The Real Anti-Aging Formula Made Simple: Fasting, Feast Days, and Cellular Detox Transcript

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Opening on Fasting and Feast Days

So the bottom line was is it was a fail. Didn't work. So the point is, is that depleted calories long term doesn't work. We know that from diets as well.

That metabolism slows down. The body goes into a catabolic state. But we're seeing the same thing today with a lot of the intermittent fasting and the popularity of fasting.

So we need the feast days. If you remind periodically the body it's not starving. Magic happens. Welcome to Doctor Talks, the podcast, where every episode leads to a healthier you.

Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease. In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors.

If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place. Get ready to unlock the secrets of lifelong health and vitality.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Welcome to the Longevity Leaders podcast.

Dan Pompa's Longevity Origin Story

I'm Doctor Isaac Jones, and this episode is part of our exclusive series recorded at the Exponential Longevity Summit, a global gathering of cutting edge health experts exploring the edge of human performance, healthspan and longevity.

Let's get into it. One of the things I love about Dan is he is just a student of longevity. Because he's a student of what causes chronic disease, and he's obviously lived a pretty challenging life, dealing with a lot of health challenges himself.

But getting through that, you know, he's learned a lot, and he's also connected with some of the top people in the longevity space stem cell experts, zone experts, technology experts.

And, when you go to his house where I've been multiple times, you know, there's like a Tesla coil in the middle of his room that's like giving off all this cool radiation, healthy frequency.

And then, I, like, hurt my knees. So he's like, oh, just come into my bathroom and he's doing PRP into my knee. You remember that? Dude? I did, I do. It was so funny. But, you know, I'm excited to to have this conversation with you.

You know, this is going to go out in we've got around 100 members and in the longevity, practitioner certification and then the continuity program after that's called longevity leaders.

And, yeah, just excited to to tap into your brain. I personally have been super blessed by Dan Pompa. You know, before he was, before he was, one of my best friends.

He, he was a mentor of mine. And he had gotten he was speaking at a big doctor's conference, and I was just the student, like, in, in the, in the audience.

And I was so blown away with him. And I was so excited about what he was talking about. I, I followed him to the bathroom where he was like, peeing. And I was like, Will you be my mentor?

I want you to, like, coach me. And Dan is just like, he's like, I don't have time. He's like, I'm sorry. I'm like, what, about five minutes? I'm like, you have five minutes once a month.

He's like, yeah, yeah, five minutes once a month. And then of course like two weeks later I'm at his house and like, you know, living with him and his kids.

I think I left that. And I said, that boy is going to be successful at whatever he does because he was relentless. And that is part of the reason, part of why he's successful.

He's also resourceful and, he's absolutely an initiator. So, yeah, I know Isaac, tracked me down and I think I'm so glad he did, because we've been, friends ever since.

Yeah, absolutely. Well, yeah, I mean, let's get into longevity. And if we do have any time, I mean, Dan is the probably the fastest growing number one, you know, brand online in natural health right now.

You've gone from like, 100,000 people on Instagram to like 800 or 700,000 this year. You are you're also, you're also on track to do some insane numbers, you know, from a financial perspective.

So maybe we we save a little time at the end just to, to share a little bit about what you're doing there. But, yeah, let's get into your kind of longevity story.

Toxins, Inflammation, and Premature Aging

And, you know, as it relates to cellular health and cellular optimization, what you become a global leader in, so, yeah. Where do you want to start? Yeah.

Yeah, I mean, it look, I, I, it chose me. I didn't choose it. And that was way back in 1999 when I started getting sick, unknowing to me what was going on.

Like so many people today, matter of fact, what I was going through then, very few people were going through today. Now it's ridiculous how many people are going and everything God taught me going through it, and that's the only way I learned it, by the way, is to go through it.

And, you know, here we are today, you know, with so many people that need what I learned during that. And by the way, those were prophetic words spoken to my wife, that.

Yeah, things got really bad, and I. I couldn't work like I was. And, I definitely wasn't the father that I needed to be or the husband, and, you know, her crying out to God on her knees.

God spoke to her heart, said, not only am I going to get him well, but he said, take a message to the world. And that never went over well with me at all, because in my mind I couldn't even get myself well.

Let alone step up to that calling. So, that never was good. If. But if you knew my wife like Isaac does, I did very persistent, you know, it's like. And she's just, you know, I would have saved it for probably better times to speak those words to me, but not her voice.

She spoke him right at me. But that's a good thing. Now, she was right. I'm taking a message to the world. That's how I got here. And and again, it came out of what God showed me.

And, so many people today. I mean, again, I my Instagram grew. I mean, I will be I'll be in a million followers next week. And he's right. Five months ago I was at 100,000.

I hate social media. I hate doing it. My my older son, who's CEO of the company, made my younger son do it, made he made me do it. Meaning, like he said, he gets bonus on if he films you so literally to help him.

So people said, oh, you start social media because you wanted to help people. I'm like, no, not at all. I want to help one person. That was my my son Simon, because I had no belief that one minute videos could make a difference.

Yeah, I was wrong, you know. But anyways, needless to say, you know, all of that information, you know, that I speak and teach, you know, came out of it.

I'm called to it. And yeah, I mean, it every, thing that people are going through, what I talk about on Instagram, that's what I was going to say. So much of it is, here is the toxins that we're unknowingly exposed to today.

I just did a video about how these plastics are crossing the testicular blood, barrier. And, you know, in, in the male testicles and leading to the massive decline in testosterone levels to testosterone and history of humankind right now.

And, sperm count lowest in fertility. Right. And then what do we have? Even in our space, we have people trying to get feel better, get better, perhaps from taking hormones.

Although bioidentical, you know, still not the problem. We're inundated with neurotoxic, neurotoxins that when what? When I do these videos and I research and I'm just I myself am blown away about just what we're up against.

You know, it's I feel when I do these educational videos, it's like I feel silly talking about diet change sometimes because it's almost become irrelevant.

You know, people can't change their diets anymore and just lose weight and feel better, right? It's a different game than it was even ten years ago, you know?

And it's like if you look at the amount of plastic, I mean, you, you know, that you've heard of a credit card a week we take into our bodies, right? A credit card that much plastic a week, five grams to be exact.

You know, when you look at what's accumulating and then when you look at the amount of glyphosate that opens up our protective barriers, and then when you look at the amount of heavy metals, you know, now the aluminum that they're putting in jet fuel, it just makes the jet fuel more efficient.

Bromine as well. It's part of the formula. It saves them billions of dollars. This is no conspiracy to kill us although it is. But that aluminum is falling down into our food supply into our water supply, taking in aluminum and mercury that we're already exposed to because we and our mothers had silver fillings and that mercury goes into the brain.

We have aluminum and mercury. Perfect storm combination. And we wonder why dementia and everything brain related is going through the roof. The anxiety people can't sleep, the gut problems.

And I feel like, you know, again, when we look at aging prematurely, we're looking at this accumulation of senescent cells, cells that don't work, cells that live too long.

The DNA is broken, right? It's like we know that people with these types of cells, you know, age sooner, they have more chronic diseases, they have more, all increase in mortality, you know, but yet.

Well, what are we trying to do about it? Because we don't get to the real causes that I just discussed. Then ultimately, we're not only going to age faster than normal despite our collagen, despite our diet, despite our wonderful supplements that we're taking, we're going to age, but we're going to be subject to the number one killer chronic inflammation, which will present itself in your genetic weakness.

You know, whether it be a heart attack, stroke, you know, you name it, cancer, you know? So, you know, ultimate

Lee. Yeah. There's things that we can do.

Fasting. Right? Of course we want to eat a better diet. Of course we want to drink cleaner water, you know, but ultimately, cellular detox, everything that I learned through my illness now applies to what's happening today.

And I would never make the statement that I have all the answers. But I know this. I have a very key piece of what most people are missing. Yeah, no, it's so good.

Senescent Cells and the Role of Fasting

And so we see the demons humanization of of of men and women are, you know, having just unbelievable hormonal dysregulation as well. And you've got on top of that, one of the biggest, you know, causes of joint injuries is that the life estate in the joints that are actually that's, that's causing the the actual ligaments in the tendons to become brittle.

Right. So this is a this is a huge problem. Clinically that's what what people are seeing the when it comes to senescent cells, what do you feel like, you know, accelerates the development of senescent cells.

When it comes to, to cellular toxicity and and some of these things and what have you found are some of the best ways to, you know, to cleanse the body of, senescent cells.

Do you think that, you know, taking senility, do you believe that taking, you know, or doing some of these, I own a free system, like, you know, blood.

You know, when you're when you're filtering out the blood, etc.. What do you what are your thoughts on some of these things now? You know, look, I think they all work, they can be very expensive, right.

And and you could be against, you know, a force that is so much greater than you could throw money at. I was in natural water. Rafael Gonzalez's natural killer cells.

You know, he did a whole study on it. My wife and I were in that study, and, you know, every natural killer cells, which, you know, what you do is they take your natural killer cells, they expand them, and then they inject them back into you from the millions to the billions and natural killer cells.

Really? Or one of the most, if not the most effective way to lower senescent cells. But again, it's in the study, the people that didn't pay attention to the toxic exposures in their life, they didn't have the massive declines that my wife and I had.

So what it shows you is that, you know, you have to deal with the very causative factors that are driving the increase, the rapid increase in these cells that live too long.

Zombie cells, if you will, DNA damage the toxins driving, you know, driving the DNA damage and obviously keeping these cells, from basically apoptosis.

I look be clear, though, there's a reason for senescent cells. There's actually a purpose for them, you know, but it's the too many in the acceleration of them that's bad.

The body can utilize a senescent cell in an innate intelligence is, you know, can do that. So there's studies out there that show that a benefit to what they actually do in the body, but the body should get rid of them in a very consistent rate throughout pup ptosis.

And when that doesn't happen, these cells live too long. And that becomes a problem with premature aging. And, you know, leads to other diseases. But, you know, just even Covid.

There was the first study that was, the people, young people who got hit hard by Covid, you know, 35 years old,

you should have got Covid like a flu and went through it.

Right. But people that got hit hard, they showed that they had more senescent cells, and these were people who would be like, I'm healthy. But they didn't know that they had more senescent cells that probably wouldn't have shown up for 20 or 30 years and that their end of their life.

So, you know, it's significant. The answer the other part of your question, fasting does get rid of senescent cells, right? Fasting will take down the bad and, you know, repopulate the good via stem cells.

Right. So fasting is the cheapest way of a, you know, of getting rid of. I mean, yes, extended fasts, are absolutely better than daily fast. We get some autophagy and some senescent cell drop with 14 hour fast and above.

That's been proven, but that when you compare it to an extended fast, then, you know, it's really not comparable. Extending fast do cause more decreased.

Would your your fasting protocol be for for us if if you were to just to give us like here just a general fasting protocol. You know what would it be like as an example, I like to intermittent fasts other than when I'm giving my kids pancakes on the weekends or something like that.

And then and then we do like a month kind of, extended fast for three days, but like, what? What do you what do you recommend? Yeah. Look, I'm, I prefer five day extended fasts only because most people, you and I, probably most many people on this call can benefit from a three day fast because we go into max autophagy.

Most of us on day 1 or 2. But the average person doesn't get ten to max autophagy until day 3 or 4. And there's a way to figure that out. We can get, with looking at ketone and glucose numbers.

But, the fact is, is that therefore you want to continue a fast to get at least 1 or 2 days when you're in max autophagy, where your body's just crushing bad cells.

So more just extending it a little bit longer, you can hit that sweet spot for longer. You know, I have done five day fast for many years just because we realized that people don't feel good until day four.

Let's carry it one more day, right? And also learning that most people to do even fast. Beyond that, they start to not do as well, right? They release a little too many toxins.

So we ended up on this sweet spot, a five days and then Longo's work show that five days was a sweet spot. So yeah, that was like, oh, okay. Well, I just had clinical experience to tell me that I've been into fasting since the 90s.

But you know what I found today? You know, when I was into fasting, nobody was into fasting. And, you know, it was just some of the Natural Hygiene Society people that were vegans, you know, I didn't really fit into those people, but I would go and learn.

I traveled around and went to all the, like the big fasting clinics. I loved it, years ago, I met Joel Furman and all these, you know, the guys that were, like, really into the Natural Hygiene Society and fasting.

But, you know, today it's in vogue. But here's what I find. People are fasting too much. And even now with intermittent fasting, they're fasting too much, you know, and I did an Instagram video because Mark Wahlberg does exactly my eating plan, you know, and he's into the lifting and maintaining muscle.

And he he mixes it up. So four days a week, what Mark does is he doesn't eat. He does a little bit of intermittent fasting. But in his eating window of six hours, he eats a lot of calories because he's trying to get bigger, I guess. Right.

So eats a lot of calories in a six hour window. And then he has one day where he fast. He just does 24 hours, he does one meal, and then he has another day where he eats all day.

That's exactly what I do. But I mix it up even probably a little more. But the point is, as Isaac said, hey, on the weekends I have pancakes with my kids that's actually working.

Working for him. Because the point is, is when people are intermittent fasting like they are today, the body starts to think it's starving. And even on intermittent fasting continually, the longer you do it, the more muscle people seem to lose.

And when you go to the seminars, you can see them. You know who they are because they start to look at it, have a gaunt look like the vegan look used to take on.

And the fact is, is that I want to scream from stage, you y'all need more feast days. The feast is as important as the fast.

Customizing Fasting for Men and Women

And that's something that I. I'm screaming louder than ever now. The feast is important is the fast, you know, it's like the, the anti-aging group. They talk about how protein can age you prematurely because of mTOR.

That's a true statement. Partly, yeah, but short terms of mTOR stimulation via high protein is actually extremely healing and doesn't age you prematurely.

Now, if you stay in a high protein diet driving mTOR. Yes, you will affect all of those things. That will speed up premature aging. But here's the problem in a fasting state two if y'all I don't know, I probably age myself here, but the, the biosphere two project was very popular.

And this is when they first discovered that cutting calories by 30% basically extended triggered the Sirt1 gene longevity gene. And, you know, triggered that, you know, people would live longer, at least they did it with animals, etc..

So they did it. They got into this biosphere, I think there was eight people at the time, and they measured all of their parameters. Right. And they ate the perfect vegan diet at a 30% reduction, of calories, two years complete fail.

So it triggered the Sirt1 gene, that longevity gene. However, all the other parameters as far as health went actually went in the wrong direction. Matter of fact, their organs shrunk.

They were in a catabolic state. They lost muscle, they had more aches and pains. They were absolutely declining their immune systems. All were suffering.

They all came out compromised immunity. And some even going hyper. So their immune systems got confused, but they hey, they triggered the Sirt1 gene. Maybe they'll live longer.

No, they would have died of infectious disease if they lived, you know, in any type of culture or any type of ancient culture. So the bottom line was, is it was a failed didn't work.

So the point is, is that depleted calories long term doesn't work. We know that from diets as well. That metabolism slows down, the body goes into a catabolic state.

But we're seeing the same thing today with a lot of the intermittent fasting and the popularity of fasting. So we need the feast is, if you remind periodically the body it's not starving.

Magic happens. So one two and by the way, girls, sometimes, you know, some of you are familiar with Mindy Peltz. She was my student. And everything she teaches today.

You know, we discovered as a group, you know, teaching, the group that I taught. And, you know, it's the fact is, is women oftentimes need more feast days to be successful at fasting.

So, you know, understand that that can look like weekly, where maybe you do 2 or 3 feast days a week and then 1 or 2 days where you eat one meal or in a window of 4 to 6 hours, whatever that means to you.

But the fact is, is those feast days are more dramatic and important than you think. And some of you are familiar with Karen today because maybe you read her studies, and she was one of the first to show that this feast famine that were they did standard American diet, feast, famine, standard American diet famine actually worked better for breaking through weight loss resistance than any other diet that they compared it to. Why?

Because the feast famine causes the body through a process or a principle called hormones, to have to adapt. And how does it adapt? It does it through a hormone optimization.

So feast famine actually there is an a hormone optimization that takes place to adapt to the stress of that diet, change the feast, famine. Our bodies are designed that way.

So we can duplicate this even monthly. So if you do a five day fast and again, women you know, around your period, it's not ever good to five day fast before your cycle.

It's better to five day fast at other times or even during your cycle. But the fact is, is that if you do a five day fast, we've learned to throw in at least five days of feasting, whether that be high protein, whether it be high healthy carbs, you know, whatever, or just more frequent eating, all of those things can represent a feast which can drive mTOR, which drives this feast famine cycle, which drives hormone optimization, and even and an increase in diversity of the microbiome.

So you know, this diet variation strategies. I've been teaching for longevity and I've been teaching for, you know, many years, just for obvious reasons, like our ancestors were forced to do it.

We unfortunately have to learn to do it because we don't. We always have food. We always have the same foods. And that's a problem too, right? Because we always have the same foods and foods that aren't changing with the way our environment is changing.

So anyways, there's a lot there. I just threw so much. Oh yeah, that that was really great. And I just, you know, fasting is one element. And I love all of the customization we just talked about and even the, the point that you made around the cycle that women shouldn't fast before their period, you know, we had done a panel at the Disrupt Clinical Longevity event where they've Astbury and Tordo and Hamel Patel and, and then and then the women there, Sandra Kaufman and some other, longevity experts were saying, you know, you typically want to be fasting for the first half of your cycle, and in the second half you are more into the the feasting kind of, you know, state.

But, you know, that is that is a huge kind of a thing to be thinking about is how do we customize for both men and women and, and just if you could just share what are some of the longevity customizations that you would make for men versus women?

What would they be? Yeah. Look, I mean, I think men can get away with a little more fasting oftentimes than women. However, men with thyroid challenges or adrenal challenges definitely need more feast days.

I don't care if you're a man or a woman. So, you know, and again, I, I've heard bold blanket statements that if you have a thyroid condition, you should never fast.

If you have adrenal, you should never have. It's not true. It's how you fast, how long you fast and how many feast days you have. So keep this in mind.

A principle that I love teaching from and I mentioned at once is for me says for missions simply means if we stress a biological system that if that biological system adapts, it gets stronger.

If it doesn't adapt, it gets weaker. So that is a very, very important principle that I live my life by. I exercise by that I eat, by, that I do bio hacks by that.

Let me give you an example. So you can totally understand the principle this way. And exercise is probably the easiest way because we all do it. So if you're a brand new person to exercise and you exercise like Isaac, you know you're probably going to cause more damage than than good.

You're probably not going to adapt, and it's going to be a negative. If you're a trained athlete and you don't exercise enough, then you're probably not going to stress the body enough to actually even get a benefit.

You're not going to get stronger or weaker. So you see, there's a balance. That's the premise of our missions. Now let's apply to cold baths. So it's very popular doing cold plunges today.

But most people are actually doing worse by themselves because of the premise of warm messes, meaning they get in there. We all know that how it works.

It works because your body thinks it's going to die, and then an Up regulates in our preference which upper guts growth hormone and all this hormone optimization happens and your body saves its life down regulates inflammation, hormone optimization.

Wonderful. If the keyword here is if you adapt. To that shrinks. And most people because they read that doom three minutes like Ben Greenfield or Isaac Jones or you know, this person, that person, okay, you know, three minutes is a long time and most people are not healthy enough to adapt to such a stress.

And so they go through this process and they end up on the other side non adapted. What does that mean. That means you're you end up in more of a state of inflammation later instead of less.

That means you don't sleep as well that night. You just don't get into a deeper sleep. If you measured your sleeping you would see your heart rate variability plummeted and your heart rate went up.

That means you didn't adapt. How do you know or how did you feel later that day? And how do you feel the next day? You know, if you have no way of measuring, you know, your, your biomarkers, if you had no way of measuring your heart rate variability, how do you feel?

You know. Yeah, you're right. I was more tired. You know, it's just like a workout, right? If you don't adapt, you're more tired. Good athletes actually need to hire trainers.

You know why? They do two things. Number one, they vary your workout so you keep it becomes a perception of stress to your body that will make you stronger.

They make you do things to help you adapt to increasing stress so you get stronger, you know. And they also tell you stop, slow down. And they put in their times of high intensity, low intensity.

I was a cyclist. We would go high intensity for periods and low intensity for periods. As a matter of fact, if you look at the tour de France is going on now, and they interviewed one of the trainers, the best trainers, he said most of these guys, they go 10% of their training is high intensity.

The other 90% he was simplifying. It is very low intensity is like that. 10% is, you know, because they can't overstress the body is the point, but they use that ten and if you're not training at that level, maybe 20% high intensity, you know, to actually get the body to adapt.

And that's the whole important thing here. So anyways fast it to bring it now on this light of fasting.

Ketosis, Autophagy, and Metabolic Fitness

Fasting is a stress. It's a great stress and people don't understand that. So the only way you benefit from fasting is adapt. So that means we can't apply the same fast or with your men or women.

And that's the the the question was asked. We can't apply the same fast to gym, to Mary, to Jerry to Joe. Okay. Because they all are in a different place in their stress cycle.

If you're under more stress, fast, less okay, if you're feeling healthy, you know, and it's kind of opposite sometimes. Sometimes we're under more stress and we end up fasting and it's too much stress.

And you don't adapt and you get worse. So you know, we have to take a fast and treat it like exercise. Where are you in your fasting? Strength. Where are you in your fasting?

Fitness. Right. Because maybe partial fasting is the only thing you should do. Valter Longo I love. Okay, we put fasting on the board, however he goes, water fasting is bad because they took average Americans and they water fasting compared to partial fasting.

And they got better results with partial fasting. Well, yeah, because most Americans have, you know, horrible ability to use fat as energy and they don't enter autophagy and they'll burn muscle too long.

So of course, that's why we typically I teach that start most people in partial fast. Do you all know what partial fast are. Do you know what that is?

You share what a partial fast okay. A partial fast is getting your calories under at least a thousand. Now, body size matters if you're a big dude, you 1200 may put you on a partial fast.

If you're a small girl, you might have to go as low as 500. So calories. We want somewhere between 500 and thousand right? Depending on body size. Protein will knock you out of autophagy.

Right? So we have to lower protein on average 15 to 20g a day. That's a partial fast. You could design it around whatever food you like, you know and just play by those rules.

And now you're in a partial fast and partial fasting. You get tremendous amounts of autophagy. And the reason partial fasting is good is because it has less stress.

So most people do actually get more autophagy, get rid of more bad cells during a partial fast. And that was Volta's study than even a water fast. Now once you advance water fasting is like that's like doing high interval training.

And I mean that's like another level that you can evolve into. That would be very more effective for people who are very efficient at burning fat for energy.

So fasting has to be treated very different, depending on who you are, you know, so I don't care if you're male or female, as long as you apply that premise of hormones to a fast and like this is what I tell people, the client that's before you, the patient, the client, whoever's before you, you look at that person you are assessing, just like a trainer.

When you're assessing their health, their metabolic health, their all around health, their toxicity. And then you will adapt their fasting schedule, feast, famine schedule to their health, fitness or metabolic fitness or whatever you want to call it.

But that's really the best way. So I don't oftentimes like breaking it down. Men and women, I like breaking it down because many women can fast way better than many men because they're just more metabolically fit their mitochondria better.

They go right into max autophagy day one. But there are some general rules. Most women. Right. Won't be able to deal with the amount of fasting and cycles play into that.

So we want to talk about that. But there so I hope that answers. Not real quickly. Let's say we've got a woman who's of reproductive years. She's got adrenal fatigue.

She's got thyroid. How would you customize the best fasting if you were just to take that client as an example? Yeah. Look, and again, you know, you start slow.

Well, you start with some, you can always look I like to see how people let me let me back up. I like to see how people are fat adapted first. So I like to put people in a chaotic state.

Ketosis is not a diet. It's a metabolic state. And again, this breaks into a whole nother principle that I teach is that people should never stay in any one diet too long.

Right? You know, when keto, I tell you, I've been teaching keto for so many years, but I never, ever, ever taught you stay on a keto diet. Never. And I never state you should never stay on a carnivore diet.

Right? And that I was very critical of people, you know, and the reason why people and you should never stay in a vegan vegetarian diet. There's flaws to all of that.

And by the way, these groups, they will criticize and they'll talk about the studies showing that keto carnivore too long, you know, causes these problems, even leads to cancer. That's actually true.

When you do that, you actually there's a four hydroxy nine alone. It's a nasty free radical that the longer your low carb, especially, you know, keto or carnivore, the higher this goes.

And it absolutely does age you prematurely and can lead to cancer. The studies are clear on that. But see what they do. That is they throw the whole diet out.

They say keto causes cancer. Carnivore okay, it's not true. It's too long. And again, vegan vegetarian diets are fine if you do have short periods of time because they're like fast, right? You go into a state of metabolism.

But if you do them long term, as we already discussed, you will end up in a state of max catabolic state and, too much autophagy, too long. Just like too much for too long.

And just in review. Fasting stimulates a pathway called a autophagy where your body goes catabolic. It's good short term feasting stimulates mTOR which is a it drives anabolic right.

Bodybuilders love you know, mTOR because they get bigger. But that too long is bad. So think of diets of what pathways that they stimulate. And it'll teach you.

You don't want to be in any one diet too long. Okay. So all that, to say, where was I going with that? Isaac? Because there was a better point. But I wanted you to understand.

That the woman, the woman who's, you know, reproductive years with adrenal fatigue and thyroid. Yes. So, again, I would start them slow and low and and again, I would start them by putting them in ketosis.

That's where I was at first. Why? Because I want to see their mitochondria ability to burn fat as an energy source. The people here, right here, if we all went into ketosis today, we would see varying results.

Some of us by the end of today would have ketones of 1.1, some of us would have ketones of 0.001. Okay. I mean and then by three days we would still see varying results.

Some of our ketones would be 2.0, some would be 1.5, some would be one, some would be still 0.01. Okay. The point what is the.01 people when we're looking at these ketones, they are not burning fat for energy.

So what are they using for energy? They're typically burning their muscle through a glucose neo genesis, or they're dumping, glucose from the liver. The point is, is they're not efficiently breaking in to using fat for energy.

I would never start those people in a water fast. I would start them very gently into either a partial phase, or I would

keep them in ketosis for a month or two.

Watching those numbers. Some of your clients will never break through endocytosis. So therefore we stop it. We go back into a higher healthy carbohydrate diet.

They're immediately going to feel better. Two months down the road we enter back into ketosis. And you here's what's always happen, always happens. Now we start to see better numbers.

Advanced Longevity Biohacks

Maybe not perfect, but better numbers. So we stop it again after a month, and then maybe two months later we go back into the third time. Each time their mitochondria I call it mitochondrial fitness.

Each time their mitochondria are getting better and more fat. And then therefore now after three months, maybe four months of doing this now, I would start them into some partial fasting.

Maybe it's, you know, 3 or 4 days of a partial fast. Maybe they make it five because their ketones are going up very nicely. So again, I would start that person most likely in a fat adapted diet like ketosis, testing their ability to use fat for energy.

And that is usually a good test to whether they're going to hit max autophagy so quickly in your notes, how do you know if someone's in max autophagy.

So you could check yourself on your next, you know fast whether it be partial fast or water fast. So you look at your ketone and glucose and you want to 1 to 1 ratio.

Here's the problem. You have to take glucose. So you do your finger prick with a, you know, a meter that does ketones in glucose. Right. Like keto mode.

You you take your morning number before you drink your coffee or do anything. First thing glucose. Let's say it's 80. Okay. Ketones just say it's, 1.5.

Okay. So then you're going to take that 80 number divided by 18. That gives you the equivalent to compare it to your ketones okay. So I don't I can't do the math right now.

But whatever that is let's say. So what we're looking for is 2.0 2.01 to 1, 3.0, three point A, 1 to 1, a 1 to 1 ratio, wherever your numbers are. But what you find is the more efficient you are.

Ketones go up, glucose goes down, and then eventually you hit that 1 to 1 ratio, which is max autophagy. Some people, they'll never hit it until they become more efficient.

Some people hit it day one, day two, day three. You know. But again that number is important because we want to see ketones trending up, glucose trending down in any fasted state.

And I get the emails a lot. They'll say, well, gosh, my glucose is 40. Am I okay? Well the next question is how do you feel? I feel fine, what's your ketones?

Eight yep. That's the meaning. They're they're ketones rates burning fat like crazy, which made the ketones go up and their glucose is plummeting. They're a massive autophagy.

But anything over that 1 to 1 ratio is where you want to be. So we use that number to see how metabolically fit people are and how well they're mitochondria working, and how much we can push them into a fast.

So, you know, again, I whoever's in front of me, the same rules apply, right? We want to start into a low carb keto type of diet. Let's check their metabolic fitness and then push them from there.

Does that help. I love that no that's so good. Thank you so much. Does that answer, the question there, Marta. Cool. So let's do something fun here. I assume that money isn't a not it's not a concern.

And we can integrate whatever we want to live as long as we possibly can. And what would you start, like biohacking and and experimenting with, you know, with, with longevity.

I love the question. I would do, stem cells. I've expanded cells twice a year, which I do to my, yeah. Look, you know, expanded cells. I've worked better than not expanded just because you need a lot so that you have to do in Mexico, you know, you don't need to go to Mexico for stem cells.

If you're going to get stem cells in your knee, you can get a non expanded cell. If you're going to do it it's going to work better expanded. Yeah. Rafael Gonzales is the guy I mentioned.

He's doing a new opening in Cabo. We're doing a seminar. Top stem cell people in the world. Isaac, remind me to invite your group. Y'all would love it.

Oh, I love that Gary Bracco speaking. I'm speaking. Raphael speaking. I mean, it's going to be amazing, but, y'all would love it. And everything is discounted.

See, if you schedule ahead, you'll be able to get the expanded cells that, you know, Gary gets, I get. And then also, the other thing that I would do twice a year is natural killer cells.

I, I briefly mentioned them. So you take your own natural killer cells. You kind of know this, these are, immune cells that get rid of viruses, which lowering viral counts is a big deal, for many different conditions, by the way.

So just doing that has massive anti-aging effects, but obviously it lowers senescent cells dramatically. So you take your own natural killer cells, you expand them.

It takes about three weeks, and then they put them back into you. So let's say they take 20 million out when they put them back in, it's, you know, 2 to 4 billion.

And, they just crush year. Okay. You can watch like, you can do methylation DNA methylation testing, telomere testing. You can watch all of those tests change dramatically.

You know, with that combination of natural killer cells and stem cells. So it's it works. You know, it works for sure. So I would do that if money weren't an issue.

I definitely would have a hyperbaric in my house. I definitely, you know, hyperbaric again, still applies to says, but very, very effective. I would definitely, be utilizing different ozone therapies, which I do, for which.

What's, just just share a couple. You know, the new ozone therapy, is the IBU, as it's called.

Cellular Detox and Personal Transformation

It's the ozone dialysis where they take your blood out. I just had it done last week. They take your blood out of this arm, so to speak, and then put it back into this arm.

But in the meantime, it runs through different wavelengths of light. UV runs through a filter. That's why they call it ozone dialysis. And then they also, ozone. It and then they run it back through.

But before they run it back through, they'll put methylene blue in and then they'll put some red light. So there's it lowers pathogen loads. But it's oxidizing the system.

Yeah. So you know, I mean doing IBU a couple times a year would be something else I would throw in. Right. If these ozone treatments. Yeah. So, I mean, there's, there's yeah, there's a lot.

But you know, here's the thing I that's this is probably a really good time to say this. Our space has gone hack crazy. I, I I'll be the first to say that.

And none of that counts. And it's probably even a waste of a lot of money if you really are still very neurotoxic. You know, all of your efforts really need to go into cellular detox, really doing it right.

That's what I teach. That's how I got my life back. That's Isaac, I'll tell you. That's everything. I've been teaching project since you've met me over 20 years ago.

And my message was. Even my my own story. You know, I was sick. I had jaundice in my hands. I was going through chiropractic school, and my, like, I would fall asleep in class regularly.

And I was like, what is happening with me? And Dan came and spoke. He did an MSHA test on me and some other tests, and I came back mega toxic to mold.

And then he came into my apartment complex and literally you could see the black mold on the walls. I was living in that for over a year. I would have like a bowl of oatmeal and it would affect me so much.

It was like feeding the mold in my body that my eyesight would go blurry. And it felt like when I looked out the window, it looked like a Picasso painting of like the trees are melting together.

And it was it was crazier, more of like a Van Gogh painting. And so I, I, I just took what he said seriously. I had mercury fillings on my mouth. Got those properly removed by an EMT dentist.

She laid it properly. Literally. It transformed my life. In fact, I was embarrassed to get married and tell you that stand. But I was embarrassed to get married because I had chronic, like, eczema on my legs.

And, you know, I had various, you know, issues on my belly. And, like, I didn't want her to see me naked. Honestly. And so, you know, going through this protocol, like, I can remember how I felt when I asked Erika's hand in marriage and I was like, asking confidently because I was just like, man, like I have addressed all these issues.

Like, my body feels good, it looks good. You know, all my skin problems that I've been struggling with for 14 plus years are gone. And then the major issues that you helped me with, I mean, Dan, you've you've literally helped to shift and transform my entire life and trajectory in life. And Dan was the one that told me not to just do practice, to go and start coaching.

There's a Chuck done. So I did it with him initially and now, with HCA. But I'm really grateful for you. Thank you so much for your time, brother. Last, last question.

Tell us, like, you know, a couple tips of building the fastest growing natural health business in America. Well, you know, just like anything else, right.

I'm dedicated to the the message. The message is more important now than ever, right? For such a time as this. All right. It's. I got second. You know, so without saying, you know, that you know, that that that helps the most.

That's a great need. God's behind it. The world needs what he showed me. And so, that that's huge. But, you know, again, I'm one of the things you learn from Isaac, right?

Is you have to put the right people around you because I although I'm great at communicating this, you know, the business part, you know, not so much.

So you can't be everything. The mistake that people make is trying to be everything. And the more talented you are, oftentimes the worse. That problem is because you are good at a lot of things, but you're not great at a lot of things.

So, you know, hiring the right people, surrounding yourselves with the right people. And I find that even in, you know, even in a small business, that's still critical because you still need someone who's better than you at marketing or whatever it is. Right?

So and having an ear, an assistant, an assistant, even at a small level of business can be one of the best expenses you have because they can fill in for all of your weaknesses, and then you're not doing a lot of things you should never be doing right.

If you don't love it, you're not amazing at it. Don't do it right. If you love cutting your grass and it does something for you, cut your grass. But otherwise, why are you cutting your grass?

You know. But that's obviously a crazy example. But we're doing a lot of other things, you know, in our businesses, in our space that we shouldn't. And, you know, a hiring an assistant could be a, you know, the first step of avoiding a lot of that, honestly.

But then again, looking at your business, and then hiring all your weaknesses out eventually. So, yeah, that would be it. If, if, let's say they're solo entrepreneurs, would you say consistency is the number one thing that would get you to where you're at right now?

I mean, with with social media, you hate social media like I do, you know. But but it's like you're killing it on social media and you'll be over seven figures, Maltese, seven figures.

I know what next week will be over a million. Yeah. Congrats, by the way. Because we're growing we're growing about depending on 10,000 to 20,000 followers every day.

And we're at 950 right now. So that's crazy. I mean, is that but it's a lot of that. Peter. Organic would you say. That that zero paid zero. Yeah that that's 100% or you don't want to boost because it messes up your algorithm.

And you don't you can look at people are boosting look at their engagement.

Building a Natural Health Brand

Right now we're getting two over 200 million views a day, over 200 million views a day in the last three months. I know, because Instagram just sent me the statistics yesterday.

I by, we got 100 over 120 million views in the last three months. Yeah, that's you know, that's not paying for followers. Look at how many views you get.

You see someone has a like how did they get, you know, 5 million, followers and then they're only getting 200,000, 100,000, you know, views on a video.

It makes no sense. Right? So, you know, look at that's how you can tell if someone's pay. So it doesn't work out in the long run for that. And actually what happens.

Those people just drop off and you have to pay again. So there's no benefit to doing that. You want it to be 100% organic. Honestly. I mean, social media, I hate it for many reasons, but the reason I really hated it, I was wrong about.

I never thought in a minute you could communicate something worth value. I was wrong because I can't tell you how many people like someone just came up to me, didn't know me.

I'm tongue scraping. Let me tell you what it's done for my gut. I did a video I've tongue scraped for years. But how it it's stimulates nitrogen, nitric oxide.

Because the bacteria that stimulate make nitric oxide there on your tongue. And that's why mouthwash if you saw

the studies on I, a matter of fact, it's a video I just did it won't come out for probably a week, but mouthwash is shown to raise blood pressure, even in healthy people.

Why is it raising blood pressure? Because it kills the bacteria that are responsible for making nitric oxide. And then therefore, it lowers nitric oxide and the high blood pressure goes up?

The opposite is true. If you tongue scrape, you can massively lower blood pressure. But more importantly, you get all these amazing benefits from tongue scraping morning and night.

When I dug into the studies, just to do that video, I went from doing it at night to morning and night. And anyways, this woman comes up to me and tells me how it transformed her.

Right? It's like in my son's girlfriend yesterday said, you know, oh my gosh, dad, I haven't told you. Like, you know how much tongue scraping has helped me.

One video, one minute. The key though is doing it short. Most people when I watch they have overproduced videos. The algorithm doesn't even like it. Right.

So you have these fancy videos of this that the the algorithm doesn't even favorite. The simpler the better. That's right. From the CEO of Instagram himself.

So you'll see my videos are just simple, right? And they're typically a minute to a minute and a half. You never go over a minute and a half. If you go over a minute and a half, you're you're it favors your followers, but it favors your people who don't follow you, which is how you end up with 5 million views on a video.

So, you know, the moment you go over a minute to have it goes is a post. And this is something new, by the way. So if you stay under a minute and a half, that it always goes as a real, so it's very different.

But anyway, so I mean, so you have to communicate one. And here's the other mistake I made when I first did it, I was trying to communicate because I'm a teacher, right?

I was trying to communicate too many concepts because I felt it necessary for someone to really get this out of it. No one concept, one minute, you know, and get in, get out, you know, and it's like, and that's it.

And you'll grow a following. And look, you don't need to grow a huge following if you just grow your little follow up. It's still can be hugely powerful for your business. Wow.

One minute, one concept. You know, Garrett Gunderson, he was trying. He was trying. He was he was trying to do a lot of, like, more production type of videos.

And this a number one that's the other. I didn't give you the third component volume. The algorithm wants to see the volume. So my son gets bonus if he gets 18 videos a week of me.

I thought it was impossible. Who? What, are you kidding me? I'm not doing 18 videos a week. He, Okay. That helped him. So that's that step right there.

That's what I need. I need the bonus. My six year old. Yeah. Forced myself to do 18 videos a week. I take one day a week and I do them all during the week.

I just kind of write down little ideas. I have, you know, and people give me some ideas. But how long does it take you? Like an hour. Now. It takes me about three hours to do 18 videos, you know, maybe even four hours, depending on.

Do you check your shirt, your same shirt. And everything I do, sir, I do same shirt. Three videos for shirts. Sometimes I'll do four. So you'll see that blue shirt, right?

That gray shirt. Right. It's like, yeah, okay, I got it. So, but yeah, I mean, that's how I do it. You could do nine, but look the average like keep it short.

One concept and volume. Right. Commit to nine videos a week. Right. Commit to one a day. It start. You will increase, you know, just by doing one a day.

But if you make them too long there to to elaborate, you're not going to do 18 volumes. More important, I just gave you the key. I just gave the keys to social media.

So the three things, the three things keep it less than 1.5 minutes. Volume 18 videos a week. And I think 18 might might be even overkill. Right. And then simple and then simple, right?

Yeah. One concept. Yeah. One concept. So perfect I love that. Super awesome. And by the way, I don't here's the other thing. You know we are heading we are two in depth.

My videos in the beginning were two to our niche. My videos in the beginning you all would have liked them better. But that's not your target. I went on a cruise for the first time in my life not that long ago, and I said I am not reaching these people, and I started meeting some of these people and I'll tell you, I wasn't reaching them and I had a goal to reach them.

Simple. It's if you think it's stupid, it's probably a good video. And I don't say that my son made me do like do a video on why? Plastic cutting board. I like that so stupid, right?

It's like I literally it was like 6 million views. Just don't use a plastic cutting board. It's like, oh my God. It's like. I mean, it's like ridiculous.

I mean, it's like, that's how stupid simple they can be and they just take off. So don't ever think that you have to motivate. The more complicated the worse.

They don't even do anything there. So for points, I love it. Dude, you're the best then I love you. Thank you so much for your time today. Thank you for tuning in to Doctor Talks.

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