The Nobel Prize Winning Science Behind Fasting That Reverses Your Biological Age Transcript

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Introduction and Prolon partnership

Hello. Hello. Welcome back to the Future of Menopause Medicine Summit. Unapologetic. Unconventional. Uncensored. Unfiltered. All the things. I'm your host, doctor Sharon Stills.

And today we have in the house one of my my favorite interviewees, the amazing doctor Joseph Antoun, who leads a Prolog and is just taking proline to amazing places and really marking on the map.

And if you don't know what proline is. Stay tuned, you're going to find out. But I have been involved with proline with company for for a long time, and it was one, you know, so many things come across my desk, get sent to me, doc stills, do this, do this, try this, do this for your patience.

And I'm very, very, very prudent on what actually passes the doctor stills test. And I remember when I got the pro on years ago, I'm like, way before you guys blew up and really became this major movement.

I thought, oh gosh, what is this? Here we go. Another fasting kit, another five days fix your life. Good for everyone. And I was like, ready to be like, yeah, no thank you.

I've seen a million of these. But I stopped and I looked and I read and I did it and I thought, this is not your everyday box of detox that's going to, you know, not really change your life.

This is like the real thing. And there's very few things that I find that are across the board. Good for every woman in menopause. And this is one of them.

And so we're very grateful for our partnership with Prolog, for your sponsorship of the summit. So we can actually provide all this free information. And now we're going to dig into like what is Prolog and why is this so important for you?

Why do I personally do it at least three times a year, lead groups of patients through it, and why this needs to be part of your menopause medicine? Because it truly is menopause medicine.

And we're going to get into the details of yes, this can be good if you're 35, but for menopause, this is the bomb diggity. This is like it's so, so important.

So Doctor Antoun, welcome to the summit. We are thrilled to have you here. Thank you. Doctor stills and I super appreciated. We're actually very proud supporter of women's health and longevity.

And I personally am very we're actually donors to certain organizations as well. We believe that we need to redefine the storytelling even behind pause.

Right. A lot of the old storytelling is this is when you start aging. This is where you can have in a lose your shine or your age of birth. But we believe it's the opposite.

This is the age where women start their true life, their true nature, smart, empowered, free life and performance. And this is where this is the age of rejuvenation.

This is what it should be called. And we're helping here redefine the story as well and supporting with women's health and longevity. Yes. And that is all about what we are about here, what I'm about in my practice and my life.

It really I was I was showering this morning and I was thinking, gosh, would I go back, you know, if someone could give me that magic wand?

What Prolon is and how it works

And I thought, you know, I truly wouldn't and I truly needed to be there and make some dumb decisions and have some crazy drama in my life to get to this place of post menopause, where I just am so grounded, centered, feel good about who I am, and I think it's just the beauty of the journey of life and aging and then living a healthy life and having certain tools.

And I'm just coming off of. We just finished a five day Pro Lun in my group. I think I'm maybe like ten days out or so. So I'm like, I've got the prolonged buzz.

So let's talk about what many of you listening probably know, but stay tuned because they're up to always up to new things, new research, new publications, and even I always learn something every time I talk to Doctor Antoun, there's always something to be reminded of or learn.

So just for the beginning, let's just, you know, what is Prolon? How did this start? Just give us the Prolog 101 basics just so everyone could be on the same page.

Yeah. So Prolog is a five day precision nutrition that we have developed and studied. Took us a good 18 years to figure out how can we, in five days give you a plant based, healthy ingredients.

But the function really of those five days is to mimic the benefits of a prolonged fasting on your body. So let me explain it. This all started some 32 years ago.

Actually, the limit on that in the labs of Walter Longo was the time magazine top 50 Most Influential People in Health is the top 1000 most referenced people in science.

It's super, super humanistic but very rigorous scientists. And he started the Longevity Institute at the University of Southern California. And he started looking at what should we as humans eat or not eat to live a healthy long life?

And then so he was studying nutrition and fasting together. And he noticed that when you fast beyond 2 or 3 days, your buddy goes into this self reservation process called autophagy, which won the Nobel Prize in medicine in 2016.

And that was a big phenomenon of discovery, because the secret of the boxer from within, you know, we all have this doctor sitting inside of us that can heal cells.

It's called autophagy. And you awaken that healing process by fasting for longer than three days, you know, for those are wondering, how does that happen?

Think about, you know, if you own a company and you don't have enough revenues and, you know, after a period of time so that you don't go bankrupt, you get to restructure that, you get to fix it, you got to do something about it.

And the way we live today, we keep eating a little bit unhealthy or we're stressed, etc.. So and we don't sleep well and all these and exposure to toxins.

So our body is taking a beating every day. And the cells are aging. They're committing mistakes. And this is how busy started. So one of the best ways to enhance human longevity is to heal the cells, is to reverse that age is to help them restructure, rejuvenate.

This is the artificial process that we're talking about. And we discovered some again 30 years ago that you can awaken this process called autophagy by fasting the cell for several days.

And so just to get people idea why this is so magical, and for example, in mice, when we practice this prolonged fast, the mice live healthier longer.

When when they're diabetic, we can reverse the diabetes advice when they're when they have cancer with increasing cure rates by like tens of percentage and a lot of remission from a lot of chronic businesses.

So then we went to humans was like, okay, let's see if we can fast people. You know, three days in mice is five days in humans. And fasting for five days is a big endeavor.

And it comes with a lot of benefits, as we said, metabolic, but also said their rejuvenation. But it comes at a big cost. People say weak people fear headaches, etc.

and this is where we went to the national issue of health. And we said we can devise a five day nutrition that can nourish the body while keeping the signals of fasting on the cells.

When you start studying how a cell you know registers food, there are three nutrient sensing pathways. So there are three pathways on the cell membrane that tell the cell there's nutrition, the tour pathway, the peak and the pathway.

And we device. We studied how much you can trickle down nutrients to those pathways without switching on the satiety of the cell. That's the core core technology for we call now prolonged is a food that you can consume.

Again plant based protein three logical three all the everything that we preach about healthy iteration we take it. But more specifically it's a precision nutrition that nourishes your body over five days while the cells are still thinking you're fasting so the cells are rejuvenating, there's fixing what's going wrong.

We have over 33 million cells in our body. Every cell is on attrition. When you're tricking the cells and the body that you're fasting, most of these cells are practicing this rejuvenating process, which is so important if you want to live a healthy, long life.

As a women going through in a pause and menopause is a biological clock of aging is taking on you. One of the best way is to tell the cells, hey, restructure, heal told a bit younger.

This is how universal biological age. This is how you keep a woman away. Further away from the onset of hospital paddock syndrome symptoms, but also diseases.

It's brilliant. So let's back up for a few things. Talk about the difference in muscle and bone preservation between, because this is one of the things that really had me sold with the difference between five day water fasting or doing prolonged.

Because ladies, we know our muscle is like gold these years. So if you could talk about that, that's a great point because, you know, once you cross minute pores, as you mentioned, right, there's 4 or 5 things that happen to the body which we need to protect the gates.

Right? Muscle loss and muscle is an organ of longevity. After age 50. We need our muscle after that age. So important because it burns the carbs. It keeps us mobile.

And so we call muscle after age 50 and organ of longevity. So you start losing muscle fast with many pause for those who take GLP one or other drugs is even more exacerbated.

Muscle and bone preservation during fasting

I don't know if people know, but 24 to 40% of the weight loss with the one is muscle loss muscle and bone, by the way. So and both after age 50 because again, if you're 30 and you take it one, maybe that's fine to a certain extent.

But if you're 50, 60, 70, you're losing a lot of muscle and down. And this is so important for women's health to avoid that. So and so muscle protection is key.

When you do the prolonged five day fasting nutrition, we have shown that muscle is maintained. And why? Because the prolonged acts and rejuvenating the cells, you know everything else.

Whether you do chronic dieting you try chronic diets. You do the group. One is like a and itself. It's like a light. It's a smooth coming down. It's a smooth, prolonged depletion.

Whereas the prolonged five day fasting nutrition is the opposite. So rejuvenation of the cells including muscle cells. So we see rejuvenation in the muscle.

Obviously the very thing that you're fasting you lose a lot of fat at the same time. And this is what actually increases the energy and the performance.

A lot of women after the five days, what they report is much higher energy. I lost a lot of fat. I protected by muscle. And I'll talk also about the skin rejuvenation, which is super important as well.

We have a clinical trial on that. But to finish the muscle and the bone part, what separates prolonged from any other intervention at Paused is that it's a vibrant process that protects the muscle and the organs and actually gets them a little bit younger versus enhancing that depletion.

That starts with a pause. Right. And so you don't just I just want to make sure we're driving home this point. You can fast water fast for five days, and you will not get the protection of your bones and your muscles.

You will lose. And that's such a key point that if you want to enjoy the benefits of fasting and as we're talking about, they are numerous. You want to also be protective.

So it's not okay to just water fast. At this point of our journey. We need to fast wisely and be rejuvenating and be protective. And that's what prolong gives to us.

Thank you for doubling down to that point. And again, although Water Fast is trying to rejuvenate as well, but there's no nutrients to rejuvenate. With prolong we're giving the proteins.

We're giving the carbs that the muscle need to be protected and rejuvenated. So yes, this cells out of mode, but you got to nourish them to rejuvenate.

Whereas that water fasting, they're getting depleted. So so let's there's a few things that I always like to bring up because I know this is what my brain was thinking for us.

Well, why don't you prolon I'll just I'll just eat some carrots and, you know, figure it out myself and have a salad. And so can you talk about why this?

You know, decades of study at San Diego, right. The university there and how, you know, what went into deciding kale crackers or my favorite, the Chaco Crispr and why it really can't be duplicated at home.

Yeah. I mean, this is a critical point. It took us just to give our audience some numbers. It took us $48 million to develop and test the Prolog, $48 million over a decade to develop and tested.

And now it's being tested in Stanford, USC, UCLA versus Indianapolis, Indiana versus Miami, and 18 other universities. So we've tested it in 18 medical centers.

We have over 47 human trials today, up to date, probably equal or similar to GLP ones across the board. So this is heavily tested product with a team of scientists and PhD, as you know, coming from the biotech industry, a lot of my teams are top scientists coming from Harvard and UCLA and USC, etc.

so we take this very seriously. And when people say food is medicine, they have to really understand that some food is medicine. And so we had to study the super precise macronutrient and formulation and hormonal differences during the day, because what you eat in the morning gets processed differently than what you eat at night.

You have different levels of insulin in the morning, the body is more capable of planning to burn and consume versus more storage in a storage mode at night absorption rates.

We had to study all these things together to be able, and most importantly, looking at the nutrient sensing pathways, I mentioned this expression, the NPS entry and sensing the space.

These are three receptors on the cell. One detects mainly the protein intake to the text, mainly the carbon takes, but they are intricate and the inside of the cell.

And we had to study precisely how much we can trigger trickle macronutrients to those receptors without triggering satiety on the cell. And a lot of people, they try to, you know, they try to do at home or try to test it.

You try to initially, I know a lot of hospitals and they all come back to us because if you undernourished, you're just fasting and you're depleting and therefore like water fasting, you lose the muscle, etc.

if you're overfeeding, then these receptors are triggered. You know, for example, the ketogenic diet, right? It has enough protein. People think that it will get you in deep fasting, but it does not because it has enough protein to trigger the tour pathway.

And once you trigger that pathway, you're not ending fasting and therefore you're not rejuvenating. You're just in a chronic depletion. So you got to get those a super precise formulation, something in you also do not want to on a systemic on the blood level spike insulin or spike IGF.

Those are signals. That is enough nutrients in the body. And the body doesn't go into fasting when you have those. So it took again $28,000,000.13 years testing that formulation.

We also take it to 18 universities. They tested it. Now we have 47 miles and 136 patents on the probe. On one big news we got because we were the first you know, I mentioned we started 30 plus years ago.

Why Prolon cannot be duplicated at home

We were the first to report longevity as a market. Right? Because when we look at Poland, what we call the toll on its promoting longevity and women's longevity is critical.

This is a big word that today is buzzing, but for us has been our science for three decades. Improving women's health and longevity is critical, and the best way to do this is by keeping your cells healthy and younger than your age.

And the only way we know that you can do this across multiple systems in the body is doing the 12 on five day fasting nutrition. As we said, it triples autophagy, induces autophagy as of day three and therefore yourself originally previously and or the staying younger.

And some of them gets replaced by the way a lot of old cells we call them the zombie. The zombie or senescent cells. They trickle inflammation in the body after menopause.

Recall this information. You start getting inflammation in the body and inflammation and use of faster degradation of tissues. So you're getting a little bit older on your skin, you're getting a little bit older on your organs.

And one way is fasting eliminates those zombie senescent cells because when the body thinks it's fasting wants to do triage. Are you an old cell? You're not helping me get out of here.

I mean, a young cell. I'm going to push you as this new stem cell to replace the old itself. I need to reinvigorate myself. I need to raise your roommate myself. And this is what we see.

And this is critical for for longevity. So now we have a fully issued patent on promoting longevity. And as of two weeks ago, the US Patent and Trademark Office, which has given us over 40 trademark on longevity, something in it.

Whatever you buy it. Longevity supplements Mojave. Now we got a fully issued trademark on the word longevity classes, and it was almost impossible to get.

But because we were able to show that, we opened up the signs of longevity in the market, and we got it for classes of bias and and supplements and apps and all of that.

And I'm mentioning this, we're not going to go and go after people because they're using the word longevity, but we're just showing that longevity started with this company as a scientific true market with prolong.

And our mother, somebody is called a neutral. We really cared especially about women's health and menopause and wanted to show that this is just a step, a wake up call on longevity.

But we can deal with it. We can reverse the bio age of the cells, and we can help women at that age not still depleted or depressed with it. That's amazing. Congratulations.

Okay, as you're talking, I'm jotting down all these questions. So I want to report you remind me because I said we just finished another cycle as our second cycle of the year.

And we have testing in the office where we can check the biological age. And mine came in at 43 and I'm 58. So I was like, go pro long. So I want to clear up.

If you could explain that study where you showed the 11 year reduction in biological age. But we were having a question. We have our big WhatsApp chat where we all fast together and I support everyone through there when we're doing our cycles.

Is it three times a year or four times a year? So you get the benefits. So we published a study, what you're referring to to explain it to our audience.

It's an article that we published in nature. Nature is the number one science journal of the world, and the article is showing if you do three prologs on year one, you reverse the biological eight score by 2.5 years.

And if you do it three times per year over ten years, then you're reversing, sorry, over two decades, over 20 years, between age 50 and 70, again, killing about women, about him in a age we simulated that if you do prolonged three times per year between age 50 and 70, you can expect.

And again, it's a simulation. You can expect to reduce your biological age score by 11.5 years. We also have a table that shows you how much that will help you in prevention.

In in your risk, your cancer risk, your diabetes risk. So all those get impacted when you're actually younger. Now we say three times per year we're assuming you're healthy.

That's the prescription. So if you have if you're relatively healthy you do it only three times per year to reverse the bio age of your cells and to stay away from the onset of chronic diseases.

And for those wondering why Doctor Stills and I are talking bio age, etc., you know what medicine missed when when I went to med school and when you started your health studies.

What medicine missed telling us is the number one reason for getting one of the four diseases killing us diabetes,

cancer, Alzheimer's, and cardiovascular disease.

The number one reason is aging. And you know, you get older, you get Alzheimer's. You get older, you get cancer, you get older, you get heart attack. And the mother of all these diseases that are killing 90% of us is aging.

So the way if you reverse bio age is the best gift you can give to someone to increase their off span, the healthy part of longevity. So it's so important for us to talk about bio age reversal.

Staying younger than your age. That's my preferred slogan in life is stay younger than your age, because this is how you stay away from what's going to kill you.

And we're showing prolong, at least on the biological. A score is doing that now, doctor cells, if you have somebody who has inflammation, has metabolic disorder, they have some health reason also to do the FMD program, then you can do more than three times per year because you want to help them on a short term as well, with their blood pressure, with the blood sugar, with whatever reason you are overseeing them. For.

If there is a health goal in mind on the short term, this is when you can go from three three boxes a year to four boxes or a bit more, right? Sometimes I always start patients off with like one box every month for three months.

But again, if someone has cardiovascular diabetes, then you have great programs and they can do a box a month and be monitored. And we see, you know, we do baselines on labs and then we do baseline, you know, then we get the reach and you can see the differences significantly.

Biological age reversal and treatment frequency

I mean, we just crossed 12,000 clinics in the US registered with us to do the prolog. And this is just to to for our audience to understand. There's a big confidence and a big science behind what we do.

And anyone can do anything for five days. We're not here preaching. You got to be on this. It's a bite. It's a chronic bite or it's a pill. You got to take it every day because this is what most pills are for every day, or most diets are for every day.

We're just telling you do five days three times per year. If you have a health objective in mind, you can do it more frequently. But imagine 15 days out of 3 or 365 days rejuvenating your cells.

It's a Nobel Prize science, you know, winning technology. It's helping you rejuvenate yourselves, reset your metabolism. There's really nothing as powerful that everyone can do specifically at age, because you want to rejuvenate the skin.

Let me go back to this thing we've done. We've done a skin. Yeah. So skin is the largest organ in the body, right? And we were like, if we rejuvenate cells, why not?

Test the impact on the skin. And we actually did a clinical trial. And we are showing rejuvenation and glow on the skin. And also we ask women how they feel about it.

And we had a very high spike by by statistical significance of women saying I'm regaining my confidence and I feel happier after doing the prolog. So important at that age, as we know it's really, again, rejuvenating yourselves and reversing your biological age, maintaining your lean body mass, changing your relationship with suit.

This is so important to understand that we can actually use healthy and be happy. We can. We shouldn't be addicted to high volume of high portions and late night snacking.

And number five, a lot of people after the age 50, I think the certification that 87% of people after age 50 or 55 started having some metabolic issues.

So number five is for blood pressure, blood sugar for Leicester all through the right now we have data and publications on all of those. How can we help with the fastest way we can buy it as a neutral technology.

How we can help people with those metabolic factors? Yeah. It's amazing. I mean, as you were talking about and thinking, there's all these physical from inside your liver, your inflammation, your outside your skin.

And then there's and we're not going to have time to get deep into it, but we are going to do a post summit webinar where we will answer questions and go deeper into it.

But there's also this really powerful effect on your mental state, your relationship with food. You know, many women have years of disordered eating and disordered relationship with food.

And there's something magical that happens over the five days. And, you know, this lasts. Every cycle is different. This last cycle, I don't know if it was because it's summer in Phoenix and it's 110 degrees.

It was a difficult cycle for me, and there were times I just wanted to eat a piece of broccoli or or have a piece of salmon, but there's that powerful of, I can do, I can do hard things, you know, we can lift hard things.

We can do hard things, we can be hard things. And that feeling of when you're done on that six morning that I did it, I can create new neural pathways that say, I'm a woman of my word.

I do what I say I'm going to do. I can complete things. So there's so many powerful layers that go into this beautiful five day experience. And you tried the what we call the art, either ready to eat soups.

Oh gosh. Yeah, yeah. Well the broccoli quinoa is my yes, my total favorite. I could just do broccoli quinoa for five days. You know, for those listening here, these are organic from the fields we contracted fields in Italy like many version very clean.

And we just they harvest fresh. They cooked, they put them into they keep them into ready to eat liquid format. And they get imported all the way from Italy here to be inserted into Poland.

So it was like one of the cleanest organic truth that you can get from Italy. And we're having a major success with the terms. Yes, and the vegetable and the minestrone.

When you're fasting for five days and you get that, that little piece of vegetable, it's like, oh my goodness, you just you savor it. So yes, I want to before we wrap, there's one other thing I want to just have you explain, because I think there's a lot of miss confusion or confusion, I should just say or miscommunication out there about.

And it's funny because I say autophagy and you're saying autophagy. So I don't know if it's a tomato tomato kind of thing. But we mean the same thing.

We mean the cellular cleansing. But can you talk about I think a lot of people think they intermittent fast and they're inducing autophagy. And if you do proline then you get these beautiful kits.

It's very easy to follow on top of everything. It's like brainless.

Skin, confidence, and metabolic benefits

You just open your box and that's what you're going to do for the day. But you don't get into autophagy till the third day. So could you just explain a little bit about that?

Yeah, it's a very important point because a lot of influencers and days fight to tell people. Oh, you skip breakfast. You're going to do autophagy right?

And I don't blame them because you know I don't want to give a it's a true story. But hey I'll give you a secret here.

Right. So one of the number one medical journal in the world, by the way, number one, when they published the article on intimated fasting and autophagy, we were a big part of the article because we're the only technology that was showing artificially.

And now we published it, by the way. So this past December, there was no way in the past to measure autophagy and humans so people can claim whatever they want.

Now there is a way and we have partnered with San Antonio University and Cedars-Sinai in, in LA to do the trial on autophagy, because now you can measure it.

Right. And it's clearly showing that you have to cross state three to to to show the spike. But in the past we were part of that number one medical journal article.

I'm not going to name names. And then they took the paragraph on the on the passing out because they felt that there's only one company that does that and that could be promotion.

So the article was left with intermittent sassy and autophagy. So people assume that it can happen with intermittent fasting to help people understand, intermittent fasting is fasting for less than 48 hours, and if you fast for less than 48 hours, you're not going to create that stress on the cells to rejuvenate, right?

So I'll give you an example. Say we own a company and you need $1 million to operate it, you know, per month. And if I come and I say doctor stills, I'm going to give you that million dollar.

But let's let's wait a couple of days and then I'll give it to you. I'll be like in all the way to couple of days. I'll lean on my bank account in the meantime.

And that's exactly what happens with intermittent fasting. Skip breakfast or eat one meal a day and you know you'll you'll lean on your fat so you deplete fat.

And intermittent fasting is a good, you know, weight loss, weight loss measure. You're not in a stress enough to say, oh, there's a crisis in my company.

I have no money. I've got to rejuvenate. I got to restructure the company. I got to stop everything wasteful. I got to have the best employees perform.

I get to do this. I get to get to quit. And enough stress on the cells to be able to think. I get a meal and I get a rejuvenate. And that stress only happens after three days in humans.

In another mistakes a lot of nonscientific influencers have made is in mice, because mice have high metabolism and mice get into other fish after a two day or run the day two, but it's because they have high metabolism.

So the mice is the equivalent of five days in humans. So humans only get into other of those in a significant way. Axel. Day three. And this is why we started the company, because we have uncovered that and we knew we needed three or 4 or 5 days.

And this is why Poland is five days is to meet with those two days of artificial. Right. And that's another, you know, when you're doing it. And if you're having visions of jumping ship, it's like once you get to day three, it's like you got to stay with it.

Because those last two days and even the sixth day of the day, there's still so much going on that it then it's just a waste of your time and energy, and you see that on your body.

You feel the day. Three I'm going in autopilot. Something is hanging in my body. And you know, some people, the first time they find it a little bit difficult, that's okay.

Autophagy, intermittent fasting, and day three

It's like, you know, when you go to the gym and you haven't been to the gym before, you feel the muscle aches. You know, the next the second time we know it's 33% easier every time you and you know, people sometimes succeed from the first time, sometimes it's from the second time.

But most important, again, it's five days only you get your food. Anyone can do anything for five days, and if it's difficult for you the first time, they call some people they they haven't fasted before or they're not metabolically flexible, meaning their cells, they don't know how to shift from, you know, being addicted to cards and having to move a little bit.

So it could be nation of proteins and ketones, and some of them is like somebody that used to go to the gym. And the first time they grow, they struggle a little bit. That's fine.

You go, the next time it is easier and then your body becomes metabolically flexible. Yes, yes and yes. Okay. Well unfortunately we're out of time. But like I said, there will be a post summit webinar where we'll dive even deeper.

We'll have fun slides for you, and you'll be able to ask live questions and get them answered in real time. And then you can join. Come with me. I'll lead you through a five day.

We have a lot of fun and just the community and the support really. You know, you can do things alone or you confess with friends. And when we go places together, it's always a little bit more fun.

So stay tuned for information on the webinar that'll be coming up. Any last words or less? Things you want to share with the ladies before we wrap? Of course again, care so much about women's health and longevity.

We actually want to not just help from a health perspective, and we think we have probably one of the best help with the fasting, nutrition and the on.

We also want a part to re change the storytelling. You know, I think women are givers the first 50 years of their life to their kids, to their partners, to education, to everything.

And I think after age 50 or 55 or even a product age, it's all about new. It's all about you flourishing for yourself. It's all about you empowering yourself, health wise, train wise, performance wise, to live another chapter of 50 years.

And we're here to give you another chapter of 50 healthy years so that you live your life for yourself and for your loved ones. So I super appreciate you for doing this summit.

I think this is so important because in most cases, care. Unfortunately, just give a pill for everything and they exploit women after age 50 and 55 just to put them on one, two, three, four, five pills and more.

I think there's a lot of power in awakening the doctor from within in practicing lifestyle medicine, nutrition and fasting, movement and exercise, stress management, sleep quality, community and self-love, and then finally avoidance of toxins.

You follow these six pillars probably is the best preventative and likes on medicine you can do. And we're here to support having another 50 years of healthy self loving life.

I love that, love that. Yes. Like I always say, not all medicine comes in a pill bottle. And actually the most powerful ones come from the pillars you just discussed.

So appreciate you so much because you stand for everything that I stand for. All our beautiful ladies watching in the audience. So time to get your pro on, on.

And thank you so much again for your support of the summit. And thank you everyone for being here and learning,

and we will see you soon. So. Hi. Hi, Shannon.