Transform Your Health: The Fasting Mimicking Path Transcript

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Introduction and Cherylu2019s Health Concerns

Hi. My name is Ashley, and I'm a dietitian at L-Nutra Health. Today I want to share a story with you about one of my members, Cheryl. Cheryl came to me in the fall looking to lose weight.

She had been hovering in the pre-diabetes range for the last four years, but it's just been climbing. And last summer she got some bloodwork back and her A1C had crept up to 6.3.

She knew she needed to do something, but she was totally lost at where to begin. Her doctor told her about L-Nutra and she decided to give it a try.

Life Stressors and Unhealthy Eating Patterns

She knew it was either this or she would need to go on medication. Her doctor had also shared with her that she probably should try the metformin, and he was happy to offer some Ozempic, but she was intimidated by that.

She didn't like the idea of weekly injections, not to mention the high cost, and she thought for sure she could do this on her own. She just needed help.

I'm so thankful that she called me. through the last few months, we've been able to work together. She has made great strides and improving her overall health.

Not to mention she just feels better. She has more energy. She feels more like herself. So back in the fall, when she came, she shared that life had just been hard, work had been busy.

She just had all these extra balls that she was balancing. she had lost a loved one, which really played in with her emotions.

Starting the Fasting Mimicking Diet

And she had done some stress, emotional eating. she also had an aging mother who'd been recently moved into a facility, and she was spending a lot of her evenings after work going there to be with her and spend time with her.

And so she put her self-care on the backburner. She'd not been taking care of her needs. She was frequenting fast food restaurants in between work and going to visit her mother just to provide fuel for her body, and it was taking its toll.

So we talked about that. We talked about strategies. What could she do? So when she first came, she was really interested in the fasting mimicking diet.

She had heard about the benefits. She thought it would be a good fit for her. And so that's what we did. We talked about FMD.

Progress Through Ongoing Coaching

We talked about autophagy and cellular renewal, and we talked about how to use those five days each month to help improve our health. But what's just as important is in those in-between weeks, we talked about Dr. Longo's longevity principles.

And each week we started implementing some of those principles. We would set Smart goals. I would send her

messages, give her meal ideas, we would strategize together, really partnered together in her help to help her make changes that were doable.

everything was very practical. She shared with me that each simple step helped to give her the confidence that she could do it. So just after three cycles of FMD, she had lost 25 pounds.

Her A1C moved from 6.3 to 5.8, and that in itself was so motivating to her that she kept wanting to go forward. So we are about to hit her sixth round and even in just two more cycles, she has lost another 10 pounds and is feeling better.

Results and Encouragement to Continue

Her friends, her family, her coworkers have noticed, asked her questions, and that's made her feel good. She knows that she has taken back control of her health, and shared with me just last week that she couldn't have done it without the accountability.

We know the importance of not only making simple steps in your diet, and we know that FMD has been proven to show success, but she needed that ongoing touchpoint, with the dietitian to help her along the way and just encourage her so I know that, L-Nutra has had wonderful impacts on so many, and we are here to help support you.

Have a wonderful day and thanks for your time.