

Hi everybody. I'm David Roberts and you're listening to the Mara Labs podcast. As I'm recording this, it's the beginning of 2022, and so Happy New Year to our listeners. And with the new year, many of us set goals and often those goals involve health goals.

For me, I had one to many homemade egg nogs over the holidays, so I want to drop some belly fat for both cosmetic and health reasons. I also want to gain more muscle mass and exercise more regularly by mainly swimming.

Exercise and nutrition are key to wellness. But I also like to start off the new year with a fast. I look at fasting like a hard reset on a computer. If things are frozen, just hold down that power button on the computer for five to 10 seconds.

When you fast, it provides an opportunity for everything to rest. And if you have gut issues, this rest can provide your digestive tract time to heal.

This is because, after 3-5 days, you have a proliferation of **stem cells**. Stem cells are cells that can go to places in your body that are injured or not working properly and provide healing. Some stem cells come on day 3. More come on day 4. And the most come on day 5.

Another benefit of fasting is that cells that are older or dysfunctional in some way can die off to make room for new, healthy cells. This is called **autophagy**. These cells degrade, and their components are recycled.

Similarly, there is the benefit of **mitophagy**, which is the death of older, dysfunctional mitochondria. The mitochondria are the energy center of the cell, where glucose is converted into ATP through the Krebs Cycle or TCA Cycle. Glucose is like money in the bank: it's not in the usable form. But ATP is like cash money, which is usable in the cells. Therefore efficient, healthy mitochondria is central to wellness in that it provides for a healthy metabolic function which becomes more difficult as you age.

Lastly, fasting provides a die-off of your **microbiome**, *e.g.*, your gut bacteria. There are 30,000 different types of bacteria that can live in your gut. Some of these bacteria are good and some are bad. In general, the bad bacteria feed off sugar and carbs and the good bacteria feed off of fats like Omega-3 fatty acids and medium chain triglycerides. With a fast, most bacteria die off, which can be beneficial if you promote the growth of healthy bacteria through your diet.

These benefits together are also reasons why fasting leads to the additional benefit of a longer lifespan in the science literature.

There is no doubt that fasting provides wellness benefits. If you've never fasted before, you should consider trying it. The ProLon fasting mimicking diet is a great in way to be introduced to the world of fasting because you receive many of the benefits of fasting without the complete loss of calories.

My first ProLon Fast was January of 2018. I convinced John and Martin to do it with me. John had never missed a meal in his life, so the idea of a water only fasting was overwhelming. The ProLon fast provided a bridge for him to begin crossing over into the world of fasting.

Members of the Mara Labs staff and I, along with members of our community listening to this, will be starting a fast January 16th. You can do a water fast. I'll be doing a ProLon fast.

If you're listening after January 16th and have never fasted before, start with a three day fast. Get a friend or two to fast with you.

Or join the Facebook group **Fasting With A Purpose**, where you can almost always find someone who is fasting. If you have health issues, make sure you fast under a clinician's supervision. But while it's early in the new year, harness your motivation and do a fast.