The Five Secrets To Living Longer And Healthier Transcript

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Introduction to the Five Longevity Pillars

Hi everyone. This is doctor 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 of our life. In this. This food is the most impactful product you can do to your life.

Nutrition and Fasting Basics

This is very important because when we see nutrition, typically we think food taste or we think calories for gaining or weighting loss or losing weight.

But food is way beyond that. Food changes your microbiome. So 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 cells.

So it is everything in the body transforms into you. I mean, even in Alzheimer's today we call it 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 to give you the secrets here a little bit behind fasting.

There's two types of fasting. There's intermittent fasting 0 to 2 days zero hours to two days. And in this phase, you have enough fat and calories to compensate for the lack of calorie ingestion.

So this part of fasting we 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, triglyceride, blood sugar or 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'm burning the calories, the reserves, the fat, glycogen.

The liver is helping a little bit with me, a little genesis, but I'm going bankrupt. 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 body tells the cells you have to restructure. You have to rejuvenate. You have to consume everything going all the debris, all the organelles.

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

The Nobel Prize winning phenomenon and goes after the theory. Now you don't want to go and fast for weeks and 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 continues off obviously throughout day three, four, and five.

Fasting Mimicking Diet and Cellular Rejuvenation

So you're resetting your metabolism and then you're rejuvenating and reprograming yourselves. This is why this summit is called the Fasting and Longevity Summit, because we're introducing this notion as you improve your metabolism.

And, you know, today people take a lot of pills for that and a lot of bias improve their metabolism. Fasting is superior to those. And then you rejuvenate the cells.

There's nothing in life today, neither in medicine or in health care, that you put together a metabolic reset and a cellular resignation. And this is why in this summit, 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 unjust on water for five days, you have headaches, you have fatigue, you start losing a little bit of muscle.

Your blood sugar goes down, your blood pressure might go down. So the fasting, mimicking the tree technology and it's called prolong when you go and buy it or is called the ultra health.

There's two destinations where you can go and read more about the fasting mimicking diet, prolong life.com or El Dash nutrition ultra health.com. One is just about getting the product, the fasting and making technology prolonged.

One is about a program where you, a nutritionist and a doctor who can supervise you throughout the process of your five days, but that's 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 not ingesting food. You're eating a 100% plant based, natural through program that is nourishing your body while keeping the fasting signals on the cell.

Why and how is a full session on another five minutes? They're going to explain that. So go tuned to this to that session how a precision nutrition formulation called the fasting mimicking diet, which now has been awarded 134 patents and has been studied in over 41 human trials.

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

Exercise and Daily Movement

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's like you eat healthy almost. And exercise is so important. Three types of exercise. There's an introduction of something called movement. We lost that because when we see exercise we think, 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 to the gym. It's actually the movement, the daily movement, the walking a little bit here, the irony a little bit there, the cooking little bit here.

The movement throughout the days are also very important. Creates a constant burn of calories on top of it. Of course, going to the gym and doing exercise and three times a week doing intensive exercise.

The intensive stress. It's exactly like fasting. The fasting and a fasting mimicking diet is like an intensive exercise. It

puts the body under the pressure, the body.

There's a little bit of anesthesia, but mainly the cardiovascular system says, well, I need to pump the harder to pump faster muscles are working hard.

Let me create new vessels. Let me do neo neo G. And this is a vessels which protects more of the heart 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.

Stress Management and Sleep

A lot of people in this stress, they eat more. A lot of people, when they stress, they don't sleep well. Another pillar of longevity. I'm going to talk about a lot of people.

When they stress they don't go to the gym, they don't exercise. So it's a little bit of an apex. All the pillars of Longevity plus secretes a lot of polymers that we don't want in our body during that phase.

And they're pro aging rather than anti-aging. Sleep. Sleep is so important is the fourth pillar of longevity. It is so critical to sleep quality and quantity wise.

Why is that so? We always think that sleeping or 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, we 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 just the muscle. Every organ has its own biological clock, 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 7 p.m. 8 p.m. allowed 2 to 3 hours before you sleep. But why is that? So actually eat at 5 or 6 p.m.

and then allow 2 to 3 hours and then sleep around 8 to 9 max at 10 p.m.? Why is that so important? When you eat at night before sleeping? The GI, the gastrointestinal system is working so you're not asleep.

There's one big system in your body. It 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.

Your body, your body is not sleeping any longer when you just eaten. And obviously when you eat and sleep most of the calories because you're sleeping, you're not spending them are going to be.

And you have what we call the anabolic hormones are up, growth hormone is up during the night. So when you eat right before sleeping, the body stores the excess calorie into fat, which increases insulin resistance.

Inflammation as a bad, bad way for longevity.

Social Capital and Purpose

If you don't want to eat and sleep, maybe one of the most important recommendation within nutrition is fast and do not eat right before sleeping. So this covered this 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 it's my relationship with my family, with my friends is my happiness. Every day is my purpose in life that I have to remind myself to stay happy, to stay upbeat.

It's it's the love that I receive and I give is so important. And this pillar is the mother of all pillars. When we're well nested, when we're happy, we exercise, we eat healthy, we 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 100 and beyond. Some of them still smoke, some of them eat healthy and others don't.

Most of them 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. They have a smile on their face regardless of what they go through. This smile, this positivity, this purposefulness is so important for every day's longevity with those five pillars nutrition, exercise, stress, sleep, and social capital.

Hopefully you get to change your life and focus on those so that you live a healthy, long life. Cheers to your longevity!