Welcome and introduction to fasting mimicking

Hello, ladies. Welcome back to Mastering the Menopause Transition Summit 3.0 and your host, doctor Sharon Stills, is. And it truly is an honor to be your guide through this transition, to be sharing all these interviews with you on what I have found for myself and thousands of patients and thousands and thousands of summit goers, to be the most important pieces that you need to incorporate in your lives.

To have a sacred, sexy second act to feel good. And what we're going to learn about today to lose a few pounds to reverse the aging process, to actually drop your biological age and how to do that with your diet.

And so a lot of you may recognize as my guest, he's hosted his own fasting summit, stuck Joseph and Tune. He is the CEO of El Neutra, which is the five day water fasting mimicking diet proline.

If you've been a fan of mine for a while, you've already probably seen me talk with Doctor and Tune. You've maybe participated in a fasting week with me.

You've tried proline. You know the benefits. But we have got some exciting new research to share with you that's just going to be like, it's going to blow your mind and you're going to be really ready to jump on board, because I'm going to be hosting a longevity challenge where we're all going to go through the process tomorrow.

I mean, tomorrow we're all going to go through the process together, not tomorrow, but very soon. So welcome Doctor Antoon, I'm so excited for you to talk about Pro Lite and the five day water fasting mimicking diet for those who are new here and aren't familiar.

And then for those who have been here before to share the new research. Thank you, doctor sales. And, I think we're going to change somebody's life today.

We have a lot of exciting news that we've just published that we want to share with people so that they benefit from the prolonged fasting nutrition. Yes. It's why why I host the summit.

Because we do change women's lives. And I've been a fan and a prescriber of proline for quite some time now, and I'm always getting feedback, whether it's in an appointment with a patient or it's an email from someone who watched a summit that, oh my God, I did.

I did the five days I lost weight, my blood pressure went down, my lipid panel changed, my inflammatory markers, always getting wonderful feedback, which is why I wanted to make sure you were here so we can share this again.

And I'm so excited about the new research that you shared with me, and I'm so excited to share it with everyone here today. So for starting in, for those who are new or just need a refresher, can you just talk a little bit about what is what does it mean?

A five day water fasting mimicking diet? What is Prolog and why is this? Why am I like jumping out of my seat and so excited about this? Yeah for sure.

And, you know, we started doing our research 23 years ago and we were like, how can we we use food, which is the only product we consume every day of our life, right?

That's the most impactful product, our aging and our lunch every. And we we thought, how can we use food to reverse aging? How can we slow down how we age? Right.

And this is so relevant today because we're in the Menopause summit. And that's a biological clock related to

aging. And, and finding ways to use nutrition to help you go backwards, reduce your bio age.

Was our target again 23 years ago. And we wanted to do a very scientific approach. Why are you raising as a physician? And we have now over 16,000 doctors registered with us to to recommend prolonged because it went from science first build the right product and then proved effectiveness and then went to the market.

So we invited 18 universities to do the clinical trials with us. University of Southern California, University of Stanford, University of Miami, Milan, Genoa, Big international conglomerate of universities that they did.

Now we just started our 32nd human trial. There's a lot of data now behind on, and we wanted to bring the first food as medicine to the market. And I'm so proud that I think is the truthfully, the first food is medicine.

It's this longevity in the market. So when we were doing the studies, we were like studying what to eat, but also what not to eat.

How fasting mimicking works and why it matters

And when not to eat at all. And the power of fasting. And what we understood is that if you fast for a few hours, up to two days, what is called intermittent fasting, you lose weight, which a lot of people would love that.

And then you improve some metabolic markers. But what we uncovered is that when you cross day two and the three with fasting, there's the body is depleting the fat, the body is depleting the reserves.

And then the body asks the cells to rejuvenate, to survive. I always give the comparison to a company, right? If you run a company and say you need $1 million a month, if there's no money, it's like fasting for the body, but you're going to do you're going to tap initially into your bank savings and take credit from the bank.

That's the fat, deliver the glycogen, and that's enough for the first two days. Then when you deplete your cash, you're going to come and restructure the company.

You're going to try to fix it. You try to see, you know, what veggies you can cut, how you can improve it on, and all of that. And the body does the same thing.

We have 37 trillion cells in our body. And why fasting is so powerful because every cell depends on calories. And when you fast, you're impacting literally 37 trillion cells in the body.

And that pressure for them to rejuvenate is what makes it an overhaul. If you one audit to the cells and rejuvenation, we call that autophagy. And then after that cellular rejuvenation and regeneration.

That process won the Nobel Prize in medicine in 2016. So we knew that we were on the right path. In, in and then we, we, we uncovered that is ideally you want to fast for five days, so you go shorter, you don't benefit a lot from acceleration region.

As we mentioned it starts on day three. If you go longer then you're bankrupting the body. So you know that's the the the winter spring either rejuvenation.

It's five days that we uncovered the body would need to rejuvenate energy storage. And but few people can do water fasting. So when we started our human trials on pure water, it was back in 2000, 11.

And people couldn't a lot of fast. It's too dangerous. The blood pressure drops. It's difficult. Headaches. It wasn't even, you know, safe. So we showed all these benefits to the National Institute of Health.

And the NIH is well known to fund projects that are significant to humanity. And they gave us $10 million to go and develop what's called the fasting mimicking diet they give us after they have another $10 million to our researchers, which is a big, big, a generous donation from taxpayers money.

And, and we use that money to develop what is called today the prolonged fasting mimicking nutrition. It's a five day food that we shipped to your house.

You eat it. There's a day one box. Day two. They lead a four. Day five, you consume the food, breakfast, lunch and dinner, and there's a snack. And you get all the supplements and you eat it and your body doesn't know you're eating.

It's the biggest oxymoron. It's called innovation. And this is what takes me the longest, is every time to convince people that you can fast with they like, how come you know, we can fast through this by definition, no food.

It's called physiological fasting, meaning you're eating, but it's just a recognition. The cells do not recognize the food. We we were able to uncover the radars and the cells that detect there is food and devise the food to go around the radars for not over triggered that.

So basically, nutrients are coming in, makes fasting very safe, makes it much easier to do. 91% of people complete the five day full of fasting nutrition, water fasting, probably just 1% could go five days on water and they should not do water fast.

And five days is too risky. But with the fasting they making light overwhelming majority of people can do it much easier and has tons of benefits as we can discuss, you know, in a little bit.

Yes. So I just want to pipe in about a few things. That was a great intro. First of all, going that, you know, this apocalypse, who said what would be thy medicine and medicine be thy food?

And it's something that naturopathic physicians, holistic doctors, are always talking about. And I love that you said that because I'm like, this truly is that come to fruition.

And I as a natural, empathic doctor, I'm very bio individualized in my treatment plans. You could have 50 women in front of me who are dealing with breast cancer or dealing with menopause, and they're all going to have different protocols.

So when I first found out about proline a long time ago, my initial snobby reaction was like, oh, there's nothing that's good for everyone. It's just another one of these marketing things.

I hate these like five day in a detox boxes. But I always keep an open mind. And I checked it out and I was blown away about how I was able to do it, because I've never really had an easy time water fasting.

My blood sugar would drop. I couldn't get out of bed, I could get dizzy, I'd feel horrible. And I know the benefits of the five day fast of getting that autophagy induced and getting the cellular cleansing going.

And so I was like, wow, I did the Pro line and I completed it, and I was like, if I can do this, anyone can do it. And so it really is one of those things that it just works across the board.

Whether you're a woman, whether you're a man, whether you are healthy, whether you are ill. It's something that humanity, we all have in common, that we can benefit from this.

And I just want to point out again, because intermittent fasting is such a huge deal and it can be beneficial, it can also really take your thyroid and your adrenals, especially if you're a menopausal woman.

It could actually backfire on you and it doesn't get to autophagy. And that autophagy is the cellular cleansing. It's how we get to walk back the aging process.

And that is what you get to experience when you go through the five days of prolonged. So you can intermittent fast. Maybe you're someone who intermittent fast and it works for you, but you're never getting to autophagy because you're eating in a feeding window every day.

So doing the five days and I like to do it, and we're going to talk about, you know, the doing it three months in a row. That's what I typically recommend for patients getting started.

And then I think as a bare minimum twice a year, even better every quarter. So that's five days every three months. That's 20 days out of a 365 day calendar.

Like you can do this. And we're going to look at the research now and see why you want to do this and the benefits of it. And before we do that, I just want to say, like you said, you get a snack, but like you get these choco crisp bars I like.

I think you should have me on a, on a big giant billboard. Like with fasting and chocolate. Like, does it get any better than that? Because to me it's so amazing that you do get to eat.

You get these like Michelin grade created soups that are delicious. There's new flavors with leeks and curry, and you get chips and you get olives. And a lot of people don't like olives.

I don't like olives. It's like the one food I don't like. If I go out and there's olives, I pick them out. But the prolong the olives are so delicious.

I even like drink the juice out of the packet when I'm done eating the olives. So I find that a lot. Oh, I couldn't do it.

New research on biological age and muscle preservation

I don't like olives. You can do it. I don't like olives either. Prolong. The olives are in like a class on their own. So this is something that is so doable, so easy.

You get these beautiful five boxes, tells you where you're at, tells you when you're entering autophagy. Cheers you on, gives you like how to eat everything and what order.

It's so beautifully and put together and easy to follow. And the benefits are so huge. Which is why I'm like, if I could be standing on the roof right now screaming, I would be because it's it's this just amazing thing that you can really use food as your medicine, and it doesn't have to be difficult.

Well, I appreciate it. I love what you said. It just makes me emotional because we've worked so hard to come to a day where we're experts, licensed, expert like yourself, you know, stand behind something like this.

It just it just I'm a physician by training and PhD, and I joined this company, and we have probably the highest number of doctors and nutritionists in the company, you know, proportionately as as, but to see doctors like yourself standing and stating things like this, it just testified to to the science and the effectiveness that we worked.

So hard for it, to make sure we get, we change people's lives through it. You guys did the research you've put the time in. So let's let's share some of these new, exciting studies.

Looks like I am frozen. So hold on a second. Okay. Okay. I'm back. All right, Carla, you'll edit that. Please. Okay, so let's, share some of these new, exciting studies. I let me share here with the, with the audience, some of the recent articles that we published all 20, 24.

And so that you can, You can you see my screen? Yes. So this is an article we published literally, a month ago, and it's published in one of the sub journals of nature.

In nature is the number one science journal of the world. And it talks about doing the fasting, mimicking the the prolonged three times and to reduce the biological age and which is critical for men, a product for men.

You know, I'm going to highlight the conclusion here. Is three cycles of the fasting and making diet was associated with an increase of 2.5 years of median biological age.

What we have done, we simulated. What does that mean? If you do it three times per year and doctors still you were saying anyone can do 15 days, right?

We're not asking people to be on a diet every day. The beauty about prolong, it's not a diet. It's science. It's not an everyday change. It's my lifestyle.

It's a scientific five day intervention that can change your life. All we want from you is give us 15 days, 15 days now to to lose more weight. If you are pre-diabetic, if you're diabetic, yes, you can go four times a year.

Fine. Because people always ask me, we have we have, patients and consumers that do it all at once every month. I mean, this is this is probably too much, but, but we are, we're very balanced and scientific.

I would say do it 3 to 4 times max, per year. So we simulated it this year between age 50 and 70. And you do it three times per year. You'll end up reducing the bio age score by 11 years.

And it's very big. And this is crucial for, for for women with menopause because menopause is not just a symptom of aging, but it actually starts accelerating aging for a woman, right?

You see it, your skin changes, you lose muscle. Muscle is so important. And bone to preserve fasting with food. The fast mimicking diet has shown to protect lean body mass.

This is so important when you fast when the cells are rejuvenating, growth hormone is high, but because you're fasting with food. So the the the growth arm is telling the muscle to grow.

And now there's food with this with, to grow the muscles. So we see protection of lean body mass, which is crucial for blood sugar control for slowing down or managing diabetes, etc..

And so that's a big achievement, I think, we'll, we'll coordinate with you to do maybe with your, followers at three times per year, prolonged, we can do a session, a challenge, a longevity challenge, and we can do it together. You I just wanna I just want to, like, I would just want to highlight what you just said.

11 years of reduction. That's that's a whole decade that is significant. And the fact that you don't lose your precious muscle, this is the only way to fast and not lose muscle.

And we all know muscle is gold and menopause. And so those two things we want to weigh to turn back the clock while preserving our muscle. This is this is this is that I mean, that's just so significant.

Yeah. And I want to clarify that this is again a median bio age decrease. Right? I don't want people to think that, oh, I'm going to live definitely two and a half years longer or 11 years longer, etc..

This is a median. A lot of other factors would intervene. And you have to, understand that some people, you know, will benefit from that. Some people would not.

Just to clarify this, I'm not I'm not hold responsible for promising people that definitely were prolonging their life. This is not the promise. This says we are giving you that chance, right?

Scientifically, we're tailoring nutrition to give you that chance. And if you're following the doctor stills menopause plan and then, you know, if you're doing all the other right things and you add this in, it's really going to benefit you, right?

You can't yeah, you can't just do prolong and, you know, eat pizza and drink soda the rest of the time. But if you're living a healthy, healthy lifestyle and you're replacing your hormones and all of the things we talk about on the summit, and then you add this in, I mean, I said it way before you came out with this, you know, this just came out this year.

You know, I said, I have always said I'm going to live to 120. And when I started doing proline, I just didn't intuitively I said, nope, now I'm going to live to 130 because I'm getting an extra ten years from proline.

So I was pretty close to that's that's great. And one other article that we published a few months ago, end of 2023, in December, we were, you know, because the Mediterranean diet is ranked number one diet by the U. S.

News and World Report and the American Heart Association, most cardiologists would tell you, based on the American Heart Association, is a person should go on a mediterranean diet.

So we said, okay, let us go against the Mediterranean diet. We know what we can do on the cells and the muscle, and no other light could do that. So we did this, this trial.

And, we took people with a little bit of cardiometabolic risk. They were a little bit overweight and some of them had hypertension, which is actually most people after age 50 or 60.

And then we said over four months, either you do prolonged four times. So we're talking five days, five days, five days. We only do it five days a month for those listening to us today, it's always once a month and 25 days.

You, you go back to your normal diet and versus doing the training diet, and that's five days for a month, but every day throughout 120 days. So we said, okay, 120 days or just parole on five days a month.

And to no surprise, they were equal. So the cardiovascular perspective. So in most cardiovascular parameters, the the fasting mimicking that in just five days had similar benefit to doing every day, a training diet except for the muscle.

The Mediterranean diet, you lost muscle with it. And with the provolone the muscle was preserved. And that's critical for menopause. It's very important that women at that age protect their muscle.

It's an organ of longevity. It's an organ of motility. And, it's important to protect it. That's just that's just so fascinating. It's really. If I didn't know you and know the work, I'd be like, this can't be true.

It's, like, too good to be true. But it's, you know, we've got the data here. We've got the power of fasting, right? The fasting is probably the most powerful.

And again, I cannot think of anything that can put every cell of the body in an existential state for them to rejuvenate. Fasting impacts every cell of the body and the cells are a it's an existential thing.

This is why when I first met you, you were like, it's impossible. How come a man or a woman or 240 pounds or 180 pound like and I totally it works on the principle of life.

It's going to starve the cells and the cells because we've tested in, in fleas in mice and rats and humans, and it just taps into a foundational existential principle and pushes the cells to reject it as a response.

So a lot of people were like, okay, can you throw rejuvenation on the skin? And if this is the biggest organ, right.

Skin, confidence, and emotional benefits

And there's a multi multibillion dollar cream industry, there's barely that, that, that most of people listening to us today you're using spending thousands of dollars on your skin to barely improve the skin of the face.

And maybe the hands or whatever you're putting in there. So we said, okay, we're going to show you that we're going to rejuvenate your skin by food only.

And we went and we did a randomized clinical trial to everyone listening. It is very important. These are randomized. They're done in outside universities or clinics.

And we did a three cycle of prolonged. And we tracked skin hydration skin texture with a that even we looked at the, at the skin composition. And we did the trial.

And again to no surprise, a big difference in skin hydration, skin roughness. You can see here. All these parameters, you know, they were they were improved.

And one of the biggest you know, before designing this trial I went to, a chief marketing officer at one of the biggest cream industries. And they said, what do you sell at the end of the day?

Said, I sell happiness and confidence. So even under nutrition intervention, we went and we measured happiness and toxins. And it was physically very significant.

Women who did all, seeing the changes in their skin, their happiness and confidence statistically increased. Big time actually. So, you can see it even in the outcome, your improvement in components of mental states and just happiness and confidence.

And they were very, very statistically significant. The p level here, when it's below 0.05, as you know, is very significant. It was below 0.003. So this is very highly significant.

And so I wanted to show you here the latest two articles that we published all relevant to men a of women, whether it's the bio age score reduction, whether it's skin improvement or whether it's eating habits, like a mediterranean diet for protecting muscle and cardiometabolic, health as well.

And this is just the tip of the iceberg you had shared with me before we came live that you guys are publishing every month now. It almost this year because Covid delayed a little bit the clinical trials and we had we had almost 16 ongoing trials.

So now that all the all the results are coming at once and we're publishing almost once a month or once every other month, which is very big, for a company like us, where they call us now, the first Nutri TAC of the word, you know, biotech is the pharma and the big research and development that leads to medicine, where the first maybe companies super focus on research and development for food is medicine.

And so there's longevity. And so, showing the efficacy, through a big trials and in partnership with big universities and hospitals around the world, that's amazing.

And I love the happiness and the confidence. One of the things I, I want to make sure I bring up. So I'm going to bring it up now is what happens also.

So you do the five days. But I always find that day six is such a profound day because once you've completed the five days, something changes in your relationship to food.

Your cravings go away. You your portion sizes are not what they used to be. If you've been eating too much. And so it's not just these beautiful benefits during the five days, but when you finish, it's the benefits afterwards where you now have a renewed, relationship to your food and it can really work.

You know, women were notorious for having relationships that aren't so healthy with food. From what, since we've been little and what we've been taught and what the media tells us, and using food as comfort, using it when you know, as a drug, when we're stressed and so forth and so on, in addition to all these beautiful, amazing physical changes that are profound, it also really impacts you on an emotional level, on your relationship with food.

When you're doing the fast. Because we spend a lot of time thinking about food, shopping for food, cooking our food, cleaning, eating our food, cleaning up after our food.

So when all you have to do is open up a box and make some soup, or have a tea, or eat something that's already ready, it gives you a lot of space in that week where, you know, fasting in a spiritual tradition has always been to

elevate your consciousness, to have time to think about other things.

And so you get that space where you can really look at your life, where you can pause, right? It's menopause. And so you can start to look at your relationship with food and see what your cravings are and see what's really real and what is, you know, just being driven by emotions or by nutrient deficiencies.

So come day six, because I always find and I've done it numerous, numerous times, but there's always that point where, I don't know, I start to think about something like, and sometimes it's just something healthy, like, I want steamed broccoli and a piece of salmon.

And I start thinking, oh, I can't wait till day six. I'm going to go get the biggest piece of salmon and a huge bushel of broccoli and put my butter on it, and my garlic.

And then day six comes and it's like, oh, I think I was just feeling like, oh, because I can't have something. I have to have it. And day six comes and those cravings all just dissipate.

So a lot of times we just as humans, it's like we want something we can have. And when day six comes, you get these new neural connection that I think that's the happiness and the confidence that say, wow, I did it.

I said I was going to do something and I did it, I completed it, I'm a winner. I got this, I can do this. And then we start to have that drip out and ripple out into other areas of life.

If I can do this, I can get to the gym. I can be a woman of my word. So it's just such a profound and multi-level from our physical, emotional, mental, spiritual that it's it's quite amazing, as I'm saying.

And like these five days in a box just affect us so deeply on every level. Yeah. And two things I want to add to what you mentioned is, first, you know, day three, when you do it for the first time, you're going to feel day three is the difficult day in this way.

And probably you were thinking about the food, etc.. Day three is when the body is going bankrupt, right?

Longevity protein, gut health, and product innovation

And consumed a lot of my fat. Now I'm going to push the cells to rejuvenate and it's a difficult days. And I say it to one people so that they hang on a day to day four, day five.

You feel like your high energy cells are rejuvenating. You feel you have a complete new, new taste buds relationship with food, energy, performance. So just go through day three and and then it will it will through as much easier after.

And you know the the second thing I want to mention is women's health is so important for us at all on IT and nutrition that we just launched. Also two other products that I think people would love.

You know, our research is showing that on average, women actually have consumed a little bit less protein or have a little bit. They lose muscle fast, especially when they cross menopause.

And in in protein intake is so important at that level, that we just launched the first ever actually longevity protein. It's called the L protein. And we put University of Southern California, the Longevity Institute and E from a big research center in Europe.

And they literally, with us, it took us a good three, 40 years to develop the, the L protein. It's all plant based, all vegan, 100%. But it has proteins that don't let 25g that don't over like your growth factors.

This is so critical. Meaning we're nourishing your muscle but we're not pushing your aging process. It also has 21 middles and vitamins and has extra virgin olive oil.

So it's a medium longevity meal that represents the longevity diet as described by our founder, Professor Valter Longo. But without spiking either insulin or IGF.

And and we feel women, especially those who are vegan and all rely mostly, plant based. Sometimes they need that supplementation to preserve their muscle, little product that a lot of our women consumers ask for was the gut health bill.

It's the first time that there's, and dual cap technology to 100% vegan pill, but it has the omega coupled with the and probiotics together. And so those coming out of colon, if they go on the protein and the vegan gut health bill, the gut health bill has the same microbiome that we studied survive after prolonged to prolong the microbiota fasting.

And the L protein is feeding on the rejuvenated muscle without accelerating aging. This is when a lot of people now, do acid problem. Well, so you guys send me a few samples of the protein, the strawberry and the chocolate.

So not only are they healthy, they're delicious, I love it. I'm like, I love them so much. So I'm glad you brought them up because I just started drinking them last week.

But I didn't know about the gut health, so I'm excited to learn more. You know, there's a lot of changes in the gut with fasting, the gut lineage. A lot of people suffer from leaky gut.

So you have gut lineages. You have got microbiome going from a microbiota that's used more to meat and or to toxins that are coming into the body. And now turn it into plant based.

You want to keep nourishing this microbiota, to keep it flourishing. So the L biome is a dual cap technology. It has the Omegas, actually omegas. People have never thought about omegas for the gut, but it has gut lining and it helps with the gut brain and the gut cardiovascular axioms.

And then it has the pre and the probiotics from prolonged. Some prebiotics some prolonged and some bacteria survive after doing the colon so that we preserve the the new microbiota is that's something you can take every day.

Yes. You take two pills every day 100% vegan. Even the exception, even the wrapping, it's all 100% vegan. And, you take it every day after pull on just to again preserve your microbiota and give the omegas that you need for for linkage between gut and brain and gut and cardiovascular.

Oh, well, I just learned something new. I'm excited to try that. I didn't even know that was out yet. So we are. So you've heard us talk a lot about the the three months that the three cycles, which is normally I'll have patients go do their blood work and do their fibrinogen and their C-reactive protein and their insulin and their homocysteine and their lipids and all this.

And we'll check before and we'll check after. And we always see changes for the for the benefit. So if you want to get on board and do the the longevity challenge, which I'm super excited to do, you know, you can get your blood work done ahead of time if you're not a patient of mine.

We're going to post this summit. Stay tuned. You're going to be on my email list, and we're going to have another webinar. And we're going to really dive deeper and explain the challenge, give you an opportunity to get a good discount and get the kits and join me.

I'll be your guide. We'll be fasting together. It's a lot of fun. We did this back in June. We just I mean, in January, we did just one cycle, but I went live every morning.

Every evening on social media, and it was a lot of fun. And we created a nice community. And it's always better to fast with friends than to fast alone.

So I hope that you, are as excited as I am because this is, like, really powerful stuff. I mean, when we think of it in the big context, like, you can do this for five days or 15 days or 20 days a year.

What you give in those days and what you receive in return is just so amplified. It's to me, it's kind of like a no brainer. It's like I can fast for five days so I can get all the huge benefits that are going to support me and sustain me throughout the rest of the days.

And so I hope you learned a lot that you realize, you know, this is autophagy. This is saving your muscle. So intermittent fasting is not doing those things and not spiking.

You know, like your IGF one and things on your insulin, these are all really important things. So sometimes we just hear something and it sounds good, but hear you know, we hear something and it sounds good and we have the science to back it.

So they're very science driven. They're not just throwing things out like I just learned about right with you live about that new pill. And that makes so much sense.

Like, yes, let's preserve the microbiome like that makes a ton of sense because you are going to go back to eating your normal diet and hopefully your normal diet is a healthy diet and so on and so forth.

But preserving what the fasting is done for you and helping to keep the gut from being leaky, leaky, these are all just brilliant things. And so if you stick around with them, then you find out that they just keep innovating.

I feel like every time I talk to you, I'm like surprised on them. I'm like, oh, you got that now? That's fantastic. So they're just innovating. They're leading the way.

They have so much integrity, so much science. And I'm just, you know, really proud to be affiliated with you guys. Appreciate you. We're going to keep doing hard science to you know I would hope I never mentioned that but I do I'm going to mention the first time here is to replace most food that we consume every day with something tailored for longevity.

So we're going to replace your chocolate with the right chocolate for longevity. That actually is almond based and not sugar based. Right. This is our bread winner.

Replace your drinks with healthy drinks. Going to place your bread.

Challenge wrap-up and closing remarks

We're going to replace your you know the goal here is for the first time in history to put a big, giant conglomerate of hospitals and universities to rethink every food we eat and replace it with the food for longevity.

This is our mission, and we're tackling food after food and replacing it too. And we've learned so much. I can do this whole session with you about the the, the thing that we don't know about what we're eating.

I mean, it was we mentioned the L protein. It took us two years just to produce it because every producer in the US adds silica at other things to the production.

As long as the below they're below 2% of the of the total weight. You don't have to declare those on the label. I didn't know that. So we went and we were like seeing the suppliers adding stuff.

And I'm like, we don't want 100% clean. We're vegan. We don't want any additional stuff. And they're like, they're like, everyone does that. So I went to have to supply it and all of that.

I didn't know I used to drink protein shakes. I didn't know that, that I'm drinking 3 or 4 other ingredients that are not on the label. And then nobody talks about that.

You know, chocolate, you know, we our l spread, we have a longevity spread. We cannot call it chocolate because it doesn't have butter. You need to add butter and milk to it to become a chocolate.

Then we're not going to do that. This is a vegan health the longevity spread. So we call it spread but not chocolate. There's all these tricks that the current nutrition business use that is actually feeding us crap, honestly.

And some of it we know it and some of it we don't know it. And we're replacing all this with something clean, healthy, honest, ethical and scientific.

Amazing. I appreciate that so much. So everyone get on board and we can all live to 130 together. We'll be we'll be drinking our shakes when we're 120 hanging out.

So, so so stay tuned because like I said, we'll we'll dive deeper into that because that's fascinating and always interesting to learn about. And we'll see what new new studies have come up.

So stay tuned. And you know, look for the announcement where we're going to do another webinar after the summit and do a longevity challenge with me. And you will get to experience the results for yourself.

So thank you, doctor, and for being here, for being such a champion of women's health and food is medicine and I mean for just continually innovating.

It's just so necessary, so appreciated and so helpful. Thank you doctor. Sales by okay everyone. That was exciting. Exciting starts in menopause can be exciting and does not need to be the beginning of the end.

It's actually the beginning of the next beginnings. So thanks for being here. I know you learned a lot and we'll see you for our next talk.