

## **PROLON – THE FASTING MIMICKING DIET**

Prolon is a 5 day fasting diet that has been shown in clinical trials at the USC Longevity Institute at the School of Gerontology and Diabetes and Obesity Research Institute at the USC Keck School of Medicine to cause the following:

**Decreased body weight, Decreased abdominal fat, Preservation of lean body mass**

**It was also shown to promote and maintain healthy levels of: Fasting glucose, fasting cholesterol, C reactive protein (a marker of inflammation), Insulin-like growth factor 1 (a marker associated with increased mortality and DNA damage in human cells), Stem cells and regenerative markers.**

Looking at the research, it appears that most chronic conditions can benefit from this mimicking diet and this is the reason that I am working with it. The body appears to ‘reboot’ itself during the fasting periods and this assists the body’s healing processes.

The Doctor Michael Moseley has reported on Prolon in the past on one of his television programmes and as he was present at the major presentation of the diet to practitioners earlier this year, I suspect he will be reporting on it again in the future.

Every study that I see about fasting in a controlled and healthy manner supports health and longevity. In the case of Prolon there is good research behind it - hence my interest in it.

It provides the beneficial effects of fasting without the potential dangers of fasting while ensuring that the body has all of the key nutrients.

This plan however is not for everyone. It will require a lot of ‘rethinking’ about your on-going diet and lifestyle. However, if you are committed and you wish to find a way to break through the barriers that are preventing you from losing weight in a healthy way and being healthier in general, then Prolon may be for you.

### **What is the procedure:**

Prior to starting the diet, you book in with me for a 15 minute chat. During this time I use my Tanita equipment to measure the following: Your weight, body fat percentage, body mass index, your body water content, visceral fat, your waist/hip ratio.

I also take your fasting glucose and cholesterol. (I ask you to come in before 10.00am having only consumed water since rising).

I then retake all the readings at the end of the 5 day test.

It is recommended that this plan is repeated every month for 3 months for the best effects and then overall assessments can be made.

### **The costs:**

The cost of the 5 day mimicking diet is £229.00 pounds.

There is no extra charge for taking all your measurements prior to the diet. However, I charge £15.00 when you come in to have the measurements taken at the end of the 5 day period and then again after 30 days.

For more information on Prolon, go to the web site [www.prolonuk.com](http://www.prolonuk.com) or call us on 01564 778089.