Introduction to the Summit and Melanie Richter

Thank you, everybody. I want to thank you for joining us at the Peptides and Bioregulator Summit today. I have one of the most incredible human women on the planet Earth.

We have Melanie Richter herself, and she is going to delve into topics that I feel like are life changing to our health and our existence. She's a registered dietitian nutritionist.

She's a scientific queen and she's a super mom, and she just has knowledge and radiance just flowing out of her person at all times. And so we're going to get into what is prolon, which is this incredible tool for fasting.

And it can help you adhere to fasting protocols in a way that will just amplify your body's ability to manage a fast. So you get all of the benefits with none of the suffering.

I've used it before, multiple times in my life, multiple times in my practice. And if you're in any spiritual practice on earth, if you are in any sort of healing crisis, even our body's own innate intelligence will tell us that fasting is a way to clean up our system, to reactivate dormant cells, to start to heal the potential or sorry to healing potentiation of our bodies itself and completely transform your body from the inside out.

Mani, thank you so much for joining me today. You are literally a radiant fasting angel. Freaking love it and I'm excited to talk about fasting with you tonight.

Thanks for having me. This is awesome. You're so welcome, I love that. Well, Melanie, why don't you give me a little bit of background about you, your practice.

What do you do? And then let's delve straight into prolonged fasting. What does it mean to you? How do you use it for your clients? Sure, sure, sure. So I am a registered dietitian by trade.

It's actually my second career. Second life. I was in health care PR before this and had my own health journey. That led me to my master's degree in health span and longevity.

So now I'm a dietitian and I have my own private practice where I treat people with gut related well, gut is the underlying condition, or a system that I treat, but I treat people with autoimmune conditions, anxiety, depression, the gamut of of gut related things.

And then my main, main hat is that I'm the director of communications at El Nutri, which is a longevity science company.

Melanie's Background and ProLon Overview

We are the leading longevity science researching company, and we have our flagship product, which is the prolonged five day fasting mimicking diet that is probably the best known product that we have, but it is the it is a breakthrough in fasting science and in, in, the ability to tap into the fasting mechanisms in the body by staying below those nutrient sensing radars that we can go into today, but still allowing you to eat food.

So it's a it's kind of a novel concept. It's it's an incredible breakthrough, kind of a bio hack, if you will, for people who are interested in getting that cellular rejuvenation benefits while also still nourishing the body and doing it in a way that's easier, safer, more delicious, honestly.

But, in a way that's that's more accessible, I would say for a lot of people because, you know, avoiding food altogether is hard. So can very true. It's super hard.

Yeah, I love that. That's so cool. It's powerful. I remember my first introduction to fasting. And speaking of gut issues, just to relate with you, I have had two traumatic brain injuries and a traumatic brain injury.

A leaky brain creates leaky gut. Right. And I had severe severe Crohn's, colitis, diverticulitis. I could not get away from an autoimmune manifestation of gut irritation at all times.

It was just anything I ate. I had digestive issues either too much, too little. I was just nonstop in the bathroom, made fun of when I was a kid because I just no way I could control it.

And I'll never forget I read a book a long time ago. It was actually a woman, researcher named hold a Clerk. She's like the queen of parasite cleansing.

And she was had me go on a fast. It was my very first fast. It was a three day fast with psyllium fiber. Take all of these anti-parasitic. And lo and behold, it broke like a four year sugar curse in my body in just three days, where I couldn't even look at a donut or a Nutter Butter bar or a cosmic brownie.

And I had I had no desire for any more when all of that flushed out of my system. Yeah, it's amazing how powerful fasting can correlate with terrain modification.

Completely shifted my guts ability to heal itself. And fast forward, I'm 35 now and I've got issues anymore. Just, you know, just to hang you up even more.

Oh my God, you're such a walk. It. You're like a you have such an incredible story. I was saying before this that some of our most painful experiences in life can really, truly be the best gift ever.

And like, look, look what you're doing. You're doing the most amazing things. Heck yeah. Yeah, I'm really, really excited. But but our brain and our gut work and communicate through the vagus nerve.

So if you have brain issues, if you've had a concussion, if you have had a really severe like injury to the brain, you are absolutely going to have gut related issues.

And it's comes as no surprise that most, I would say 80 to 90% of the people that I treat with come in with, you know, Crohn's, Sibo, leaky gut, all have anxiety, depression.

You know, it's if they go hand in hand happening in the brain is happening in the gut and vice versa. So it's it's, what a story. What a, what a coming of age, health, coming of age story.

Yeah. It's been wild. Yeah, it was it's crazy because I just I didn't realize like, I didn't I didn't put the emphasis on fasting back then. Sure. Like I did as I progressed through my journey.

But it really was the core of how I started to kill myself. Sure. Okay, so let's talk about this for a second, because I think I think, you are 35.

Personal Gut Health Journey and Fasting Benefits

I'm 37. So we we were brought up in the age of where convenience foods and the amount of ready made foods was like at its peak, I think that we, we were brought up at like the, the worst part of it, I think, and part of the reason that, well, first of all, fasting, it's not this is not a novel concept.

It's been around forever. In fact, we were as humans, we've evolved to not have food available all the time, that that's actually how our systems, these internal systems called autophagy that.

So we didn't as early humans when we were evolving, we didn't have food available all the time. So we our body evolved to create these processes to keep us alive because believe it or not, and it's actually something that I stress to my patients all the time because and I know you felt this with your history, that it can feel when you're in

terrible disarray physically, that your body is like revolting.

Right? Like in the term autoimmunity, where your immune system is acting against you. Actually, it's not true. Your body is constantly trying to keep you alive.

It is. It is its job to keep you alive. And one of the one of the things that's came about, you know, the not having food available all the time was this process called autophagy, which was won the Nobel Prize in 2016 for it's, you know, we discovered that our body can actually recycle old and dying cell parts that are like just basically slowing us down, bogging us down, taking up energy that we don't need when food isn't present.

This process happens to help us. When food does become present again, we can hunt that out. We can hunt that deer and get the food with energy. Yeah, we didn't have energy to do that. We die.

So these natural processes, we are supposed to have extended periods, not all the time, but often yearly, to have extended periods of prolonged fasting to help support autophagy and help to support this process of cellular cleanup that helps your body function better.

Autophagy is this incredible, powerful system inside the body that helps to allow your cells to function and actually look younger than they were before autophagy took place.

This is this is the actually autophagy is the definition. The difference between a biological age and a chronological age. Chronological age being the day you were born.

Biological age being how healthy are you? How young is your body acting right now? Right on autophagy is the quintessential component to that. Let's go.

I love that and I don't I don't think people understand the power of autophagy when it comes to, in any chronic illness situation where there has been any sort of autoimmune creation, any sort of age related disease accumulation, there's one correlated factor that starts to accumulate and that's senescent cells.

Those are zombie cells, these dead cells that are sitting in our system. They're accumulating this disease oriented state. They're throwing off the regular regulation of everything in our body.

And what's the way what's the tool that we have to clean it up. It's autophagy. And I feel like because you mentioned it earlier, we are Paleolithic primordial people.

I know we don't see ourselves like that because we're driving around in Teslas and drinking poppies and, you know, eating protein bars, going to CrossFit every day.

And we assume that that's, you know, killing elephants and stoking fires, you know, is not the same as our, you know, blacktop grill outside. And so we do live a different, you know, situation here on Earth.

But it doesn't mean that our genetics aren't predisposed to the fact that we're still Paleolithic. And so how do we bring in a tool which is autophagy and fasting into the modern day where you can still function?

This is while a pro on like ultimately for a for a fasting kid is you can actually function in everyday life because you have these little nutrient dense things that keep your fast going.

But your tongue still satisfied, your hunger satisfied. You don't necessarily knock yourself out of the autophagy state. You allow it to stay strong for five days long, which is clinically shown to hit all of the major benefits into the body.

You go five days and you are literally going to be probably, you know, I would say at least six months younger that your skin will turn over. That's anecdotal, but since it's so our recent biological age study, if you haven't seen it, if you do, which is based on doing three cycles over the course of three months can reduce your biological age by

2.5 years.

So it was almost close. You were you were undercutting, okay. I'm sorry. I mean, this is this is clinical. This is science. Okay. Yeah. Yeah. It's it's it's incredible to think, you know, humans.

We've been around for 300,000 years. We have a vulture. Longo, who's the founder of our company, actually says we're working up a 300,000 years of R&D.

Like, our bodies know what's going on. And, you know, two one 150 I would say in the last 150, which is like literally the tiniest sliver of time for how long we've been around, we suddenly started bombarding our bodies with four crops versus hundreds.

And hundreds of crops. Yeah, most of those four crops being carbohydrate rich crops. And also now suddenly food is just constantly available. And there was also this blip of time in the 50s when and I don't know if you know this evolutionarily, but we when we started settling at having farm animals, we suddenly that our meat consumption had exponentially increased.

Yeah, we're eating a lot of pigs and cows and things like that. And suddenly people were dying of heart attacks at younger and younger ages. And I'm like, what's going this is like novel.

This was so new at the time. There was a period of time. So people were dying of heart attacks and this is novel at the time. And one of the things that was found was that fat was doing this fat.

Fat was, was, was contributing to our hearts not working well, but they didn't differentiate between the types of fat. They just said fat in general. So around the night we went into this probably two decade period of time where we were just removing fat from everything because everything was loaf.

Do you remember this? Oh yeah. Or dad's or grandma's low fat, this low fat that there was some low fat in everything.

Autophagy, Longevity, and Modern Diet Problems

Yeah, but when you remove fat from food, you're removing the flavor. You're removing the mommy the the delicious. Yeah. What makes food palatable. Yeah.

So when all of these food manufacturers were were tasked with removing fat, all their products started tasting like crap. So they're like, what do we do.

Add sugar. Sugar's technically a low calorie food at the upfront, right? But so we had some now. And that hasn't changed. By the way, that that no. We know now that fat is good.

Especially certain fats from nuts and seeds and olive oil and avocados, all these things we need for a healthy heart. But it hasn't changed. We still have added sugar, added to everything.

So we have these. We're just in a constant fed state and a constant state of, you know, glucose, insulin spikes, which is in part contributing to our, you know, chronic disease epidemic and metabolic epidemic, diabetes epidemic, obesity epidemic. It's nuts.

It's crazy. And I and I told you my story a little bit earlier, but I used to be a type two diabetic and mine was dietary induced because of what you just said.

I mean, I used to tell people Little Debbie was my side piece. I ate every snack she ever created and I was eating into a diabetic, like. And it happened when I was a teenager.

Yeah. And, you know, it just that that is so true. That food that was really killing me was all of that sugar that I put in

my system nonstop. Yep. Yeah.

And then before we get to the fasting. But and then you had talked about how you did that parasite cleanse and suddenly stopped having sugar cravings, which is such a like to me, that's obvious.

But what happens when you start eating sugar, sugar, sugar or carbohydrates? Constantly? Are processed food constantly. You're feeding specific types of bacterium and and microbes that then feed only on sugar.

So they make you crave sugar. So those sugar cravings that you have are often not even coming from your willpower. They're coming from your gut. They're coming from the dis biotic microbes in your gut that are saying, hey, dudes, we're hungry. We're here, we're having a party.

So anyway, it's it's in fasting is is one of the first, in my opinion, one of the first places you can start to to neutralize, remove the inflammation.

So you can then start taking the steps that you need to heal. Because obviously, you know, fasting isn't the answer to the whole process, but it's a critical key part of the process to help you get back into a baseline so that you can make the changes that you need to make.

Yeah, I agree, I, I'm going to allude to something you said earlier, which is like now we're for crop eaters. Corn is in everything. Wheat is in everything.

Like our diversity of food options is almost nothing compared to a Paleolithic person. One of the most profound things happened to me, which was actually went to a conference in Thailand, and I spoke to a bunch of doctors on peptides by regulators out there.

But going to Thailand was an incredible fast for me, because no products that exist in America exist in Thailand. So when I went there, my entire diet style changed overnight in my body, felt the best it's ever felt in its entire life.

If food was the freshest, it was extremely diverse compared to American cuisine. Like every single thing I had was completely different, and it just reminded me of the power of variety.

So when I came back here, just to open up the expansiveness of just doing things different, not becoming food apnea oriented, where you actually create allergens, the more you consume the same foods over and over again, and the way to break that cycle is going too fast.

You don't have to go to Thailand. You can just literally grab a prolonged care you should go to. Well, you should because there's a you can take pollen with you.

You can take protein with you. I also I got 12 massages while I was down there like one every single day. I was there because they were like $7 for two hour massage.

It was really well, just a magical place to get body work done. Was so nice. But I like the fact that those types of fast, like a prolonged kit can literally be the origin point to you completely shifting the microbiota of your gut to shift cravings to kick off your weight loss journey, to kick off lowering inflammation.

I mean, there's a direct correlation to inflammation and the weight we hold on to when you start to reduce inflammation, all of a sudden the puffy, bloated ness starts to go away.

And I would say you can't get there any faster than doing it fast. Like it's incredible. Yep, yep. You and you know, so we have we have a few clinical pre-clinical trials pre-clinical meaning in mouse models.

Although we have we have two divisions of our company. We have we have our, our consumer division, which is where you can anyone anywhere can go on to prolong life.com and get the prolong five day kit.

And then we also have our medical program which is called L Neutra Health. These are like 360 degree programs that we pair not only FMD but we do dietetic oversight, medical oversight, laboratory review.

We do the whole comprehensive thing. And in our pre-clinical. So we have we have our metabolic and diabetes programs in our medical division right now.

And we're going to expand that into, IBS, IBD, PCOS, where we're developing programs for all of these specific conditions in the future, probably 2026 or 2027.

But the thing that in our pre-clinical trials, which is in mouse models, we did see not only were the Lactobacillus, Bifidobacterium, these really beneficial, healthy, bacteria increased over the course of several cycles of, of the prolonged FMD, but also the junctures of your gut lining tightens.

Some people are eating what they deem and on paper looks like a healthy diet. But so it's not just people that have processed foods and are only eating processed foods.

But if you're eating an incompatible diet for your body, that can also cause even if it's full of fruits and veggies. But if they're incompatible with your system, you are also creating inflammation in the junctures of your gut lining, which are supposed to remain really taut and become loose and things can pass in.

Parasites can pass in, foreign invaders can pass in and out in nutrients. Don't stick the way that they're supposed to stick. And we found that the junctures actually tightened on our program.

So from a gut component and you know, there there is also some down, downstream that the CRP inflammation metrics, when you measure those 3 to 6 months after doing a prolonged series of cycles that will decrease over time.

So there's a lot of there's a lot of really incredible evidence, which is what we're testing in, in humans now, which hopefully will be will be available to people in the next year or so.

But so we know physiologically, something really incredible is happening in the gut, but also mentally, I mean, we've kind of talked about this mental component, but mentally people are changed after prolonged, which is like, not as easy to quantify because I think there's a few things happening.

ProLon Science, Gut Health, and Clinical Results

First of all, when you do prolonged versus say, a GLP one, or if you do prolonged versus like a calorie restrictive diet or something, you're going to have muscle loss.

You know, with with weight loss generally comes muscle loss. Also, on prolonged you don't on prolonged because of the precise amount of macronutrients in the program, you're actually targeting visceral fat loss and protecting your muscle.

So there's an element of and I don't know if you can speak to this yourself, I'd love to hear your experience. But on days four and five and six, people are like, they could run a marathon.

I am like 100% rarin to go. And I think part of that is like you feel lighter, you feel more energized. You feel like you could hike Mount Kilimanjaro if you've never even hiked before.

It feels like you can like conquer the world. So there's like something mental that happens. And also like the, you know, there's a conquering something.

Yeah. Word to do is also really empowering, right? Like there's there's a lot of things that got happening. But people do feel like they can their sugar cravings reduce and they feel more inclined to stop doing, you know, taking on these bad habits over time.

So there's a couple different things factors at play. But there's a, there's a people feel pretty great. Yeah, I, I can resonate with that. And I think it's because in the pursuit of nutrition, the way that we're actually built is novel foods that are in greater diversity have a micro nutrient profile.

So when you get away from macros to macros, what your body actually desires is inside a pro kit, there is micro nutrient absorption that keeps you satisfied.

That doesn't necessarily have to do with the macros. And when that micro nutrient is filled, all of a sudden your nutritional levels come topped up in a fasted state where you're producing more energy, you're increasing mitochondrial potential, you have more oxygen in your blood.

You're basically lighter because there's less weight that you're carrying around. I mean, literally less weight that you're carrying around. And most of us are putting ourselves under a digestive burden because we overeat and we don't move enough.

And that's just the recipe for stagnation, which can lead to disease and all the things. And so the one, the reason why I love Pro-ana is because I was talking to a really powerful doctor friend of mine, and he said, I asked him, what's the greatest tool for healing in his practice?

And he is a super crystalline new age kind of interesting human man. But he said it's to stop everything, breathe and to assess yourself. And it's so simple.

But I feel like one of the greatest stop breathe techniques is a fast. Because as you disconnect from what's familiar, you open yourself up to more possibilities.

And from a spiritual rooted perspective, they would see the most powerful way to like, increase your spiritual power or let God's energy increase in you, is to deny your body from the pleasure of eating.

And I find that correlation is so powerful because thousands and thousands of years ago, they were tapped into healing energy in a way that I think we're just now coming to understand with clinical trials like you alluded to earlier.

But back then, without the clinical trial, they were doing this and feeling that euphoria. Day 5 or 6, it's euphoric. And a lot of my clients who would go on a pro line, they would double their their they would make it like ten days or they'd make it 12 days because they felt so good.

And guess what? When they came back to eating, their diet was completely different. When they came back to their supplement stack, they realized they need a lot less that literally every single thing in their life was built on overconsumption based on marketing.

And so I find it very fascinating that a company like proline, because I don't know any other fasting kit companies, there probably is ones out there, but I've never even heard of them.

But I love that proline created, at least for me, the original one that I started with in practice with patients, that it made it easy for them to do, easy for them to follow the instructions.

I mean, literally, the kit is beautiful, but I used to tell them it's like the apple products of fasting where everything is laid out okay, good. I'll say it louder.

Yes, we are the apple. I'm serious. I'm a I'm a big fan of like good packaging, good marketing. And also education creates expectation. So when things are laid out correctly, it really helps us to understand the signs of what we're going to look for.

And even this, what you're hearing now from you and I, this is going to when you open your pro kit and you're listening to this, you're going to be like that much more excited about going on the journey and receiving all these

benefits.

And if you think about out of a years period of time, what's five days? It's really not anything. And for five days to change your life is just a no brainer, you know?

Yeah, man, there is something so emotional that happens on for a long to. I appreciate when people bring this topic up because I feel like in my in my practice, I start with the physical body because we all have it and we're very burdened by our physical body, most of us.

But ultimately, what I'm doing in my practice is helping people to get to that spiritual level, find their gifts, find their joy in a way that's that's, transcendent of being in the body.

Right? That we can get past that. But it's, you know, it's really hard in our society where we're super fast paced foods constantly available. We forget when you when you do prolonged for the first time or for the 10th time.

I think it's a great reminder of how much time we spend thinking about food, what to eat, where we're going to get it, who we're going to spend it with, where you know, like, and then you take that away.

You take that process where you gained like three hours of your day back and you're like, there's no way I spend that much time. Team effort. You absolutely do.

And you you get all this time back and you and you have to like, sit. It's it's not easy for people to sit in partial discomfort like that. It's uncomfortable to not have the next thing to think about.

You have to be still. It's very interesting. But so much of that process, it's so fortifying. Such a human spiritually fortifying experience I think to do, to go through a fast but prolonged prolonged to is my, my OG.

I studied under Walter Longo in my master's program and then I went to work for him. And he's been a massive influence in my life. And in how I practice nutrition.

But yeah, it's it's a spiritually fortifying experience because you do have to pause. You do have to sit and reflect, and you can use that to be itchy, or you can use that to be.

I'm going to journal. I'm going to read. I'm going to like pause. It can be it can be incredibly empowering if you let it. It's so true, I love that. Well, I'm curious on your journey because I feel like when it comes to digestive issues, like women gets hit.

So much harder than men do because you all have a hormonal component to the cyclical way that your body detoxes. That's different than a man, which you guys get to live longer.

And all these other benefits, not to mention cradle life, which is the coolest thing on the planet, but it also makes the existence for y'all a lot harder because a lot of my female clients, I mean, I used to tell people 90% of who I worked with, where were women and children, and the husband who was forced to see me, who thought I was the weirdest guy that had ever existed.

Because I'm trying to tell him, you can't just pour whiskey on your wounds and expect your body to heal itself. You can't just go lift 300 pounds in the gym and think your mental state is going to switch.

And so I was always at a struggle to be like, and I what I found was that the woman was at the center of the house health. So if she was about the health of the family, the whole family changed.

And one of the things that I felt like was always this balancing act for a woman's body was, how do you get rid of the lower got bloat? How do you start to balance out the digestive system inside a cyclical process of hormonal fluctuation?

And I found that a prolonged style fast was actually extremely nourishing to a female's body without putting anything into disarray. It was actually a good balancer.

But I'm curious for you, since you're a super mom and you know a lovely woman, what's your experience with using fasting as a technique for female clients in bringing balance to their system?

Well, I actually will start by saying that women we are because for varying reasons.

Women, Hormones, and Fasting Considerations

First of all, we are we are forced to be more aware of other people. And so we're constantly digesting unintended the emotions and things of other people.

So I think in general we do hold more in our bodies, spiritually and physically than than men do. Just by the way, you know, it's partially a female wound, I think, like a mass female one that we're all dealing with.

But yes, the way that our hormones work each month does change our our it changes how we digest and absorb and what we need to be doing. And I think in my practice, actually, if you go on a if you're a research nerd and a science geek, if you do most of the research out there is looking at female hormone, with water fasting, is different than what we provide on Pro line.

So if you're if you're looking at the science that's out there on female health and fasting, it will it will recommend that you do it during your follicular phase, which is the first half before you ovulate the team or that more or less because of how insulin is regulated during that cycle.

But in my decade of practicing within 90%, no surprise, my patients are women because I think women are just generally more in tune. It's this it's best in luteal, like right where you bleed or, you know, sometimes it even prompts.

And I think part of that, part of it is because of the nutritional, how much sugar and insulin resistance we have in our society, and especially women with PCOS, in my experience, will do better during the luteal phase.

Doing this, prolonged fast. It actually helps to ignite a period, usually. But I would say in my own personal experience, I've, I've probably done eight, ten prolonged fasts in my, in the last decade.

And I would say and I was also prior to this in like a professional fitness person, I had to you do need to figure out the balance between the nourishment in the fasting.

So I think also as women, we tend to have a lot more pressure on what our physical bodies will look like and that can sometimes overextend into under feeding, regularly under feeding, not just in fasting cycles, but I had to there was, there was a period of time where I had to I was doing probably four, four prolongs a year, and I had to reduce to two because that was that.

That balance was better for my body at the time. Or my hormones tip to feed more on fats and proteins and things that I maybe was undercutting for a while.

Anyway, I just went off on a meter tangent. I think it depends on the person. Depends on where you are too. Like, I'm a I'm a I'm still a bleeding woman.

If you you know, this is very different for women who are perimenopausal and menopausal. But this is actually a very different conversation for the for those, you actually would be, probably safer to do it at any part of your cycle.

But if you're trying to mimic a cycle, then, you know, you might want to follow the cycles of the moon and do it during the luteal there. You know, the lineal moon cycle anyway.

It depends on where you are. I think it comes with a lot of other, societal conversations about just, you know, I think women tend to under nourish, and I have a lot to say about that.

But fasting can be really powerful, I think, for women who are trying to get back in touch with their bodies, especially if you have metabolic issues, insulin dysregulation, if you have, if you're overweight or obese, all of these types of things can be and also like for me, I had IBS, IBD, and severe way fasting, having fasting as part of my cycle for for a few years.

This wasn't something I got. And actually, in fact, I would say I didn't love my first few cycles on pro on, having gut related issues because it can exacerbate them to a certain degree.

After about six cycles for me, that was the turning point. But enough of that autophagy cellular division. That's the things I was doing on my on my own.

But it took me a little bit before I started doing proline and felt incredible. So it is like a dedication. I just talked about a lot of things there. No, I love that.

That was that was really super important. And I'm curious because we're basically teeing up the ultimate to the proline, you know, challenge, if you will.

But what actually is in a prolonged kit, what is a client do? What makes it different than just getting a gallon jug of water and trying to drink it every day for five days? Yes.

So this is the most foolproof thing ever. So you get this big, beautiful white box. Inside the white box, there is a mini box for each of the five days.

You literally have a menu card. It has all the things that it tells you exactly what you eat for breakfast, lunch and dinner, for breakfast and for snacks.

Usually have this nut bar. It's made of macadamia nuts, almonds, coconut oil, olive oil, amazing. It's very high in monounsaturated fats. This program, lunch and dinner is made up of soups.

Depending on the variety of protein that you get, most of them the original Gen three are dehydrated vegetable and like quinoa vegetable soups. The new version that we just launched, the next gen, is actually not dehydrated.

So if you haven't tried the version, it's the flavor profile is pretty awesome. Beautiful. I have to give it a shot. Yeah, please, please do I connect with you afterwards, but you get soups for breakfast and lunch and you get some snacks.

You have, like, kale crackers. Olives is a big piece of our program, which sometimes people don't like, but they're pretty great. They're from Sicily. They're great.

And then you, on some of the days you get a dessert, too, which is like a quinoa, cacao little dessert on three of the days that you're fasting. And then from days two through five, you also get this vegetable glycerin drink that helps to protect even more.

Protect your muscle during the program. But so you get you get real food. It's all all from real foods. Yes, there is has been a process of dehydrating some of the soups.

And that's actually originally it was because the ratio of glucose to fiber that was needed to regulate the insulin process needed. We needed to add insulin to our product to help out, which is why the dehydrated soups were, our first formulation.

But it's a precise ratio of macronutrient to micronutrients, which stays just below the your body's nutrient sensing radar. So we have we have three primary nutrient sensing pathways.

There's IGF one which is probably the most popular or most well known, I'll say mTOR and PCA. All of these pathways are stimulated by protein consumption and carbohydrate consumption primarily.

And when those pathways are turned on, which, by the way, we need them to be turned on during certain stages of our life. If you're under 18 and you're growing a body and growing brains and growing bones, you need IGF one, mTOR, Ampk to be stimulated to grow, right?

When you are pregnant, you're growing another human. You need growth. When you're healing from something, you need growth turned on. There's there's a there's stages of life where growth needs to be turned on.

But when you don't need growth to be turned on, which is generally for a healthy individual between the ages of 18 and 65, you want to keep that growth really low so that you can elongate a healthy life.

What Comes in the ProLon Kit and How It Works

So this program is giving you the maximum threshold of nutrients that your body will accept before tipping it into a fed state. So that's where you can get this really.

Like you can have your cake and eat it too if you will like. You can have food, you can have that circadian pattern, like I'm sitting down for breakfast and lunch and dinner and you have that hand to mouth stimulation that a lot of us are triggered by, or find comfort in.

Right. You have all of that. And, I think one of the most powerful parts of our program, because of the nutrients that are in it, is that you are protecting your muscle.

This is a massive part of our program that most programs can't say is that when you're on our program, because of how the nutrients are set up, your your muscle, that which takes a lot of time and effort to build a pound of muscle.

Oh my gosh, is you don't want to lose that. And if you're older, if you're if you're, you know, it's it's even harder. There's certain stages of you don't want to lose muscle. Yeah.

And on our program you protect it and you're targeting this very challenging visceral fat that's around your organs that is highly linked to chronic disease.

So, yeah, our our program is. And it's foolproof. I mean, it's truly like, if you want to not think about what you're doing, you just take a box, take it with you.

It tells you exactly what you eat, what you're going to be eating on any given day. So it's pretty, pretty awesome. I love that I feel like in a day where turnkey and comprehensive solutions are needed, so much so because patient compliance is at an all time low, I think because there's this word option around, it's like you can take 20 different of this and 40 of this and do this diet and this and this.

It's just everything's overwhelming. So the one thing I love about pro on it's never overwhelming. It's literally so easy. It like kind of guides your hand into it.

And you have the little box supervisor that just tells you when to make your soup, when eat your snack. You know, the olives are one of my favorite part of the entire program.

So I'm an olive fanatic, so I'm all about it. But it's incredible how you will look up at the day and realize that you've gone by feeling amazing. And like you said, by day five, you know, six you're so euphoric that you wonder why you didn't do this a long time ago, you know, so I can yeah, yeah.

Those first couple days. And not to be. This is still a challenge. It's still, you know, used to it is still low calorie. And depending on where you're starting on your journey, if you've been a decently toxic person, you might struggle for those first round like I had.

I struggled for the first couple rounds that I did it, but I stuck with it. And I, you know, you I think it's important to to call out that all of our studies.

So we have upwards of 47 clinical trials, more than 30 of those are in humans. But all of them are most of them, except for one that I can think of, are looking at three cycles of proline.

So, you know, the bio study is based on three. The cardiometabolic study is based on three, actually four if they're looking at multiple cycles, because the benefits compound, when you're looking at these studies though, we're actually not measuring what people are doing in between their cycles.

So as a dietitian, I will preface you should always count on what you're doing in between cycles. You can always optimize what you're doing on a day to day basis.

But what we're finding in our studies is based on quite literally, those cycles and nothing else. So the findings that we're finding are you could technically and I will never say this to actually recommend this, but you could technically go back to your diet.

Yeah. Meantime what you were doing before and the benefits are still seen. So that's that talking about the compliance component if you're trying to do something.

And actually our Mediterranean diet study that we that was also super cool. We looked at people who followed the Mediterranean diet for 120 days straight.

So for months, like every day doing the medicine versus doing four cycles of prolonged over the course of four months, the results were the same. Wow. That's incredible.

And we weren't looking at what was in between time. So you can amplify your benefits by focusing on what you're doing in between time. And you should. Yeah.

But the science is not looking at that. And we're still seeing these benefits. So it's a you know and it also you know our our chief medical officer Doctor Shu says it so perfectly to he's like, you know, if diet and exercise worked, if calorie restriction and diet and exercise worked, we wouldn't have any of the problems we're having.

But it doesn't work because it's hard to stick with. It's hard to do. And our our lives aren't set up to support us. We're busy where we don't have good food that's cheap and available and ready.

And, you know, we're just not there. So we need something different. And this is something that is different and that is shown to really make a big impact.

Let's go Melanie I'm inspired I'm so excited. Ready to do proline.

Where to Find ProLon and Melanie Richter

Let's get ready to pull on with you I need a buddy to to proline with me on ability buddy for sure. I need to get any love that so many. How can people find proline?

How can they get in contact with you? Where do we reach out to to get connected? Or so proline. If you are coming off the streets, want to try prolon prolon life.com pro lon end life.com is where you can get your five day that.

We got lots of different options for you. You can follow me personally health and wellness on Instagram. I'm it's got the letter n and m e la NSAIDs. That's my Instagram, Facebook, anywhere, anywhere.

Any socials. You can find me there. But yes, please come. And if you if you do have existing metabolic conditions, diabetes, obesity, then please check out our our medical programs.

We have we have full comprehensive programs. You can find those at l- Neutra.health.com. So l dash Neutra health doc. Awesome I love that Melanie you're an inspiration.

This is incredible interview I'm stoked to connect to fast and just to grow my network with someone as amazing as yourself. So I appreciate you for your time today and joining us.

Thanks for having me, Michael.