## Introduction to Dr. Antoun and Longevity Nutrition

Welcome back to the conversation. Today, I have a special guest, Dr. Joseph Antoun. Thank you for being here. I hope it will cover some solutions that will change some people's life.

I think we will. I want our audience to know who you are. You actually have a very big passion in your life to enhance human, healthy longevity. And I think everyone around here watching wants healthy longevity.

You're the CEO and the chairman of the board of L-Nutra which is a nutrition technology company, and it really does lead the food as medicine movement.

And your company develops breakthrough Nutra technologies that really impact how we age and prevent or better manage our health conditions. And your company actually discovered the fasting mimicking diet program called Prolon So we'll be talking about that a bit today as well.

We're going to be talking about the importance of fasting and how this will help people achieve the health goals that they're here wanting to learn the solutions for on this summit.

And as we get going here, I think it's important to talk about the types of fasting, because not all fasting is created equal, and there's a lot of confusion around it.

And then from there, that will be a launching pad to all the other things we can talk about today. Well, appreciate it, Laura. Indeed. I started my life in my my professional life in medicine and all.

What I care about is to help people reach a cure. And I think today doctors are battling chronic conditions with no, we just see a bunch of pills, but not a lot of cure rate.

And this is why I left medicine and I started a career looking for how can I help humanity stay healthy, long in getting an excess ten or 15 years of life and reach cures?

And I've done 11 years of studies, and I've only had one hour of nutrition. Right. And I'm talking Harvard, Hopkins and all big universities. And then few things change my life, one of them, and steered my life towards nutrition and fasting.

One of them learning that at the end of the day, nutrition or food is the only product we put in our body every day of our lives 3 to 5 times per day.

Right. Every day. One product. So how powerful it is if we put the right science behind it and try to uncover what should we eat? And then what I learned after that is when when we should eat and what we should not eat.

It seems it's not just about the composition of the food, but it's about the timing. And that's what we're going to focus on today, is the timing of the food.

I think this is really important because people get caught up in if I just eat the right foods, if I just eat foods the way they're grown with minimal processing from the earth to my plate, then this should solve the problem and what you just said here is so important is that timing matters.

So carry on. I just wanted to point that out because this is critical that you cannot necessarily eat your way to health if you're eating it, if you're not paying attention to when you're eating.

Yeah, we used to say you are what you eat and then we say you are when to eat, when you eat. Right.

## Why Timing Matters: What and When to Eat

And then it was a big article, I think, in the New York Times a few weeks ago is you are when when when you eat. So it's what and when. Obviously, the what you eat is very critical as well.

But so this what I'm going to summarize today, what the new information we're going to bring to that is you want to read a little bit more detail about it.

I recommend that you're going to buy the book called The Longevity Diet by Valter Longo. So a lot of what we're going to talk about today about what to eat and when to eat is as summarized in Valter Longo, if you asked chatGPT he's the the number one fasting expert in the world and the number one longevity nutrition expert in the world. He is the head of the Longevity Institute at USC.

And I lead the company that was founded by him and based on all his science and his trials. And this is important because he's 23 years ago. He's the founder of the Longevity Institute at USC and partnered with 18 other universities, the Stanford's of the World and the University of Genoa and Berlin and Charité and Indiana University.

And the University of Miami. Many US in the US and abroad. And they together decided to study when we should eat as humans to hopefully gain another ten, 20 years of our lives.

And what should we eat? The first discovery was how important fasting is to our body, to the aging of our body. That's the longevity fasting angle. But also there's medical fasting, meaning and this is what's really relevant here to this summit is how can we use fasting as part of the disease, remission of the chronic disease, or we should.

We're going to talk about both. And so I start by saying, well, first of all, we as humans on this planet, hundreds of thousands of years ago, we were fasting more than eating, by the way, because people were like, oh, every period we have a theory.

One day is ketogenic, one day is eat proteins, one day is the plant based, and they might be right about a lot of that. But fasting actually is is part of has been part of our diet for the longest except the last 40, 50 years.

We started eating all the time and we're eating unhealthy, but we started eating all the time. I still remember also in the nineties they came up with the theory is you should eat six times a day if you remember that.

That was the worst and yes, like you feed a metabolism is what I remember. If you oh my God I was trying my body revolted against that. I can remember trying in the nineties.

I'm in my twenties. Right. I'm fresh, you know, I'm out of college and I'm wanting to stay fit and I'm trying to feed my metabolism and my body literally revolted against that, did not want to do it.

And we have the biggest clinical trials on this with billions of people around the world eating all the time and then diabetes increasing and cancer increasing and death.

And and by the way, we were spending over $3 trillion in the US per year on health care and we just lost another half a year of our longevity in the US.

So, you know, it just ridiculous because we're not treating the root causes and one of the main root causes is food and lifestyle. And one of the ways to prevent or to reverse the impact of overeating or eating all the time is fasting.

And this is not an artificial discovery. Just science recently proved the value of fasting. It was always part of the human. The human part in order to be part of it.

But we didn't have a scientific breakthrough two decades ago that now we brought to the market. So this is to answer the question of what are the types of fasting.

So intermittent fasting is what people are familiar with. And a lot of people skip breakfast of the 16 hours of fast and we're going to talk about the benefits of that.

But just to help everyone thing here in organizing spots around fasting fasting is intermittent fasting is anytime between zero and two days, 0 hours to two days.

So it's up to 48 hours. And we called intermittent fasting anything after 48 hours if you still have not eaten do you call it Prolon fasting and why the division because you know I always compare fasting the body is like a company with no revenues.

And initially, even if you don't have revenues, right, you have enough in the bank to borrow a little bit or to in a sales person, you go to your checking accounts, the money goes to glycogen.

Glycogen is the easy reserve in the body. Then if you're the CEO of the company, you don't have enough funds. You're going to go on tap now into your savings accounts and that's the fat into the body.

## Fasting Types and the Shift Beyond 48 Hours

And then as you go longer, you can ask for a credit or a loan. And this is where the body tells the liver, help me as called meal. glycogenesis is how we add a little bit more calories, more calories into the bill.

So the first two days, you have to be three layers of defense glycogen and then and then fat and then the liver. And that's enough to compensate. Again, the first couple of days, people have the BMI that great says for someone sooner or later but talking averages is too nice.

So intermittent fasting up to two days is very important for losing weight for it which which is 73% of us carry a little bit of overweight and is behind a lot of muscles.

Diseases like diabetes, hypertension, predisposition to cancer, predisposition to Alzheimer's we call Alzheimer's diabetes now. So is a lot of an acceleration of aging in overweight is is way beyond what we think is actually is you gain weight with carbs pushing insulin that's an aging factor.

But this push IGF that's another aging factor. So the more you're eating, the more you're accumulating the fat, the more you're not just going towards metabolic disease, but you're aging and you're going to have the other disease as well.

So intermittent fasting is great from that sense. And even the silent killers, a lot of foundational ways with how the body deals with this fluids. And if you have a chronic infection and the finances and at the same time you're not supporting and supporting it without you, I wasn't going to be able to deal with it, etc., etc..

But when you cross two days, so now go back to the CEO of the company, you don't have funds, you depleted everything in the bank. What are you going to do?

Either restructure the company, you're going to try to. Borrow, maybe you're going to borrow somebody. Borrow as they liver right that you borrowed already.

So you went to check the checking savings and you did borrow and the liver so that as long as all your letter options now you're going to have to say, well, I went through a crisis.

Yeah, many enterprises are going to restructure the company. Right? They're going to say, okay, I think I don't have revenues because still doing a good job or marketing or operations, you're going to start fixing to fix it first.

Functionally, you cut unnecessary stuff. We call that autophagy in the body someday. Three The body tells the cells, I cannot feed you any longer. You're going to go and look inside the grease organelles, leftovers, try to consume those detox.

Going back now to toxins in the body, fasting is one of the best ways to deal with it. Just another thought since the mitochondria are activated, the lysosomes and the body is trying to.

Every cell is trying to operate and stops. And this is what happens after these three and four days of fasting. You start doing what we call autophagy cellular rejuvenation.

And this process won the Nobel Prize of Medicine in 2006. So it's very well established and critical to rejuvenate the body of the cells. So let's talk about this for a second.

So autophagy, autophagy, there's a couple of different ways people see this. And for purposes of this conversation, we mean the same thing. We've got practitioners here.

We've got consumers of health care here. So potato, potato. And let's talk about what happens there, because it's not just any cells that the body rids, it's actually cells that aren't serving you anymore.

So that process of removing this, the cellular debris in the cells and the old mitochondria and the things that are no longer serving is actually really good. It's like cleaning house.

Yeah. So we didn't get to the getting rid of the cells. We're still talking in every cell. And again, for every cell saying, okay, let me get rid of the brains, the organelles, sorry, let me let me consume that.

The reason use them as calories. It let me use the organism. It's like you have a train that works down on wood and now there's no woods. You go and you chop the branches and you use that to feed the fire to keep a train going.

Yeah. So this is what the body does. Every cell is trying to clean and detox and operates, integrate it so you can. Even you haven't even started to to clear out the malfunctioning old.

So we'll get to those. Okay. Okay. So right now we're just cleaning debris. It's exactly if you're the CEO of that company, you just said, you know, I'm fighting a crisis.

But we of the budget of travel, let me put a little bit less money into something that I don't necessarily need. Let me use this funds that we had allocated.

So you take this small functional cut, now you go longer in crisis, touching by five and six. If you're the CEO of that company and you cut what you can cut, you're going to start cutting people, unfortunately, and trying to let some people go and do more drastic structural intervention to save the company.

And you typically will say, look, if I people that I paid a lot of money to and they don't produce maybe much or that is brilliant, but I don't need them at this time or the opposite.

You try to you try to look into structural changes and the body looks at the cells and says, okay, I'm giving this cell two days to do other phase and rejuvenation, but still it's a dysfunctional cell or it doesn't perform just eating calories, but it's not performing.

Let me just get rid of it and send it to apoptosis or this is so this is when you go from rejuvenation and autophagy to regeneration because you're killing.

Sounds like bringing the newer stem cells which operate very cost effective. Their younger self, the stem cells and how many. How many days are you fasting to achieve this.

Now? Again, every human is different depending on metabolic rate and BMI, but on average we're talking about touching day five onwards. Day five, like this is no joke.

This is a serious fast. And so when a CEO has to fire people, there's no joke. It's a serious crisis. It's executives.

And I'm stressing this because a lot of people, a lot of booksellers and publishers, they're like, oh, intermittent fasting, fast breakfast.

You have other things you have. It's like going to a multimillion boring company and telling them, You know what I'll give you? I'll give you your check 4 hours later.

And they're going to go restructure the entire company because they're getting tired. It's not going to happen. So it's so, so myth busting. You're busting a big myth right now.

People think that they're going to get that benefit of dusting and cleaning out the cobwebs of the body with intermittent fasting, with a 12, 13, 14, 15, 16 hour.

Fast, there was no way to measure it. And now recently, the national Health deployed eight machines into eight universities across the US to measure artificial humans.

And when you go and you do it, there's no artificial, it's in the first six. I mean, it's very simple what I explain to you and I use the analogy because it makes sense, right?

It's just it just means firstly of some reserve when you completely reverse it and it's little bit different stress, you rejuvenate the cells and when you're much deeper, longer stress, they're going to get rid of some of the cells and keep the others and replace.

So it makes sense. Every thing in natural selection, even human behavior and running companies or running anything, you follow the same trend you're not going to do artificially if you half of us anyhow don't have breakfast by nature.

Waking up in the morning going to work. We don't see of the crisis and rejuvenation.

## Autophagy, Cellular Cleanup, and Rejuvenation

We actually feel fatigue to see and they had take an afternoon so so that's a big big myth buster atrocities that in just the last seven years a lot of people ride waves and they wanted to write the wave of autophagy.

Autophagy happens mainly in humans after day three. So keep that in mind. Okay. So once we discover that again 15 years ago, we were like, okay, let's try to do several days of fasting in mice to see what happens and then go to human trials and in mice.

Several days of fasting, they were again rejuvenating the mice and it was pretty big impact, not just on their healthy longevity, but also on reversing chronic diseases.

We were mice and regressing them from diabetes, from multiple cancers, from improving cognition with Alzheimer's. So we're very excited. Again, the founders also, along with the universities, said, let's go with water fasting to humans and how they reverse chronic diseases, including the silent killers that you that we talk about in the slide.

And the problem is nobody can fast for five days going to a CEO of a company say, hey, can you do an experiment with us? We want to take you close to bankruptcy and see what happens.

Nobody wants to do that. No. And that and it was difficult to do the clinical trials. And this is where the National Institute of Health, which is the biggest funder of clinical trials of the US, stepped in to help us and they put tens of millions of dollars into the research to develop the fasting mimicking nutrition, meaning you nourish people over five days, a type of a very precision formulation nutrition that keeps the body, although it's nourished in a fasting mode.

And this is why it's called the fasting mimicking diet. And the brand name is cruel on a lot of people know that brand name because there's over a million years they're not in the US.

In the 5 minutes that we have left here on this first part of our talk, I want to talk more about that fasting mimicking diet, because full disclosure, I'm too much of a wimp to do a five day fast like I, I can't get past 24 hours.

There's is no there's a lot of things I do right and a lot of things that I'm way better at than most people. And really great self-control. But fasting has been a tough one for me. Yeah.

So tell us more. Why there's grow and this is why the fasting nutrition exists. So you can do this without the pain of feeling like you're going to die from fighting.

Yeah. And going back to the to allow the analogy that we talked about, imagine you have a company right? And instead of selling, you have zero revenues and you're going over a big stress.

People will leave the company. You cannot order your supplies for next month. If I come and say, okay, you need $1,000,000, we'll give you $500,000, but let's put it let's market the positive stuff so you give your best employees.

But in order to supply that, you can sell next month and we're going to keep the pressure on other parts of the business to fix them. That's exactly what the fasting nutrition is, is a formulation, a precision formulation.

And again, it took over now over $48 million of the research, 18 universities, two decades of work to get to it. So this is not when people receive Golan, they open it.

We made it very user friendly, like you have the soups, you have your bars, you have your drinks, you have itself. And and we made it user friendly, but it's a very precise formulation and that I'll help you understand why it would be expensive how so?

We start studying how the body recognizes food. When you eat proteins, when it calms insulin increases when it proteins, IGF increase. These are two molecules that send signals to the body that there's food that's carbs and protein.

Therefore we're not fasting. So one of our secrets is we don't spike insulin, spike IGF. So the nutrients are coming into the blood, but they're not over projecting insulin that actually has the second secret information.

We start studying the radars on the cell that detects food. We call them the decay, the ROS and the Tau pathway. And we started looking at formulation that go around the pathways or if they go through those pathways, they're not convincing the cell that is fully satisfied.

And this cells like you know, what I'm hesitating, I think can still be in protective mode and I'm still going to try to repeat it. So these are the two secrets behind the formulation I'm simplifying.

It is that face, the source of the ingredients is all clean based, clean nutrition, healthy nutrition. So there's no chemicals, no added preserved. So this is a very to start with, it's a super healthy plant based based nutrition and we study it to mimic fasting.

Yeah, this is this is blowing my mind because I you know, I worked for one of the largest HMO in America for 21 years before I retired from that and went fully into functional medicine.

And I can remember these healthy eating plans of shakes and foods that tasted terrible and they were full of chemicals and they were actually not helping people.

And when they stopped using it, they rebounded back to their old symptoms and feeling lousy. Chances are they were not in any kind of healthy state while they were doing this.

So for those of you watching who are having like post-traumatic stress about, oh, I don't ever want to do something like that again, this is not what that is.

This is something entirely different. Dr. Antoun, this first part of our talk has been extraordinary, and I'm going to pause just for one moment, because we're going to keep going.

But for those of our audience that's going to leave us now, I want to make sure that they understand they can get access to getting pro line fasting products.

So there's a clickable link on this page that says pro line and they can click that and get access and you can use the coupon code. Laura 20 for a very generous 20% off.

Can you also share with our audience if they're, you know, if they forget to do that, they're not on this page, they can actually just go to your website.

So what is that website? So you can go to prolonlife.com and insert the code. LAURA20 It will give you the 20% discount that we're specifically doing for you today listening to this this summer.

Oh, excellent. So, Dr. Antoun, I want to thank you so much for joining us today for this talk on fasting to our audience. I hope you found our conversation insightful and helpful.

If you're a summit purchaser, stay right here, because we're about to dove even deeper into this discussion with Dr. Antoun. If you're not, click on the button on this page to get access to a continuation of this conversation and many others, and get the tools you really need to reclaim your health.

If you're watching this continuation of my talk with Dr. Antoun and thank you for being a valuable member of our community, we're going to dove right back in and we're talking about true fasting as a method to reclaim your health.

So you just explained to us that the way that Proline is formulated is very specific.

## How ProLon Mimics Fasting with Nutrition

So you don't have spikes in sugar or protein so that your body feels like it's fasting. This is fascinating to me. So this means you can continue to receive nutrition.

You can probably not have to have that feeling of I'm starving because you are getting food, which means many more people can reach a fasting state. I think the big failure of fasting is that it's just hard to do because you feel awful in that first 48 hours.

But if you can get past the 48 hours, I'm told I've not experienced it myself, but I'm told that that's a very special feeling. Once you get past that fear, not.

Be as much. And this is this exactly proves what I was telling you. Self resignation after two days. That's exactly what happens. And the ketones in the body just switches to ketones and then it's actually even euphoric.

People tell you it's so I feel so happy and so great once that cross day to day three and you're right, it's the first two days of the cycle again, if the company doesn't have revenue, it's very difficult times.

But then once you start reforming and regenerating and rejuvenating and regenerating, this is when you feel like I'm actually at my best because you are reforming the company or restructuring it.

And that was a great effective performer. The body is the same, the body is detox, the body has rejuvenated the immunity. The body has perfected. Muscle is what happens. We're going to talk about muscle.

It's key, actually, in this in this journey the body has. Well, a it got it is decreasing because now the gut is healing. All the inflammatory stress is decreasing.

And every cell of your body is rejuvenating. This is kind of the best shape you could be at those people. Describe it like you said it. Exactly. That takes me to the second when somebody says I didn't grow on.

And if they said that growing the difficulty, especially now, I know they did not they did not do it. And so is everyone who does prolong it. Just they're raving about the emotional experience and and the mood and the performance and the exercise that they had a hip thing that now they don't feel about it.

They they had a knee issue and they had a sinusitis that they struggled with forever. And they had reflux. They struggle, and then it's changed. So you hear all these stories and this is when you know or rush on the skin.

There is now there is now not there. And so asking is very powerful of that sense. That what's occurring to me is this is a happy ending restructuring of the company.

This is not a company ends up falling apart. This is it. Gives you nourishing insight. That's the beauty of the Depression. Once they fix it, you said, guess what?

I'm going to feed you and I'm going to give you back the funds so that you grow in a much better direction. This is why, you know, for five days, of course you should that fast for in a month and months and months or days and days and weeks and weeks without any medical supervision.

Otherwise, like you said, the company is not going to survive. The best thing is you stress the company. They fix it because they've been growing in a spoiled way, misfiring, mis investing, throwing money.

Here you come. You audited. This is a lot of actually, I was I would say if you watch any of the car race, you know what's the engine is heated once the wheels are like you know being torn the driver because the pit stop, the engineers come.

They're auditing, right? They put all their things in. Okay, let's change the oil. Let's fix this tire. Let's do that. And that's exactly what passing is.

And Prolon fasting, intermittent. Intermittent is you slow down. The engine relaxes a little bit, right. It's good. Like the engine is heat it then you in a over using the body of the car, then you if you slow down, it actually can relieve some of the pressure.

That's exactly what intermittent fasting does on weight, on some blood pressure markers, some cholesterol markers. But when you go to the pit stop, you're changing the wheels, you're changing the tires, and then you go back on track and you're a real, true, cost effective, rejuvenated car.

And now I'm a really good, intermittent, faster. I can go 15, 16, 17 hours without eating, but I can. So I can't wait to try this. I'm going to be the first person to line up after this interview and say, Get me so.

You'll even be happier because we do have. So this is another topic, but it's critical topic. There's 8% of Americans do certain type of intermediate that they skip breakfast, which, by the way, doesn't show a lot of positive signs on longevity.

Right. Because it depends how you do it. Yeah. If you if you eat dinner late and you stay with with no food till the next afternoon, the next day, that's not a healthy in terms of fasting because you're feeding right before sleeping.

So you're in the body when you sleep increases growth hormone throughout the night. So it is anabolic basically and around the morning. So you're stocking those countries into fat.

And then during the day when you need calories, when you're essential organs, the brain going to work in the morning, the heart is pumping when you go to the gym, etc., you're bleeding them no calories all the way through the afternoon.

This is why you start getting the headaches and you feel fatigued. The right intermittent fasting, we call it circadian intermittent fasting. You eat earlier dinner, you stay overnight, almost a little bit hungry.

So you're not talking spoon. And then you do your breakfast. You get your breakfast at seven or eight or nine in the 12 hours to 14, but it'll happen in the morning.

All the longevity trials showed that because your brain is the morning, your heart needs to pump faster when you go and become active, etc. So. You're finishing eating around three four in the afternoon instead and and then you're done.

Or six, seven, eight or six, seven and then yeah. Because you're only if you do it right, you don't need 16 hours, you just need 12 to 14 and that's the best.

By the way, the Nobel Prize in Medicine in 2017 was on the biological clock of the organs overnight. So once you align food and sleep with biological with every organ sleeping, then even if you do, just 12 to 14 hours is actually very effective.

And if you go back and talk to centenarians, people living and beyond and we interview a lot of them actually ever found it is the is traps many of them people living hundred 1000 1703 whatever they actually don't go without breakfast but they eat only the day before go.

Right. And that's critical because the last thing you want to do is to overload the body. One's going to sleep. And a lot of people today, I tried to get fascinating to work for me because you're doing the wrong one.

You're starving yourself and the body needs it and you're feeding your body. One body doesn't need it and then it's toxic.

## Circadian Fasting, Research, and Longevity Benefits

So what occurs to me here is that, you know, I work with a lot of people who get stuck in patterns with their health, where they feel like I just can't get past where I'm at.

I've done all I've worked with all these functional specialist. I've tried all these things and it sounds like I mean, I want to dig in. And when the time that we have here, I want to talk about the different health conditions, obviously, diabetes, this is going to help and there's a lot of different conditions. This is going to help.

But it occurs to me that this could be a restart and a kind of a re patterning of what's happening in your body. If you do this, if you feel stuck, this may be a way to get unstuck.

And the other thing that occurs to me is going back to your business analogy or the restructuring of a company once you go through that restructuring and you almost lost everything, right?

You didn't you know, it was like do or die. At this point, you have to do something different or you're going to lose this company. So once you go through that, you're motivated to not go back into your same old patterns and habits.

So whatever things that you're doing from a eating, consuming perspective, you're probably going to come out on the other side of this with a motivation to never go back to what you were doing before.

Yeah. And the number one benefit was people are they do parola and you're exactly the right word. They get stuck in life. It's not just chronic or silent killers.

It's also the mood, the depression, the the performance. A lot of us with aging start feeding those and program that for them when they celebrate rumination.

But when you ask them one of the top benefits they mention is they said, change my relationship with food like I

used to eat big portions before sleep or at night.

I used to feel I need an extra snack. I used to need big portions. I used to be addicted to my Diet Coke and coffees and wine. And so people coming out of it, they actually have a major change in behavior and they conduct a much healthier pattern.

But with time, you forget and you start going back on and this is why we always recommend that to do Prolon If you want to do this for longevity and healthy aging, do it three times per year.

This is we studied the 40 to 60% percent of the benefits remain 3 to 4 months after the five day box. Oh, wow. So you do Prolon after 3 to 4 months, you get the second one for 3 to 4 months, you do the third one and then you have all over asking us to do three fasting 15 days, I'll say 65 when it comes driving it raised.

They do two pit stops, two or three stops. It's exactly the same pattern of life, our ancestors and the winter coming into the winter and coming out of it.

That was few longer period of fasting over there. You rejuvenate, you reset your laptop every every, you know, few days, a few weeks when it starts becoming slow.

It's exactly that. It's a restart. And and and it works. Let's talk a little bit about the research behind this, because this is very evidence based, very science driven in all of the kind of health, you know, in the health world where things seem kind of on the fringe where well, I don't know it.

Is that biohacking device really going to help me? Is there really research around this? Actually, fasting is one of one of the things that we actually have great data and research on.

And we know that it is singularly probably the most powerful thing on the planet to increase lifespan more than a medication, more than, you know, any particular food you're going to eat, more than any supplement you're going to take more than any exercise routine you're going to do.

We actually have data that proves that fasting improves lifespan. Am I right? Yeah. I think if you ask the top two longevity experts what is today proven to improve health span is very important to live long and healthy and that long and these because what we're doing I mean they were doing worse we're studying sequences early and we're not living longer but you're living healthy long and six.

They would they will tell you fasting calorie restriction is the only proven thing today to extend human life. I know we're talking a lot about metformin which could be potential and a D plus and other molecules and immense.

But all those are being based today in mice trials and they start doing human trials. The only trials and the only long term observational trials that actually are showing multiple benefits related to human health is fasting and calories addiction.

So, yeah, that's and by the way, here, maybe this is the time to come in Prolon by the time this this summit airs, we're going to have an article in Nature of Nature and Nature Communications.

That is the top is the number one science. You're not the word. We've been we've been publishing their multiple articles, but we're going to have a new one showing that if you do prolapse three times per year, between 50 and 70, you're actually going to on average, again, we're not personalizing it, but on average, it most people will gain 11 years of biological age, biological.

Now, you know, you can still die for other reasons, but your cells, your body, age will decrease by 11 years if you do it between age 50 and 73 times per year.

11 years. 11 years of biological age reversal and so it'll be published in Nature. Look, look out for that. And this is one problem. And problem today has in the US and in Europe for the issue of platinum promoting longevity.

This is this is just you know, a lot of people say it's the best kept secret and maybe it is. But we're approach is very scientific. Is that marketing wise?

A lot of people always when I talk, I do know about first it was reasonably large. But number two is that this is a team of M. D. based is doing true science and bringing it with credibility to the market versus and it's how we when people like you and others will say finally in functional medicine and medicine, when the true lifestyle intervention and nutri tech approach but with a science and evidence of a drug which is and zero we're talking we just started our 32nd clinical trials human trials on this fasting mimicking diet formulation.

So probably the most studied in randomized clinical trials of formulation. You don't need to know any foods that have that many clinical trials. So so this is remarkable.

So now let's talk to our audience about who this is good for. So let's talk about the people who come to me for help. So people come to me with low energy decrease in concentration and brain fogginess, a cluster of digestive symptoms.

They've got bloating, they've got indigestion, heartburn, constipation or diarrhea, or maybe a combination of both. They've got anxiety or depression or anger that like mood that just kind of shifts like the wind, their family is getting frustrated with them.

They might have joint pain, they might have migraine headaches, they might have skin eruptions. They might start feeling like they're just, you. They're itchy and scratchy and irritated.

And and they just, darn it, they're feeling like middle age is no fun. What's going on here? So now this group of people may also have autoimmune conditions either undiagnosed or diagnosed.

They may already have pre-diabetes or diabetes. They may already be on a blood pressure medicine or a cholesterol medication, and they may already be talking to their family care doctor about, hey, you know, we need to keep a close look on your heart because the way things are going here, there's a risk of heart attack here.

Maybe they've already had a scare with cancer. Maybe they're a cancer survivor. Can you help these people? Well, you know, I'm again, as a as a physician, first we say, you know, these are many profiles and each one have we have to go into with cause again, is trusting.

So I don't want to be prescriptive on a broad general portfolio that or profiles that you suggested, but you're 100% right. It shows that all these are symptoms of probably one of to root causes.

Why the more we age, the less we're able to defend the body versus toxins, the less our immune system is is active to go and win chronic battles. Right.

Whether it's sinusitis, whether it's the appendix, whether it's other places, the more we're prone to, the less our cells are able to rejuvenate and fix themselves, that we see it in the face, especially around menopause, where the skin, where the muscle allows the bone density models.

These are all symptoms of aging.

## Who Can Benefit and Who Should Avoid It

So that's definitely a big bucket. And there's definitely the environment, it's stressors and there's definitely lifestyle and other things that way. Post So and they all come together.

We're eating unhealthy, we're feeding a leaky gut and then the immune system is less and more confused and then mixes up new molecules with self and then becomes autoimmune and triggers that and there's a blood brain barrier breach and now we're accelerating Alzheimer's.

So when I went to med school, we thought everything is separated. This is what is like what you just said. As you said it 20 years ago, people would be like, what the hell Dr.

Laura is saying? What is that one profile that has everything? This is the profile of a person that's having minor chronic issues, and a lot of it is lifestyle and plus aging and not being able to when there's multiple wars happening in the body from the gut to couple of focus where the bacterias are fighting, the immune system is a little bit chronically adapt to them and not reinvigorated enough to win those battles.

And then it's it touches the wound, it touches the brain and you feel the helplessness, which then the stress as you agree the process, even then you go back down, etc.

And the best thing to do there is a reset and rejuvenation. This is where fasting can come in and definitely say, okay, let's push every cell of the body.

That's the beauty of fasting. What you said, fasting is probably the single most impactful thing for longevity because every cell of the body needs color.

So when you fast every cell is engaged into that and rejuvenating, right? I mean for most cells. But this is what you need. It's a multi-system, aging and some of that system chronic and it's a metric condition.

And you bring fasting to it. You have a multi-system rejuvenation and a multi-system improvement. You rejuvenate your immunity, your help, you decrease the visceral fat, which helps a lot with the inflammation and decrease the body's able to fight blood sugar control and blood pressure control the blood cholesterol control.

And you're helping the entire body be younger and best and best shape to able to win those chronic wars. And this is what we enjoy in including the brain at this point.

Also, the fourth or the fifth benefit and I hear from providers is the brain fog. The mental clarity. Right, is I feel happy, I feel confident, I feel empowered as the razor blade and I'm getting things back into my head.

I always say profile is short enough for people. Do we have 93% compliance rate because five days, so it's short enough for you to complete it, but it's long enough to change.

Then use the changes that we talked about because they happen as of day three. I love it. You have a term for it Prolon, right? It's a movement. It's a movement. It's a community.

It's a it's a whole thing. So in the last few minutes that we have here, I want to make sure that we do our due diligence. And who should not do this?

Yes, because I don't want people to run out there and buy this fast and then find out, oh, this is not for this is not good for me. So who would that be?

So therefore, for providers that shouldn't have the Prolon first with a pregnant woman or women lactating because you're growing, a baby growing or you producing milk, you don't want to go fast to body when doing that.

Number two is if you're you know, we started problem for ages 20 to 70 and if you're above 70 and especially if you have like, you know, you're you're already like they're suffering from mental health conditions.

You should definitely go talk to your doctor and then you can do it only if your doctor prescribed it or you're not supervising it below age 20. We've never tested it and the body is growing still vertically and there's not a lot of chronic conditions related to aging for sure below that.

So we don't see a reason for for now, we will probably in the future tested for, you know, juvenile diabetes or but for today, there's we don't see any reason for you to do that.

And number four is if if you have allergies to the ingredients like every other food, you should not be added if you have used to it. So so if you have cancer, it's okay.

If you have heart disease, it's okay if you have diabetes, it's okay. Yeah. Again, definitely the doctor should be overseeing if you have a serious health condition.

But yes, we do have studies on cancer. We do have a study in cardiovascular actually as a prescription for them to support the body, the response in conjunction with the therapies that they're being taken.

So we studied extensively breast cancer, prostate cancer. We have multiple papers on those. So you can read them. But definitely if you have serious health conditions, let the doctor coordinate the fast with your with your health condition and and we don't position it as a cure.

We position it to help patients regret, regret or remits. We call it a regression, meaning needing less medication or induce remission. The the disease we studied the most and we're very confident and strong in efficacy as diabetes.

We're showing that in six month if you do the Prolon five days per month, over six months, meaning 30 days, the total of the entire period, you're decreasing your HB1C in 1.4.

You're you're you're losing 22 pounds of weight. And by the way, this is where we versus ozempic and we're wegovys and versus all the chronic bites you protect lean body mass that was this is one of the most exciting findings for me is when you fast the muscle because it's in response with trauma and with stress the muscle growth hormone is not stressed.

So you have growth hormone is high. The muscle wants to grow with water fast. It cannot grow because there's no nutrients. But with the Prolon, it actually can.

So the muscle is rejuvenating.

## Diabetes, Lean Mass, and Closing Offer

Growth hormones doesn't have to grow because again, human evolution or wealth creation, when there's no food, you want to maintain muscle to walk and find the next fruit or vegetable to fine so we don't the fasting doesn't compromise the muscle especially in order to fast with Prolon.

We have two patterns on this and two clinical trials showing protection of lean body mass. And I love that specifically because this is how that diabetes is not just the disease of food intake, it's a disease of metabolism where if you're not if the muscle is not there to burn the carbs, then you're going to get it.

And you get progressed with it. And even temporarily, if you reverse it with the JLP ones, the ozempics and wegovys and it will go up or you lose weight, you're losing muscle with pounds, whereas when you do it with Prolon fasting mechanics, you're actually not losing the muscle.

So we're showing no muscle loss. We're seeing a decrease in HB1C and we're showing that two thirds of the patients decrease the medication within six months.

We're not talking six years. We're not talking into diabetes as a progressive disease. Doctors are used to add medication every two or four years. Now we're saying two thirds decrease medication in six months.

And this is not chronic six months, just five days per month for six months. So this is one of the disease that we're most excited about. Dr. Antoun, thank you so much.

This has been such an enlightening talk and you have a very special gift for our. So I know people listening all the way to the end, but these are our die hards.

They want to do this and I'm going to be doing this and they want to do it too. So you've made it possible for our audience to get a very generous 20% off.

Nobody ever gets 20% off of stuff anymore. So they get 20% off the fasting kit and there's a clickable link on this page or any page on the summit where you can see Prolon But just in case you missed that link somehow and you know, you remember, as Laura said, you can go to a website and you can use the coupon code.

LAURA20 for 20% off. Laura is L A U R A you can do that from the the link on this page you can also go to a website. So what's the website where our audience can get more.

Yeah. Thank you, Laura. And we part of our mission is again to help people live healthy and long So we decided to do a 20% chance this time to help your followers.

You can go to prolonlife.com prolon is P R O L O N, life as life L I F E dot com and and then upon checking out in the cart there'll be a place where you can insert your discount code and the discount code will be LAURA20 and we'll give you 20% discount actually any nutritional products on the website, there's the Prolon five days, but there's a lot of other products that are for longevity and healthy aging and the discount would apply to all of them.

That's amazing. Thank you so much for your generosity. This is just great. It's been a wonderful talk. I really enjoyed. Appreciate you very much. Okay.

Until next time, everyone take good care. Bye now.