



## **What is the difference between fasting and the fasting mimicking diet?**

The fasting mimicking diet is a diet sold by a company called ProLon in the United States and it is certain supplements that they use and specially formulated to mimic fasting without actually fasting. So there is a sort of certain number of calories and there's a certain number of proteins and carbohydrates and fats within their supplement, but you get most of the benefits of fasting without actually truly fasting. So they've done many scientific studies and it appears to be very good proof that it is working, but on the other hand it is not a true fast.

So again, I think that one of the things is that if you're able to do the fasting, then there's no reason you need to mimic it. If you can't do the fasting, then you can try some of these other things such as tea and coffee and bone broth and MCT oil, Bulletproof coffee, and fasting mimicking diet is just another variation of that. I'm perfectly fine if people are using it and doing very well. On the other hand, the major issue is really the cost of it. It's not as cheap as taking, for example, some coffee or some tea.