Stop Aging In Its Tracks: The 5-Day Longevity Plan Transcript

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Introduction to the Fasting and Longevity Summit

Hi everyone. This is Doctor Joseph Anton, your host for the Fasting and Longevity Summit 2.0. Thank you for watching today. I promise that we're going to change your life with the wealth of information throughout the, the summit where 40 amazing experts that you're listening to if you're already here and these are the best experts in the world, I dedicated personally my life to promoting longevity to keep people healthier, longer and away from the sick chronic care system, and to practice true health care.

One of the best ways, really, one of the best ways that the science backs today with 40 human trials, 18 universities doing the trials with us at the is to do the prolonged five day fasting mimicking diet.

How the Five-Day Fasting Mimicking Diet Works

What is the role of five days fasting mimicking diet? We describe it into in the other sessions, when we talk about prolonged fasting and how to mimic fasting with food.

But in a nutshell, it's a five days very healthy, ingredient wise, plan based, gluten free, non-GMO, lactose free, soy free. So very healthy ingredient.

Five days nutrition program that comes to your house when you order it, and it has all your food, your drinks, and your supplements you need for five days with the goal of feeding your body and nourishing your body while sending signals of fasting to your metabolism to reset your metabolism, cholesterol, triglyceride, blood pressure, blood sugar, and to your cells to rejuvenate your cells with the process that we described called autophagy self rejuvenate, which keeps the cells younger than it age, it's very important to rejuvenate your cells and keep them younger than your age.

You're going to hear me talking about this consistently. Stay younger than your age. Why you want to stay younger from the inside? Because 90% of us will die out of four diseases and they are all age related conditions.

Diabetes. You don't get diabetes type two at age 20, cardiovascular disease. You're not going to get your first heart attack at age 20 for Alzheimer's.

You're not going to get Alzheimer's.

Why Staying Younger Than Your Age Matters

Even if you have the gene at age 27 and, cancer, you're not going to get most cancer at age 25. Age related chronic diseases are behind 90% of our death.

So if you keep your body younger than its age, you're actually giving yourself a chance for healthy years of life. This is why protein exists is what we called it prolonged for promoting longevity.

And this is why I want you to, throughout this session, learn how to do it for longevity. So we studied, you know, one cycle of prolonged three cycles after problems, four cycles of run per year.

And more frequent problems. If you are otherwise healthy, you know you don't need to lose a lot of weight. You're not medically obese. Or if you don't have blood sugar issues or blood cholesterol, meaning if you don't have a health condition, you are basically, you know, above age 40, between age 40 and 70, and you feel like I'm aging, I'm slowing it down.

I have stubborn fat. I'm again fat that I'm not losing. Becoming a little bit slower, I start feeling the impact of aging

on my body. I'm going through menopause and I, you know, my body switches, I feel aging, I'm losing my parents to different chronic conditions, and it's time to take care of myself.

Prolong is one of the best things you can do for your life. And your longevity and your vibrance is to regain vibrant years in your life.

Research on ProLon and Biological Age Reduction

So the most important study, if you do not health, health, have health conditions, was published in the journal called Nature under nature, which is the number one science of the world.

Is nature Communications, and we published their February 2024, a major article showing that if you do three times prolonged per year, three times every time, as if every cycle, every box is five days, so 15 days the entire year, 365 days.

Can you please commit three times to buy promote instead of going to Whole Foods and buying your five days of food instead of going to Safeway? Whatever you go, can you just buy the pro and five day fast?

I mean, we can we did price in a way equals to just whatever the average American spends on food in $170, $175. I think in your summit in this summit, you're getting a big discount, 20% discount or 50% discount on Pro line.

It makes it almost cheaper than buying food for five days. So can you commit three times to the pro and per year? Why? Because the science is showing that when you do so, you rejuvenate.

You're resetting metabolism, rejuvenating your cells. The aggregate biological age score again is 2.5 years. You're decreasing your biological age by 2.5 years.

It took nature three years to publish this article. They want us to do more trials to show, the true benefits. I mean, it's the first time they're publishing an article number one science journal.

The words showing that you're there's one product called prolong, in that case, rejuvenating the cells, resetting metabolism, and helping biological age to be reduced by 2.5 years.

Recommended Use and Closing Call to Action

This same article is showing that if you're between age 50 and 70 and you do prolonged three times per year over 20 years, three times 15 days, just 15 days, it's the only diet you don't have to be on every day.

And if you do between age 50 and 70, you're going to gain 11.5 years of biological age score. This is incredible. This is how powerful fasting is, and this is what we recommend you do do prolonged 2 to 3 times.

You know, once every three master by your prolonged or subscribe to it. And then you do it for you know, especially if you're after age 42 to 3 times per year, you're going to reduce your biological age score.

You're going to take off this stubborn weight, you're going to improve your metabolism. You're going to feel the high energy, the brain fog, all the emotional benefits that we mentioned in the, in the fasting mimicking diet benefit sessions.

So a lot of emotion, a lot of even short term benefit. This is not only longevity. You're losing the weight that you're protecting your muscle. Now very important for him in a women as well to protect the muscle, to improve the metabolic markers, to rejuvenate your skin, to protect your metabolism and reset it.

This is the recommendation. This is how you can unblock, prolong. Subscribe today, get your boxes and enjoy healthy. Long, hopefully long trajectory in life.

Thank you very much.