Introduction and Dr. Antounu2019s Background

Welcome back. We're continuing our conversation on Reversing Crohn's and Colitis. I'm your host, Sinclair Kennally, and today I am joined by the wonderful Dr. Joseph Antoun.

His passion is to enhance human longevity. And he is the CEO and the chairman of the board of L-Nutra Inc., and the unique nutrition company leading the longevity and food as medicine markets.

Before taking on these roles, Dr. Antoun was the CEO of Health Systems Reform, a boutique consultancy aimed at elevating public health through reforming health systems, strengthening health care management, and improving health care delivery.

The co-director of the Center for Health Policy at the University of Chicago and adjunct professor of health policy at the Buck Institute for Research on Aging; and a fellow at the Department of Social Policy at the London School of Economics and Political Science.

You can see why I wanted him on here, because he is such an expert on longevity. But actually what we're going to focus on today is a tool that he has made available to folks who are just like you, who are struggling with chronic health conditions.

And we're absolutely going to zero in on Crohn's and Colitis today because the results are wonderful. This is something you can do at home to heal yourself and to reduce inflammation and speed up the regenerative process.

So welcome, Dr. Joseph, it's wonderful to have you here. Thank you very, very much. I hope in the next 40 minutes or so we're going to change somebody's life.

That's always my hope. And this is why you and I put our life and our time into this. That's the idea, right? I don't know about you, but I personally suffered from chronic illness for decades and was like that mystery patient that just defied diagnosis.

And it wasn't until I just decided I was going to heal myself and stop looking for answers in institutions, that everything turned around for me. Yeah, I think I think today people are going to learn absolutely life transforming information.

How Fasting Helps Crohnu2019s and Colitis

Yeah. Anything we can do to empower folks to do this in their own home is wonderful. Yeah. So we of course are talking about ProLon today, right? We haven't let that cat out of the bag yet.

But tell me about fasting itself. Like this concept of fasting has really become popularized in the biohacking community. What do you mean when you're talking about fasting?

And how does fasting help with Crohn's or ulcerative Colitis? Yeah, we've you mentioned that I'm the head of a company called L-Nutra, and we are actually a spinoff from University of Southern California in 23 years ago, we decided at USC and our 18 other universities, Stanford is doing the Crohn's research for us.

University of Miami is doing the onset of Colitis. So we put 18 universities together. And we said how let's put evidence based science behind food and fasting.

So we went in. We want to know, right. we think we always say food is medicine. And now we say fasting is medicine as well. But how how does it work? And do it have the conditions that we studied?

from the, actually autoimmune diseases, we have 4 or 5 trials on those and there's two specific ones and throws and also it's colitis. So why fasting and how fasting can help with with those health conditions.

So you know, typically in an autoimmune condition you have by mistake the immune system is the white blood cells they're replicating. They get hyper excited and they think that something in the body is is not cells is is a foreign foreign, you know, and at the end they attack in Crohn's and Colitis.

They attack the GI, the GI system. And what we discovered is that fasting actually works very fast on both ends. It works fast on decreasing the attack, and it works fast on rejuvenating the attacked organ and helping it heal.

And I'm going to explain it. There's two phases in fasting. There's the first 48 hours, we'll call it intermittent fasting. Anything below two days, we call it intermittent fasting.

Anything after two days, we call it prolonged fasting. And why the two days? Because the first two days when you fast, we call it it's it's the metabolic says it's the body saying, okay, I don't have calories.

I do have reserves. I do have some fat that I store. I there's some glycogen I do have the liver can help me a little bit, do some of the evolution. And so so I have enough in storage to respond to the first two days.

This wasn't the medifast that became popular because it helps people lose the weight. You're tapping into your storage and then for, you know, you lose that when when you lose weight, there's a lot of metabolic benefits.

You know, blood pressure, blood sugar, less cholesterol, etc.. So we call it the first the intimate. The fast is the metabolic fast. Now once you cross the two days the body is telling.

The body is depleting. Now very fast. The reserves. Right. And it's like it's like if you're if you're the head of a company and you're you're depleting you, you don't have any revenues and you're depleting your bank account fast, you're going to say, okay, I'm in a crisis mode, I'm going to have to restructure and fix the company now.

So that works at its best. And so the body tells think we have close to 37, a trillion cells. If I, if I remember well in a big amount of cells. But every cell is on calorie.

So when the body is like when the cells are feeling the deprivation, they say, okay, I gotta restructure, I gotta fix, I cannot afford to now, you know, being being full of toxins.

I don't afford that very, very good. You know, yield out of what what how I work. I have a lot of organelles in the brains that I can consume, that I can rejuvenate into more functional.

So we call that process autophagy or self rejuvenate. And autophagy won the Nobel Prize in medicine in 2016. And so the body is telling the cells okay you got to now fix your cells.

And this is this is magical because it's the first time in the history of medicine we're seeing every cell in the body is existentially fixing itself in something that's so natural, which is fantastic.

And there was a big secret for our ancestors when, you know, they migrated or there was, you know, in the winter, there was not a lot of food. Fasting was help they store in the summer, they get bigger this summer and they store.

And then the cycle of life takes you back to winter, where actually you, you, you get a little bit skinnier to rejuvenate and then you blossom back in the spring.

That's the cycle of nature. We lost that in the last 40 years. We started just eating most of the time and we're starting eating unhealthy food. That's to add more to the damage is creating leaky gut.

And we're seeing more now for in molecules getting into our bodies and cross matching with our body cells. This is why autoimmune diseases, chronic inflammation is increasing is worse.

Living into overfilled you know body that the any any time our immunity wants to attack. There's an abundance of calories in the body and always being fed.

Autophagy, Immune Reset, and Gut Healing

And there's a lot of cross matching happening from the foreign molecules that were inhaling, that were eating that all through. Leaky gut should not be in our system.

So we're seeing this flare of a lot of chronic diseases obesity, diabetes, cancer, etc., but also autoimmune diseases. So so fasting first is is you have the metabolic phase where you lose the weight, but we're very interested in the day after to when the body is having this as you get to rejuvenate.

So imagine as I mentioned, you are the head of a company and you don't have revenues like the body fasting, you want to restructure. What are you going to restructure?

You're going to say, well, I'm going to take everything that's unnecessary. I'm going to stop it. Right? I'm not going to finance stuff that used a lot of money and consume a lot of money.

And the body looks at the cells. And one of the fastest replicating cells are the immune cells. They love to replicate fast as hair and immune basically.

Right. And and they look at the white blood cells are like, hey, I cannot tolerate you replicating so fast. On top of that, you're the source. You're you're you're producing cytokines, you're attacking an organ, and you're creating a high inflammatory state, which I cannot fund.

Now that I'm fasting. So we see directly after day to the body decreasing the T cell replication. And the longer you go day three, day four, close to day five of fasting we see the body actually killing those cells, getting rid of them.

It's a process we called apoptosis. And it pushes those cells to cell death and get rid of these hyper excited T cells that are consuming a lot of calories.

They are replicating very fast and they're creating a high temperature inflammatory, you know, all this can not be tolerated into fasting. That's major benefit number one.

But you get a cross day to get all the way close to day five or fasting. So the question people are asking is like whoa am I going to water fast for five days.

Hold that, hold that thought. This is why we exist. We we were we were funded by the National Institute of Health, by the government to come up with a solution to this.

How do you get those results while you're eating? We'll talk about that. And afterwards. So the second benefit of fasting is that now on the damage organ.

So you have a damaged intestine because there's a attack towards it, say in Crohn's and Colitis. And and so the same description that I said is the cells that are rejuvenating their healing.

So you're accelerating the healing of the damaged cells. And we've studied that and especially in mice where we can easily look at the cells, etc. we've seen stem cell reactivation and very fast healing of the gut lining, especially when done with not just the water fast, but the fasting with food technology we're going to talk about because you're at least feeding the rejuvenation, funding, the rejuvenation of the cell.

We're going to talk about that. But the second most important benefit within fasting, it's helping the cells heal that I got damage from from the attack.

The third benefit is pretty simple. and you mentioned this to me before we started. The discussion is like, you know,

take a pause. Right. Like, we're a lot of the issues we're getting into our body is from food and the quality of food and the microbiome that's going in different directions depending on what we eat.

And, and especially if it's if you're not vegan or pescatarian, your high meat consumer and you have a, you have a microbiome that's going that way and, and is accepting to have a leaky gut, is accepting to have an inflammatory state and is loving it because it funds it with the proteins and the, the meat source protein.

And the IGF is very high in your body and insulin is very high that entire setting. Things have a lot of preservatives in them. I mean, that's just like waste wasteland for the microbiome.

So when you fast so shutting down that entire lung operation and saying, you know what, it's time for me to detox and to take a break. And this is very, very, very important.

You know, your computer after a few days needs a break and needs a reset. The cars on the car race, they need to go on a pit stop and get a reset. Everything in life has to.

Nature goes to the summer heat and then goes back to autumn and winter and needs a reset. everything needs from time to time. A little bit of a break, a little bit of a reset.

So that's a third major benefit of fasting. So number one, we said decrease the attack of the immune cells. Number two heal the attack cells. And number three help the body take a break and rejuvenate.

And we function in the right way. So for this for this to happen you need, as we said, 3 to 5 days as fasting. And and this is what we discovered 17, 18 years ago.

And then we went to do human trials. People couldn't fast for five days. As you can imagine, there's a lot of benefits also on cancer and diabetes. I mean, every cell with the concepts that I'm describing this like fasting, became so popular, and our technology, the fasting mimicking diet that we're going to talk about because the people ask me like, how come this is magic for like a lot of health conditions?

Because every cell in the body when you fast is rejuvenating, right? You have diabetes in your pancreas, and your insulin resistance is the issue that's rejuvenating.

You have cancer and your normal cells are damaged by chemotherapy. This is what you're going to have. You have autoimmune diseases with you. So the body goes the body goes into the cells, check when you fast and it's impacting every cell in the body.

This is why it's it's unique. It's not a superior to a lot of medicine that go into one receptor one organ. It's a total body rejuvenation. That's that's important. So difficult to ask for five days.

And then we tried in human trials, the first human trial we went after it was on cancer. We did, USC partnered with Mayo Clinic to do that first trial.

And the kid in fast water fast for five days, right? No CEO of a company wants to go and have no fun for a long period of time just to rejuvenate. Right? Is to difficult.

So this is when. Life doesn't stop. Yeah. That would be very difficult for me. Yeah.

Creating ProLon and the Fasting-Mimicking Diet

We we started we we we we spent 12 years after that developing a formulation of food. All vegan blend base, no chemicals, no additive, no preservatives, gluten free.

lactose free. I mean, all the the lists A to Z that you want to see the food to be healthy and but we devised a formulation that is precisely aimed at mimicking the benefits of fasting.

So you're eating but your cells, things that your cells are still saying that you're fasting. We call it the fasting mimicking diet, the commercial name that a lot of people know is prolonged for promoting longevity, prolong.

And the nutrition technology is called the fasting mimicking diet. So how come? How come you can eat and you're fasting like that's the biggest oxymoron in nutrition, right. Versus larger retired.

So what we did is we started studying how the body recognizes food, how the body if you eat, how the body knows that you're eating basically on a systemic level, when you eat carbs, insulin spikes and insulin is anabolic.

It tells the cell, hey, you know, everywhere around the the blood and the and the and the body is like there's carbs, you're insulin is spiking. And then there's when you eat proteins, IGF insulin like growth factor spikes all the we have proteins right.

When we're good when they're fasting. So the first objective of the fasting mimicking diet was not to spike. It has complex carbs and very defined sequences and has low sources of plant based.

Protein is very specific as well with the specific mixes that does not spike IGF. So you're getting those nutrients, but there's no high spike of acknowledgment that there's nutrients.

The insulin spike is not there. I just spike is not there. Therefore, on the systemic level, there's no information saying there's food in the body. That's step one. Step two on the cell we started studying how does the cell, what are the radars on the cell that detect food.

We call that the nutrient sensing pathways. Nutrients and space. There's three and a space three main ones. The tau pathway that detects the proteins the pKa and the rice pathways.

They detect a little bit more. The carbs they all intertwine. They all send downstream, you know good common signals. But these are the three main nutrient sensing pathways.

They tell the cell that, hey, is there's macronutrients coming in. So you're you're good. And so the diet that we devised, there's there's never goes around those raiders.

And in the little bit of it that goes through the Raiders does not reach what we call the, the point of recognition or the point of satisfaction. So the cell saying I'm sensing a little bit of nutrients but is not enough.

I still want to be cautious. I still want to rejuvenate. I think I'm still fasting. So this is the two secrets behind the formulation. There's 77 ingredients. It's very complicated.

You get to we studied, you know, insulin levels at night, the day in the morning and ECGs and growth factor. So there's a lot of science behind that. But acid 12 years in now we have 221 patents on the side and 134 issued patents on the fasting mimicking diet and pro on we just started our 40 years for zero clinical trial.

Probably we're going to apply to the Guinness Book of Record for the most studied. this is this is I'm going to do that most study nutrition from religion. But, it works and it gives you the benefits of fasting while you're eating healthy, clean food for five days.

So the pro man is a five day kid to get a box at your home. We ship it to you. You have a day, one day to day three, day four, day five. You open them.

You have your morning breakfast, which is in the form of a science bar. I know they love that one. There's millions of people that do the fast, but it's.

It is surprisingly good. Yeah. And I'm I've had tried all the bars, all the things. That this is it tastes great with what I discovered. So you mentioned in my bio the more the social policy and my mission, longevity.

But I'm also I'm an MD, PhD, and coming from medicine, you know, I didn't know a lot about nutrition. And one of them, my biggest surprise, one of my biggest surprise coming into this was that healthy food that tastes good is just as expensive.

And the the food businesses, they don't want to they want to increase their margins. So I'll give you an example that tastes the best actually, because it has it going back.

It has the it's the only one that has nine calories per day. So so our ancestors, when they take our tongue is trained when it tastes fat French fries, they want to fry them. Right.

It's it's it's a good thing. Now you can eat cheap fat fried, fried food and fried chicken and cheap nuts. That or you can have almonds and macadamia and Castro which have really high percentage of fat but healthy fast and they would still taste great.

So we've had 100 year of bars that have the cheap fat and the and the and the peanuts and the whatever, anything that that increases the margins. And the food company, our bar has macadamia as the number one ingredient, which is the most expensive thing you can buy. Oh, no wonder.

I leave here from nature the most important, the most expensive thing you can go and buy from nature is macadamia. But it has. And almonds. It has the best ratios of healthy fats.

For those who don't know, the brain is a cell organ. So the fat we're talking about is mid chain fatty acids that nourishes the brain. We're not talking about fat.

That's going to the cheap fat. That's very important. So I'm trying to give you an example of how super high healthy food could taste. Amazing. You just said your body taste better than any other body.

And it does. And there's no additives. There's no chemicals, there's no other officials, there's no. So I discovered that I discovered that everywhere.

When you when you buy protein, when you buy even clothes, it tastes good. Healthy food doesn't have to be a salad. actually, we don't have any salad. And. Hold on, it could taste good and be healthy.

It's going to be expensive to produce. So we're accepting a lower margin to be able to give people this healthy, premium food. Most business companies, they just want to increase their margins.

They just want to buy cheap stuff and throw a little bit of sugar, which is very cheap. You add fried fat with sugar. This was the base, as is the base as Nutella.

Clean Sourcing and Longevity Nutrition

This is the base. That's a lot of food that we consume in here today. By the way, we do have a chocolate spread. This is the first longevity spread but it's 74%.

It's called the spread elder spread for longevity. It's 74% almond 74% with a little bit of cola. This is the chocolate that we have. And there's a New England Journal of Medicine, article on tens of thousands of people that were where it's a longevity, observational low trial.

And they, they, they, they, they show that if you consume almonds six times a week, six out of seven days, you decrease the cardiovascular deaths by 20%.

So took Novo Nordisk and Lilly, big Pharma with ozempic and, you know, billions to get here to decrease cardiovascular risk by 20%. This almonds alone, six days out of seven, the number one year of the word.

The same Journal of medicine says that alone can help you to cure cardiovascular deaths by 20%. We have a

chocolate called the else bread. I'm mentioning this here because I really would advise everyone to see to for your.

I have and to try to have again check us out and pull on website on live.com. Everything we sell is vegan, clean, healthy food, but it's the premium ingredients, a longevity formulation that helps you heal, that helps you stay healthy, and and age gracefully.

I don't think people realize how much sourcing matters when it comes to food. Oh, the sauce is so important that. can you talk just a little bit about that?

And I want to make sure we have time to get into the science, of course. But just that I know I used to be in manufacturing the sourcing. All those decisions happened behind closed doors.

So you have to be a really good person that cares a lot about your consumer to actually do the extra work, to do great sourcing. So I'm. So happy. About that.

Yeah, I'm so happy you mentioned that. Because we grill our suppliers, we ask them to change their manufacturing cycles. I'll give you I'll give you a true story.

So we developed a longevity protein we called the L protein. And the goal was you know every time you consume protein your IGF spikes. It's an anabolic.

It's a pro aging. It's a growth factor. Right. So your biological age accelerates when every time the business industry ask us to link protein shakes and protein bars, we're aging fast.

I mean, just look at the bodybuilders. When they reach 50, you think they're 70 or 80 or 90, right. and we know they die. They lose multiple years. And this is one of the biggest secrets in the protein industry.

Nobody tells you that every time you consume it. This is why people are turning more vegan. When because the plant, the the, the animal source of protein accelerates even faster.

So we developed this 25 gram longevity protein, 25g of protein per serving, but doesn't over spike your IGF. So you're getting a lot of vegan proteins, but you're not paying the price of accelerating aging.

And we went into production. And every time we send them the formulation, they send this. The pilot to try the food, they try the protein shake. But it's actually we add 2 or 3 ingredients to it, silica and other injuries.

And like that wasn't part of the formation. And it'll be like no worries. Every every protein producer in the US adds those because proteins are so chalky.

When you put them in a machine, they clock. So we add other stuff to them to make it easier, easier, and probably which means cheaper for them to produce.

And they're like, don't worry, because if it's below 2% of the total weight per serving, you don't have to declare it. So there are tons of added ingredients to our food in here in the US, where if it's below 2%, you don't need to declare it on the label.

And then I started reading a little bit about those ingredients, and some of them could be carcinogenic. So I was like, maybe they're playing us. The supply.

Let me go to the second one. Same story, third one, same story. So I couldn't believe it that we're consuming food on a daily basis that actually can have ingredients that are not written on the label.

What does it cost to to oblige every supplier to put every ingredient in there just added to the ingredient list so you can hide. And these are the love you I. Want to consume.

There's flow agents, chemicals. And if you hide ten of those times to 20%, 20% of this thing can be can be so. So I delayed the production by 16 months to force one of the suppliers that was willing to work with us to make sure that the entire process is clean and there's no addition of silica or no addition of any other anything.

That's not in our formulation. And we did this the elsewhere that we talked about, 74%. We said almonds. This is from the Apulia and mountainous Italy.

It's a pure this is a longevity zone with what where, you have one of the highest concentration of centenarians living in Europe in those mountains. We'll bring the almonds that we think their longevity nuts.

So it's produced clean sourcing mountains of, it's very big. It's just the sourcing and the process. And we grill every supplier to make sure that we have the cleanest food coming to us.

It's so important. That's very cool. Okay, I hope so. I hope people's light bulbs are going off right now. Like, oh, maybe that's why I've been reacting to these processed foods because it said the right things.

It's a natural on the label and maybe even said organic, but that doesn't mean that there weren't hidden fillers and flow agents that. Thanks. Yeah. Thank you for explaining that for everybody.

Okay, so back to ulcerative colitis and Crohn's. Tell me more about the science behind the fasting mimicking diet for like immune and gut health. Can we dive in there. Yeah.

And we touched a little bit on it. how could we see. A little bit. Yeah. Yeah. So the five days of nutrition that you consume that mimics fasting, the fasting mimicking diet again the consumer products called prolonged.

We have products that are similar to program tailored to health conditions. The goal is for you to consume this food for five days while your body thinking you're not eating.

So you go to the first two days of intermittent fasting cycle, right? With prolonged. So the first two days you're burning fat mass, you're you're approving the, the, the a lot of metabolic metrics.

And then you cross to autophagy and cellular rejuvenation. On day three we talked about that. A lot of people hold on. They'll tell you on day three I feel something I feel something happening in me.

Something is is this you feel it transformation. Even your brain. Right. Every cell as we cell and as we said in the body is actually dependent.

Science for Autoimmune and Gut Health

Calories is is being hidden by fasting and being rejuvenated rejuvenated. And then what we discovered actually is at the tail end of the first day, you start also seeing some stem cell activation.

So the new cells trying to replace damaged cells. And in this is very well the example that we talked about with the company is the company has no revenues.

You know remember we said the bank account drops first. You know few days. That's that's the integrated fasting phase. You restructure the company. That's autophagy at the end.

If you're still suffering and you need to fix deeper, you're going to start, you know, letting some people go promoting those who are superstars and trying to do the best out of what you have.

And we start seeing that we have actually, maestro, where we compared water fasting to the fasting mimicking diet. And we showed that there is a stem cell activation in the gut that happens to heal the lining and to replace the damage that cells with new stem cells, produce.

That is 2 to 6. And I think this is one of the magics of the the potential healing that we see with, and we published this in cell one of the top, it's the number two science here, not the word.

And the title says, you know, fasting when we get nice but not water fasting. helps with the stem cell lining of the gut or one of the main objectives of the, of the article. So, you help the metabolic and the body in total with, with the metabolic reset, you're helping immune cells.

You're helping the body get rid of the activated immune cells that are doing the attack and being naive. We call the new immune cells coming in. We call them naive.

They're not ready to attack. You're helping with autophagy and rejuvenation. They attacked cells of the GI system. So you're helping the healing in the gut.

And then you're swapping some of the cells with the new stem cells. And there's nothing today. There's nothing in the market that you can do. No medicine.

They can work on all these metrics together. I, I was talking one time to, to a very prominent physician, and, and he looked at me like I have few books from, you know, medical books that are tens and tens of years old in fasting.

At that time, they didn't have the fasting mimicking day. The problem is, is like water. Fasting was one of the first way to heal autoimmune diseases.

It was written in the old medical books. It doesn't surprise me. I mean, fasting is in the Bible. It's in every major world religion, you know? And of course, you know, indigenous practices that we would do seasonal cleansing essentially to reset the metabolism.

It's a great way to maintain health. We've just lost it very recently, and now we have to claim it back. Yes. I'm a big believer of what you just said.

I, you know, if we assume God exists and he's the source of care and love to to people, I always is the church have difficulties explaining and just the church and the mosques and it's it's part of all the religion in Judaism.

It's in the climate. God is asking us to fast and to suffer. The the explanation was you should suffer to show him that you are a good slave. Obedient slave.

That was an it was prayers with where the heating of the soul and today it's prayers, yoga, meditation, all that, all that. And then fasting was the healing of the body.

And this is a God who cares will help us. You know, this is what he meant by that. I don't think it's. And to discipline our body and to rejuvenate the body, it was a sign of, being a good slave.

right. Exactly. I do have that saying its prayers were the healing of the soul. Fasting is the healing of the body. Part of that. And I mean, look at what autophagy does for us.

It's absolutely a built in healing mechanism. So anything we can do to support that, especially for this complex autoimmune cases where we're never going to override the body to health, you know, to, you know, suppress suppressed. Suppressed.

Like that's not going to work. It's just going to keep getting the health picture more complex if we can actually work with the body's own healing strategies.

Yeah. Now we're really getting somewhere right now. I mean, fasting, there's, there's a lot of ancient philosophers that talked about it, right? The awakening, the not just the live in fasting is the healing of the body.

Fasting is the first medicine. You know, I never knew any of that. I mean, again, I have 2 to 2 doctorates and three

master's degree and never had a session on fasting.

And they did Harvard and they did Hopkins and they did, you know, University of Chicago and and you name it. I had. Surprised. One other when I went on nutrition and zero hours and fasting.

Right. Yeah. And that that was one of the main doctors within us. It awakens the other, the system of the body. And, you know, it was compared to if you watch a car race, you know, the drivers 2 or 3 times.

And this is how we recommend is, is you want to do prolonged 2 to 3 times or four times a year. It's the same thing when it when the when the driver sees the car is worn out, it just goes into the pit stop going on as a pit stop.

Is this in? The mechanics come in, they check everything. They change the tires, the change, the oil. It's. And whatever they fix, whatever it is. And then the car goes back healthier, longer.

And that's this why we we had a longevity company and we started with fasting, we think is the best way to increase the chances of living a healthy, long life.

Good. So one of the things I'm, I know our audience really well. We have, our, our beloved summit junkies that watch everything. They inhale information because they, they know that they know more than about their diseases and their doctors do.

And they've got to be the ones to fix themselves. They've been on this road for a really long time. and then, of course, we have our newbies who are like, wait, what?

What's going on? I'm just getting started learning about my own health. What would you say to both of these camps? if they feel that their disease is quite progressed and they're concerned, they may not be well enough to try your program.

Like I myself was down to three foods for a very long time. You know, I reacted to everything, but you have great studies that are reporting phenomenal results with ulcerative, Crohn's and colitis.

So how do you think about, you know, am I to reactive or am I too far gone to try this method? What would you say to that? Well, I'm a man of science, having a having, like, trial anything and specifically on on those conditions.

But it even takes me closer to fasting. But it's your body saying I cannot even tolerate this food. So I don't know for those folks if they if intermittent fasting can help them initially, you know, fasting for one day or we have a one day reset, it's just the exact five days of fasting.

And we can like we have a one day reset and and it's soups, it's liquids. It has the fast but in the morning and you have soups for lunch and dinner. So maybe this is a way to gently introduce the concept to your body and see how to react to it.

Who Can Try It and Where to Learn More

And then from there, go to the five days for more of the, the supporting, the healing process if you want, or the regression as the condition process.

but everybody knows, you know, when you're sick, you like, I don't have an appetite for food. We thought in temperature increases like we didn't. We thought those were side effects.

The body increased the temperature to kill viruses when we're sick in it. And then, you know, stops eating to rejuvenate and to heal and to deal with it.

so I don't know, the specific answer to what you suggest. And again, I'm, I'm we're man of science and premium the initiative for us to not harm. But it makes sense to say that in a taken one day off.

Right. Let your digestive system rest, let it heal. It's too busy fighting immunity and trying to heal itself. And it doesn't want to digest. It doesn't want to get breaches with the food.

It doesn't want to let it heal and supported with that and and if you want to try, I would suggest try would be either the fast bar in the morning. So it's a quick or then the one day reset to see how the, how the food works with your GI system.

I think this. Is a great idea because. Devising a special fasting mimicking diet for people with autoimmune, we called the Nina nondiscriminatory, non allergenic.

So even every ingredient is like is looked at from that perspective. Beyond the formulation, the formulation mimics fasting, but we're looking at every ingredient we call a need, and no other allergenic is going to be in the market next year.

but for now, what we have tested was the pollen, as is. I think it's great. The I mean, I would love to learn more about that as soon as it gets on the market, because I know that will help so many people.

I'm really glad that you're developing that. And I know I can only imagine what a nightmare that is to develop that product from a manufacturing perspective.

So thank you for doing the hard work. Yeah. the, I also really agree with something that you just said, that I think that the body's already hardwired to seek out fasting when you're dealing with these inflammatory conditions.

And often, you know, folks who struggle with autoimmune disease have the instinct to fast. And, you know, we're inviting you to do is, you know, explore the science behind that and lean into it, basically, because it's not just about short term relief of your symptoms, because you're not poking the bruises that you're trying to heal.

It's also about actually activating the body's own healing responses. 100%. The the, when I first met our founder, Valter Longo, a lot of people know Valter or heard about and he's the is the author of The Longevity Diet book.

I don't know if you're familiar with this book. It was a big Amazon bestseller back in the days. There's a chapter on autoimmune disease in the book, The Longevity Diet. But we were talking about how fasting awakens the healing processes, etc..

And, and one of the, this is 15 years ago. And then one of the things that he brought which which made so much sense is just to, to, to, to to conclude on what you said, that there's a, there's a physician within us.

We just need to he's like, if you cut your hand, if you cut your skin by actually cutting some cucumbers, whatever, you cut your hand a little bit. You don't need to take 60 medicine and just need to put a Band-Aid, take the trauma out, put a Band-Aid in.

The body has its own stem cells and own fixing cells, and they come and fixes the skin and heals. And you don't need anything beyond that. Yeah. Is is it was it was amazing.

Is like the lower layers know how to come in and fix and the middle layers and the top skin layer. And if any layer is not working, the body just replaces it.

It just, you know, gets this cannot and brings a new skin. It's it's amazing. It was an amazing thing. You just take the trauma and and I think this is how fasting is helping a lot of metabolic disease where, you know, redress in the body is by taking the food source of the trauma.

But with the prolonged fasting is rejuvenating the cells. There's a healing. There's an awakening of the doctor within. You say, okay, let me heal the cells.

We are in a crisis mode and we're going to heal. Yeah, I think that's the perfect way to wrap this up today. So I

know you really teased this at the beginning there with the new Stanford study and the new University of Miami study about both about ulcerative Crohn's and Colitis.

When is that information going to be available? Maybe sometimes we're hoping in September. So if if we er and we have a webinar after the results, I'm going to definitely pop up and and give the results.

Okay. Wonderful. We would appreciate that. And where can folks learn more about your work, your products, the science behind it, all of that. If you only read specifically about the product, you go to prolonlife.com and there's a section called science.

We do have if you don't want to do the product on your own, you want like, our longevity dietitian to supervise you, you can go to l-nutrahealth.com. neutral is the name of our company.

If you want to learn about the mission, about us, the leadership team, the founder story, you go to l-nutra.com. So l-nutra.com for the mission l-nutrahealth.com for the programmatic approach with the dietitian and on is the is the group of products that you can you can consume from us.

Wonderful. Thank you so much for your. Good appreciate you. We appreciate your. Just.