Introduction and sponsor welcome

Hello, I'm doctor Sharon Stills and welcome back to Mastering Your Menopause Transition Summit 4.0. I am so thrilled you're here and getting ready to listen in on what's going to be a fun and educational conversation session.

I have one of our sponsors in the house and I always, like, bowed deeply to our sponsors because without them, we cannot do what we can what we do here.

We couldn't bring you the summit, so we're very grateful for the support, and it happens to be one of my favorite people and one of my favorite companies.

So I have Rene fitting in the house. She is a longevity dietitian and the director of education and L nutrition, aka proline. And so we are going to talk about the five day water fasting, mimicking diet.

And we, I met Renee. It's been a while now, and it's really funny because I met her first on email and I don't know why I had this environment, like she was this old lady that just, you know, it's like gray hair, and, I don't know, I just had this, you know, you think you know what someone is, and then I met her in person at an event, and I was like, oh, my God, you're like, so young and beautiful.

So, and she's just a wealth of information and learn about what we're going to talk about, because then Renee and I, every quarter she jumps in for my community.

I host a five day water fasting mimicking group fast. And we're going to talk about why group fasting is so powerful. And so we actually have one coming up August 11th.

And so after you hear what you learn here, you might be very interested in joining us and starting to change your life and turn the biological age clock back on your own life and induce autophagy.

And if you don't know what these things are, well, we're gonna talk about it right now. So welcome to the beautiful and brilliant Renee. I'm so happy you're here.

Thank you so much for the warm welcome. I absolutely am so grateful to be here. And I'm excited to share some of the little nuggets that you and I have have cultivated over the last couple of years in bringing the fasting, mimicking programs to your audience and millions of people out there that are really seeing incredible results from these programs.

Yeah. So for anyone who is new here or for anyone who needs a refresher, maybe you can you know, if they're going like, what do you mean, water fasting, mimicking.

What the fasting mimicking diet is

So maybe just give a brief overview about what it is we're actually talking about. Absolutely. So the fasting mimicking diet was founded based off of the idea that water only fasting we recognized as being this incredible tool, but also having some limitations to it.

And that it was difficult, of course, I mean, especially when we're talking about long five day fasts, thinking about doing that with water only, it can be scary.

On top of that, safety concerns with water only fasting then. Last but not least is muscle loss. Concerns with water only fasting. So all of these things started bringing up a lot of questions.

And researchers and physicians mind saying, how can we get these benefits of water only fasting without the downsides? And so Doctor Valter Longo and his infinite knowledge went into the the weeds and started to figure out how we could get the benefits of water only fasting, but with food.

And thankfully they found that answer. And that is what the fasting mimicking diet is. It is the ability to get the incredible benefits of water only fasting, but with food.

And not just broths and teas. We're talking whole foods breakfast, lunch, dinner, snack, and even desserts. Yes, it is possible. And the best part is it is backed by about 30 years of research, 40 clinical trials, 30 of the best research institutions in the world, and really evidence based to support this incredible tool.

It's like, you know, you think it's too good to be true and it is too good. But and it is true and I, I don't I don't promote water fasting for anyone anymore, especially for women who are perimenopausal.

And then a puzzle because like, we need our muscles, you know, this muscle is like gold, muscle is health, muscle is longevity, and you don't want to lose it while you're fasting.

And that's one of the beautiful things about the prolonged five day, cleanse is that it protects your muscles. And, and and I'm waiting for the day. You guys want to put me on a billboard where I'm just, like, fast and in there and eat Taco Crisp bars at the same time?

Like, to me, it's like you get dessert, you get Taco Crisp bars, and, you know, it's you'll be a little hungry. But like we, I could never fast on water for five days and see a full patient load.

There's just no way. I mean, I have tried fasting over the years, and it was just always such a challenge for me. And I do prolong. And I see patients, and, you know, there are moments where I'm like, the last cleanse we did, I like post a picture of me, like licking the inside of the thing.

You know, I have my moments. I'm human, but I can do it. If I can do it, you can do it. And the benefits? It's funny, I had a patient the other day say, you know, I usually make it to like day five, and then I lose it, and I eat something and I'm like, no, no, no, no, no, no.

Because it's, you know, a day three is where you start inducing the autophagy. And maybe you could tell us what autophagy is. So listeners understand why this is so important.

Yeah, absolutely. I mean autophagy is a big part of how we explain why the heck you would even go five days of water fasting, especially in the world of intermittent fasting, where a lot of people are hearing the benefits of every day shorter, fast, maybe 16 or 18 hours, and certainly that sounds easier.

And maybe if you did it enough days, maybe that would be equivalent to these five days of water fasts. And unfortunately that is not the case. So what happens when we let our body get into these longer fasts and really trigger this, this stress, positive stress known as hermetic stress, it induces all of these incredible processes in our body, one of which and one of the ones that is really called out because it's so incredibly beneficial is autophagy and autophagy.

It literally means self eating. Now, that might not seem like a good thing when you think about it, but it is a wonderful thing because the self eating is very selective and it's happening inside the cell.

And it's looking for those misfolded proteins, those organelles that aren't working as well anymore. And it's hunting those down and eating those and getting rid of them.

So it's like an internal vacuum cleaner. I like to think of it like a spring cleaning. And it's going in at the cellular level. And when we think about the fact that autophagy is really only triggered around that three day mark at a maximum capacity, right?

We we get that activated at that three day mark, then we certainly want to get at least to that three day mark.

Autophagy and why the five-day fast matters

But then we want to live in it and we want to make sure that we get you don't start spring cleaning and do it for an hour. No, you have to you have to stay there for the whole weekend.

You have to go into all of the drawers. You got to get out all of the junk. And if you're going to work hard to get to that day three, you certainly don't want to stop.

Then you want to get around that five day mark. But then on the other side of that coin, there is a point where your house is clean and cleaning more is not going to do anything else.

And that's why. And in fact, you might just tire yourself out or waste your time, you know? And so going too long is also detrimental. So it's really, you know, that five day range is really this sweet spot where we get to trigger this deep cellular cleanup, and we also are able to get back into a healthy diet for the remaining days in between your next phase where you're able to rebuild.

And in this analogy of spring cleaning, I like to think of autophagy like you're kind of going through, you're seeing the stuff that maybe doesn't serve you anymore.

Maybe you have a couple dining room chairs and one of the legs is about to fall off, and you just really need to replace those. You go hunt those down, you check them out, and then you can't just have no dining room chairs.

You have to replace those dining room chairs so that you can have a nice dinner party with your friends and family. And so what is that feeding phase is where you've gotten those new dining room chairs, and you have this beautiful new dining set, and you can host and be married.

So it is both the fasting and the re feeding phase are equally important. And that's why I said to that patient, no, no, no, you have to make it through day five because you've gotten to day three.

You've induced the autophagy. And now you want to dwell in the benefits. And I love what you said like we dwell. But by day six we can start re feeding because we don't have to overstay our welcome.

And we are getting the benefits. And I'm glad you brought up because that is such a misconception that like you're getting into autophagy when you're doing intermittent fasting and you're not.

It's the third day Mark and I love. Maybe you can go through because just the product itself is so like user friendly. Like you get this beautiful box.

And then within the box there's boxes for each day. So there's like it's just like, okay, day one, this is what this is what I get. These are my goodies.

These are my teas. These are my snacks. These are my soups. So maybe you could talk about, like, why it's five days. What's happening on each day? Absolutely.

So I'll kind of walk you through what what happens on each day and kind of what you can expect to have on those days. So day one, we consider this our transition day.

You get the most calories. Most people find that it's even in some cases, too much food. You're getting two of the breakfast bar, you're getting soups and all of the snacks, and you're getting the chocolate crisp.

You're getting, you know, about 1100 calories of food. And what your body is doing is just gradually transitioning into this fat burning stage where you are using up all of the stored sugars in your body, and your body is using up anything that's kind of floating around and is eventually going to start switching into burning fat for fuel.

And that kind of starts happening at the end of that day. And certainly once we get to day two here, we drop calories a little bit. It's still about 800 calories, certainly way more than you're going to get on any water, only fast.

And the good news is, is that you're not going to drop any more for the rest of those five days. You're going to stay there. And here you still get a really great nut based breakfast bar.

You still get a couple snacks a day. You get soups for lunch and for dinner that, depending. There's tons of different flavors to choose from, so you get lots of, of choices.

And on this day, we really start sinking into that fat burning stage. And this is where we get to jump to day three. And that staying in that fat burning stage, staying in this deep cellular fasted stage for those three days, allows that autophagy to start skyrocketing.

I like to think of it like a broken dimmer switch, where it's kind of like tough to get it up for that first little chunk, and then all of a sudden you hit this point and it just goes like that, and we see it gradually go up, through day three.

And that continues through day four and five. We're just going through this deep cellular cleanup. Same thing with that fat burning that'll continue through.

And what most people find is that come day four and day five, we see something that we like to call keto euphoria. Where you start really kind of just coasting along.

You might even your senses might be heightened. Your energy might be increased, your alertness that any brain fog, it kind of feels like washed away. And even if you don't feel that on day 4 or 5, certain come day six.

And what I always like to remind people is that that dimmer switch works the same way on the way down. So even though you break your fast on day six, we've clinically looked at the level of autophagy with a prolonged kick.

We show, yes, that we see this activation, this statistically significant increase in autophagy on days three and four. But we even see that it is still elevated on day six.

And so that dimmer switch is just going to keep coming down. But you're going to still keep getting these benefits. And I can certainly say that you will feel incredible.

And I'm sure Doctor Stills, you can attest to all of the incredible benefits that your patients have seen across the spectrum. I mean, those 40 clinical studies are not just on one little biomarker.

We're talking across the spectrum. Yeah. And I, you know, interests like I understood my patient who was like, I just want I have to throw it to the wind on day five.

And I'm like, you're not allowed to do that anymore because you've put in all the hard work you've got. And I maybe, maybe this festival happened. I tend to always struggle on day five.

I have I mean, I've been doing this for a long time, and, I don't know, day five is always hard for me. And it's, you know, I want to give up. I want to eat.

I'm tired. I'm cranky. Like, I often, you know, kind of short in the afternoon and just like, go lay down and just like, wait for Saturday because I usually do Monday through Friday.

So I wait for Saturday to come. The same thing happens every time I wake up on Saturday, and I feel amazing and all the visions of what I was going to eat on Friday are like, you know, they're kind of gone.

So, you know, there's definitely a mental game going on. And that's part of what I love about this too. Is it really like brings you, you know, to look at like where do you have maybe unhealthy habits or eating addictions or obsessions or whatever it is, or frustrations.

And so it's really a reset, you know, physically, mentally, spiritually, emotionally. There's so many benefits. And I love that you have. Maybe you can talk about the study where reducing the biological, like, we're not going to reduce our chronological age.

Right. Like I'm 57 and that's it. I can't change that. But I can change my biological age of what I, you know, what I biologically am aged I which doesn't have to be my chronological age.

And I've always said like for decades we are like biologically built to live to 120. And we're just not using our, our bodies, our vessels, our vehicles the way we should.

And so we age a lot sooner. And so I've always said I'm going to live to 120. I got a lot to do attached to the kids, attached to the grandbabies, and I want to be attached to their babies.

So like, I'm not going anywhere. But when I started doing on, I don't know, very soon after you guys launch, not, you know, years ago. And I just intuitively said, you know what, I'm going to live to 130 now because I'm like, all this autophagy has got to be doing something for me.

I'm I'm getting an extra decade out of this. So but you kind of can you talk about the, the study and the data that shows that I actually was onto something?

Absolutely. And you certainly are, because that was clinically shown. So a study that was published in nature, one of the top journals out there, just published in just last year in 2024, looked at how individuals who did the fasting mimicking changed their biological age and what we saw with just three cycles.

So that is once a month, five days, once a month. For three months in a row. They saw a two and a half year biological age reversal. Now. And you mentioned that decade.

I'm going to one up you a little bit here because when we when we looked and we assessed what that what would happen if you were to do just those three cycles every year for a period of 20 years, they saw an 11 year biological age reversal.

So this is really, really I mean, when we think about interventions, especially lifestyle interventions, this is it stands above far and above really anything else that we're seeing right now.

How each day of the program works

The best part is, is that it's natural. We're not trying to hack the system and go in with pharmaceuticals and trying to figure out a way to, you know, drop mTOR by using rapamycin instead.

We're dropping mTOR because that's just what happens when you fast. So it is it's really, in my opinion, a no brainer for anybody looking to support longevity.

Yeah. I mean, when I'm struggling, I just think of my great great grandchildren that I want to be hanging out with and like, I can I can get through the five days.

And so we're actually now doing it four times a year now. So we definitely are covering the 11 years. Right. Because we're absolutely not doing them in a row, like I do recommend for patients who are kicking off who've never done it before, that you do it once a month for three months.

But now we're kind of settled into we're doing it quarterly. And so and we lead a group fast and we have and you're all invited, we will send you an email after this summit because you'll be a part of my community and you're all cordially invited.

And we have a private WhatsApp group that I'm in and Rene is in, and we answer questions and we cheer each other on and like the people in there love it.

And I get such good feedback that it like really makes a difference. And if people can't make the dates because the dates are chosen by me to fit my schedule since I'm leading it.

So, you know, sometimes women can't make it and I see women in there going like, hey, I'm, you know, I can't make it that week, but I'm doing it the next week.

Anyone want to join me? And people are joining up because fasting with friends is definitely funner than fasting alone. Plus, when you have questions, you can drop them in the chat.

And I'm in there and often I defer to Rene and Rene is in there answering the questions. And so you get your questions answered so you can be successful.

You know, one of the big things is like, just follow the box, right? It's five days. Don't start changing. You know, people ask, well, can I just do this?

Eat 800 calories on my own at home? And it's like, no, they have studied that. Maybe you could speak to that real quickly. Yeah, absolutely. So this really starts tapping into the the underpinnings and the science of fasting mimicking, which is how the heck can you fast with food.

And it is very, very, very carefully curated based off of the science. And what we found is that when we look at what the cells definition of fasting is, this is not our dictionary definition.

Our cells aren't reading that same dictionary. They're not saying, oh, food is in your mouth. Yes, we're eating and it's not. We're fasting. No they're looking.

They actually have what I like to think of as like laser alarms on their surface, but it's really just called nutrient sensing pathways. And they are looking for nutrients in very specific amounts to be present and specific nutrients in specific amounts to be present.

And so if those specific nutrients are present in a high enough quantity, then it says, okay, there's enough nutrients here that we should trigger growth.

But it turns out that you can give some specific nutrients in specific amounts that live below those thresholds. They're the low sevens of the food world living under all of those laser beams.

And so you're actually able to enter into that fasted state even though you're consuming food. But if I haven't said that enough times, very specific nutrients in various specific amount.

And so it's really unfortunately quite easy to choose the wrong foods with the wrong nutrients in the wrong amounts. And so it is I would urge anybody who's thinking about doing this, if you're if you're going to do it, you want to make sure that if you're going to go through this five day program, that you get the results at the end of the day, that you are able to trigger autophagy.

And because unfortunately, it's only really able to be tested, autophagy in a lab, you the only way that you can really trust that you're getting there is by using the kids that have gone through this lab testing and have gone through the 40 plus clinical trials.

And so for me, it's just a peace of mind knowing that one, I don't have to think about anything. And two, I know that what I want to happen is happening when I use the kit.

So I always urge people, don't get creative, don't run the risk of doing it. You know, almost perfect. Because unfortunately, in this world, almost perfect just doesn't cut it.

Exactly. And if you're going to take the time and do it and you want the benefits and, you know, a lot of people probably like me and like, don't tell me what to do.

And, you know, and I figure this out myself, but it's like, no, just let yourself be told. They did the research. They spent the money, they've got the data.

So don't go play around. Just like eat what's in your box because the benefits are so ginormous. And so it really is a time, you know, don't worry, after the five days.

So I'm like, we do it once a quarter. We did it in January. We just finished, one in April, I believe it was April. Now we're going to do it again in August, which is going to be really interesting because I usually don't do it in August because it's like 3000 degrees here in Arizona.

And I'm like, but I, I committed to that. I'm leading it for my community, every quarter. So here we are in August. I'm not sure what I'm going to do with these hot suits.

I have ideas, I have ideas because I have you have you tried the new next gen, fully organic, fully hydrated, ready to eat soups? I have, and have you tried them cold?

Because they're shockingly good. No, but I will. Yeah. You know, I really love the quinoa one. You know, when you're fasting, you get these little pieces of quinoa, or I'm like, I'm getting quinoa, and then you don't eat with full beans.

I got the beans. Yes. I was like, because, you know, my son is better working because he runs my office. And I'm like, I just got a bean. It's a little thing, you know, it is the little things.

And so yeah. So we're going to do it in August, August 11th and it is just, you know, and then we'll do another one sometime in the fall. But it's like so it's 20 days every year that gives you so much life back.

That gives you I mean autophagy won a Nobel Prize like this is, you know, this is the bomb diggity.

Biological age reversal and clinical results

This is like how we reverse the clock, how we clear out the dead proteins, how we help our body heal. This is, you know, while saving our muscle, while changing our relationship.

And yes, it's gluten and dairy free. You will lose some weight if that's something. You know, I had a patient the other day who has been doing it every month, and she's like, this is the only way I've been able to lose weight and keep it off.

So, you know, you get that side effect of that. If you have high inflammatory markers, high blood pressure, high cholesterol, there's a lot of, you know, numbers we can track before and after that.

We see reductions in blood glucose regulation. There are just so many benefits and really no downfall other than you may be a little hungry. And, you know, I don't know why I always go to I miss broccoli and salmon.

And then, you know, I can go weeks without eating like broccoli or salmon potentially. But I don't know when I'm on the cleanse, so it's not even like you start cleansing, you know, craving.

It's like, so you start to crave healthy foods so it change changes. It changes everything. And I mean, fasting has been used for eons, you know, and often for the spiritual purposes.

And it gives you those five days. It's like there's no guesswork, right? It's just open the box and see what's going to happen, you know, see what you're getting for the day.

Right. Oh, today's and all of that day. Today's a kale tracker day. And there are, you know, you guys I love how you're constantly innovating. And so there's new tastier products.

And it's not something like you're going to suffer through eating cardboard. So I would love to hear before we wrap up what you find to be the benefits, because you so graciously come and hang out with us as we do our group cleanse, you know, what do you find to be the benefits of group cleansing?

Oh my gosh. Well, so as a group it is by far is much easier, fast, if far more enjoyable fast and not that. If you were to do it alone it wouldn't be.

But it is just light years more enjoyable when you have support, when you have community and you can talk through the victories and you can share in the glory, and you can also share in the struggles.

And people are like, I'm totally there with you. Yeah, this this, you know, day was harder. I didn't like that soup. And you know what? That's that's okay to, I think that that's what makes this so much more, of a longevity solution because we know that longevity is about more than nutrition.

It is also about, of course, exercise and sleep and all of those other good things, but community too. And so if you really want to double down and triple down on longevity, then you should be absolutely doing the fast as a group because it not only makes it easier and more fun, but by definition and community and therefore supports longevity.

So I think that it is. Yeah, it's a great way to do it. And, you know, I think, you know, Doctor Stills, you've mentioned a couple times now that that's more than just the physical.

It's also the behavioral. And I want to stress that because this is not just something that Doctor Stills and I are sharing. This has been clinically shown that behavior also changes.

And we've done we've done this really incredible study in women's health for skin health, which some people are like, oh, it's so vain. But no, your skin is an outward representation of your internal health.

And we've been able to show some incredible benefits on skin health, like improved hydration and reduced fine lines and better skin texture. But in that same study with women aged about 35 to 65, we also showed improved confidence.

And that one always brings me so much joy. And we've done studies in patients with type two diabetes where we show that the group that did the fasting mimicking diet increased their physical activity by four hours a week, whereas the healthy diet alone decreased their physical activity by six hours a week.

And so we see these behavior changes that are just so far and above, beyond even just these incredible physical changes. And these are things that you can also continue to learn and get nuggets of in these group chats because people are sharing.

Oh man, I just noticed that I can smell things better. And then you start thinking maybe, oh yeah, I do. And so these are also just, additional just prompts to help you see all of the wide ranging areas that it might, might help you.

So anyway, if it's not clear enough, I'm a big fan of the group fasts. I've blocked thousands of people through them in these sessions, many of with Doctor Stills and I.

I cannot speak highly more highly enough, especially with doctor stills groups where she adds so much value to those groups. We have the best group, right?

Yeah, we did it for the fun group. Yeah. No, I never thought about it like that. Like from, you know, you think about the blue zones and community and longevity.

And so having your, your fasting community, I know for me as the leader it definitely like, you know, there's no there's no quitting like I'm leading, I'm committed to you guys.

And so I think even just as a participant, it like gives you that extra layer of like, all right, I've stated I'm in, I'm going

to do this.

Group fasting, behavior change, and community support

And when you really think about it as like, you know, if you're already through day two or day three, and I just want to reiterate like that what Rene was saying about how it being so calculated.

So don't be like, well, I'm hungry, so I'm just going to eat an extra egg today because like, an extra egg can ruin everything. And you think, you know, it's not that many calories, it's healthy.

But like, you really like you got to be in I'm all for free self-expression and being individuals. But when it comes to this, it's like, just get in line and march with us and do the five days and you know, you can break it on Saturday and you know, you have options.

We don't you know, we don't expect you to. I had I had a patient the other day like so I had a patient who was like, oh, I just finished a water fast.

And I was like, why didn't you talk to me like, don't do that. Like, that's not beneficial. And you know, anymore, now that we know, now that we have the science, you're losing muscle.

And then on top of it, they were like, yeah. And I broke it with, like, bagels all day the next day. And I'm like, no, don't do that either. Like, you know, how you break a fast is important and is how you do your cleanse.

And so but it happens to me every single time. Like by the time you wake up Saturday morning. And I did believe, at least for me, because like I said, I don't like being told what to do.

I think it's like when I'm in it and especially it's it's getting to the end. It's like, no, I want to I want to be able to do what I want to do. So I have all these visions of grandeur of what I'm going to eat on Saturday.

But then when I get there and I have free will again, it's like, oh, I'm at, you know, your stomach shrinks, you're actually not that hungry. You, you know, you couldn't eat a lot if you really wanted to.

And so you're like, oh, I think I'll have a cucumber. And you know, it. There, there's very few things and I'll just say this and I if you've heard me talk about long before I say this all the time, but when I was first introduced to it, I kind of rolled my eyes, because I am as an ethnic doctor, I don't think there are a lot of things that are one size fits all when it comes to health, and these like boxes of this is how you're going to cleanse your liver.

This is so I was kind of like, oh, okay, here we go again trying to sell me something, but I have an open mind so I always check things out. I'm so glad I did because what I learned and I mean since then, you guys are just like, you're like bunnies duplicating with all these studies and studies and studies, and you just keep outdoing yourselves and getting published and you just keep you don't stop.

It's not like, well, we have a great study. It's like, no, we're just going to keep doing more studies. So I love how committed you are to the science and the studies.

But it really is something there's very few things. If you work with me, if you're a patient of mine that I can say, like across the board, I have all patients doing.

And this is that one thing where, you know, as long as you're not underweight. But there are so many implications and reasons to do this. And it is the one thing like across the board, like pretty much everyone can benefit.

And I love that, that it is like, longevity, one size fits all that is backed by science that is healthy for you like that. There's very few things where I can be like, it's just all upside and no downside.

And the like, come on, join us for the group class. And then we'll all be like, you know, 100 years old and we'll still,

you know, be acting and looking like we're 60 and we'll be like, okay, now we're on the proline billboard.

And, you know, and you just think about like, I mean, I use like my why like, what's your why for wanting to. I always say, like every choice we're making today is creating our next decade or future decades.

And and what is your why for wanting to be healthy and wanting to be around a long time. And for me, it's, you know, it's my children, it's my grandbabies who you've met, who you know and like, you know, and I think like, you know, in 30 years they could be having babies.

And I want to be there for that. And I don't want to be, like, old and decrepit in the corner. Like there's Bubbe, you know, wave to her. I want to be, like, involved.

And so this is a vehicle that's going to help me attain that. And so I am forever grateful for that. That is and I love that you brought up that. Why?

Because everybody should have it. Regardless of whether you're doing the five day fast or not. Right. We always need something to to be that carrot at the end to keep us, keep us going.

But absolutely, when we're fasting, it's so helpful to know that there is that we're doing this for a reason. And there's a reason why we want to live healthier, longer, and sometimes we can lose.

I think it's really easy to lose sight of that because it seems so far away. But it's really not. It is. It's, you know, we only have so much life to live and we have to live every drop to its fullest.

And that's what programs like this really allow you to do. Yeah. And your Y could be wanting to not be in pain or you know, I also like, like climbing and I want to be and I want it to be by that time.

Like I want to be climbing and hiking mountains in my 80s. And I hope by that time I'm not going viral on Instagram because I'm like some rare weird bird that like, we are all doing that, right?

We have such a I say this all the time, but we ladies, we have such a powerful opportunity to change the definition and the vision and the expert sense of aging so that we can all be at the gym and doing our thing when we're in our 80s and our 90s, and people don't make us go viral because we're like this random unicorn who's 85 and still lifting weights.

So like, this is a vehicle. So, you know, stay tuned. There will be more from this. About me. You're all cordially invited to come hang out. And even if you're like, I want to get my toes wet, like join the WhatsApp group, be involved, be a little, you know, watching from the side and just get to see what it's about.

Sometimes, you know, there'll be an opportunity every corner. If you're not just like, I'm ready to dive, but you just have to trust me on this. If I can do it, you can do it.

If that's what I was thinking. Yeah. And I've done it 15 times now, and I'm not going to do something 15 times unless I can actually get through it. 15 times.

So yeah. And it also I'm like, we could talk forever. I'm like one more thing over thing, but I like it off. So like it also I find it creates I think, you know, new neural pathways.

And when we say we're going to do something and we do it like I'm always like, I feel like I want to be at like the Pearl on award ceremony on my sixth day, you know.

Yes, I will take my Olympic award. Yes, I did it. I said I was going to do it. It creates, I guess, like you were saying, it creates confidence. It creates.

I can set out to do something and I actually do it because when we when we fall short or we fail and, you know,

sometimes circumstances happen. And it's not to say if you.

But like, we beat ourselves up. So when we succeed, we get to pat ourselves on the back and give ourselves a hug and feel good. And that builds more confidence.

Because if I can do this for five days, what else can I do? What else can I say I can do and accomplish? So all right, I'm going to I'm going to be quiet now because we just we'll just go on. There'll be no other interviews.

I'll just be me and Rene talking for a couple just to make our own summit. Any last words of wisdom from you? I would just urge people if this piqued your curiosity.

There is so much information available out there now. I mean, we just scratched the surface. We're at the tip of the iceberg with this conversation. So all that I can hope is that this piqued your interest and that you'll look into it.

And, Doctor Stills has created such an incredible space for people to explore and to learn. So take advantage of that. There are there's not enough physicians doing that, and there's about 15,000 plus in the US right now.

But Doctor Stills is still is still top, top of that list. So take advantage of it while you can. And we will have a post summit webinar. And we will you'll get to ask questions.

So like if you're like, oh, I'm intrigued, but I still have a few questions before I'm a yes. So keep your eyes on your inbox because all that is coming your way and you know, this is to help you master your.

This is such a great tool to help you master your menopause transition. So thank you, Renee, I love you so much. You know, this is so much fun. Always such a pleasure.

And thank you to everybody listening. I can't see you, but I know you're out there, and I couldn't be more grateful to to be here. And we'll be back with another talk.