The Five-Day Fast Where You Still Eat Every Day Transcript

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Introduction to fasting mimicking

Water fasting certainly has incredible benefits, but it also has some downsides. Primarily, to actually do it is uncomfortable and not fun and nobody wants to do because you're just drinking whopper.

Yeah. So that's an obvious easy one. But on top of that, we also see with water-only fasting an increased risk of muscle loss. With this protocol, because you're fueling with true nutrients, you are giving yourself some calories, and there's even some glucose in there, so some sugar to protect the muscle, we are seeing in dozens of studies now through DEXA analysis, muscle protection.

That's amazing. Incredible. And even when we compared three cycles, sorry, four cycles of the ProLon Five Day Fasting Mimicking Diet to 120 days every day of The Mediterranean Diet, which by the way, I'm still a big fan, so let me just qualify that.

But 120 years of Mediterranean diet, both showed equivalent impact on weight loss. Both showed an equivalent on cardiovascular health, So great. Yeah.

but The mediterranean diet showed, because it was calorie restricted and protein reduced, muscle loss. So even some of our best nutrition solutions are still dropping muscle and this isn't.

It's pretty cool. What if aging isn t about slowing down but leveling up? I'm Dr. Izzy Jones. This is the Longevity Leaders Podcast. Hi, I'm Dr. Ashley Beckman here with Longevity Leaders Podcast, and I've joined with Renee of Prolon Fasting.

Hello, everybody. Nice to see you. So tell us a little bit about ProloN. Okay, where to begin? Prolan is one of the leading longevity and nutrition companies out there.

We are best known for something that we like to call the FMD or the fasting mimicking diet. It was coined and created by Dr. Valter Longo, who is one of the leading longevity researchers in the world today still.

How ProLon and FMD work

Spent about 30 years uncovering how you could get the benefits of water only fasting and also learning the benefit of only water fasting for longevity, but then figuring out how we could those benefits while still eating and having nutrition.

And so, you know, this originally was created for oncology purposes because there were a lot of patients that they were recognizing the value for fasting but didn't want them to starve or lose muscle mass.

And, so this solution came about by really understanding the underpinnings of what's happening at the cellular level when we fast and then figuring out how we could essentially hack that system.

We've created five-day protocols, one- day protocols intermittent fasting solutions that people can add to their their year really and support longevity in a number of different ways.

Nice. So how does it work exactly if you pick is a typical five day? Is that right? Yeah, so the most commonly used and the popular is the five day and that's because there are over 45 clinical trials that are using this kit exactly and have shown incredible results with as little as doing it once a month for three months.

And we're seeing some great results and then the recommendation is once every three to four months moving forward. So most people are only doing the 5 day maybe three or four times a year.

Okay. And so that is certainly the most popular. It triggers deep cellular cleanup and autophagy. We've been able to show biological age reversal. So, you know, the results are really quite wide-spanning.

But there is also a lot of interest and excitement around the one-day kits as well that allow people to kind of dip their toe in, try it out. It's also great for practitioners who are trying to see, does this person have any maybe sensitivities to some of the items in it, or are they willing to do it?

We can kind dip our toe. And then also it's really great as a intermediate solution in between rounds, because you're only doing this at absolute most once a month.

And so what do you do for the rest of the three weeks? And a lot of people want to continue to add various fasting-like protocols throughout their day without actually fasting.

So you mentioned some of the things that it's working with the most. What do people usually, like, why would somebody choose this? Over water fasting.

Overwater fasting, okay. So this is important. Water fasting certainly has incredible benefits, but it also has some downsides. Primarily to actually do it is uncomfortable and not fun and nobody wants to do because you're just drinking whopper.

Yeah. So that's an obvious easy one. But on top of that, we also see with water only fasting an increased risk of muscle loss with this protocol because your fueling with true nutrients, you're giving yourself some calories, and there's even some glucose in there, so some sugar to protect the muscle.

We are seeing in dozens of studies now through DEXA analysis, muscle protection.

Benefits over water fasting

That's amazing. Incredible. even when we compared three cycles, sorry, four cycles of the ProLon five-day fasting-mimicking diet to 120 days every day of The Mediterranean Diet, which by the way, I'm still a big fan, so let me just qualify that.

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but The mediterranean diet showed, because it was calorie restricted and protein reduced, So even some of our best nutrition solutions are still dropping muscle and this isn't.

So it's pretty cool. And then the last thing that I'll note is just like some safety things, right? So water only fasting, especially when we're doing it for longer periods of time, these three, four, five day plus fasts.

Oftentimes we're sending people to be seen by a whole team for those whole five days to make sure that they're doing it safely. But even if it's not that excessive, we see significant drops in blood pressure and blood sugar, especially in some more vulnerable populations.

So this makes it a lot safer. Are there populations that should not do this? Yes. So we generally exclude individuals who have a history of eating disorders.

Yeah. We don't love BMI, but we just use this as a rough estimate. Bmi of under 18, individuals are pregnant or breastfeeding, and individuals younger than 18 years old.

Okay. And then because there are a lot of nuts, it's fully plant-based protocol. It is soy free, dairy free gluten free all the freeze, but it is not nut free.

So anybody with a nut allergy. What about for age? So, anybody under 18, no. But for over 65 when we see higher

protein needs. We generally recommend to just make sure that you are not losing muscle mass at a significant rate, that have the right amount of muscle.

We don't want anybody diving into this protocol that has any sort of sarcopenia or muscle wasting. First, focus on building your muscle and then focus getting the benefits from fasting.

So it's really more of kind of like a yellow flag, not a red flag. and then do, so patients would generally use this multiple times a year. If you're a medical doctor, nurse practitioner, chiropractor, or other health expert that's stuck in a broken system, there's a better way.

The Freedom Webinar shows you a proven five-step system to build a seven-figure virtual health practice or how to modernize your current brick and mortar practice without the burnout.

Learn to create high ticket programs, automated income, residual revenue, and attract clients ready to work with you. Book your million dollar strategy session today by clicking the link in the description.

Who should avoid fasting mimicking

So most people, once they are considered generally healthy and maintaining for longevity benefits or optimizers, doing this once every three to four months.

Okay. And then for individuals who are starting brand new, even if you're generally health, we always recommend doing one cycle a month for three months in a row.

For patients that are doing this primarily for metabolic health benefits, they have high blood pressure, high cholesterol, hi triglycerides, et cetera.

Here we'll jump up to doing four cycles in a row before transitioning to that maintenance or quarterly. And then the last group that we have some very good evidence for is individuals diagnosed with type 2 diabetes.

Individuals diagnosed as type two diabetes, we now have I think eight clinical trials here showing diabetes remission and regression in as little as six months.

So there is just incredible results in a reduction of medication. in the amount of A1C drop while we're taking away medication. So it's a two for one.

And not to mention, of course, weight loss. In that population, we are seeing about 22 pounds on average, pure fat loss, visceral fat, no muscle loss Oh, wow.

Yeah. So do you want to show us what's in the kit? Yeah, so the design here is to make this as easy as humanly possible. You open up your kit, you'll find a little menu here, but to be honest, this is just for fun because we make it so easy you don't even need that.

There are some instructions we offer to patients, also the opportunity to register for tips and tricks and be guided through a group fast. But this is where the magic happens.

So we have five days of food broken into five individual boxes. And I'm just going to take out the day one box, put this heavy box right here, and share a little bit about what you can have in this kit.

Protocols, results, and kit contents

This is our fully organic kit with our organic soups. Everything, again, is plant-based and very, very clean. You generally are going to start your day with a nut-base bar.

Okay. Then you'll transition for maybe your first snack, which could be some of these olives. These are all the way

from Dallas. There's actual food in here.

Yeah, there's a real food, yes, yeah. I thought it was all powder. Everybody thinks it's astronaut food. Oh, just you wait. So we do have powdered soups, but this is our new organic and hydrated line.

You can see it, it is really quite fancy. Then we have some almond and kale crackers, so these are real crackers again. Then you have an evening soup.

We have five different flavors, so you're not getting bored. You get supplements that you need just to always fill in any potential gaps. And then you do also get some teas.

Uh, we do mint, lemon, and a hibiscus, which is my favorite. My favorite part of the whole program is the little chocolate crisp at the end of night. So you even get dessert.

This is very different. I mean, that's pretty, quite a bit of food. Yeah. For a fast meal. Yeah. Awesome. This looks amazing. I know. Are you sold? Yeah, I'm sold.

You're like, we need to try it. Yes. So is there anything that you'd like to share before we? Oh, my gosh. There's so much to show because the company has been around for about a decade.

there's now over a million users that have done the kit. And we have over 20,000 health care practitioners that are within our network that our sharing this with their patients.

We make it really, really easy for practitioners to So we have, you know, if anybody's interested as a consumer, they can visit ProLonLife.com. If you're interested in a healthcare practitioner, yes.

You would visit L-NutraProfessional. Com. And no matter which way you come, we are here to support you. We have a huge team of dieticians, physicians, to help support all of our partners and customers because we really, the goal here is to make something that is really difficult, really easy.

Yes, well, and it's very important because there's so many studies and things on fasting and a lot of times it is too drastic for women or can throw things off.

Yes. And so this seems to solve that issue. We work with some fabulous OBGYNs and in fact many of whom are within kind of the doctor talks network including Dr.

Felice Gersh and Dr Sharon Stills and they all They will tell you, I will not recommend fasting to any of my female patients. I would only recommend Fasting Mimicking, that's it.

And they've written e-books about it, above and beyond, because it's so important we get this information out. We want to protect our health by not adding more stress on us when we're already excessively stressed.

Exactly. That's what this is designed to do.

Practitioner support and closing

Yeah, it is good. Give us the problematic stuff, but not the bad stuff. Well, it was such a pleasure to have you on. And I'm glad that also there's so much support for practitioners, because we always have to make things easy to implement for us and easy for our clients and patients to understand and follow.

Absolutely. That is a big mission of ours. We have a great team that supports one-on-one, so you're not just looking online trying to figure out what the heck you are going to do.

Perfect. Well thank you so for coming on today. Thank you for having me. Thanks for listening to the Longevity Leaders podcast. A Lungevity leaders community is on mission to transform 100 million lives by 2040. If you

enjoyed the show, please share this with somebody that you know, especially another doctor or physician, but also click that follow button.

Until next time, stay strong and live long.