## Introduction to Prolon and the Summit

Hello. Welcome back to Mastering the Menopause Transition Summit. I'm your host, Dr. Sharon Stills, as always, excited to be here with you, bringing you another amazing interview.

I'm super excited today because I have a very special guest, a very smart guest who, as you can see with his head, is kind of blocking part of it. But he's from L-Nutra, he's from Prolon.

There we go. And Prolon really changed my life and it's changed the life of so many of my patients. And I wanted to make sure it was part of the summit that you can get educated because if you are perimenopausal, menopausal, fast staying and understanding longevity is such a part of what we're doing here and there are many different ways to fast and we have different interviews.

But Prolon is really special to mebecause I was never very good at fasting. And when Prolon first came outand I found out I could fast and get the benefits of autophagy and all of the lowering of inflammation, all the wonderful things that we're going to talk about that go along with it.

And I could do it while like eating crackers and drinking soup and having a Taco crisp bar. I was like, this is awesome and it is really awesome. And that's why Dr.

Joseph Antoun is here todayto really tell us about the science. And so you really walk away understanding what this is and how it can play a major role in your journey, your hormonal, hormonal journey.

So welcome. It's so great to have you here at the summit. Thank you, Dr. Sharon. And hopefully by end of this call, we would have changed somebody's life.

Eggs. I bet we will. More than one. So you are you know, you have this this bio of all these accomplishments that would take the whole interview to really talk about.

But if you just want to kind of briefly just introduce yourself and kind of how you got into being the CEO, the chairman of L-Nutra, and why it'swhy you're so passionate about it.

So I started my career as a physician. I'm an M. D., Ph. D. and it my passion was to help, you know, patients and people live a healthy, long life. And then I discovered I wanted to be a cardiologist.

And again, I did Harvard and Hopkins in the top schools. But I discovered that I'm being taught a little bit to diagnose an issue. But first, meeting a person after they're sick, talking about menopause.

The day menopause is a is a is a clock that says, hey, you're getting old. So maybe you can do some preventive stuff. And we're going to talk about that.

But in my clinic, I was seeing people after they're getting sick, so I was practicing sick care and then I was putting them on multiple pills, which they have to take for the rest of their life.

## Dr. Antoun's Background and Mission

No one pill was result in reversing any of the chronic diseases, so I had to put them on a pill for cholesterol, triglyceride, blood pressure, blood sugar, etc.

So it's a little bit of a rebel in that sense and decided to go and do health policy and public health. These were the other methods. You see, they're a little bit under my belt and and wanted to in a bring prevention to the market and

I did that in many countries around the world.

When I was helping governments reform their health care system. I found that also the Journal of Health Care Systems and Reform, and it became director at the University of Chicago and, you know, for health systems and policy reform.

And then the more I kind of look at prevention and policy reform, a lot of us know already, like the education that we did the last 15 years, now the average person on the street knows that they have to eat healthy, they have to exercise, they have to stress less.

The problem is that it's difficult and people want products to consume. They want solutions in their heads. And this is when I decided to go more on the biotech and nutri tech, our company, L-Nutra, as the first military technology company.

Meaning how can you apply science of longevity, science of staying healthy to food so that you bring trustworthy, ethical food that can help people stay?

You know, give people a chance to stay healthier longer. And I met the founder of Algae Trial stands for a Longevity Trust for Nutrition, an amazing gentleman by the name of Walter Longo.

So he's very famous for the Longevity Diet book, which I recommend everyone here today to to go and read the book, The Longevity Diet Book by Valter Longo.

He he was nominated and selected by Time magazine to be top 50 most influential people in Health for that book and and the book describes what you should eat to have a healthy, long life.

And if you have some health conditions, you can also read what to eat for those. And the concept is that food is the only product we consume every day of our lives.

How come we never put through science behind food? So to help people what to eat if they're healthy, want to stay healthy long? And how come we never put enough research behind nutrition to help people with cancer, to people with diabetes, with Alzheimer's and autoimmune disease?

And this is what company our company is about putting pharma level and biotech level of science behind nutrition for longevity and for for medicine. Mm hmm.

Well, we are grateful for that, because, you know, we know why big pharma doesn't look at food and all of these things as medicine, because it would interfere with their their agenda of popping pills and keeping people, you know, it's sick care, not health care.

What's going on in mainstream. So so let's talk about, you know, most of the ladies watching are either in perimenopause, they're menopausal, they're postmenopausal, they want to stay healthy.

They know that this doesn't mean that they have to get sick or, you know, lose their vitality. And so let's talk about why fasting and what the fasting mimicking diet is and why it's so important at this point in life.

Yeah, well, you know, menopause is is in a sense, it's also a time clock that's telling us, hey, our body is transitioning to a new phase and it's related to aging.

And this is one of our core research. Right. And women's health and aging. And we have more than eight clinical trials related to healthy aging and prevention, including a woman.

We have, you know, breast cancer as well, and other cancers related to that age and and diabetes related to that age, etc.. So it's a good focus of our company in we we looked at fasting and we, we, we, we designed the fasting mimicking nutrition as a five day food that you can consume and keeps your cells in a fasting mode.

Because our science and this took a good two decades of research and tens of millions of dollars, we show that if you're if the cells are thinking that you're fasting, once you cross second day of fast and you're touching the third day of fast, the cells start rejuvenating to survive the fast.

So we discovered a process, a miracle of biology that lived with us for hundreds of thousands of years when our ancestors did not have food all the time.

They were eating and fasting. It seems the body, when you fast evolved to say, okay, you know, first day of fast, I have fat as a reserve, I'll spend the reserves.

And after the second day I'll tell the cells to rejuvenate, to be at their best and fix what's going wrong in order for the entire body actually to thrive and to survive the fast.

## Why Fasting Mimicking Matters in Menopause

So we discovered that if you fast for longer than two or three days, your body is not just doing a metabolic reset, which we'll talk about is very important for women around many menopause, but is doing a cellular rejuvenation as well, which is even more important given that menopause is a sign of aging and cellular age is very critical from an application.

So obviously we studied one day, two days, three days, four days, five days, a fast and longer, and the five days were optimal. And we don't want to ask people to water fast for five days.

We're actually against, you know, going on longer periods of pure water fast because you're depriving the body in a way that has a lot of benefits on the cells and and on the metabolism you're depriving essential organs of nutrients.

So in order to balance gets you the benefits. But without the starvation, we develop the fasting mimicking nutrition. So it's a plant based healthy ingredients, you know, plant based proteins, low in carbs and or low in sugar and then and healthy fats.

And we started studying how much of every macronutrient and micronutrient I can nourish your body with, at which point in time of the day is in the morning you have different insulin levels and cortisol versus the night.

So we started studying 77 macro micronutrients. See how much I can feed you from each and together to form a diet for five days, a nutrition program for five days, whereas you're eating.

You mentioned when you introduced me, you mentioned the soups. You mentioned the even we have a chocolate crisp. We have all the liquids that you need, the supplements that you need, or the morning bar.

So it's the breakfast, lunch and dinner that it has in 100 calories and they want an 800 calories a day two, three, four and five. So it's a little bit of calorie, but it's not a starvation.

It's a full 800 calorie per day diet. So it can sustain the but in the formulation is designed that by the time the ingredients get into the cell, they go around the radius of the cell, the radius to tell the cell that is consuming food or when they got they get to the radars.

They're getting at such a low quantity that the cell is not convinced there's enough food. So basically we're creating a physiological and cellular fasting without having to water fast.

And for the first time ever, we're allowing people now to with our science to fast with food. You're buying the Prolon box. You're eating for five days in a body.

Things are not eating for five days either. Full metabolic reset. We can talk about that. You do cellular rejuvenation and together it's a very good, healthy, aging process that you take your body and then it's only five days, so you don't have to let it, you know, a today, just five days.

You need to do it two or three times per year to rejuvenate your cells in an effective way. To me, it is like the most paradoxical brilliance, you know, eat and fast.

It's eating fast. I mean, it's because there is, you know, there's so much out there and fasting is just definitely made a resurgence these days. And it's important to understand what you're doing.

But like to me, this is something that safe, you know, of course, you know, I'm not your doctor. I'm a doctor, but I might not be yours who are listening.

So, you know, check with your doctor. But it's like you get the kid and this is something you can do for yourself that you are rejuvenating. So let's talk about some of the benefits of what happens when you do this.

And if you can also talk about autophagy. Yeah, that's an important piece of it. There are five benefits. And again, you know, I was thrilled to come with you on this podcast.

I or this this education I do to see podcast per week. But menopause is like if I want to think about prolonged, you know, being prescribed for a specific age specific, you know, transition it related to aging I would say, but ajman apart or peri or postmenopausal women.

So as you mentioned, you know, if you have a health condition or if you're like, you know, 85 or 75 and have multiple other health conditions, obviously consult with your physician first before by prolong.

But if you don't and you're feeling, you know, relatively healthy and you can sustain a five days of plan based nutrition, you can try it. It has five major benefits.

The first one we talked about the metabolic reset. So, you know, 73% of us ate and even more so when we get to an older age, it's difficult for us to to shed some some weight.

We pick it up fast. We don't shed it easily. And when you do the fasting mimicking nutrition like fasting, the body actually focuses on central fat. So the belly fat, the intro or the organ fat, the core fat is actually where the body goes after.

So you cut fat and is very important at that age for insulin resistance and can sequence, you know, metabolic issues. But at the same time you're protecting lean body mass.

## How Prolon Works and Its Core Benefits

So we have shown in two studies that the fasting mimicking nutrition protects lean body metastases, the cell rejuvenation. So the muscle, as other organs are doing, is doing rejuvenation. Why?

We're against water fasts, we're with fasting, with food, because we're nourishing the muscle that rejuvenate eating with prolonged. And therefore and we have a very kind of, you know, some secretive issues in the formulation that we have that actually helps to muscle at night, to rejuvenate it.

So basically, I'm helping now the consumer to lose fat, central fat, and at the same time, we're protecting lean body mass. This is where most states fail at that age. Right.

You can go on other diets, but you get to lose both lean body mass and you get a lose as well, fat. And you pick up back the fat pretty fast after, you know, the traditional diets.

A lot of people suffer from that. They learned helplessness. They started a diet. Most of us started on the diet in our life. And then after 30 days, we stop and then we've become the weight fast.

So with the prolonged trials, we have shown that 40 to 60% of the benefit lasts even after 90 days after with the box. And this is why the recommendation that if today she can do it three times per year, do it once every three or

four months, then you will maintain 40 to 60% of the benefits across the year.

I definitely see that in practice. I typically have patients do it like once a month for three months. And yes, you know, if they have high blood pressure or their lipid panel is off or they're inflammatory markers like CERP or fibrinogen or even nowadays, d-dimer are elevated.

If their said rate is elevated, if they need to lose some weight, if they have fatigue, if they have brain fog, you know, I could go on and on and on and it resets.

And one of the one of the things that I hear, the feedback that I hear that I love is that not only did it, like, change my labs and I feel better, but it also changed my relationship to food.

Like, I don't want to I don't want to binge anymore. I'm not craving anymore. It's like I did prolong and it reset my relationship. And I love that because it's five days like in the big scheme we can give ourselves, even if you struggle, even if you get a little hungry, when you know, okay, just got to make it to Friday or Saturday, it, it's something that you can do that and that can empower yourself.

So I just have to throw that in there. But go on benefits. That's that's actually a benefit number two is change is exactly what you mentioned resets your relationship with food and we see it with almost everyone right we you know a lot of people doing pull and they come back and say, well, I used to eat like big portions late at night.

I used to feel addictive to the size or to sugar or this or that and that. I spent five days on a healthy plant base and it just tasted good. So I really don't need these big portions or these late night addictions and snacking.

But if it number three is you mentioned autophagy and cellular rejuvenation. So this is what happens in the body migrating. Are they 2 to 3 when you're the buddy in the first two days, rely on burning fat and then that is telling the cells, hey, look at intracellular sources of calories and rejuvenate and autophagy won the Nobel Prize in medicine in 2016.

So it's a pretty established concept of fasting when the cells as a survival protection, a survival mode tries to rejuvenate. So that's benefit number three.

And it's very much related to biological age, which is very relevant to the timing of menopause period. During post in number four is it's an emotional and this is important for women at that age when you do prolonged right at that age you've tried many diets you feel helpless a little bit.

You're picking up weight that you cannot set it. You feel a little bit brain fog. You mentioned the brain fog. Your performance is slowing down and these are all symptoms.

And in menopause accelerates those because you start losing muscle pretty fast. You start seeing your cardiovascular lipids, you know, and panel changing.

And so benefit number four is really that feeling of success of achieve the five days of a diet. I feel better because again, you're losing you're not losing muscle using fat.

You're a faster performer, mental clarity, energy. So there's a lot of positive emotional experience coming just out of five days. Most people say, how come in five days you can get these benefits?

It's the power of fasting. Fasting is such an acute transformative intervention to the body that you would feel those and few days. A number five is something we just published and many of the things we're talking about is published with you.

Google fasting, mimicking diet and clinical trials. You'll see all the data that we do in mice and in humans. But we just published a few months ago in June of Clinical Medicine, an article on skin weight.

A lot of people say, hey, if cells rejuvenate, with my skin rejuvenate, and a lot of people report that my skin has changed. People think I'm looking younger, all of that.

So we did a randomized clinical trial where women, it was only with middle age, did three cycles after all. And once a month, this regimen that you do for three months and in and this is a good Kickstarter to do once a month for three months and then to start doing once every three or four months.

And they we looked at their skin and it was done at dermatological clinics and published in one of the top medical journals, Journal of Clinical Medicine.

And we measured skin hydration, skin glonass, skin vitality. And even with Arisa, you can see the cells at the skin texture. And this was very important because with Arisa, you see the it's not just the perception of subjective doctor or patient or consumer looking at it, but it's actually machines that look at skin texture.

And the changes were statistics, very, very significant. And you can see the visuals as well. And what was very surprising is to arrest the most significant benefits where actually emotional women felt happier and they felt more confidence.

And it's very important. Right. This is with around menopause is something that a lot of women suffer from when their skin start looking different. The little bit of muscle and it just just touches a little bit.

Their confidence and their self-esteem. And this is where fasting with the vibrance of rejuvenation and gets that back back to them. So that was benefit number five and very important in this case.

Yes, I did not know that. So that yeah, I think and you've touched on a bit of pieces. It's like a lot, you know, humans, but certainly women, it's easy to have fallen into an unhealthy relationship with food.

And sometimes you go on these diets or you say, I'm going to fast and it's coming from not the healthiest place you want to fast, you want to change, you want to lose weight.

But it just sets up a vicious cycle. And that's what I love about Prolon is it actually helps to heal that. So it's you know, me, I'm always talking about the mind body.

They're married, can't separate them. And so evenand when I first learned about Prolon, I'm, I'm a real naturopath at heart. I practice individualized medicine.

Everyone gets different things, even with the same diagnosis. And so my first thing was like, oh, please, you know, a one size fits all in a box like Nano now, but I'm open minded and I'm like, I'll try it.

And I, you know, thank God I have an open mind because it blew me away. And like I said, it's helped myself. If it's helped so many patients I know. And now I want you know, I'm trying to spread the word.

And that's why we're talking about it here on the summit. And it really is like a mind body healing for your relationship with food, for your sense of self-esteem.

Like when you finish, I remember the first time I did it and it was like I didn't start on Monday. So Friday was my last day and you know, it's late in the afternoon on Friday.

And I was just like, oh, I, you know, I don't know if I'm going to make it. I'm like, No, you're going to make it because you're going to wake up tomorrow and then you can eat and you're going to wake up and you know you're going to say, I did it and you're going to send that neural pathway that was connection, saying I was successful, I did it rather than I failed again.

And the interesting thing is when you wake up because a lot of times when you can't have things, whether it be food or people or whatever it is, then you start to, like obsess about them and you're like get fixated.

And so like some time during the week you might be thinking, oh, when this is done, you know, I'm going to have that. Whatever it is, fill in the blank.

And then you wake up on Saturday morning and you know you have to eat lightly, but you wake up and you're kind of like, I yeah, it's like all gone once, you know, you can have it.

It's like you've been reset. You don't have the cravings. You can eat as much. Your stomach size has won't allow for bingeing and overeating. And it's like it's so liberating.

And so it's like this kit that helps your mind and your relationship. And then it's doing, you know, your skin and your inflammation and it's cleansing and it's making you younger.

It's turning back the biological clock. It's like and and you get to eat chocolate while you're tickled like that just always blows my mind. I'm like, You get to have a chocolate bar.

So I do want to because I'm sure there are people listening because this would be something I was thinking like, well, I'll just make my own 800 calorie a day.

## Autophagy, Skin Health, and Emotional Reset

Yeah, I'll put a piece of dark chocolate in it, you know. So could you just speak to that? Why it like, you know, what went into that and why it has to be these certain things and you can't substitute.

No. And it took over 12 years to develop it with $36 million. So it's important for people to hear these numbers because it's just it's such a very delicate formulation.

So imagine if if and it's not about just the calories we actually for were developing, you know, fasting mimicking nutrition for Alzheimer's, for cancer, for babies.

And each one is different calories for Alzheimer's. It reaches all the way to 2200, 2000 to 1400 calories is the elderly needs a higher calorie set. So calories are just one function, very important.

It's the nutrients, the macro and micro nutrients because the cells detect. So, you know, you can go and eat a piece of steak and it's 300 calories and your body would sense through the proteins of the steak that you have, you're eating actually.

So the macronutrients are very important in the timing of the day. When we mix those into bars and drinks and soups, the timing of the day is very important because the morning you have high insulin and and you and you send the signals faster to the to the cells versus little bit in the afternoon and you're more catabolic in the morning, you're more anabolic at night.

So we actually study all those and it's not we, it's University of Southern California, the Longevity Institute that was behind and professor Valter Longo behind the discovery.

And then we have 18 other universities that have tested the fasting, mimicking nutrition, Stanford University of Miami, University of Late in University of Heidelberg in Germany, Milan, Palermo.

So over 18 universities have done randomized clinical trials on it to prove the point that you can eat and get the benefits of fasting each in a different and different benefits. So this is very delicate proprietary formulation and tested in multiple universities now.

So so don't try it. It's not a do it yourself. It's worth it. Well, one thing you mentioned is is after prolonged because a lot of and just to mention here to the listeners we've we've now sold over a million said so it's getting it's getting great traction but a lot of people as you know hey you turn me into a little bit more healthy lifestyle what should I eat after they we used to recommend for them to do a pescatarian diet or a mediterranean diet or a vegan diet,

depending on their goals and objectives, whether it's longevity, whether it's muscle, whether it's cardiovascular.

But now we started doing food, longevity, food elements. We call them the on every day. This is not the problem. And fasting, but prolonged every day.

We're to help them, you know, stay on a healthy track with food elements that are clean based on the and the ingredients we don't add artificial and chemicals that are longevity formulation.

Again, that does not accelerate aging and then they have their been selected from around the world to be correlated with healthy aging. So for example, the fast buyer and the fasting shake are two products that keep you in a fasting mode.

You just replace one meal with those. We're launching the longevity proteins, which I think will be key for women and perimenopause. It will be 25 grams of protein in a drink.

That does not accelerate, though, the IGF and the insulin. So again, we spent USC, University of Southern California and if mean Italy spend millions of dollars and three years in the research to find sources of amino acids to give you 25 grams of protein without accelerating as a typical, you know, 25 grams, that if a steak or another source accelerating the rate of aging in IGF, we just launched yesterday actually the ELLE spread, the chocolate spread.

A lot of people, you know, a lot of us, you know, kind of snack a little bit on chocolate here and there. And we felt like it's our ethical duty to bring a healthy longevity chocolate to the market.

And so we're bringing a lot of we're going to launch the pill, the longevity pill, which is a healthy, aging ingredients, DHEA, antioxidants, polyphenols.

We're launching that next month. So we're we're venturing into saying to people, you rejuvenate with the lower five days. It's very important the metabolic reset and the self rejuvenation.

And if you want to still consume products that are clean from the ingredient standpoint, have a longevity formulation designed by us is Longevity Institute.

We're happy to provide that to you. And we started producing those elements. What is chocolate spread? You had me a chocolate spread. The Elle spread.

The spread is so. So again, we go around the world and we studies and we study people living 100 and beyond. So our mission is to keep people young until 60 and healthy to 110.

And so we go we study people that live and beyond and we see what they eat and from which regions, etc.. In the New England Journal of Medicine, which is the number one medical journal, have published multiple articles showing that almonds are correlated consistently with with healthy aging.

So we started looking around the world where to get the best almonds and have the correlation with aging in and in south Italy is known to be one of the longevity area.

They are great tasting almonds and they have they have the people living there in those areas live. You know, they have record concentrations of centenarians, people living 100 and beyond.

So we designed the spread well, that spread. And and the goal is to really it's 74% almonds. You don't see any chocolate. Typically you see the up the flip side because you know nutrition company their businesses they want to make more profit so they use the cheaper the cheaper version which is more more milk and chocolate versus almonds, a 74% almond, pure cocoa and a couple of other ingredients into it.

All natural, all plant based, non-GMO, soy free gluten free ticks every all the all the kind of natural ingredients for a

plant based product. And we're really presented it for people to say, hey, I want to eat something that this great, I want to eat it coming from the centenarian regions around the world, people living under and beyond, and it's high end nuts, which consistently showing to be correlated with healthy aging.

Mm hmm. I love it. So I say I always said I was going to live to 120. And then when I started prolonging, I opted to 130.

## Why the Formulation Can't Be DIY

So, yeah, you got to change your to 130. We cannot promise everyone work in our province. We're just empowering people to live the longevity lifestyle, you know, a longevity lifestyle as nutrition is core, but dieting, sorry, exercising stress, sleep and social capital and happiness are other pillars.

We can do our share, which is, you know, optimize nutrition. But if you do all the other shares, which I think you're very well aware of and you practice, hopefully you live, you know, beyond your target. Yes.

And then so. The goal is to live healthy, right. You don't want to be sick. That's the biggest. People talk about longevity. What we mean with longevity is health span.

Staying healthy, long that notion of healthy longevity. Nobody wants to live sick like we do today at around age 90 and 100. We all want to be healthy to 110 and beyond or 100 and beyond.

And this is our goal. You know, I say we get to 110 where we're still productive and then it from 110 to 130, we can get the rocker porch and just chill out and reminisce and have some tea.

But until then, you know, I'm just thinking, well, like everyone who's listening at an I just had this idea of like maybe when the summit ends, you know, I'll I'll do like a Dr.

Stills led and we'll do the like if you purchase the kit because I know there's going to be like a, a gift, a good deal for you to get access to this.

And, you know, I, I am just so passionate about this. It's like I don't like to tell people, you have to buy this, you have to do this. But this is such a gift to give to yourself through your hormonal journey.

And so I'll have to figure it out. But we can do I'll lead it and we'll like all all will be in Europe and we'll all cleanse together and we can. It's fun to do it with a group.

It's sometimes, you know, you just need to know like there's other people doing it and you can get support and ask questions. So I'll figure out how we can work that out.

But I'm thinking like of the tens and tens and tens and tens of thousands of women who watch this summit, like if we go on to a revolution and we embrace this like we can be that first group that is living to their hundreds to 110, 120.

And like you said, I always say, you know, it's not just about the quantity, it's about the quality. But I love that health span. Yeah, it's with a good health span.

It's not feeling like crap. It's feeling good in the process. So I think we've got like a little menopausal, prolonged muscle building in my brain right now.

You know, always makes me happy to to, you know, to hear from a doctor and in and just for here, for the listeners, we have over 15,000 clinics in the U. S.

only that have registered to offer prolong this support from the physician community and the health care practitioner has been immense because and I'm an M. D.

Ph. D. leading the company. Our founder is a Ph. D. Our chief medical officer is an ex Harvard. You know, vice president of diabetes. We, the doctors trust us because we show them science.

We're not here to push a salesy new nutrition. You diet, you see that trust coming from us because we did mice trials in universities, we did human trials, randomized clinical trials.

We published them in top medical journals. The doctor read in those journals. They're used to see drugs. They've done that you see used to see nutrition.

And now they see the fasting mimicking diet and they start trusting. Then they try it. The good news is, in five days you start seeing results. So you try to get the results fast and it builds this positive loop cycle.

And and, you know, the biggest actually problem is our physicians actually the number one proponent I think is and cycle close to 30 pro on and is a physician she's an ABC way and specializing in probably you know in PCOS and menopause and and you cannot reveal lives in here but this is how strong even and upsetting and gynecologist as an M. D.

you know she's a leading figure in the nation you know with would commit to this product because they trust the science so we're not here to push you guys. We're here.

What inspired you to write the Trish ad for for for the stage of life? I never kept track of my cycles. I didn't know I like I don't think I've done 30, but I have to go back and see if I can count because I've certainly, certainly on two hands.

Okay. Yeah. I mean, for me, it's like as you were talking, I was thinking, you know, because I'm a clinician, I work with patients. And so, you know, there's only enough hours in the day to if you're working with patients, it's hard to like have a lot of time to do research.

So for me as a physician, I'm like so glad that there is this company that's done this research that I can then get in my hands and share with patients and see their lives and their labs and everything change.

And, you know, it's one of those things like, if I could do it, you could do it because I used to try all these on and do the master cleansing, which is ten day cleansing, just so you know.

And I can never do it. It's like my adrenals weren't supporting it, my blood sugar was dropping.

## Longevity Products and Closing Thoughts

And then when I did Prolon and was successful and felt good and enjoyed the foods, the foods on the fasting, you know, it's just like it's such a gift and that's, you know, as a clinician.

And that's what I'm concerned with. Like I'm concerned with the good science, but I want someone to give that to me. So then I can say Here, you're going to do this because it's going to help you and going to change your life on so many levels.

And I love that we kind of it's definitely the theme of the summit this year that we're really marrying the mind and the body and I'm not even telling anyone to, like, talk about.

It's just organically happening that the mental peace and especially our relationship with food, when you when you fast, it really gives you this opportunity to to evaluate and kind of to observe what you've been doing and how you can do it differently and make better habits.

And, you know, and if it starts to creep back up, well, like I said, you know, you kick off one for once a month, five days. You know, there's typically 30 in a month.

So it's only five, not even a whole week out of a month. And then after those three months, then, you know, we kind of evaluate at least, you know, doing it once a year just to get that cleanse.

But when you think about, yes, it's going to give you the great skin and the hair and the weight loss. But think about what it's doing inside because it's cleansing.

It's getting rid of the dead proteins. It's it's rejuvenating your body. And sometimes when we can't see things, they're not as important to us. But just picture like when you're doing this, I'm giving myself a gift.

I'm expanding my health span. I am aging, graceful. I am helping my hormones, I am supporting my system. There's so many layers to what you can do with this beautiful little box that's easy to follow.

Nicely labeled, tasty. It's like it's almost one of those. It's too good to be true. But it is good. And it is true. Yeah, definitely. And it's the again, the miracle of biology, of fasting.

It's just we as humans were not supposed to eat all the time. And keep aging fast and gaining weight. We're bringing back fasting to correct, to support, to rejuvenate, to reset but with food this time to make it easier.

This is where the science meets tradition to kind of help us get with new solutions. Mm hmm. Well, thank you. I know you are extremely busy, man. Change and change in the world and keeping everyone healthy.

And I'm like, every time I talk to you, there's a new product coming. I haven't tried to shake that and now there's a spread, so I love it. You guys are constantly innovating and, you know, doing good for the world.

It's it's really just super. So thank you. Thank you and thank you. I know there's going to be some kind of special for the listeners, so stay tuned for that and then stay tuned for our menopausal group Fast post-Summit.

I'll have to figure that out because I literally just thought that I think that would be really fantastic. It yeah. We'll figure out the details but you know, and just it's, it's just such a good opportunity to embrace and have as part of your health, your health plan and your health program.

So thank you for being a part of it. And coming and sharing your wisdom. Thank you, everyone, for listening and having an open mind and embracing the world of eating chocolate while fasting, getting younger and, cleansing your body.

It doesn't get better than that. It really doesn't. So be well. And we'll be back with another interview. Appreciate you.