

The Fasting Method #153 - Member Transformation: Fredric Isler

Megan [00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer.

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[00:01:13] All right. And now we'll get started with today's episode.

Terri [00:01:19] Welcome back to The Fasting Method podcast. This is Dr. Terri Lance, Coach Terri, and I'm so excited about this episode because I have been wanting to do this for I think it's been a year now, but we'll get into some of that when we get going. But I do have a guest today, and I think this is going to be a very powerful episode because this story will, I think, just really drive home for everyone the power of this transformational journey. So, without further ado, I'm going to introduce my guest today. He's one of our TFM clients and Community members - Fredric Isler. Fredric, I know you have an amazing story but, even before we get to that, I just want to check in. How are you today? It's Saturday morning when we're recording this, so I'm super appreciative of you being willing to do this. How are you doing?

Fredric [00:02:12] I'm doing very well. It's a beautiful day and my wife and I are about to go on vacation in a couple of days, so we're fine, the animals are fine, everything is good.

Terri [00:02:22] Very good.

Fredric [00:02:23] Thank you for asking.

Terri [00:02:24] Yeah, absolutely. All right, well, let's go ahead and jump into this. I think the best place to start is really to talk a little bit about your history as far as your health, your weight, kind of what made you come to TFM in the first place? What was going on in your life? And if you want to give any kind of history to that, that's great too. And then I'll just dive in with some questions as we go. So I'm just kind of opening it up to you. Where did this part of your journey really get going?

Fredric [00:02:55] Well, I am 65-and-change years old. My journey towards TFM really began as a way to deal with some lifelong issues that I was having with my health and my weight. I was basically normal in that regard, health wise and weight wise, until I enlisted in the Air Force in 1977. I was in the Air Force from '77 to '97. I retired from the service in 1977. During that time, I had to maintain a certain weight standard and a certain fitness standard. I was 5'10" at the time (I'm now 5'9", as sometimes happens), but I had to maintain a weight of about 195 pounds. That was my max weight. I had trouble doing that somewhat. It was helped a little bit by the fact that I loved to run back then. So, I was a

runner and I had to maintain that weight standard and a certain fitness standard. So I did that, you know, while I was in the Air Force, because I really didn't have any choice. If I wanted to stay, I had to maintain that level of fitness. So I did that. But, during that time, I was still-- I had health issues already, even while I was in the service. I was hypertensive and I got a warning about my blood sugar from the doctors and physicians' assistants when I would go get tested. So I had that going on.

[00:04:29] And then, in 1997, I 'retired' from the Air Force (in air quotes), and then I started working as a contractor for military situations. I was a programmer for a well-known contractor here in the DC area. And then after that, I did some programming for the Marine Corps and also for a civilian commercial company. And so that's all very sedentary work. You know, when I got out of the Air Force, I no longer really felt the urgency to exercise as much as I had been. And, you know, I had some issues with self-esteem and self-care. And so I kind of, unfortunately, took the opportunity to not take as good care of myself after I got out of the Air Force. So I ended up going from under 200 pounds, eventually, by 2005, 2006, I was well over 300 pounds. And along with that came increased hypertension along with a type two diabetes diagnosis. I kept on like that for quite a while and then, after my last programming job, I did eventually end up working for a family-owned grocery store chain here on the East Coast. And, in the process of working there, I ended up working as a night manager and a shift manager, and that job required me to sometimes walk as much as seven miles in an eight or nine-hour shift. So that kind of masked my issues a little bit because my weight came down to 230, 240, but I still had these underlying health issues.

[00:06:22] And then Covid came in 2020 and my wife and I decided that we were both going to leave the jobs we were in. She retired from being a veterinarian after nearly 30 years, and we both decided it wasn't in either of our interests for me to be working facing the public. You know, this was early 2020 and we didn't know-- you know, nobody really knew how bad Covid was, how it worked, and we were both too old and maybe not in such good health to mess around with it. So I left that job (you know, it was one of the better jobs I'd ever had) and I ended up working from home for a little while, for about a year, and then I went to work for another company doing customer service, first remotely and then in the office. So to jump to the chase, 2022, I was working nights and I got Covid (October, in that time frame), and that was really bad, for me in particular. My wife and I both got it, but I was sedentary, hypertensive, type two diabetic, and at the time I weighed about 280 pounds. So this was the fall of 2022.

[00:07:32] One of my coworkers-- her first name is Tracy. You know, on top of everything else, I was working overnight shifts from 11:30 p.m. until 8 in the morning, which is not a healthy thing to do. So that was a shift I was working. Tracy would come in every night (and Tracy was 50, 51 years old) and she would be talking about fasting. "If you want to be healthy, this is what you have to do. You have to just stop eating all the time." You know, she would come in and she would announce, "Just to let you guys know, ten hours ago I started a 48-hour fast," or, "I started a 72-hour fast." And I had always thought, just based on what my primary care physician would tell me, you know, "You gotta eat so many times a day. You gotta do this, you gotta do that." So I was listening to Tracy and I just wasn't buying. I thought, "If I fast, I'll get sicker." You know, "My brain will stop working. Yeah, Tracy, maybe you're fasting, but I'm not so sure about that." But the thing about Tracy was, is that she was vital and young looking and acting for her age. You know, she looked at me and she said, "You need to be doing this." And I was like, "Okay, maybe someday," right?

[00:08:48] So then January 2023 came and I started getting reminders about the fact that I was about to turn 65. So when you retire from the military, you get a card that lasts until you're eligible for Medicare. So mine was expiring about a month before my 65th birthday. So that got me thinking about, you know, what am I going to do about my health? I have high blood pressure, I have 'controlled' (in quotes) type two diabetes, I'm taking all these meds, I'm still weighing almost 270 pounds. You know, if I walk a half a mile, I get out of breath. You know, I've tried all these other things. I've counted calories, I've counted points with one well-known weight-loss company. Eventually, the weight comes back. I need to do something right now so that I can have a healthy last part of my life. And I was thinking about it, and I remembered Tracy, who had left the company that I worked for by that time, and I remembered her talking about fasting. So I thought, "You know, Tracy was pretty healthy. So I'm not sure about this, but let me go check it out." So I started Googling around and I found this one cardiologist in Florida who had a bunch of YouTube videos, and one in particular that was about an hour long on fasting. It had (at the time) six or seven million views. So I said, "Let me check this guy out." Doctor Jamnadas is a cardiologist. He is very passionate about helping his patients who already need help in the form of surgery or various other interventions, but he's even more passionate about trying to keep people from getting to the point where they need that kind of help in the first place. So I watched his most popular video on fasting, and, you know, I was frankly electrified by it already. And then towards the end he says, "Look, I just want to let you know, you folks out there, (and he was talking to a bunch of doctors at the time), you know, you doctors and you people watching, the real guy you need to look at is Dr. Jason Fung. He's a nephrologist up in Canada. He's doing amazing things. He's got some books. Go check out his books." So I did that. I was already sort of excited anyway just by listening to this man talk, but I went and got Dr. Fung's books, *The Obesity Code* and *The Diabetes Code*. I read those books. This was January, early February, and I thought, "I'm going to try this. It just makes sense."

Terri [00:11:22] Tracy might have been on to something. [laughter]

Fredric [00:11:24] Yeah, she might have-- you know, she walked the walk and talked the talk, and looked great and felt great. I said, "I'm going to give this a shot." So my first step, in early February, was to get off all of the processed food, the sugar, and to reduce the amount of carbohydrates I was eating before I even started trying to do any fasting because Dr. Fung and Dr. Jamnadas, both, emphasize that everything would work better and be easier if one got off the processed foods and left the sugar alone. "Sugar is deadly," they both said. And so I did that. And that was nearly a three-week process, giving up those things (sugar and processed foods). It was very, very difficult but I did it. And that caused me to end up cooking, you know, real food, eating real food. And then, once I'd gotten that part down, then I said, "Okay, I'm going to start what Dr. Fung calls time-restricted eating." So I did that, which basically meant I was restricting my eating to like a seven or eight-hour window during the day, trying not to eat at night. I did that, and then I went to my doctor, my primary care physician. My doc looked at my lab work and they said to me, "You know, your kidney function is below normal." And that was the filtration rate number she was talking about - EGFR - and, at the time, it was at 55, which is well below normal. But 60 is the threshold where most American doctors-- and I'm living on the East coast of the United States. Most American doctors, that's when they start talking to their patients about kidney function, if their filtration rate dips below 60. So she said, "Okay, we're just going to check your kidney filtration rate every few weeks."

[00:13:21] And in the meantime, I had started doing some, 18, 24-hour fasts. And then, because of Dr. Fung, in March, I signed up with The Fasting Method. And then a little bit

later in March, I started working with one of The Fasting Method's incredible coaches, Coach Lisa. The Fasting Method has a lot of wonderful coaches, including Coach Terri, who I'm talking to now. Coach Lisa was my coach. I started working with her and started, you know, increasing my fasting length a little bit. And then, in the meantime, I was going for blood work for my diabetes and for my kidneys. And that blood work for my kidneys was not getting better. It was getting worse. So I had a 55 filtration rate. And then, in March, it went down to 47. Then later in March or early April, I went down to 45. You know, I was on a slope towards maybe dialysis eventually. Not good. But in the meantime, I was still fasting and increasing my fasting. My wife, who loves me very much, she has a background as a nurse for humans for several years and then she went to vet school, and she was a veterinarian for quite a long time. And we share the same primary care physician. And she went to one of her appointments and she told our shared primary care physician, "Hey, my husband, he's doing this fasting thing." And they both commiserated, and they were of the opinion that I was hurting myself. If anything, this would lead to quicker kidney failure. And so, you know, she came home from her appointment crying, frankly, and I just had to explain to her that I was pretty confident that what I was doing was putting me on the right track. My A1C numbers were going down. My blood sugar, which I was taking myself almost every day, was going down. I was on medications for blood pressure.

[00:15:26] And, eventually-- you know, I was still working nights at the time. Eventually, one night I got up and my wife had to come look for me because I hadn't come out of the bedroom by the time I usually would, and I ended up on my hands and knees, you know, just bathed in sweat, barely conscious. And it was because my blood pressure medications were lowering my blood pressure too much, I eventually discovered. So I went to work eventually that night without taking them, and then I went to my doctor, and my doctor took me off all the one blood pressure medication, reduced that one. And so I knew that things were working. Weight was coming off. My eyes were getting better. Eventually, I had that confirmed by my ophthalmologist. So, in spite of everything, in spite of my primary care physician and my wife both telling me to quit this stuff, "Stop killing yourself," I kept at it. My doctor sent me to an appointment with a nephrologist (not Dr. Fung, a different nephrologist), and this nephrologist told me, basically, "You keep on like this, you're going to be on dialysis before the end of the year." And my wife went with me to that appointment, and they're both sitting there shaking their fingers at me, "Stop this dangerous fasting stuff." The nephrologist set me up with an appointment for a nutritionist. And then on the drive home, my wife is saying, "See, they told you to stop, so you have to stop." But I didn't stop. It was a real issue in our household because my wife wanted the best for me and she was very afraid that I wasn't doing the best for myself.

[00:17:05] But I just kept at it. Weight was coming off, the numbers-- my blood sugar was coming down every day. Then I went for more blood tests in June with my doctor. And in June, my hemoglobin A1C had gone from 6.4 down to 5.2. So that was in the space of, you know, February to June, not that long a time. My kidney filtration rate had gone from 45 all the way up to 78. This was in June. There were some other numbers that looked good as well, like my triglycerides were coming down, my HDL was coming up. All that good stuff was looking great, and I was feeling better. And my ophthalmologist confirmed that my eyes, which had been headed toward cataract surgery, were no longer headed that way. And so, when I got that bloodwork back, I showed it to my wife and, you know, we were ecstatic. We were crying. I showed her-- she was crying, then I was crying, but it was great. On top of that, I had lost quite a bit of weight. I had gone from 264 pounds in February, all the way down to 206 in June. And then I went and got some bloodwork the next month, myself-- or late June or early July-- actually, it was the first week of July. And

among other things, my kidney filtration rate had gone up again to 81. So I had gone from 55 down to 45, and then by July it was back up to 81. And these were changes in my kidney function that I could see. I'm not going to go into detail, but after doing the deed, the urination deed, I would be able to look and see how things were looking different from what they looked like in February and before February. I could actually see the visual effect of what letting my body heal itself was doing, as far as my kidneys are concerned.

[00:19:04] After that, I continued and, eventually, my weight went all the way down to at its lowest, it was probably about 172, 170. This was in October. And frankly, that's too low. About that time, I went and got a DEXA scan done, and the DEXA scan came back and said your bone density is fantastic. You have virtually no visceral fat. Your body fat percentage is only 8.8%, which is-- I thought that was just impossible. But there it was, you know, and the whole thing was green, the picture was green, which didn't show any fat anywhere. And I was confused by that, so I actually got back in touch with the technician that did the DEXA scan. They told me, "If you have any questions, email me. I'll be happy to answer." And I said, "I'm looking at this and it's all one color. Where's the rest of the stuff?" And they said, "That's just because you have virtually-- you have very little fat. In particular, you have very little visceral fat," the fat around the organs, which is really dangerous for your health, including fatty liver itself, which I definitely was diagnosed with. I forgot to mention that. But also that fat around your inside, the normal fat, the fat that wraps around your organs in your abdomen is very unhealthy. And I had virtually none of that.

[00:20:26] So that's pretty much my story. Right after that, I started doing resistance training, you know, in an effort not to lose what muscle that I had. I had a gym membership and got a trainer to give me a couple of sessions. He set me up with some compound exercises to, you know, help my flexibility and my ability to retain the muscle that I had at the time. And then I got another one of those done this February, and I had increased my muscle mass considerably, but, because I strayed a little off the path this winter, I had also added a bit of fat and just a bit of visceral fat as well. So now I'm going to try to find a balance between that first scan and the second one. So I don't think I need to be less than 10% body fat, necessarily, but I also would like to get back to having basically no measurable visceral fat. So I'm working on that. I am fasting still. I'm in what some people would refer to as a maintenance phase, because I've lost basically the weight that I needed to lose. I'm no longer morbidly obese, all of that. In some ways, this is-- actually, I'm finding it slightly more difficult to do. But the main thing that keeps me going is my motivation for all this, which is caring about myself. I care about myself enough to live well during this stage of my life, this last stage of my life, and to live well for myself, for my wife, for my baby sister, and the other folks who care about me. In order for me to do that, this is my life journey from now on. I will eat real food, I will not eat so many carbs, I will exercise, I will, at the very least, practice time-restricted eating so that I'm eating during a shorter window and I'm not eating at night. And as I continue to do this, things just keep getting better and better. So it's all about trying to stay motivated and maintain a balance while I'm in so-called maintenance. So that's where I'm at right now.

Terri [00:22:41] Okay, folks who are listening, if that was not a mic drop right there, I don't know what else is. As I've been listening to you, Fredric, I've been furiously jotting down notes, little reminders to myself of things I might want to check in, and I'm just amazed. I got to talk with you-- I don't even remember, maybe a year ago, maybe not quite a year ago, you did a town hall?

Fredric [00:23:05] I believe it was July.

Terri [00:23:07] Okay.

Fredric [00:23:08] Early July, sort of July 11th, maybe, something like that.

Terri [00:23:11] So right after you had gotten those amazing results. Okay.

Fredric [00:23:15] And [laughs] I was a little bit more manic during that episode because I was still-- I was still in shock.

Terri [00:23:23] Yeah.

Fredric [00:23:24] About the good news, you know? It was just--

Terri [00:23:25] Absolutely. But one of the amazing things about your story is that you didn't stop there. Because part of the whole maintenance challenge and challenge for any of us in this health journey and weight-loss journey is, once we get where we want to be, oftentimes we slide back into old behaviors or we just stop and go back to them, you know, running full force. And you really kept going. And I totally heard you. There's a-- you know, a little variance during, you know, the winter months or something, but you're really still doing this, and your commitment to, "This is a lifelong pattern." And I try to emphasize that all the time when people come into TFM, clients or Community members, if you are doing this just to reach a goal, just as a time-limited thing, it's not really going to make it. And I love listening to your motivation and the reason being, "I'm going to improve my life moving forward and maintain a great lifestyle." And I was thinking, when you said that about the health that you have now, it sounds better than, you know, even when you were at 195 pounds in the military exercising all the time, your health is better now at 65 than it was then.

Fredric [00:24:45] Yeah, that's a definite truth. I mean, back then, I had a certain weight that I had to maintain and a certain-- I had to be able to cover a mile and a half distance in under a certain time, I can't exactly remember what that was. That was the Air Force's so-called fitness test, but I really was not fit. And none of this, at its core, is actually about the weight. It's really not about the weight, not for me. What it's about is being as healthy as possible, you know, that's what it's about. In the Air Force, they held me to a certain weight standard, and I had to, once or twice a year, cover that mile and a half in a certain time, and you'd click the stopwatch and they'd say, "Good," or, "Not good." And that's not a health plan because, alongside of that, actually, during the overseas part of my military career, we were working shift work all the time, rotating shifts. Three days from morning shift, three days midday shift, three days overnight or mid shift, and then three and a half days off, or something like that. That was unhealthy. And whatever time it was, we would get off and we would go to a unit bar, which was a thing back then (it's a long time ago), and we would shoot some pool and have a few beers, and back then I would even have a cigarette or two with my beers. And I was eating all kinds of unhealthy food, deep fried food, you know, all kinds of unhealthy food, often at ridiculous times of the day. You know, I would get off at 10:30 p.m. on a swing shift and go have, you know, a big platter of deep-fried chicken, fried in unhealthy oil, and then go have a couple beers and smoke a couple cigarettes.

[00:26:39] So, yes, by the Air Force's standards, I was healthy, but I really wasn't. And so it wasn't until I was motivated to try this method, you know, this ancient method of living well, that something actually changed. You know, you can eat various different ways. It's not so

much about exactly what foods you're eating, but laying off the sugar and laying off the processed food are really important, and giving your body time to take care of itself is also important. And the way you give it that time is by not having it have to process food all the time. So, yeah, it's not about the weight for me. The weight has come off and I'm wearing clothes that I haven't worn for 30-plus years or more, but I am actually healthier. Like I used to have a fat head, literally, and, now, you know, I actually have wrinkles in my brow when I didn't have them before. So, in a way, I look older but it's so much better. You know, I don't have a lot of stuff hanging down. I've got veins and vascularity. I'm able to move better than I used to be able to move. I have more energy. My motivation to make myself healthy did also take off a lot of weight, but you need your motivation to be something that can help you through a long-term period of your life. If you're just trying to lose weight for a certain occasion or something like that, that will not be the best for your health long term. That's what I like so much about The Fasting Method. You know, it's a lifestyle change.

Terri [00:28:23] Another big mic drop there. Thank you for that one. [laughs]Of course, that's very congruent with what we try to emphasize, and so I'm really glad that that's one of your takeaways. You had mentioned to me, before we started recording, another what we often refer to as a non-scale victory, something else that has improved in your life. So you've gone through during this and talked about all of the biomarkers that have improved, but you mentioned to me something about kind of the journey of your knee health and what happened in your less-healthy stages of life, and how that kind of limited some of your mobility and things, and where you are now. Can you kind of recap that here because it was really powerful when you shared that?

Fredric [00:29:06] Yeah. So when I got out of the military, I did go into sedentary work, as I mentioned before, as a programmer, and my weight got well over 300 pounds. I'm not sure exactly what my max weight was. It was probably around 330. A lot of the scales that I would go to step on couldn't even handle that kind of weight. But my bright idea at the time was to-- I worked on the fifth floor of a six-floor building, I believe. So I decided, you know, at 300-plus pounds, that I was going to propel myself up the stairs every morning to work instead of taking the elevator, making no other changes, you know, still stuffing my face with too much of the bad food virtually all the time. Eventually, my left knee started getting very painful, to the point where I was no longer able to go up the stairs and had to take the elevator anyway. So I went to two different orthopedic surgeons and got scanned and examined, and they both told me, "You have bone on bone. You've basically destroyed your meniscus. There isn't anything we can do to repair this knee. We could replace the knee." And, of course, I didn't get that done. I just sort of went back to taking the elevator. And that knee has always pained me up until last year. In particular, you know, this is a situation where weight does matter, you know, because it's the total load. Every time you take a step, you know, the forces that are generated on your legs, your ankles, your knees, your hips are greatly affected by the weight. But my knee was still hurting me right up until-- a little bit less, but right up until I started doing resistance training last fall. And something about that-- you know, I was doing bodyweight squats and different stretching exercises that my trainer gave me. Something about that, along with the healing that naturally takes place when you do fast, nowadays, I don't have knee pain. Because my knee motion was restricted and because my legs were so much bigger when I was carrying all that weight, I couldn't bend my knee well enough to ride a bicycle, something that I'd liked to do when I was younger. But now I'm thinking about actually going out and getting a bike because, you know, in the process of doing this exercise and taking this weight off and just generally allowing my body to heal itself through fasting, now I've got enough range of motion in this left leg to actually ride a bike. You know, I've gotten on the stationary bikes in the gym. So that's another good thing. It's pain free, has much more

range of motion. I'm not sure what exactly was the key component of all that, but I would say the fasting is because it got me to the point where I could then train to strengthen the joint, strengthen the muscles around both sides of the joint. I never would have gotten there if I hadn't made myself a lot healthier to begin with, but that's basically the story about my knee. I'm going to get on a bike probably this summer, so that's pretty cool.

Terri [00:32:11] That's amazing. I could talk to you for hours, and I think you have more and more that you could share, and insights, but I do want to talk a little bit about what role, what resources, what was TFM in this. And I know, even when I talked with you last July, your work with Coach Lisa has been so transformational for you. You had started this work on your own, you had done tons of research and really knew lots of things, but the journey changed, you know, when you started working with her, started coming to Community meetings and things. So if you could just say anything about kind of what your coaching and time in TFM has done in this journey for you?

Fredric [00:32:54] Yeah. I mean, Coach Lisa is very, very important to me because of what she helped me do. I had decided that this was the way I was going to go, and, even though my kidney numbers continued to fall for a period of time after I started on this path, you know, by working with Coach Lisa and being in the Community at large, going to the small-group sessions, looking at the different resources that we have on TFM, I got positive reinforcement from everything at TFM and, in particular, from Coach Lisa. She would say to me, you know, "It's not your primary care physician's fault. The person that started this is a nephrologist and he did it specifically to save people from going to dialysis and then dying shortly thereafter. You know, just hang in there and you can be assured that you're going to see good changes, including your kidney numbers that are going to get better. It's not guaranteed. You know, nobody makes any guarantees, but you're on the right track. You already know that things are getting better. Your blood pressure's going down, your blood sugar level's going down, you have some weight coming off. Just give it some more time. Hang in there. You know, your wife's upset with you, your doc's upset with you, but, in the end, things will get better and you'll be healthier." And that's exactly what happened.

[00:34:22] And I wouldn't have been able to do this-- something like this is difficult enough on its own. I had to decide to quit poisoning myself with bad food, in particular with sugar and processed food. I mean, that's a huge decision. So that was motivated by my desire to take care of myself, for myself and for my loved ones. But, you know, I had strenuous opposition to this from the person I care about the most, my wife, and from my doctor, who's a doctor. You know, when your doctor says, do x, y, z, you're just supposed to do it, you know? But I had the strength to keep going on a good, healthy path for myself. And I had that strength because of my coach and the other people I talked with at The Fasting Method on video calls, in the forum, because of the scientific evidence that we have access to, that we can access on The Fasting Method website. I took all of that as fuel, you know, to fuel my motivation to make myself better, and I just kept going. You know, Coach Lisa is at the heart of that. I might not have gotten here without that. I might have just said, you know, "I'm sorry for upsetting you, babe. I'm just going to stop this. And, you know, maybe you're right, maybe our doctor's right, maybe I shouldn't be doing this." But because I went to The Fasting Method, and especially because I started working with Coach Lisa, who knows of what she speaks. Like a lot of our coaches, she did that transformation on herself. She was a cardiac nurse, you know, and she's there helping people like me make their lives better. So I said, "You know what, Tracy [laughs], Coach Lisa, all the folks that I've met in The Fasting Method, all the people whose journeys I've

seen, they've documented them and putting it up for everyone else to see, this just makes sense and I'm going to keep on doing it."

[00:36:23] And that's what's great about The Fasting Method. You need a tribe or a family of folks who's on the same journey that you're on. And this is the best thing that I've found for helping lead this healthy lifestyle. You're not going to get that, you know, if you're in America in particular, you're not going to get that, necessarily, from your doctor, or from the media, or from the companies who are trying to keep you addicted to sugar and processed foods. You have to find your own path. It's extremely hard to do it on your own, and I can personally recommend The Fasting Method because they've helped me, basically, save my life.

Terri [00:37:03] Absolutely. You know, Fredric, I did a podcast episode, I don't know, a few weeks ago, a month ago, about hope and the importance of hope in this journey. And I really want to, again, thank you for the town hall meeting you did with me, for the input you have in the forum and in the large group meetings, and, today, recording this podcast episode, because this is helping people build hope. Understanding that you can go from all of the health concerns that you described-- and like you said, there aren't guarantees. It's not that everyone's going to have the same journey that you had, but that it's possible. And you're not 23 years old. Many of us think, "Once I reach a certain age, it's just no longer possible. I could do that when I was 17, but I can't do that." And look at you. Like, I can't think of a better example of how hope works in this journey. Thank you so much for the hope that you inspire in others through your own story and through your daily life. So thank you so much for doing this.

[00:38:18] And my last parting question is if you could give advice to anyone who is struggling, whether they are just beginning or, you know, they're listening to this podcast but they're not really sure (it's kind of like when you heard Tracy), any piece of advice that you would give people to help them move from that place to this place of healing that you have reached.

Fredric [00:38:45] Oh, that would be a couple of things. The first thing is have a conversation with yourself about where you want to go and why you want to go there. You know, you need to be properly motivated to make a fundamental change in your lifestyle to make yourself healthier. So you need to nail that down. Have that in your heart every day as you move forward. The other thing that I would suggest is that, if you're listening to this podcast and you've got to this point, you should definitely check out the resources that The Fasting Method has for you to explore. The big part for me was becoming a part of this community and getting some support for doing something that a lot of people will frown upon. If you have the motivation and you have a place to go and resources to access to help you use that motivation to make yourself better, that's what I would suggest. Both of those. You need both of those to actually be successful for yourself.

Terri [00:39:51] Very good. Well, again, I can't thank you enough. I feel like you just made my job of doing this episode so easy because you just have such a powerful story and you're so good at sharing all of the important details that people really need to hear. So thank you, Fredric. I hope everyone really listens to this and takes this to heart. I know sometimes people talk about how they've listened to one episode five times or six times. I think this is going to get a lot of hits because, every time I talk to you or hear you talk in a Community meeting or whatnot, I'm amazed and want more and want to learn more from you. So thank you so much. I hope you and your wife have a great vacation. You have persevered through hesitancy on her part, out of love for you, and I'm so glad that the two

of you get to go have this vacation with you in this healthy place. I'm so excited for you, Fredric.

Fredric [00:40:49] Well, thank you, Terri. And, actually, my wife has started-- she's been doing TRE ever since July. She's lost a lot of weight, I have her swimming twice a week, all that stuff. So she's coming along also. So, yeah, it's all good. Thank you so much for talking with me and letting me share this story.

Terri [00:41:06] Absolutely. So folks out there listening, I just want to again remind you that if this episode had impact on you, if you resonated with it and you know anyone else who you think would benefit from hearing this, you could be Tracy. You could share this and help someone else get their journey started, help someone else foster some hope. So one of the best things you can do to help people right now, maybe, is to share this episode and show them what is possible and help us get that hope going. Until we come back with another episode, happy fasting, everyone. Take good care of yourself and we'll be back. Take good care, everybody. Bye bye.