The Science Of Fasting: How ProLon Boosts Longevity, Metabolism & Emotional Well-Being Transcript

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Introduction to Hormones, Emotions, and ProLon

Hello and welcome back to the Bioidentical Hormone Summit with a focus on your emotions and depression and anxiety and ADHD. I'm your co-host, doctor Sharon Stills.

Always a pleasure to be here with you and let you eavesdrop on my important conversations that are here to help you on your journey. And so when we're thinking about these emotions and anxiety and depression so common in the perimenopausal menopausal age group, we think about hormones always.

And, you know, I love my hormones, but we have to think about hormones in the context of a healthy, happy terrain. And what type of body are you putting your hormones into?

And of course, we know our diet is so crucial in how we feel throughout our whole life. And so today I have with me Doctor Joseph Antoon, who may be a familiar face to some of you because he's around a lot, and he's around a lot with me because he, is the the person, the man that medical doctor who is for fronting proline, which is the five day water fasting mimicking diet.

And he has a list of I don't have your official bio with me, but he has a a list of accolades and initials after his name. He's he's brilliant, he's lovely, and he's really on a mission to change the face of health and longevity and how how we age.

And so I really wanted to have him to be here, to be a part of this conversation, because I use proline with my patients, with my cells as part of the bioidentical hormone, the perimenopausal menopausal treatment.

And it is is a powerful piece. We can't just think we're going to balance our hormones and go to McDonald's. And so I wanted you him to be here so he can educate.

So you can learn so you can put it together. So it makes sense how this helps you to have more balanced emotions. So welcome Doctor Antoon. It's great to see you as always.

Thank you Doctor Stills. And I typically promise we're going to change somebody's life. I will repeat that promise today. I think we're going to change people's life with this, with this talk today.

Yes, always I have I have so many patients, so many people in my audience who aren't patients but do prolong. And I'm always get, oh my God, it's so amazing.

Oh my gosh, my, my blood work changed. My emotions changed, my weight changed, everything changed. And always in a positive direction. I've never really it's funny because I've never really had anyone do proline.

And you know, sometimes you take an herb, you take a vitamin. You're like, I didn't feel good. I mean, I never had it and come back with negative feedback about doing the prolog.

The then you will feel it right. Speaking about emotions and, and what women go through during this period. But it's a very emotional journey to to prolong.

Right? I mean, when you're when, when every cell of your body and we can explain what happens, withdrawal into the body. But when every cell of the body or most cells because cells live on calories, they think they're fasting with pro on they're going through this rejuvenation process, right, that we call autophagy, which won the Nobel Prize in Medicine in 2016.

How Fasting Mimicking Supports Rejuvenation

So this is very scientific and proven now. But imagine yourself including your brain cells going through rejuvenation to autophagy. It's a very experiential, transition.

And, you know, I have a I have my secret every time somebody tells me I did problem and I weighed just 3 to 5 seconds and they start bragging, it means they did it.

If they if they say, hey, it helped me was good. It was okay. I know that they they stopped at a certain day or they did or they cheat or they didn't do it.

It's my because you can not not feel it. It is it is a big emotional transition. It also helps, you know, it's it's the only intervention in nutrition that protects the muscle.

And you lose a lot of weight with it. So the energy, even on top of the emotional transformation and the rejuvenation, you're feeling that you're more empowered.

You're feeling that you just finish something, you achieve something and your muscle mass is the same. Plus, rejuvenated you lost a lot of fat at the same time.

They feel like that. I'm on the go. I feel 30 and I feel rejuvenated. And I feel very much in power. And I broke this cycle of learned helplessness, which all of us have been through dieting or trying to, you know, those Mondays where you want to commit to something and then you fail after two weeks or two month or two years or whatever?

With provolone, it's only five days. People love that 91% of patients and consumers finish a box. You know, I had one patient in a very nice way, he said.

This is day one. There's a day five that said, you know, this. And, yeah. I, I remember when I did my first, it was like, because I had had this belief that I wasn't good at fasting.

I had tried eight years ago, water fasting induced fasting, and I always failed. I never felt good, and it was so empowering. And I remember on day five, I always feel everyone has different experience.

I know a lot of people feel great on day five. For me, sometimes by the afternoon of day five I'm just done. Yes. And so and I remember like, oh my God, am I going to make.

And I just said, you can do this. And I did it. I went to bed a little earlier and I woke up and it felt amazing on day six. But that feeling of I did it.

Yes, the neural taps are going, you're you're a winner. You can do this. So let's just step back for a second. For those listening who don't know what proline is, don't know what the five day water fasting mimicking diet is.

Maybe you can just give us a little background on how you got involved and what exactly is this and why am I so excited about? I'm bouncing out of my seat.

Yes. Well, you know my personal journey coming to proline. I started as a physician, MD, PhD and went deep into the science and a couple of masters before those.

And and I wanted to change healthcare. Right. And and then I discovered it was just being trained to give people pills and, well, first wait until they're sick.

So it was a they care and then give them pills and injections and keep them, manage. We call that love the word disease management because we cannot hear it.

And I revolted against that system. And it was like I got to do something different. And then two big, big moment

changed my life. The first one is that, you know, aging is the mother of most chronic conditions.

Talking today about this summit, it's, you know, menopause and HRT. Steve. It's a sign. It's a biological clock sign. And an aging is the through clause over here.

And then the second big moment was that the value of food and nutrition, right, is the only product we consume every day of our lives. We don't look at it this way.

When we get feel hungry, I go, I eat. It's like I'm serving a hunger and a satiety and I'm putting tasty food in my mouth. But at the end of the day, we are what we eat and we will be sick or not, depending on what we try and how we eat and when we eat.

It's the only product. Get it digested. This waste only thing we put in our body besides air that we, every day of our life 3 to 5 times per day. I mean, it's just so powerful as a as, if we really sit and think about it in a deep way, it's what I eat is what's going to happen to me afterwards.

It's going to change my microbiome. It's going to impact my gut lining, and inflammation is going to get into my blood is going to get into my cells, is going to define what my cells read, the genetics and the DNA and the epigenetics, and defines how I age and how I get sick.

And all of that. So my passion became to go and tailor nutrition into a longevity tool and or a cure tool. So how can we bring nutrition for longevity and how can we bring nutrition to cure patients and support patients struggling through diabetes and or cancer and or Alzheimer's, etc.?

And it was shocking that the nutrition business and some companies sell billions per year wouldn't put enough dollars into developing food as medicine.

Why the why we don't develop food the same way we develop develop a drug with preclinical and clinical trials. And this is what we do. So we I, I met the founder of our company ultra L stands for longevity through nutrition.

So it's al that's in utero. And the founder his name is Valter Longo. Many of you probably have heard of Professor Longo, a big humanist. You know, he donates everything he owns in the company and everything he owns in general to the Create Cures Foundation.

Behavior Change, Food Relationship, and Daily Habits

He's the head of the Longevity Institute at University of Southern California. He's the top 50 most influential people in health by time magazine's a big figure in longevity over 400 research articles published, he's the top 1% on most, you know, referenced also author of scientific articles and he was noble and ethical enough to wait for 23 years of research in mice.

And then even before he decides to sell anything right. We don't see this in in nutritional supplements. Typically it's let's put a business together, let's publish a book, let's do a couple of things, sit in a podcast, and let's have something.

This is 99.9% of every nutrition company in America. And obviously we're the biggest exception. We started in Nutri tech and nutrition technology company and we do develop food as drugs.

We do lab trials and mice trials and human trials, all with big universities around the world. We don't do them in-house. We do them with, you know, randomized clinical trials.

Stanford, by the way, Stanford just finished their Crohn's disease with the fasting and contrition. I cannot reveal the trials before they published, but we're talking about striking increase in remission.

You know, in Mayo Clinic, USC, UCLA. So we put 18 universities together and we said, let's develop food as

medicine with you and do trials with you. And the first fruits of all this research is the product you mentioned called Prolog for promoting longevity Pro and and why prolong is a longevity promoter.

It's it's a five day nutrition program that you can consume. And your body and the cells do not recognize the food. So it's mimicking fasting. And this is why you called the fasting mimicking diet and the fasting mimicking nutrition.

So why why mimicking fasting. Why five days. And you know, the the science is showing that when you fast, the first couple of days, you know, a lot of people do intermittent fasting.

This can breakfast or they do one meal a day. They're practicing intermittent fasting, which is anything between 1 or 2 days. But when you do that, you have enough reserves in the body into fat, into glycogen to compensate for the deficit of calories.

Right. So intermittent fasting is a metabolic reset intervention. The first two days, if you carry some weight, you lose some weight. If you, you know, you have blood pressure issues and inflammation.

All of these benefits come from intermittent fasting. But what we got interested in is when you cross day to now, you're going to day three. The body tells the cells, hey, I, I'm, I'm, I have no more reserves.

Right? I'm depleting my reserves very fast. I always give that example of if you have a company and say you need $1 million per month to operate, and then suddenly you have no more money, right?

So you lean on the bank and your savings account and checking account, but then when you deplete those, this is the body. After 2 or 3 days, you're going to restructure.

The company are going to say, hey guys, we're going to we're going to fix everything in here to survive another day. And so the body tells the cells the same thing with fasting.

It tells the cell after day three, you're going to consume the debris. The organelles get rid of nonfunctional medical. Andrea's be at your best trying to fix everything because we're going to survive.

And then it's a very powerful intervention because every cell in the body lives on calories, right? We don't have any intervention medicine that goes an impact.

Almost every cell. It's very difficult. Right. And we don't have even any intervention that pushes the cells to rejuvenate and to fix in such an orchestrated way.

Right. We some medication, we work on one receptor with tons of side effects, the other medication work another another receptor. Other side effects. Here it's a very natural intervention.

Fasting is very natural. All our ancestors for hundreds of thousands of years on this planet, they never had food the way we have it today. And never.

They never delivered. Watching Netflix at £0.10 at Pizza slice of pizza. They. And when winter comes around, they save a little bit of food, but they save as much as they can.

And there were days and days where there was no food. So the body learned how to stock and fat around the summer, and the body knew how to spend it over the autumn and winter and rejuvenate in spring.

We lost it cycle. We just now eat all the time and we just stack stacked stack. And the more we stack, the more we age, the more we have high risk of cancer, of diabetes, of Alzheimer's, of autoimmune.

And here comes the fasting mimicking diet to say, hey, I'm going to help you lose the weight that you stack. I'm going to help you rejuvenate the cells.

I'm going to help your body reset and go a little bit. Biology clean, younger. The process of cell rejuvenation that we describe is called autophagy. Again won the Nobel Prize in medicine.

And it's basically resetting the cells of your body. There's nothing today that we know of that can do such a powerful thing. And what you said about we eat like every day.

And I think about if you're dealing with emotion or, emotion, if you're dealing with depression or anxiety or just any kind of mood swings, a lot of times we we tend to soothe ourself through addictive processes.

And so maybe you drink or you shop or you sex or whatever and those kind of things, you can stop, but you can't stop eating. And women specifically, we love to use food not as someone as medicine, but as a suppressive to not deal with emotions when we're stressed, anxious, and so I'd love for you to talk about the fasting, mimicking diet and relationship.

And I know you guys got to study for everything. So if you could talk about do you have any studies on that and just the the process of doing this is so powerful.

Have so many women and men, but women, you know, I see 70% to 30% women versus men in my practice who say it changed my relationship with food, it changed my eating habits.

And so if you could speak to that, I think that would be. Yes, I fully agree with you. And it came, you know, when we started. Now we have 41 human trials.

Biological Age, Longevity, and Clinical Evidence

But when we were completing the first two trials, we were asking and when we went to market selling Pro Line, we asked people, you know, what are the top benefits your experience you're experiencing with?

We have measured the blood benefits, the blood work benefits, but emotionally and the number one expression there was changing my relationship with food.

And we dug deeper into that. And what they were saying is that number one, protein is a plant based diet. There's no artificial, there's no preservative, there's no chemicals, there's no you know, for those who do the GLP one, there's no injecting biologics, the side effects.

So having a very clean plant based diet, I've never had five days of super high end clean food. Number two, they're saying, well, I'm eating now what I recognize as a normal small portions versus, you know, being not able to control my portions in the past.

Biggest problem, the beauty about it, you get your food and you get a calendar and you know what to eat at, you know, for breakfast, for lunch and for dinner.

And it's all prepared. You cannot do more, right? You cannot, you know, go and put a second time. Another spoon here, another spoon there. So it puts them in a very organized program.

They love that. Number three, a lot of us. And actually, if one thing did change people's life listening to us in here, the most, the most harmful thing you can do to your body is eat late at night.

If you can actually skip that. This is half ways to do longevity and weight management, etc. what you eat at night gets stored because your body's going to sleep.

And when you sleep, growth hormone goes up and in the morning insulin growth goes up. Both anabolic, both picking up food and storing food into fat. And the more you store food and fat, the more you increase inflammation, aging, risk of cancer, risk of diabetes.

So with prolonged you get your soup and certain snacks. At night, you eat those and then you're done. You should not go back and eat anything else that actually not eating another time at night is a big discipline for a lot of people when nobody talks about it.

I mean, we have 70, 80% overweight or obesity in America, and it's 600 diets and 600 lifestyle change. But believe me, if you curb people, if you ask them to eat at seven and stop after that, you solve half of that obesity because what you eat during the day, you're catabolic, you're walking, you're exercising, you're working, you're thinking you're doing something and it goes mostly to expenditure.

You eat, you spend at night, you eat, you stack. And this that's, you know, that's big and powerful. So you're saying we're disciplined, we're eating normal portions.

We're not, you know, living in our Cokes and and Pepsis and doctor peppers and whatever. And so the addiction from what they used to think that they're addicted to, they still can have their coffee.

Right. So, so that's, that's that helps a lot of people. But what's most powerful is that it's a long enough five days to change the behavior, but it's short enough for most people to do right.

That's the beauty about the five days. And we we did study three days and four and five and six and seven. Five days was the best average for most people to do it.

And our studies show that 91% of people will finish the five days to a lot, and it's because it's short enough, but it's long enough. It's not just one day. It's not just two days.

It's long enough for the stomach, for the mind, for the entire body to adjust. And so changing behaviors, there's a lot of studies coming out of Stanford is a very, thought leader there in behavioral change.

His name is PJ Fogg, and Bg5 studied a lot how we can change behaviors of humans. And he came up with this theory. That's the most, you know, common, successful denominator.

It's called tiny wins. You know, win bet. Then you're inspired to win again. Then you're inspired. Do it again, and then you win longer and longer and longer.

It's the same concept. You trained for the basketball game, right? And you go to the gym a little bit first time and then more second time. Then you enjoy it the third time and it is read more.

The fourth time problem gives you five days. We don't tell you to go eat healthy or do another five days right away, right? You can wait 25 days. Then you do cycle number two.

By that time you're like looking forward for it, right? Like you. And then you wait 25 days and then you do cycle three. So it's an it's an it's an intervention that fits within the lifestyle rather than comes to enforce a change in lifestyle.

This we've never seen this in dieting right. And dieting you have to diet every day in with prolonged and the fasting mimicking diet. You just do five days. Why?

Because the signal of fasting and rejuvenation is so strong that you don't need to do it every day. The other diets are just playing the calorie counts.

You get it every day. Manage that when you. The problem is just five days and the signal of rejuvenation and autophagy again. The Nobel Prize in Medicine 2016 rejuvenating the cells.

And you lose so much fat very fast with it that you're actually perfectly set in five days. Yeah, I like I just do it, Monday through Friday because it's because you're not totally water fasting.

You can work. You're still getting some nutrition. And I mean, I oh, I'm like, I don't know why you don't have billboards, but you get choco crisp bars, like you get to eat chocolate during your fast.

I think that's like the greatest thing ever. And you get little snacks, you get your teas. It's like enough to keep you busy and sustain you. And so it's nice to just do throughout the workweek.

And then Saturday comes and you're, you're thinking, oh, great, Saturday I can go back to eating. But by the time Saturday comes, your brain has changed, your stomach size has changed.

And like you said, you don't want to go off and binge. I don't think you could do it even if you wanted to, because everything has changed so much. And, the autophagy you have, like, I kind of think of it like, you know, the janitors going through your body and just sweeping everything out. Yes.

Yeah. Everything up shining the shining the cells. And so it's internal cleansing that. Can you talk about the biological and chronologically? Yes. Discovered because I think that's sort of.

It's a very important purpose of light to the problem. So we recommend most people do it three times. Most would do it with their doctors. Recommendation is one time month, one month one time months, two one time three.

And then once every quarter or every four month, every trimester to just maintain and why we recommend that we did multiple studies on this protocol, and we tried to measure the biological age of the body.

What is the biological age. So we all know what is our chronological age. Right. How old are we. And and what we don't know, and most of you don't know is how they truly are old from the inside.

What is your true age from the inside? And why is that important? Because this is what determines most of the health care conditions. You know, in the US and in most countries around the world, 90% of us will die out of one of four conditions diabetes, cancer, Alzheimer's, cardiovascular disease.

Guess what? Cats with what those diseases are, they where they come from. They they it's not genetics. Maybe 510%. It's aging. Right. And you get older, you get breast cancer, you get prostate cancer.

You get older, you get Alzheimer's, you get older, you get it for first heart attack. You get older, you get diabetes. Type two. You're not going to get your heart attack at age 22.

You're not going to get worse. Diabetes type two at age 21, you're not going to get Alzheimer's, even if you had the epilepsy at age 30. So it's very important that we stay younger from the inside.

Aging is the mother of the four killers. They're going to kill 90% of us. The managing your biological age is actually the most important longevity intervention you can do today.

So we want to say remember this, this sentence. You want to stay younger than your age all the time. And because prolonged is rejuvenating the cells and is resetting metabolism, you're actually getting a bio age score reversal when you do problem.

So when you do three problems, what the studies are showing and the last one we published in nature, the number one science, turn up the word. It's showing that you decrease your bio age score by 2.5 biological years.

When you do three cycles of problem no year two, year three, year four.

Mood, Confidence, and Menopause Benefits

If you keep doing it. What the studies are showing is that between age 50 and 70. So if you do it over 20 years, three times per year, 15 days. So here everyone listening to us, you know, instead of going back from Whole Foods or whatever your next five days, get your pro lunchbox.

There were three times per year, 15 days out of the year. Again, instead of buying your food from anywhere, just buy it from us for five days. The body will get rejuvenated.

Your biological body will reverse. So if you do it over 20 years between age 50 and 70, the bio age reduction is 11.5 years. I mean, this is this is this is now health care is not secure anymore, right?

Again, we die from 90% of us will die from four diseases. They all are age related. There's one way that we know no scientifically that can reverse. Your biological age is called prolong.

It's now published in multiple journals, tested in 41 clinical trials, 18 big universities. It's nutrition. It's not medicine. And this is why it's actually more powerful than most medicine, because it impacts every part of your body.

I had before you did that study, and I've told you this before, but I always said I'm going to live to 120. And when I started doing Prolia and I was like, with all this autophagy, I'm going to live to 130, but now I live to 131.5 next year, 11.5 years.

And so what about this study with depression? So a lot of we we focus a lot on women's health and we study pro a lot for women. And menopause is the focal point of our study. Why?

Because it's a biological clock reminder that I'm getting older. Right. So this is where you want to come and intervene. So we studied skin with with if we rejuvenate the body are we rejuvenating the skin which I know in menopause, you know, a lot of women would start losing confidence.

I mean, a lot of the menopause is so tough on women, right. And it's just you feel like somebody is taking life out of you. You feel your skin, your muscle, your bones, every like a little bit of that shiny life decrease in your body.

And this is why we come with brought on to bring it to actually deeply try to reinvigorate and rejuvenate the body. And so we did this. It's skin study is showing rejuvenation of the skin, hydration glow.

And the top two benefits there where more confidence women express more confidence and happiness is very important. We need to prolong two of the best.

And you know, most of the women listening to us here, they spend hundreds of dollars and L'Oreal and the mayor and and just barely the face. And it's not going to change anything.

Any deep sell in the face. You eat properly, you don't touch your skin. And we're showing rejuvenation of the skin, total body rejuvenation. Hands back, feet everywhere.

And this is important. Second rejuvenation. We said it's rejuvenation cell. Is it rejuvenating the mood, the energy, the anxiety the depression. So we partnered with the University of Palermo.

Palermo is a city in, in Italy. And they've digested like a very first small trial. Ten people, no, prolonged ten people, prolonged for depression and typically ten people.

Doesn't show you a lot of benefits because a small number of people and already is showing statistically significant improvement in happiness, confidence, etc..

You know, had the, you know, reversing that the phase or the level of depression. And now we're doing a bigger study. But we see this all the time. Right.

And in depression has multiple causes. So we're not saying here we're here to treat depression or reverse all the causes. But a lot of depression is related to to the mood, to aging, to feeling stuck.

And the brain fog and the learned helplessness and prolonged can unlock a lot of that. Plus it's rejuvenating the cells, including the cells of the brain.

Right. And I would also add to that that a lot of what I see as an empathetic physician, a lot of anxiety, depression can be diet related. So if you're eating too many sugars, if you're not eating the right foods for your body, if you're not eating, if you're eating too much, if you're eating too little.

And so this is just also a nice time to get a guard out. And just keep the healthy, unprocessed foods. And that also resets. And it it just gives you I love that it gives you all this time.

Right. Because you're not shopping. You're not cooking. Other than heating up your little soup. You're you're not cleaning up is very easy. So it really gives you some time to just sit back.

Excuse you just. Think about your whole relationship to food and your life, and it gives you more free space, gives you more energy, takes you out. Yeah. And people.

Right. You're in and and I just told we wanted most people to access it. So we decided to price it equal to food. What we've done, we've looked, you know, an American average, you know, person spends anywhere between 10 and $20 per meal and food if you're eating in a healthy bed.

I'm not saying it's a, it's a, it's a McDonald's burger. But, you know, today you go to Starbucks, it's a $6 coffee and just one whatever healthy salad is like 13 to 15 or so.

I don't know, I don't want to mention brand names, but we priced it at literally $12 a meal. So if you multiply 12 by 15, you get close to $175, which is exactly what we sell it.

Would we sell it for us so that people feel they're just pre purchasing their next five days of food? And by the way, there's the supplements there and the drinks.

So we're replacing food supplements and drinks. And as as you mentioned you're not we're spending the time of cooking or spending the time of driving to buy groceries and all of that.

So it ends up being, for many, actually a saving, a cost saving at 175. That was intentional for us to do so that we help people, access it at mass.

Why ProLon Is Hard to Recreate and Final Takeaways

I didn't know that. You. That's how you came to the price of it. I'm just thinking as you're talking and thinking, gosh, we're talking about it's changing your biological age.

It's cleansing your cell. I'm thinking, if this was a drug, they'd be charging thousands of dollars for things, that. It's such a gift on so many levels.

Exactly that. I mean, the GLP ones, right? The semaglutide, you know, there's a mix of abilities, etc. it's a it's close to $1,000 and it only does a fraction of what prolonged would do.

And there's no rejuvenation of the cells because we're nutrition and because of the mission of the company. I mentioned the founder, and the mission is to support people and change their lives.

And 40% of our company is still owned by the founder, who donates 100% of it to the Creator's Foundation. We're here to change people's life in the right way, and we price it the right way for people to say, okay, I'm going to just prepay for my next five days of food.

And I just if you could just speak to because I'm sure I know I would be thinking this. Well, I'll just like, make my own little meals and I'll. So can you just speak to why you can't recreate this?

Like you need to use the people on food because it is. Yeah. Ethically. Yeah. When, when when I first launched people on, you know, and now 7 or 8 years ago, I had all the big universities say, let's do it.

And a lot of dietitians, let's read the label and let's do our own. And and none of them succeeded. Everyone goes back to prolonged because we have 77 ingredients in.

And this is, it took us $36 million and 12 years to develop proper. And probably our mistake is we made it too friendly. Right? Do you look at it and say, oh, there's a bar, and you mentioned there's a chocolate shampoo crisp and they're like, I can buy success from anywhere.

But that's like, I like the only psychiatrist that today is tested to keep your body in a fasting mode. And so it took us a lot of time. We got to balance the macros, macronutrients, micronutrients, minerals and vitamins.

We got to give the right sequence at the right time of the day, depending on insomnia, secretion and cortisol and secretion and exercise with the right absorption time and levels so that the body doesn't recognize insulin, doesn't over spike and insulin growth factors, they don't over spike, you have the level.

We studied a lot millions of dollars. And the sequences of proteins, the amino acids because different sequence of an acid spike, differently growth factors in the body because you don't want to spike the growth factor.

The body doesn't fast. The things you're growing it things you have the nutrients, right? It's a hormone called IGF, insulin like growth factor that gets secreted when you eat proteins.

And that's a big secret. This is why keto by its fail on the long term because they have enough protein. The the body is not fasting. When you do a key to diet you're getting low carb okay.

But then getting protein recognition. So you never do artifice. You don't hear a key to the ketogenic diet for rejuvenation of the cells and and autophagy and biological age.

No, you just eat about them for low blood sugar because to lower blood sugar because they're low on carbs. But actually the body recognizes the protein and does that faster.

But and so, it's a very, very high end precision nutrition that has to work perfectly. Otherwise, if you go below your you have a risk of hypoglycemia, you have a risk of headaches and fatigues and all the side effects of water fasting.

So you go above, then the cells recognize the food. Then you're not fasting and you're just eating a low calorie diet. Right? So it is I just want to point that out for those.

That would be me. If I had just I'd be like, I can figure this out on my own. But you know, a lot of money, a lot of years to figure it out. So if you're gonna invest the time, do it right.

Get their kit. The kit is beautiful. You get your five days every day. It tells you what's happening. You're like, welcome to autophagy on day three. And it's very easy to follow.

It's very, very doable. Like I said I do it through the work. We see patients do my thing. And so any last last words of wisdom before we wrap it up? Yeah, I think, you know, nutrition as I mentioned, is a game changer is what we're made of.

And nutrition during the menopause age and especially women on HRT. Right. You filled in a little bit of the estrogen gap, but you did not fill everything else that comes with aging.

The, the the cancer risk, the diabetes risk, the the rejuvenation. HRT is not going to rejuvenate the cells or the estrogen gives a boost to to a vitality boost is not going to rejuvenate and fix the cells that combination of hormone replacement therapy.

And and I know actually, you know, the top big companies in HRT, they actually recommend to the doctors to these prolonged with those because it gives back what HRT doesn't do, which is rejuvenation of the cells.

And reinvigorated biological age. And obviously like we talked about how to relationship with food, how to manage your weight protects your muscle muscle.

We didn't talk much about that. Muscle is so important for women age 40 and above is difficult to replace muscle, regrow it. So anytime you do a diet at that age, and this is where we're needing to be cautious with the GLP ones and the semaglutide.

And it was a mix. And it will go free because you lose 10 to 30% of the weight with muscle. So if you're 30 year old, you can handle that. You can rebuild muscle, but if you're 55 it's very detrimental.

And you get to pro line at that age because it protects lean body mass. You only those fat you rejuvenate your cells, you reverse your biological age score.

And that's exactly what you want to flow very well through menopause, through to thrive within it and to live a healthy long life. Yeah. I always say, you know, we'll balance your hormones, but we want to put these hormones into a happy, healthy terrain and yes, that is in my practice in my life is doing prolong.

And if you're doing it even just twice a year, you know, it's ten days out of the 365 we get. If you do the quarterly, it's 20 days. You still have 345 days to eat what you want.

And so when you start to look at it like that and you start to see the big payoff, to me it kind of becomes a no brainer. Like, why wouldn't I want to do this if I'm invested in helping in an aging in a healthy way?

So I just, you know, think it's, you know, it's the best thing ever. So, yes, I, I always love chatting with you. I always learn something every time I chat with you.

You have a new study. I love how committed you guys are to the science, to the data, to the study. You're always coming out with new products. And I saw a patient this morning.

I was drinking my. She goes, are you drinking chocolate for breakfast? I'm like, this is my protein shake. This doesn't raise my IGF one. It's saving my muscle.

It's giving me clean protein. It's like a great way to start my day. And she's like, oh, and it takes a. Little to the longevity. Protein is such an important product for women.

Also to was so important. It's called the L protein. And you know anyone can find everything we talked about and the and the trials and the science that, you know, prolong life that come.

You can go and read the science there and see the products, and hopefully you're going to take advantage of what you learn today. Yes. Yeah. The biggest, question of my day is am I going to have strawberry or protein because they both taste so good?

I'm like, what kind of food. Yeah. Oh yes. So go check it out. Let me know if you have any other questions, but this is really an important piece for your longevity, for your health, for your emotional health, because, you know, mind body.

And so I feel like this is a mind body treatment in a kid. And I am if you don't know me, I'm not one of those doctors who hops on bandwagons who says this is good for everyone, but in this case, it's like the one exception I make where I'm like, this kit is universally it's beneficial.

So, yeah, check it out. And, you know, change your life. I let you know you're in the business of changing lives, and this is definitely a vehicle to do that.

So thank you. Thank you for being here, for taking time to educate the audience for all that you do and how you keep just moving it forward. It's not a stagnant company.

It's not a stagnant science. It's constantly evolving and getting better and better. And I love that about it. And so thank you, everyone for being here, for being a part of this conversation.

I'm sure you learned a lot. And, come, come join the prolong life. So, we'll be back with another talk and, see you then.