The Diabetes Breakthrough: How 5 Days Can Change Your Life Transcript

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Introduction to the Diabetes Breakthrough

Hi everyone. This is Doctor Joseph Anton, your host for the Fasting and Longevity Summit 2.0. One of the major differences between this summit and the previous summit is that now, finally, we have published two major articles and two top diabetes journals, Diabetologia and Journal of Clinical and Technology and Medicine, both focused on the fasting mimicking diet to regress or remit diabetes.

Let me walk you through all this because now we have a big revolution. Probably the biggest, new technology, new intervention, new big hope for diabetes patients.

So please listen carefully today. And if you know somebody with blood sugar issues or pre-diabetic who are who is pre-diabetic or full diabetic, make sure you refer them to this talk and make sure you refer them to El Dash, Neutra and Utd, a health.com which we have become where you can find the science.

The articles and the summary of slide fasting mimicking diet for medical weight loss, prediabetes or Matic or metabolic syndrome and full blown diabetes.

So I'm going to go into the details now. First let me define what is diabetes regression and remission. You know, for those who suffer from diabetes and even myself coming from medical school, I'm an MD, PhD with two masters, and I did Harvard and Hopkins study.

I did the best institution. I taught at University of Chicago, and I was the director of the Health Policy Center.

Defining Diabetes Regression and Remission

And with all this, all my learnings, when I went to those schools where about diabetes being the number one disease in the world and being a progressive disease, right.

The day you're diagnosed with diabetes, the doctor puts you on metformin, then you're going to expect that in a few years they're going to get another pill, then another pill.

And now the GLP. Once, then the incidence. So when you see a doctor and he announces that your blood sugar is high, this is a journey of progression. He's not going to tell you.

Well in six month you take metformin and you'll be done in 12 months. I'm pretty sure I'm going to reverse it for you in two years. If you to take insulin, you know you're going to be cured.

It's actually the opposite. We call those treatments for diabetes. They don't treat diabetes. They move. And this is a loop. All right. So the diabetes is is defined by a level of sugar in the blood.

And that's a big loophole that a lot of companies took advantage of. Because what they do is they just give you pills to move sugar faster from the blood to the tissues.

When the sugar is absorbed faster to the tissue, guess what? The excess sugar, the excess carbs they get stored and more fat and you become even more insane. The resistance.

And then even you need them more pills so that to compensate for the blood sugar increase as a result of the blood sugar pills. So this is one of the biggest, I'm going to call it an inspired conspiracy conspiracy theory.

I'm going to give the benefit of the doubt. But actually most what I want you to know that most diabetes treatments, the current medicines, most of them, over 90% of them, they actually are pushing you even forward in the disease,

not even not curing you, but it's actually pushing you forward.

Especially the insulin, by the way. So it's it's just mind blowing that we're okay spending trillions of dollars on the health care system. And we don't cure diabetes patients.

We actually give them treatment to balance the sugar. But at the end of the day, we're just pushing them forward. And there's no day that this disease would end.

There's no promise for any of the doctors to end it for you. I used to tease my attending and say, hey, if we're giving those prescriptions and same for cholesterol, say for blood pressure, like, what is the end date?

No, no, they have to refill it every month. But then we're treating nothing. We're practicing sick care. And today, for the first time in history of the disease, we're bringing in natural intervention called the fasting mimicking diet that can help you regress.

Regress, meaning you need less medication or remit diabetes remit, meaning you don't need medications anymore for your diabetes.

Root Causes: Insulin Resistance and Visceral Fat

These two words, these two claims, they were specifically created for nutrition, for non-pharmaceutical interventions. Because if you want to say, treat diabetes or cure diabetes or reverse, this is kept for pharma and the biotech and the industry.

Now the underground society that making College of lifestyle medicine all the big physician and dietitian. By the way the American Dietitians Association, they all came together to say, wait a second.

Diabetes is a disease of aging and nutrition. If there's an intervention, it can come in and help patients become free of their medication and not needing more medication.

Let's create these two claims. One is called regression. Going backwards, needing less medication. One is called a remission, needing no more medication from diabetes.

And they specifically in their national position paper on diabetes, mentioned a fasting mimicking diet, two big national position papers from the biggest diabetes organizations, both dietitians and physicians.

They created the word remission and regression because of the power of the fasting and began, they said in their position paper, inspired by the results of the fasting mimicking diet.

So what are you going to hear today is going to transform lives is the first time we're helping people regress from diabetes. So why the fasting mimicking diet is so powerful on prediabetes or diabetes?

It's very simple. It works on the root causes of the disease. It doesn't just regulate the symptoms. You know the current pills. You take them to push the sugar away from the blood and therefore, by definition, lower the sugar.

Therefore, I'm not diabetic. That's wrong. You are diabetic and just you have a medication that's helping you move, hide it away, hide the symptoms away.

But actually your body is not functioning well because you didn't tackle the root causes of diabetes. So what are the three root causes of diabetes? Number one is weight gain and insulin resistance.

And this is where the entire medical school teaching the entire most of the pill industry focus on the medicines is okay, insulin resistance I need to lose weight.

The more you accumulate weight, the more the weight becomes. What we call resist the insulin. You know, insulin

is produced by the pancreas to push blood sugar, to push the sugar from the blood into the cells.

The more you gain fat, the more you become insulin resistant, and the more the more actually, blood sugar remains in the blood and you become. You got above that 140 and you start becoming diabetic.

By the way, insulin resistance is actually a common denominator to many other diseases, including cancer and including Alzheimer's. So we call all the time rich today diabetes type three.

So it's a very it's a it's a high inflammatory status as well. So it's against longevity when you start accumulating weight building insulin resistance.

It's not just prediabetes and diabetes. It's also cancer risk is Alzheimer's. Risk is cardiovascular and heart attack risk from high inflammatory status as well.

So it's very important to unlock that part. How you look. Insulin resistance is by melting the fat. And how to decrease fat is very important to focus on decreasing visceral fat.

Protecting Muscle During Fasting

The most, unhealthy fat you start in your body is not the fat under the skin, although that's not super healthy, but is the fat around and within the organs, the fat around the heart, the fat around and within deliver the kidneys, etc.

this central fat is the most important fat to get rid of. And the fasting mimicking diet. Fasting itself goes directly to this fat. When you're fasting, the body thinks there's no calories and you're doing the fasting mimicking diet.

The body thinks there's no calories. It goes deep to pick the reserve, the fat and melted down from the visceral fat is a very important, pillar of diabetes that the fasting mimicking diet focuses on.

The second pillar of diabetes, where most interventions fail on is protecting muscle. We don't talk and diabetes about muscle, but it's one of the most important factor to reverse diabetes. Why?

Because if your muscle is strong, muscle is the engine. 80% of the clubs in the body go to the muscle because the muscle is the engine of your metabolism.

Is the engine a burning car? Most drugs do not impact muscle. And actually the newest drugs, the GLP one, semaglutide and there's epics that will go with the many.

I don't want to mention names, and there's a big respect for those because they do have a role to play. If you're significantly obese and you want to reduce in the short term your weight.

But on the long term, they have a lot of side effects. One of the most important one is you lose a lot of muscle with that 10 to 30% of the weight loss within the group, one is coming from muscle loss.

When you lose loss and when you do chronic dieting, a lot of people say, you know what, I don't want to use the drugs. I want to go on a chronic, low calorie diet, either.

The Mediterranean diet, which is one of the healthiest diets by the American Heart Association, you lose muscle with it. We've done a randomized clinical trial with Put the Mediterranean Diet head to head against every Mediterranean diet, again, just five days a month.

Fasting, mimicking diet with the fasting mimicking diet, you protect lean body mass. With the Mediterranean diet, there was a loss of 1.2 pounds in 120 days of lean body mass.

It's so important to protect muscle because as long as the engine of burning carbs is there, then you are independent. You're not depending into calories, actually not dependent into the pills.

You're independently burning your own carbs. So if you eat healthy and you protect your muscle at the same time, this is what the fasting mimicking diet inspires you to do.

You're unlocking that second pillar so important today, very much under, spoken light. Why, there's a lot of discussion about muscle and diabetes, because most interventions fail on protecting muscle, and therefore they don't want to talk about it.

How come the fasting, mimicking diet, protecting body mass? There are two trials, protecting lean body mass, protecting muscle with the fasting mimicking diet.

How does that happen? As you know, fasting. And we talked about it a lot in the other discussions that fasting is a stress fasting. That is the stress.

The stress induces rejuvenation, autophagy, rejuvenation of the cells. Yes. What rejuvenates very well, there's a big organ. Is muscle now fasting mimicking diet.

You're fasting with food. There are proteins that are carbs. Not like water fast. With water fast you lose muscle with the fasting mimicking that, and you're nourishing the muscle that is being pushed to rejuvenate.

And one of the hormones of stress is growth hormone. Growth hormone actually is what the muscle love to grow. So you're having a fast growth hormone is telling.

Is the stress hormone starting the muscle to grow? The muscle is being fed by the fasting mimicking diet and is rejuvenating with autophagy. That way you protect lean body mass and think about it makes perfect sense.

Think about it. Think about ancestors and human evolution thousands and thousands of years ago. When there's no food, the body doesn't want you to get weak and this fall down and not search for food, right?

What the body does breaks down the fat into ketones to nourish the brain so that you stay awake and invest with growth hormone pushes the muscle to go and walk and find the next fruit or vegetable.

It's a natural human evolution.

Aging, Autophagy, and Biological Rejuvenation

We just lost it because we stopped fasting. If you go back and you fast and even better now, science is our side. We didn't have science. Our ancestors didn't have the science.

The science of the fasting we began diet is even giving nourishing the muscle at the same time. So the muscle is very well protected. And this is so important for diabetes species or prediabetes.

Are you going to hear me mentioning diabetes that this applies to prediabetes, metabolic syndrome, to people who have a lot of, you know, weight to shed is a lot of people that are medically obese, meaning they have their BMI above 30.

Unfortunately, 40% of us in America are medically obese and 73% need a metabolic reset. So what I'm I'm going to use the word diabetes, but this applies to all metabolic or many of the metabolic, health, that you can benefit from doing the program at LNH.

And Neutral health.com. The third pillar for diabetes or prediabetes. We talked about first one, insulin resistance that comes with accumulating fat. We talked about muscle.

The third one is aging. Is aging so important. You know, those who were eating unhealthy at age 24. They were not diabetic. Anyone not diagnosed diabetic, they got diagnosed diabetic at age 50.

So the body when the body is young, when the cells are vibrant, when the pancreas is young, can still produce insulin. The cells consume calories and burn calories fast.

Youthfulness is so important to combat diabetes. So why we don't talk about it? Because there is no pill that you can take to make your cells younger.

But guess what? There's a fasting mimicking diet that pushes the cells to rejuvenate a process called autophagy. I talk about it all the time. That's the secret of the miracle of biology.

This is why the fasting mimicking diet is so powerful. It's giving you autophagy on the cells. It's helping you, helping your cells. And when you fast cells, this lives on calories.

So when you fast this signal across the body, it's not just the pancreas. It's not just the heart. It's not just the brain. It's everywhere. Every cell is saying, or almost every cell is saying, I need to rejuvenate.

I need to stay younger than my age. I need to heal. I need to fix, I need to reprogram in. This healing process gets the cells biologically younger. We did a study showing that the biological age score of the body decreases by 2.5 years when you do three cycles of the fasting mimicking diet and that youthfulness.

I always say this expression stay younger than your age. The younger you are from the inside, the further away you are. From the onset of the four major age related health conditions, they will kill us.

We never they never taught us in medicine that these are age related conditions diabetes, cardiovascular, cancer, Alzheimer's. This is what's killing 90% of us.

You don't get Alzheimer's at age 20. Even if you have the gene, you don't get diabetes type two. At age 24. You don't get your first heart attack at age 26.

So they're age related. And one of the solution to pull you back, to regress or to remit is to get yourselves into younger age. There is no pill that can do that.

There's only the fasting mimicking diet that can do that. So why the fascinating me tonight is showing today, and the two trials that I talked to you about, it's showing to be 700 to 800% better than medication alone.

So when you're taking your medications this is why we talking regression. We don't want you to stop your medication. We want you to add the fasting and begin by to them.

And then your doctor every 3 to 4 months is taking off or six months or whatever period is. It tells you, hey, your numbers are great. Your HP, once he is great, your blood sugar is great.

I'm going to pull one medication off. So the goal is we come. We don't want to disturb what your doctor have prescribed, what you're doing. So don't think this is a replacement or this is just, you know, doing a different day in different way.

No. We want to work with your doctor, want to work with you. But we're finding a solution that every six months, this is what the studies are showing.

Two thirds of diabetic patients within six months decrease the dose or get it off. Get fully rid of a pill for diabetes. So imagine six month when we say six month it just five days a month.

So the neutral health.com program for diabetes you do the fasting mimicking diet month one five days only 25 days. You go, you eat whatever you want. And all the science that we've done, we never restricted food or ask people to exercise.

There was no other factor.

Clinical Results and Program Overview

Of course, we recommend that you eat healthier, that you change, and the fasting we believe that will inspire you to change naturally. Not forcefully, naturally, not forcefully.

This is very important. These are tiny wins, tiny five days of wins that will change your life as well. So five days month one five days months. Do five days months three months, four and five months 630 days in total and six month just 30 days in total.

And two thirds of the patients are decreasing a dose or taking off one medication two thirds. This is what we call regression, actually. On average, 22 pounds of weight loss.

69% of the patients are showing insulin resistance reduction, and these results are 7 to 800% better than medication alone. I mean, it's unbelievable.

And guess what? You know, you overeat too. With aging you become diabetic. Fasting right, is the fastest way to pull you away from this overeating accumulation and diabetes while protecting your muscle with the fasting mimicking diet and one to rejuvenating your body.

Biological age score. We've been a loaded file for 12 months and now we launch the program. So we have all the data to show 99.1 over ten patient satisfaction.

They've seen it. The the beauty here is and this is why compliance is so high. Compliance is like 76.5% of patients over 12 months. So you do it every month, the first six month, and then just once every three months to maintain.

So once a month for six month. That's the program you're going to subscribe to. And then once every quarter just to maintain. So in the entire 12 month you're basically doing it eight times only eight five days to help you regress.

So your number one disease in the world, there's nothing else that can get even close to this. So patient satisfaction is so high and compliance is so high.

9.1 over ten satisfaction rate 76.5% of people stay on it after month 12 or at month 12. Why is that so? Because it's five days. Five days only a month.

We're not asking you to diet every month. We're not asking you to take pills every day or to add pills every day. It's five days. There's a day one. There's a day five said always easy.

It's a fasting, mimicking diet plan based clean nutrition. But it will inspire you to change your life. It will reset the biological age of your cells and it will reset your metabolism.

This is why it's so successful. If you want to read more about the clinical trials I mentioned, if you want to try, try it and start your journey. You can even try one cycle just to try and talk to the dietician and she will put you on the plan.

The dietitians, they're supervised you. They're we train them in longevity and diabetes, not just diabetes. And this is where most medication and the current secure system fails.

They look at this. They zoom in on one factor. There's one pill, one receptor dropped your blood sugar. That's all the side effects. You lose muscle in increasing chances of cancer.

You're damaging some of the cells. I mean, these are you know, you're losing bone density. These are important side effects that comes with all the pills.

This is when you hear a pill. There's like a list. You know, people are smiling and dancing, but there's a list of 20 side effects with it. Well, there's a role for medication.

I'm a physician and definitely trained to to prescribe certain medication for certain cases. Having said that, there's a big role for nutrition and healthy nutrition.

Food is medicine. We are the first company on the internet to show you scientifically that food, not just eating healthy, but food, is getting a regression in the remission from the number one disease in the world, and that's diabetes.

Go and start your program at the Neutral health.com. The program is called diabetes Regression remission. And it's centered around giving you the best care through nutritionist and dietitian longevity dietitian and doctors centered around the fasting mimicking diet, unlocking your metabolism, rejuvenating your cells, and protecting your muscle.

Thank you very much.