep, a bit of hungry, that's like for me two thirds of longevity actually. and in addition of the social capital and the stress and sleep, but it helps you sleep better, gain energy the next day, stress less, feel empowered.

But the goal is to start your fast at 7 PM or 8 PM. And then you can still the the 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 are feeding because the studies are showing that the breakfast Eating during the day is important.

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

So you're matching food and requirements versus mismatching food, sleep and the requirements. And this is where now you can go back and make sense of 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 in longevity. Those who are interventional fasting, we're telling them eat early at night and then still have your breakfast.

Fasting for Longevity and Metabolic Health

So do front-ended fasting. A lot of them tail-end it. They're actually having a much better cardiovascular profile and which makes sense. This is how nature is.

There's day, there's night. 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 midnight.

They dont order late night food. It's one of the biggest secret actually. 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 nine o'clock in morning.

But a lot of people are eating an ice-cream at 9 o clock at nighttime. And so when you kind of understand that about yourself, It's like, okay, well, let me construct my day to where my biggest meal is not going be dinner, because I think if you want to do a bigger meal, do it bigger with meal and lunch and then have something lighter at dinner, right?

To your point, eat light, early, at six, five thirty or something like that. Have some soup, drink some tea, you know, Do some things like this. And then, have that two, three hour window before you actually go to bed and go into bed early.

To you point hungry and cold, is really good. So we like cold rooms, we're like chilly pads, things like that. But going to bed hungry and cold, that sounds counterintuitive.

Why would I want to go to a bed, hungry, and cool? Well, because it's actually incredibly helpful. This is, this is how it is going slow. That's right.

If you put, if you push foot in the fridge, you're, You just slow them at a metabolic rate like the Greenland shark, right? Exactly. So you want to decrease the rate of aging by doing those things.

I wanted to clarify this point because there's a lot of people that are coming up with theories and they're pushing their own books and their marketing and ideas to fasting and trying to spoil it.

Fasting is so important. Do not get confused, I'm talking here to the listeners, integrated fasting is actually Very important for longevity, but it's the circadian fasting, start early and then still eat your food when your body needed the second day.

Don't go for the craze that's happening, which is starve your buddy the entire day, where your brain is thinking is where you're getting the headaches, what your muscle needs the energy for getting to 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 are pre-diabetic and do it for a short term, you start from such a bad point that one meal a day or squeezing eight hours is helping you to lose that weight, it's okay to do for that period.

But once you get to that wait zone, You want to go back and rematch your body with sleep, front-ended intermittent fasting for longevity. So for some, they always tell me, hey, the eight-hours helped me.

Yes, because they started with a lot of overweight, they were able to not over bench eight hours. So that could be a transition, but it's not an ultimate longevity intervention, it is a short term weight loss intervention.

I would just add that we find that people that are looking to optimize body composition, which is less body fat, more muscle that they do much better when they really kind of skimp on dinner.

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, your body has nothing to do with store those calories.

Right. So you want to basically be taking in calories when your body's 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 your blood sugar, things like this, right?

This becomes super important, but we're so culturally driven to have these big dinners. It really works against us. Yes. You can make it social, where you can go to a big dinner, or just order an appetizer.

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

What America is suffering mostly from, Dr. Blen, is not just the social and the big. But the re-snacking 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 what's 90% of people's life.

We are stressing for work and we are staying up late night and then we feel a little bit hungry when we open the fridge and get another snack. Or we order an Uber Eats late that night.

That's the worst. There's a mini bar in the hotel rooms and they are made for people. relatively educated with high income to travel, but when you open, they still have the M&Ms and the snicker bars since 1960. They're still here.

That's right. Everybody remembers them when they were a kid, right? Yeah. Instead of a fast bar or something, it keeps you in a fasting state. Overfeeding your carbs, high carbs at night.

So this is what we need to change is that first they're double eating because it's happening a lot, that late night snacking, now it is made easy by Uber Eats, et cetera.

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

And I want to restress this because 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 thing is just. Yes, that's right.

It's how it's done. So it re-emphasizes how timing is important, right? The fact that you can do it right or wrong means it is a powerful intervention.

If you do right, it will be very powerful for your longevity. That's correct. I'm this is, this isn't very, very interesting and informative discussion.

Thank you very much, Dr. Gladden for your time today. You're storing your approach to longevity, what you're

doing. I mean, you know, one of the epicenter of longevity in the clinics and for everyone listening here, if you are inspired, dr.

gladden has again his clinic in Dallas. Do you do virtual or tele or tell a health or it's mainly. That's a good question. So we do a lot of telehealth.

However, in the state of Texas, mandated by the Texas Medical Board, there's medical legal reason that we have to see people in this state in Texas to establish a physician-patient relationship.

People do need to come here. And quite honestly, if you come, it enables us to do the testing for you that It's very difficult to get done in other places and it's difficult ever go to any, you know, any lab tests now or Quest and actually get it done.

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

Right? And how do I make 100 to new 30? If you resonate with those questions, we are a good place to come. To change the brain set of people, these are the most important questions you want to ask in your life.

There's nothing, 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, so it's worth everything.

If we lose our body, our age, we'll lose everything, So this is definitely worth it. And the other thing I'll just say this about that is that many people pay for this with pre-tax 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 1000X on your investment, right? Well, If you actually live young, if you stay young and we're demonstrating this with our clients, they were going to retire in their 60s, now they're in the late 70s and they are going so strong.

It's like, oh my gosh, I've made so much money because I have been able to continue to work like this and create new things and buy new companies and do all these other things.

If that resonates with you, then the return on investment here is massive. 100% and the savings on paying for sickness at the second stage. That's the other side.

Same thing with ProLon and you had a big support and now we cross 15,000 doctors prescribing Prolon, recommending Prolon.

Clinic Approach, Testing, and ROI of Longevity Care

The same on Prolan we say is 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 buy your time and youthfulness.

So that's it. Dr. Gladden, thank you very much for the wealth of knowledge today and for sharing your experience and supporting people. Hopefully we changed somebody's life today.

Yeah. I'm pretty sure we'll see you soon on a different episode. Oh, I love that. That's why we're here. Changed lives. Thank you. Thank you for tuning in to Doctor Talks.

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