Introduction to fasting-mimicking nutrition

How can we mimic fasting with food? What is that fasting mimicking nutrition technology? We call it a technology. It's nutrition. I'm eating and I am fasting at the same time.

And I want to clarify this to everyone. So how is it possible to fast with a food technology called the fasting-mimicking diet? This is the Longevity CEO where we explore the science of metabolism, cellular renewal, and the future of longevity.

Hi, everyone. This is Dr. Joseph Anton. I have dedicated my life to researching and finding solutions for longevity. Today, I want to share with you the five main pillars to live a healthy, long life.

We call them the pillars of longevity The first pillar is nutrition and fasting. Why nutrition is the first pillar? Food is, the only product we consume every day of our lives, three times per day, sometimes more every, day for our life.

And this food is most impactful product you can do to your life, and this is very important because when we think nutrition, typically we're thinking food taste or we are thinking calories for gaining or weighting loss or losing weight.

But food is way beyond that. Food changes your microbiome, food defines what gets into your body, Food is what constitutes your Body. food Is what supports the cells to rejuvenate or is a poison to the cell.

So it is everything in the body transforms into you. I mean, even Alzheimer's today, we call the diabetes type three induced by damage coming from food.

So we're going to talk a lot during this summit about food and fasting, why fasting and how fasting can help longevity. I'm going give you the secrets here a little bit behind fasting.

There's two types of fasting there's intermittent fasting zero to two days, zero hours to 2 days. And in this phase, you have enough fat and calories to compensate for the lack of calorie ingestion.

Five pillars of longevity

So this part of fasting called the metabolic phase or intermittent fasting where it induces weight loss. And a lot of people love that because 73% of us could benefit from losing a little bit of weight and therefore improving metabolism, inflammation, cholesterol, triglycerides, blood sugar, and blood pressure, etc.

Now the magic happens when you cross day two and you start day three. The body tells the cells, I'm going bankrupt. I am burning the calories, the reserves, fat, glycogen.

When a company is about to go bankrupt, it restructures itself. It changes organically and functionally the way it conducts its business. The same way the body does.

When you are fasting beyond three days, the buddy tells the cells you have to restructure. You have rejuvenate. All the debris, all the organelles, you get a detox and you're going to start fixing what's happening inside the cell.

This process is called autophagy or self-rejuvenate. And it won the Nobel Prize in Medicine in 2016. It's a very important concept for rejuvinating the cells.

Fasting impacts every cell of the body because every cells lives on calories. So when you fast, you have a major systemic impact telling every cell you're going to try to rejuvenate.

It's a Nobel prize winning phenomenon. And it goes after day three. Now you don't want to go and fast for weeks

and weeks because then you induce the bankruptcy of the body.

This is why we love the five day cycles of fasting. you lose a lot of weight, the intermittent part and it continues obviously throughout day three, four and five.

So you're resetting your metabolism and then you rejuvenating and reprogramming yourselves. This is why this summit is called the Fasting and Longevity Summit because we're introducing this notion of you improve your metabolism and you know today people take a lots of pills for that and a a of diets to improve their metabolism.

Fasting is superior to those. And then you rejuvenate the cells. There's nothing in life today, neither in medicine nor in healthcare, that you put together a metabolic reset and a cellular rejuliation.

This is why in this subject, we focus a lot on the fasting-mimicking nutrition, because five days of water fasting is as beneficial as detrimental to the body.

When you are just on water for five day, you have headaches, fatigue, start losing a little bit of muscle. Your blood sugar goes down, your blood pressure might go down.

So the fasting-mimicking nutrient technology, and it's called Prolon when you go and buy it, or it is called the Allutra Health. There's two destinations where you can go read more about the Fasting-Mimicing Diet.

ProlonLife.com or L-Nutra and utrahealth. com. One is just about getting the product, the fasting-mimicking technology, prolonged. one is about a program where a nutritionist and a doctor can supervise you throughout the process of your five days.

But that five-days of nutrition that mimics fasting to the cell has resolved the pressures of fasting, has taken the side effects off. Instead of having hypoglycemia and low blood sugar and severe headaches, you're now ingesting food.

You're eating a 100% plant-based natural food program that is nourishing your body while keeping the fasting signals on the cells. Why and how is a full session, another five minutes, they're going to explain that.

So go tune to this, to that session. How a precision nutrition formulation called the fasting-remitting diet, which now has been awarded 134 patents and has being studied in over 41 human trials.

What we're talking about here is super scientific. This is why we are focusing a lot in this summit on this nutrition technology. So this is the first chapter, nutrition and fasting is a first pillar for longevity.

The second pillar is exercise. And exercise is so critical, you know, maybe one of the most proven ways to live healthy long because it's like nutrition.

When you spend the calories, it is like you eat healthy almost, and exercise so important. Three types of exercise, there's an introduction of something called movement.

We lost that because when we think exercise, we're thinking go to the gym. We live an artificial life. Most of us live in cities and urban life and buildings.

So exercise becomes just go the the gyms. It's actually the movement, the daily movement. The walking a little bit here, the ironing a bit there, and the cooking will be here.

The movement throughout the days are also very important. It creates a constant burn of calories. On top of that, of course, going to the gym and doing exercise.

Intermittent vs prolonged fasting

And three times a week doing intensive exercise, intensive stress. Exactly like fasting. Fasting and fasting when we can diet is like intensive exercises.

That puts the body under pressure. The body does a little bit of autophagy, but mainly the cardiovascular system says, well, I need to pump, the heart needs to pumps fast, and muscles are working hard, let me create new vessels.

Let me do neogenesis of vessels, which protects more of the hearts and builds more bridges around the arteries, Which helps you with cardiovascular health.

The third pillar of longevity is stress management. It's so important, stress is behind a lot of our Bad lifestyle today, a lot of people when they stress, they eat more.

A lot people, when the stress they don't sleep well, another pill of longevity I'm going to talk about. a Lot of you, one day stress. They don' go to the gym.

they Don't exercise. So it's a little bit of, it impacts all dependents of Longevity plus secretes a a of hormones that we don''t want in our body during that phase and they're pro-aging rather than anti-ageing.

Sleep. Sleep is so important, it's the fourth pillar of longevity. It is critical to sleep quality and quantity wise. Why is that so? We always think that sleeping is relaxing the brain and the muscle.

Actually, the Nobel Prize in Medicine in 2017, so 2016 was on fasting, 2017 Nobel prize. was on the biological clock of the organs. It seems when the sun is down, we as the body, need to also go to sleep.

it allows every organ to rejuvenate. Every organ recuperates and becomes vibrant when you sleep, so not just the brain, not only the muscle, every organs has its own biological clocks.

And this is why it's important not to eat right before sleeping. So it's about not gaining weight. So you want to eat early, 7pm, 8pm. Allow 2 to 3 hours before you sleep.

But why is that? So actually eat at 5 or 6pm and then allow 2-3 hours and sleep around 8-9pm max to 10pm Why is this so important? When you eat. at night before sleeping, the GI, gastrointestinal system is working.

So you're not asleep. There's one big system in your body that is actively working and a lot of people actually say, you know, I have bad dreams when I eat before sleeping because something is working in your body.

Your body is not sleeping any longer when you just eat. And obviously when eat and sleep, most of the calories because you're sleeping, you are not spending them are going to be, and they have what we call the anabolic hormones are up, growth hormone is up during the night.

So when we eat right before sleep the body stores. the excess calorie into fat, which increases insulin resistance. Inflammation is a bad, bad way for longevity.

You don't want to eat and sleep. Maybe one of the most important recommendations with the nutrition is fast and do not eat right before sleeping. So this covers the sleep.

Now I'm going to go to the fifth pillar of longevity. And it's one of the most important, probably it competes with nutrition, which is what we call social capital.

It's my relationship with my family, with friends, it is my happiness every day. Is my purpose in life that I have to remind myself to stay happy, to say upbeat.

It's the love that I receive and I give. It is so important. And this pillar is the mother of all pillars. When we're well-nested, when we are happy, we exercise.

We eat healthy. we stress less, We sleep better. it's one of the mothers of All the pillars and when We interview centenarians, We study a lot of centenarians, people living hundred and beyond.

Some of them still smoke, some of then eat healthy and others don't. Most of the actually they don' t stay late and eat late at night. But one common denominator, they are nested.

They're in their village or they're with their family and friends. they feel stable and they' re happy. The have a smile on their face, regardless of what they go through.

This smile, this positivity, and this purposefulness is so important for every day's longevity. With those five pillars, nutrition, exercise, stress, sleep, and social capital, hopefully you're going to change your life and focus on those so that you live a healthy, long life.

A very critical topic is fasting for longevity. What are the types of fasting? Because there's a lot of misconceptions. Some people tell you intermittent fasting is good, some is bad.

You study here and you study there, but on average, most people are convinced it's healthy. But I'll tell how it is healthy and when it isn't healthy And then I'm going to talk to you about the prolonged fasting, where the magic happens, and why we invented the technology of fasting with nutrition called the fasting-mimicking diet.

So let's start. From a high-level perspective, there are two types of fast. The intermittent fasting phase. Intermittent fasting meaning fasting zero hours right after your last meal, all the way to two days, 48 hours.

We call all of that intermittent fast, When you cross day three and you go longer in your fast, we call that periodic or prolonged fasting, three, and beyond.

Why we divide fasting into two major types? Because the first type, the 48 hours, The first reaction of the body is to say, okay, I'm not eating, i don't have calories.

I am going to go and tap into the reserves. i am gonna do a comparison between the buddy on intermittent fasting Any company that has no revenues is the same way when the body doesn't have calories is like a company with no revenue.

What do you do if you're if your head of this company. First thing i say well you know i don't ever use now i'm not selling well this month let me go and get some money in the bank because i have saved somebody in a bank so first i go to my checking account.

And the body, in the first few hours, goes to the glycogen. Glycogens are small storage of extra calories in body. Mainly the muscle, some in liver, and this is where the money goes first.

That's our checking accounts. Hours, the 1st hours of fasting. Then again, if you have your company and you said, okay, I'm depleting my checking account, let me tap into my savings account.

And the buddy says, Okay, after almost a day now saying, Let me go and tap. Into fat. Let go break down the fat that I stored. I turned those into ketones.

So the debris, the cuts, when you cut the fact, it goes into. Small ketone bodies, this is why you say when somebody is fasting, they are in ketosis. It means they already have went through hours and hours of fasting and now they're tapping, breaking down the fat.

The same way you go and you tap into your savings account. Now, when you start depleting the savings account, what are you going to do? You're going go and tell the bank, hey, I need a credit card or I needed a loan or i need to borrow something because I'm still lacking funds.

The same way the buddy goes to deliver and ask the liver, liver has some extra calories, ask deliver to to

something called neoglucogenesis. Can you dump more calories into the blood?

Because we need you. We need your bank, loaner, credit card. And this is what happens after day one, getting close to day two. Now, when you deplete your checking accounts, your savings accounts.

When the bank is saying, I gave you the money I can give you, now I have to stop. What are you going to do? You're in a crisis mode. You are in stress and in crisis.

This is the transition from intermittent fasting to prolonged fasting after day two or day three. And then what do you do if you have a company and now you depleted all the checkings and savings and your loans?

You're gonna restructure your company.

Autophagy and cellular rejuvenation

You gonna come in, you gonna gather the team and say, hey, we gotta fix everything going wrong to survive another day. We're going to cut unnecessary expenses, We gonna transition some of the funds from this department to that department, and we gonna fix anything going, wrong.

And this is what the body tells the cells after day three. Please consume all the debris and organelles, whatever is left over within the cell, a process we call autophagy.

Self-eat, self-rejuvenate. And, this process won the Nobel Prize in Medicine in 2006. It's very important. This is the first time we're talking about something impacting every cell in the And when every cell is fasting, every cells lives on calories, it is impacted, is involved into this fasting process.

This one intervention is impacting, we call it upstream intervention, and it's impacting the entire body. And look what's doing to the cells. It's telling the cell to rejuvenate, fix, heal, reprogram.

Practice autophagy, Nobel Prize in Medicine in 2016. It's very powerful because this is a miracle of biology. When we say we have a doctor within, this the doctor with it.

Fasting, especially prolonged fasting, awakens the Doctor from within. our ancestors thousands of years ago, they did not have food all the day. They were not ordering Uber Eats at 10 p.m.

they had pairs of food, especially end of spring and summer. And this is when they stored a little bit of extras, both in storage and in fat. Then when you go through the winter time, there was a lot of periods where there were no food migration and snow, etc., etc.

and their body knew what to do. Consume the fat, rejuvenate the cells, and then in spring you flourish again with nature. We lost these cycles of fasting and nutrition.

we eat all the time today. This is why we keep storing fat. Insulin resistance with aging. And then we develop insulin resistance, and that's the mother of almost a lot of or all, almost we don't want to say all age-related chronic conditions.

Diabetes now with diabetes type 2, cardiovascular health, cancer, a lots of cancers are linked now to our lifestyle, especially nutrition and especially insulin resistant.

And Alzheimer's, we started calling it diabetes, type 3. It's intoxicating the brain with insulin resistance, with glucose, and with molecules coming into the brains that otherwise should not be absorbed into body.

This is why it's so critical to get into this autophagy, to this total body audit and rejuvenation phase. If you watch a car race, you know the cars are going fast and the engine is getting tired and there's wears and tears in the wheels and what the car does.

It goes to a pit stop. It stops. The engineers come in, the mechanics, they look at what's going wrong. They change the wheels, They changed the gas. they fix whatever is going on.

And then the car goes back stronger, longer to the track. We need the same things. we're going at full speed of life. Stress, lack of sleep. If overeating, concentration of calories, preservative, conservative things that we're putting in our body from time to time, and we recommend three times per year, two to three.

If you don't have any health condition, you can do it two to three times per year. You got to put your body into rest, into a full reset. Got to reset your cells.

Get a detox. Lose the excess weight, lose the toxins, and then go back stronger, longer. This is the importance of the prolonged fasting. Now you want to go for days and days, some people go extreme for weeks.

Then you become depleted. A company that has no funds for a longer period is going to lose some of its own best people. They're going go and apply to other companies.

is going to lose supply and sales for the next month. It's going be in a detrimental, it cannot order its own supply, cannot sell, can not market well.

And then there's a vicious cycle. So it's good to stress and then re-feed when the CEO restructures the company with his team. The same way when body does autophagy, now you want to bring back food and it evolves, the companies evolves into its best weight.

This is how the body also rejuvenates even after the fasting with the refeeding period. so that it flourishes in the right direction with new cells with healed cells.

So intermittent fasting 0 to 48 hours. Prolonged or periodic fasting, three days and onwards, we recommend you stop at day five. The five day fasting is a very, very important reset to the body.

Resetting metabolism, you're losing a lot of weight, which improves blood pressure, blood sugar, cholesterol, et cetera. And you are rejuvenating the cells.

There's nothing in medicine today. surgery, there's nothing in healthcare. They can rejuvenate the cells of the body like a prolonged fasting. And then you stop at day five, you refeed and you're going now back into the right direction.

Hopefully you reverse the bio age of these cells. So important, so important this autophagy process. You reverse to biological age score of your cells and then your body is younger from the inside and is healing from inside.

If you have diabetes, if you other chronic conditions, inflammation, the body is trying to heal. The weak is the doctors from inside to try to heel and try be biologically younger.

Why it's important to stay younger than your age. Fasting or prolonged fasting is one of the most important interventions and one the more proven ones.

To stay younger than your age, remember this expression, I want to stay Younger than my age. My chronological age is 50, let's say, or 55 or 60. I wanna be 40, i wanna to be 35, i wanna 45. i don't wanna Be equal age to my chronology age or even older.

Why i want To be younger from the inside? Because 90% of us die from one of four diseases, and they are age-related diseases. Cardiovascular disease, diabetes, cancer, Alzheimer's.

You don't get Alzheimer at age 22. You didn't develop your type 2 diabetes so blood sugar started increasing at age 23. It increased at 55.

Why the fasting-mimicking diet works

You don't get Alzheimer's at 27, you got it at 70. If you didn' get the first cancer, say colorectal cancer you don' t get it age 22. And so on and so forth, you're not going to get your first heart attack at age 27. Your first worry at the age of 27 is not a heart.

You're worried about a hot attack when you are 55. And this is a big concept that medicine ignored. This is why medicine still practices sick care. Medicine ignored that aging of the cells from the inside is the true sign of health.

The unit of measurement of longevity should be your age, your inner age. The age from the inside. Age of the cells. the age of your metabolism. Because the younger you are, the further away you're from your diabetes, cardiovascular event, Alzheimer's and your cancer.

And one of best ways to stay younger and away from what's going to kill you, what is killing 90% of us, is to do the prolonged fasting. Now, prolonged fasting for five days is not, you know, an easy thing to do.

It comes with all these benefits that we talked about, but it also comes side effects, right? When a CEO of a company has no money, there are problems also.

Yes, he's going to restructure. There are headaches, there is muscle loss, fatigue, risk of low blood sugar. So it's a stressful process. And this is why the scientists in 18 universities got together, led by USC and Professor Walter Longer, who's the grandfather of this fasting discipline and the new invention that is called the fasting mimicking diet.

So all these 18 university got it together. And the National Institute of Health started funding the process of discovering what we call today the Fasting Mimicking Diet.

What does that mean? It's a nutrition, it's very precise formulation that researchers have studied at Allutra and all these, Allitra is the company that manufactures it and researches it.

And all of these 18 universities, they developed this food, this very precision nutrition formulation, all plant-based, healthy, gluten-free, soy- free, lactose- So very premium, high quality nutrition.

But when it gets into the body, when you eat it, the cells and the blood do not send signals of food. So it's a fasting, mimicking diet. You're fasting and getting the benefits.

Your doing autophagy, cellular rejuvenation, you're resetting your metabolism, your losing weight. And actually with the fasting mimicky diet, You protect the muscle.

This is very important. It's so the Fasting Mimicking Diet is a way that allows you to fast for five days for a healthy longevity. and without having to starve your body with no calories.

It makes fasting compliant, easy, and more fruitful. Its an enhancement to the fasting experience. So these are the two types of fasting. Intermittent fasting for weight management, resetting the metabolism.

And there's multiple ways, there are multiple names there. There's those who skip breakfast, we call them 16-8. 16 eights meaning 12 hours overnight of fast plus an extra four hours because you skipped breakfast and now you're going all the way to lunch.

We call it 16 hours, eight hours. So 16 hour of fasting and eight hour's of food. There is, if you say 24, it means 20 hours of no food, four hours food.

There are those practicing what we call OMAD. one meal a day, you're just eating one time a. And so intermittent fasting in general is beneficial. There's two types of science behind it.

Whenever you do observational trial and intermittent fast, so you just watching people and you study them when they do intermittent. Typically the results there are not great.

Why? Because people do the wrong intermittent, fasting they're eating late at night. And then they skip breakfast. Most of us, we're like, oh, I wake up in the morning, you know, and I don't have a big appetite.

But if you research it in depth, so you're not hungry in morning because you ate later at night and you had a little bit of Friflox and it's giving you a bad taste and, And you don' want to eat in th morning.

You just say, Hey, i'm not a breakfast person. I can easily skip a lot of people do that because. They have not finished their dinner early at 6 PM. They had not walked or spent two hours before sleeping.

Because believe me, if you do that, you're going to wake up hungry the next day. One of the signs actually, one of, the, If you want a secret here, and one the science to be doing the right nutrition and fasting and living healthy long life is to sleep a little bit hungry.

I always say sleep on a, little hungry, too much hungry you can not sleep. Being full and sleeping is wrong because you're stocking the calories that you ate at night.

Whatever you eat at nights is going as a reserve. There is no exercise when you sleep. Your heart rate is low. You're not moving. So you basically end the hormone, the anabolic hormones are up at the night, growth hormone is up and incident a little bit later, early in the morning.

See, your body is ready to pick up the calorie at that. Whenever you heat, excess goes into fat. We used to say in the 80s and the 90s, calorie in, calories out, that's not true.

What you eat before sleeping is mainly going to be stocked, what you ate in morning or during the day is going, you have catabolic hormones, is gonna be spent because you're moving throughout the night, your thinking, and your entire body is active.

So when we do observational trial intermittent fasting, people by default that do intermittent by skipping breakfast are a little bit late night eaters.

Not everyone, I'm not generalizing, but a lot of them. So when you mix the results, the result are not so positive. This is why a lot of people are confused today.

Is intermittent fasting good or bad? Well, actually, if you do it late and intermittent fast, meaning you're eating late at night, and then you are skipping breakfast, Actually, results are more negative than positive, because there's nothing worse than eating late at night.

Even skipping breakfast the next day cannot overcompensate to eating at late night and therefore the results are mixed. Now when we do randomized clinical trials, when come in and intervene and tell people what to do, we tell them You know, finish your dinner at six or seven or max eight and then stay without food to next day.

So they're doing a front-ended intermittent fasting. They're pushing their dinner backwards and they starting early and now you have a perfect night's sleep.

You didn't store the fat during the night. You start burning fat in the morning because you ate your dinner early, and you continue the fact burning throughout the day because your skipped your morning food.

This is where we see positive results from intermittent fasting. We see pro longevity results with intermittent fastsing when you do a front-ended intermittent What I'm saying here is very important because even a lot of doctors are confused.

Is fasting good? Should I tell my patients to do intermittent fasting? Shall I them or dietitians or nurse practitioners?

They're all interested. They reading the benefits of fasting.

But for every four positive article, there's one negative article and they're confused And I'm here trying to clear the confusion forever well. If you eat your dinner early, you practice intermittent fasting by sleeping great overnight, not eating food overnight and then adding a few extra hours after that to continue the burn.

This is where intermittent fasting helps you lose a lot of weight and is pro-longevity. For a max longevity benefit, we recommend you just do that 12 to 14 instead of 16 because we believe breakfast is not bad.

So a lot of people ask me, how come you're asking me to do breakfast and to doing intermittent fasting? Well, this is what the centenarians do. This is one of the biggest secrets that we uncovered from people living a hundred and beyond.

They eat their dinner early. Most centeneries are not watching late night movies, they're not staying up late. The actually sleep very early They have their dinner at 5 PM at 6 PM max at 7 PM.

Then there's one or two, three hours before they sleep. And then they still have the breakfast the next day. So they actually practice 12 to 14 hours of intermittent fasting and still had breakfast in the morning.

This is very much pro longevity because you see all the positive factors came together. We had dinner, but early dinner. We didn't sleep on a full stomach.

So our body and the biological age of the organ, the biologic clock of organs is not interfered with. They didn' stock calories overnight. Didn't increase insulin resistance by stocking those calories.

And the next day they still ate in the morning because guess what? We need food throughout the day.

How to fast with food

People always ask me and they ask the founder of our company, Professor Walter Longo. You know, he's the author of the Longevity Diet book. If you want to read about all this, all what I'm talking about in a concise, precise way, go read the longevity diet book by Professor Walter Longo.

And it's, the most scientific evidence behind what we're talking. But a lot of people, they don't understand, or they're confused about whether breakfast is good or bad.

Well, breakfast is actually very important because it gives you the colors in the morning that you need so much. Your heart is pumping faster in morning because you're walking, going to your job, cooking at home breakfast.

going to the gym, whatever you're doing. Your muscles are active, your brain is the most active in the morning as you work, as your cater for your kids, etc.

Whatever you do in life. So there's a demand for calories in morning. You want to supplement that demand. Now breakfast becomes bad. If you ate at 10 p.m.

and you still ate that 6 a. m. or 7 a.m., you just in a constant eating mode. And of course then you over stacking calories. you know, more so in the night than in morning, but then this is an oversupply of food.

And this where liberty becomes less bad. So a big mistake by a lot of non-scientific theories in 90s and the 2000s saying, oh, you should not eat breakfast and you eat every six hours.

These are not the right recommendation. The right recommendations is Eat your dinner early, allow time for your body to rejuvenate overnight to sleep well, to start spending the calories, and then when you need it in the morning, just have your breakfast in morning.

I just took a little bit of time to help you understand all the theories and the science behind intermittent fasting. Now, intermittent fasting will not get you into autophagy.

You know, one of the biggest misconceptions out there is that, oh, I do intermittent fast because I heard that it rejuvenates my cells and I will live a healthy, long life.

Well, you might live healthy long-life because you are losing weight, your improving your metabolism. Very important for inflammation, very important from blood pressure, and very much sugar.

It's actually an amazing intervention if you do it right. The 12 to 14 hours circadian fasting, the overnight fast that we talked about, but it doesn't stress you enough to get to cellular rejuvenation.

You've got to go to two or three days of fasting to Get there. Remember the company with no revenues. If you have a delay of a few hours in revenue, you're not going to go and restructure the company.

You're just going wait for it. Your bank account drops a little bit. That's intermittent fasting. It's healthy to do it every day the right way, but it's not gonna stress enough the body to rejuvenate.

The stress of autophagy and reversing the biological age of the cells comes after three or more days of fasting. This is why the fasting mimicking diet comes here and it helps you go through that process in a healthy and in less side effects.

And it enhances, it's a funded fast. There's macronutrients, there's micro nutrients coming to the body to help the cell rejuvenate and grow back healthy.

Hopefully, to summarize the types of fasting, the benefits of fast and how to do fasting right. How can we mimic fasting with food? What is that fasting-mimicking nutrition technology?

Regardless of the technology, it's nutrition, eating, and fasting at the same time. I want to clarify this to everyone. So how is it possible to fast with a technology called the fasting mimicking diet?

Okay, so when we eat, the body recognizes food in two ways. There's one way that is systemic throughout the blood. So when you eat what we call the macros, when it eat carbs, there's something in the that increases called insulin.

Insulin basically allows the carbs to go to the cells, but at the same time tells the buddy, hey, There is food. there is carbs coming in. so we're not fasting.

And it circulates throughout the blood, both the cards and insulin, and it sends the message to every organ that there's carbs, so we're not fasting. The other macro that is very important in here is our proteins.

Whenever you ingest proteins, there's something in the blood, a growth factor as well, like insulin, that tells the cells and the body that there is enough proteins it's called IGF-1.

When you eat proteins IG-F1 increase. What is IG F1? Insulin like growth factors. Very simple. Carbs increase insulin. Protein can increase insulin-like growth factor.

They're like insulin and they're called growth factors. they tell the body to grow because we put calories in the buddy. We put macronutrients in their body.

And this is where the Buddy goes in a non fasting, against fasting mode, it goes into a growth mode. So one way to mimic fasting with the fasting-mimicking nutrition is to not spike insulin is how can we get complex carbs absorbed in the body.

So the buddy takes time to break them and doesn't spike. Doesn't have one shoot spiking insulin. Actually have a

micro spikes and they go for a long period.

Ingestion of carbs coming at the same time, getting a little bit of carbs. And it's not really satisfying us, it is not overspiking insulin. The same way the amino acid in the fasting mimica 9, they're very carefully selected.

We spend, you know, 13. years, Alutra plus University of Southern California, the Lingerie Institute, and then 17 other universities came altogether, 40 human trials, 134 issued patents, an over $36 million, again, a 13-year process to develop and test the fasting-mimicking diet.

The protein selection was very important. They're all plant-based. So the entire fasting mimicking diets, by the way, is plant based, gluten-free, soy- free, lactose free.

No preservatives, no artificials, so it's a very healthy, premium plant base nutrition. But the amino acid, we studied for a long period what sequence of amino acids spikes IGF and what sequences does not spike IG F.

It's very And we were inspired by some meats, for example, they over-spike IGF. Some plant-based, the spike less IGP. And then there's the subcategory.

This is where it's very confidential and patented. There's a sub-category of amino acids within the plant based family of sources of proteins that do not spike or over spike insulin light growth factor.

So one of the first goals of The Fastly Mimicking Diet is to not blood sugar and therefore insulin and blood protein and, therefore, IGF. So at the systemic level, the body is not recognizing the food.

Benefits and use of the fasting-mimicking diet

Now the second layer, this second secret is when the macros, and the third macro is fat, by the way, fat does not increase growth factor. If you eat fat you're not telling the buddy there's, you know, food and enough food, then the growth factors do not increased.

So when you get on the cellular level, the cells have what we call nutrient sensing pathways. These are pathways, these are radars, this are receptors on these cells that actually tells the cell, hey, we're detecting food.

They're called nutrient-sensing, they sense pathways they sensed the food, so we studied those three pathways They're called the TOR pathway, they're call the PKA pathway and the RAS pathways.

And they tell the cell that there's carbs and protein and growth factors circulating. So we're not fasting, there is food in here. How much? First, how can we go around the pathways?

How can have nutritional elements that do not penetrate sensing pathways and those who go through the pathway, what is that switch? What is the detection, minimum detection level of food that tells the receptors that, hey, I'm satisfied now versus no, i'm still hungry.

I am still fasting. i am on the defense. So we studied how much we can feed. and of which molecule, which time of the day, etc. It's a very complicated process and discovery to understand how much to nourish so that the nutrient-sensing pathways are not triggered.

And therefore, now at the cellular level, the cells are now sensing the food. So now we devise this nutrition technology program called the Fasting Mimicking Diet.

When you go and you buy it, it's being sold into two programs. There's something called ProLond for Longevity on ProlondLife.com. And there's some thing called L-Nutri-Health.

If you want to have the fasting mimicking diet supervised by a dietitian or a physician, that's also being offered. It's offered for people who want lose weight, they have some metabolic You know, health issues, cholesterol, blood

sugar, pressure, inflammation, or they have diabetes or pre-diabetes.

They go on a program with a fast-significant diet that you can find in L-NeutralHealth.com. So the fast signifiant diet, therefore, is a healthy plant-based intervention, five days, that mimics the prolonged benefits of fasting, helps the body rejuvenate through autophagy that we explain in another segment about the types of fastsing, it helps to body improve and resets its metabolism.

keeps you younger than your age. And the way it does that is by not spiking at the systemic level insulin IGF and at a cellular level does not trigger enough the nutrient sensing pathway.

It's a big invention. it took over a decade, $36 million now published in so many journals. and I explained the science to you today so that you can trust it.

So you understand, yes, you fast with food. It's called a physiological fast, meaning you're putting food in your mouth over five days, very healthy plant-based, high premium ingredients, but your cells and your bloodstream are not recognizing enough the food.

So it's a physiology fast. It is possible. it is a very important technology. The latest article on the fasting-mimicking diet is showing that if you do it three times per year, three times, it helps you decrease your biological age by 2.5 years.

It induces this reaction of the cells, the practice autophagy, that won the Nobel Prize in Medicine. it rejuvenates your cells and your cell are younger.

They have a biological-age score that is younger than your age. And when you're younger that your and that's the main purpose of fasting-remitting nutrition.

You are a little bit further away from age related conditions, you know, diabetes, cancer, Alzheimer's and cardiovascular disease. So hopefully with this video, You now understand the technology of how to mimic fasting with food and you understand it value of it.

I'm going to elaborate a bit more on the benefits of fasting and the types of fast in another video. so watch it please and have a blessed day. Thanks for listening to The Longevity CEO.

Follow the show and join us as we rethink what it means to live longer and healthier lives.