



Creating a Fasting Lifestyle for Hormone Optimization

Guest: Dr. Dan Pompa

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Dr. David Jockers: Welcome, everybody, to the Fasting Transformation Summit, where we are uncovering the most powerful, ancient, and inexpensive healing strategy known to mankind: fasting. I'm your host, Dr. David Jockers. I'm really excited about really a world leader in cellular healing, a great mentor to me, and a pioneer in really getting fasting strategies out as a primary healing tool to doctors all around the world. This is Dr. Dan Pompa, from DrPompa.com, from Cellular Healing TV. And we go way back. He was also on our Keto Edge Summit.

We're going to dive into really this idea of fasting and ketosis today. So Dr. Dan, welcome to the Fasting Transformation Summit.

Dr. Dan Pompa: Yeah, thanks for having me. I love this topic. Can't wait.

Dr. David Jockers: Absolutely. So, let's get started with ketosis. I know you were on our Keto Edge Summit, so let's get started with ketosis and fat adaptation. And then we'll branch from there into fasting and how all this plays together.

Dr. Dan Pompa: Yeah. I'm hoping everyone saw the Keto Summit, so we can kind of talk like they know what ketosis is, and how beneficial ketones are.

But when you look at ketosis, which I'm a believer in ketosis. It's a tool that I use all the time. The doctors that I work with and teach, we all use it.

However, to get some serious benefit from the levels of ketones we need, it would be impossible to do without fasting. So, just in review. You make ketones by breaking fat down. So if we get our carbohydrates low enough, we can actually force the cells to use fat as energy. And when it burns fat, it makes these things called ketones that your brain can use. Because your brain can't actually use fat like the rest of your cells in your body. It needs to use either glucose or these things called ketones.

So when we get our glucose, our carbohydrates way down, then the body will make these ketones as a byproduct of breaking fat down. So the body cells are using fat, our brains love ketones. And ketones, in review, have a lot of benefits.

Number one, they burn extremely clean. They lower inflammation of the cell. Huge. They can turn off bad genes that get turned on. They can have a really healing effect on our gut and the microbiome. So, there's a lot of benefits.

They help heal the brain. One of the ways, the first things we notice when we bring someone into ketosis. And it takes maybe two to four weeks to get fat-adapted or make these ketones. One of the first thing we notice is the brain just clicks on. All of a sudden, it's really easy to remember where your keys are.

Literally, for myself, I notice when I transition because I can start remembering where everything was on a page that I read. So, we become fat adapted and we make these ketones. And that's just a little review. When we fast, we make much higher levels of ketones. And that's one of the huge benefits of fasting.

Dr. David Jockers: Absolutely. I know you have a strategy, just kind of a daily strategy. Or I should say weekly strategy, the 5-1-1. Which I've adopted, and I use with a lot of my clients, as well. Can you explain that to the listeners?

Dr. Dan Pompa: It's part of what I teach, something called diet variation. Feast-famine cycles. One thing we've learned, I work with so many doctors training them, so clinically we can take in a lot of information and all come together as a group of doctors and say, this is working. This isn't. What are you finding?

One of the things we know just by being on low-carbohydrate diets for a long time is eventually, the body starts to slow down fat metabolism. It does that because it wants to survive. If you force the carbohydrates down in a state of ketosis, what can happen is, your body says, ok, my number one fuel is fat. So I want to be efficient with it. Therefore, it slows the fat burning down.

So then what can happen is your body can start utilizing some of the muscle. So people then tend to start losing muscle, and gaining a little fat. And unfortunately, the fat that you start holding onto is where you don't want it. It would occur right in the front of my belly. Exactly where I don't want it, that's where it occurs. Ladies say, it's on my thighs, what's going on? I'm eating 10 grams of carbs a day. What's happening?

Well, one of the things, and body builders knew this for years. One of the things that you do is you add in just one day of basically a feast. Where we remind the body it's not starving. Simple as that. We remind the body there's plenty, and then it doesn't say, ok, I'm going to hold onto this precious fuel source, the fat.

Because all the body wants to do is survive. So if fat is its number one fuel, it wants to be very efficient because it wants to survive. We don't want it being efficient. So the moment you have a feast day, as I like to call them, then the body says, ok, we're fine now. We can go back to burning fat.

So people will come out of ketosis for a day, basically after a few days. I'll get an email saying, oh my gosh, my ketones are out, my glucose is up. My ketones are down. I don't like that. I say, hang in there. Because what happens the following day is your body then becomes more efficient at using fat again. And you become leaner.

But more importantly for us, we don't want the body in that survival mechanism. So we just basically biohack it with that.

Now, you said 5-1-1. So, we have 5 days of ketosis, we'll say. Then we have one day that I just mentioned, the feast day. Now we throw another day in to fast. We either don't eat at all that day, or maybe we eat one meal. So you maybe 23-hour fast. Either way, you're creating something called autophagy, which we'll talk more about.

But simply put, the body in a fasting state. Even 23 hours. Will reach for its bad tissues first. It will reach for the bad cells. The bad DNA. The bad protein. The rubbish. The things it wants to get rid of. The trash. The cellular rubbish.

It's that smart that it doesn't want to break down good tissue. That's called autophagy.

2016 Nobel Prize was won by a gentleman who basically researched the topic of autophagy and how good it is for our health. So by adding that fasting day in, number one, we're producing really therapeutic levels of ketones. You could never product just by being in ketosis.

Number two, we're downregulating inflammation, because we're becoming more hormone sensitive at the cellular level. And number three, we're getting more autophagy. So one day a week of fasting. One day of week of feasting. They don't have to be back to back. It can be random as you desire them to be. And 5 days of a ketosis diet. So that's the 5-1-1.

Dr. David Jockers: So that's the diet variation principle there, with the 5-1-1. And I find that to be just really sustainable. Most people can say, ok. Because obviously fasting is a sacrifice. So most people are like, ok, I can do the one day fast if I can have that feast day. So it becomes much more of a sustainable lifestyle, so the compliancy really goes up.

Dr. Dan Pompa: People look at it as a cheat day, but really, no. This is a beneficial day. Now, look. I would recommend, could you throw in, the pizza, the ice cream. Yeah, you could. I would argue, if you're healthy, go ahead. But if you're challenged, I would say don't do that. Eat healthy carbs.

To make it a feast day you could have a few things. Elevated calories would throw you into basically the body saying, ok, we have plenty. Elevated protein can work instead of carbohydrates. If you say, I just don't do well with carbohydrates for other reasons, great. Do protein. It works too. Or, elevated carbs. Your choice. Just remind the body it's not starving, and the magic happens.

And then, we can take it a step further. 4-2-1. Once people get more efficient at this, we add two fasting days in a week. Random. I typically do 2 or 3, and I really never know the day. So my time, right now, in this interview it's almost 2:30. I haven't eaten yet. So I may or may not even eat tonight, honestly. Because I do, like I said, two or three fast days a week.

But mostly, if I do one where I don't eat at all, it's just one day. But typically two or three where I'll just eat one meal. But, I always, always, always have one or two feast days. And that's the feast-famine. And by the way, there's even beyond what we just said reasons why this works so well.

When you do a feast-famine cycle, you're making the body adapt to large amounts, small amounts. Fasting state, feast state. That adaptation, just like exercise. When the body adapts, I call hormone optimization. The body optimizes its sensitivity to your hormones. Which means you're hearing testosterone more. You're hearing estrogen better. Your cells are hearing it better. So it's not about how much hormone you have, it's about how well the cells hear them. And that is really a state of health.

So forcing adaptation is like exercise. If you do the same exercise in the gym day in, day out. The body gets used to it, and you don't get results. But when you change it up, now the body has to adapt, and the adaptation raises up growth hormone. You become more hormone sensitive at the cell. And you get results. No different with diet than it is with exercise.

And another great example, it's kind of in vogue right now, right, the hot-cold thing. So people go in really cold pools, they'll go in the hot then the cold. And we know that it stimulates weight loss. It breaks through weight loss resistance. Why does it work? Because when you put yourself in a cold pool of water, or a cryochamber and drop the temperature down to 150 below zero for three minutes, your body literally thinks it's going to die. And then you step out, and it doesn't.

What happens is, it adapts. It raises up growth hormone dramatically. It makes your cells very sensitive to the hormones. And, it raises up another hormone called norepinephrine. And what that does is it has a massive anti-inflammatory effect for hours after the hot and cold chamber.

So all we're doing with the diet, feast/famine is doing the exact same thing as exercise. The exact same thing as hot and cold. It works to break through weight loss resistance. It works for hormone conditions. It works for gaining muscle, losing fat. Whatever you desire. It works.

Dr. David Jockers: Yeah, absolutely. I'm with you on that. It's kind of these microdoses of stress, this hormesis principle, just make us stronger because our body is forced to adapt. Like you were saying. And I've noticed that for myself. About 6 months ago, I started doing two fast days. Where I would do one meal a day, basically, 24-hour fasts. One feast day. And I've always been underweight. And actually, I've noticed that I've actually gained 3 pounds of muscle doing that.

And you would think, I'm eating less. Or at least less meals. I'm eating 12

meals, basically, a week. Yet I've been able to actually gain muscle mass doing that.

Dr. Dan Pompa: My wife, they see her on Facebook. I'm sure you've seen her. And they're like, oh my gosh, your arms! She looks like she lifts all the time. She really doesn't. But with each extended fast, and by the way, she does this feast/famine cycling. She probably does 3 fasts a week, I would say, eating one meal. And she feasts at least two days a week.

But, she also does periodic longer fasts. Extended fast. And with each extended fast, at least 5 days. And she's just doing pure water fasting. About a month later, she gains more muscle. Why is this happening?

I mentioned autophagy. Where your body, in a fast. Especially an extended fast. It starts to eat all of the bad tissue. And that's one of the magic things that happens during an extended water fast. That's the autophagy. Now, what happens on the backside of autophagy is stem cell proliferation. So now your body raises up it's stem cells to replace the tissue, the bad old cells and bad DNA that it ate. One of which is bad protein in our muscle.

So, the body will literally eat the bad protein. Because people say, well, you lose some muscle while you're fasting. You lose muscle, but it's only bad muscle that's not recovering anyway. So then, it raises the stem cells up. And it takes a month or so. But then all of a sudden, you gain new muscle. And this muscle is recovering. And if you know anything about exercise, everything is about recovery. And all of a sudden, she got more muscular. She got more fit. She was able to lose basically more body fat.

The point is that the autophagy, with the elevated stem cells. You get new muscle that recovers faster, and that's not just muscle. That's happening to your internal organs, as well. So the autophagy stem cells is the magic of an extended fast.

Dr. David Jockers: Absolutely. A lot of people are concerned they're going to lose too much weight, too much muscle. But basically that human growth hormone sends that signal to preserve lean body tissue. So that's elevated because it wants to maintain that. So think, from an ancestral perspective, if food wasn't around, we needed to have greater vigor. Greater strength. Greater resiliency so we could go out and hunt. So we could go out and find food. So absolutely.

Dr. Dan Pompa: Yeah. When you understand, it really is just forcing

adaptation. Our DNA is set up for it. We're mimicking what our ancestors were forced to do. We're mimicking times of feast. We're mimicking times of fasting. When they had it, they ate it. They didn't count calories. They didn't count carbs. When they had it, they ate it. But when they didn't, environmental stressors, droughts, whatever it was. They were fasting. They were forced into fasting states.

What happens, there are, I like to say 7 benefits. Especially from extended fasting. Number one is we do get the autophagy. We're eating the bad stuff in our bodies. Number two is the stem cells that raise up and heal things. When you're going through an extended fast, it's pretty neat. Because every fast that I do, and I fast at least two or three times a year.

I have something like, oh, it hurts right here. And then I remember, I injured that years ago. It's like, what's happening is the body is literally retracing. Going back. And stem cells are really healing that area because of the fast. So the body goes and retraces through the healing.

Something else I like to call energy diversion happens. Meaning, if you realized how much energy it takes to digest and assimilate food, it's massive amounts of energy. Your innate intelligence, when every meal you eat. Every time you eat food has to take that energy and say, we're going to do this at the digestive level. The intestinal level. The cellular level. It's massive.

So when you take that away, the energy is now diverted towards healing. I'm telling you, the innate intelligence. We're chiropractors, right? Chiropractic adjustment releases that innate intelligence. A fast harnesses the innate intelligence, takes the energy that it would normally be using for digestion and assimilation, and it is able to utilize that and focus on healing. And it has the stem cells to do it. That's the cool thing.

Folks, stem cells, I may have spoke out of turn that y'all know what stem cells are. But if I cut my hand, the reason the skin comes back together and makes new skin. You think, how does that happen? The wound could have been gaping. And yet it will form new skin. Stem cells do that.

Here's the problem. The older we get, the less viable stem cells we have. But it didn't form eyeballs right here, it formed skin cells. The innate intelligence knows to form the right stem cells.

So by periodically doing fasting, we're breaking down the bad and we're upregulating viable, young stem cells that our body produces. People pay a lot

of money to do stem cells. Your body produces them for free during a fasting state. So anyways. That's the third reason. The autophagy, the stem cells, the energy diversion. Also what happens is you reset DNA. Literally. You turn off bad genes, and you turn on longevity genes, and anti-inflammatory genes. That's huge.

Another thing is you reset your microbiome. It gives you a chance to fix your gut. You're not putting food in it. The microbiome, literally, that's your good and bad bacteria. It resets. So it's very, very important as far as if you really want to fix your gut. Fasting, I believe, is the most powerful tool that we have.

And of course, I mentioned the hormone optimization that occurs. You do get the growth hormone rise, as you mentioned. You also get, your cells get very sensitive to the hormones you have.

So all of these things are really part of. And you get the elevated ketones. I would say that's the seventh one. You get these super elevated levels of ketones that we know heal the body. So 7 reasons why you should fast right there.

Dr. David Jockers: I get so excited when you start going through that, just how powerful the body is. Again, like I've been saying throughout this summit, it's really the most powerful, inexpensive, it's ancient, obviously. Our ancestors have done it. Really, all of mankind has done fasting. It's part of our genetic blueprint. So it's powerful.

As far as doing an extended fast, what do you recommend as far as the length. And when do we really hit the autophagy. Obviously, even during intermittent fasting we're getting some autophagy taking place. When does it really ramp up, and same with the stem cells?

Dr. Dan Pompa: Yeah, that's a great question. It takes about three days for most people to fat adapt. And if you do this stuff more frequently, I can be in that state in a day. But it takes time to get there. The average person, it's about three days when you start fat adapting.

So I always say the minimum, if you're going to do an extended fast, is four days. Because the first three, you're not even hitting the big benefits yet. But by day 4, the autophagy. Because now you're burning mostly fat as energy. Number one, your hunger disappears. So it's a lot easier day 4, so hang in there. Now you're experiencing the highest levels of autophagy. And if you can go one more day, 5 days. You get a very high level of autophagy occurring. And

the highest levels of stem cells start occurring, there's a peak that hits around that day 5.

So, five-day fasts, four days a minimum I think is a sweet spot. Can bigger people, heavier people, benefit from longer fasts? Absolutely. A big fan. They can benefit longer term. But the average person, I think if you think in terms of five days. I think magic happens around that 5-day mark. And, I'll tell you. When you look at studies on some of the hormonal shifts that take place, there's another reason to do a 5-day water fast.

And you asked another question, some of the tricks. For the average person, I can just do a fast and I don't have to worry about electrolytes and minerals. But if you're new to it, electrolytes are going to help you. I don't mean take electrolytes that you would buy in the store with sugar in them.

Sea salt actually helps you maintain potassium. But some people need a little extra magnesium. If you're cramping, getting muscle cramps. Take some extra magnesium. Sea salt is a big, salt water. It tastes like soup when you're fasting. It's a big benefit. I think that's going to benefit everyone.

Here are the questions I typically get: Dave, can I take my supplements? I tell people, try not to. I don't like to push the body left or right. I like to rely completely on the innate intelligence. Electrolytes, that's different. It's not pushing the body one way or another. But herbal products can.

There's a product called bind that stays in the gut that can minimize some of the detox symptoms that people get. I would say that's ok. There's another one, it's molecular hydrogen that you're familiar with. It downregulates a lot of the hydroxy free radicals. It's a redox, it doesn't push left or right. That can help some people. But all in all, as simple as water.

And we can talk a little bit about partial fasting, which I'm also a fan of. Which is a completely different type of fast. Right now, I'm talking specifically water fasting.

Dr. David Jockers: Absolutely. So water fasting. How about dry fasting? I know you've experimented with that, as well. What are your thoughts on that?

Dr. Dan Pompa: Many religious cultures do dry fast. Typically for 24-hour periods. Which, if you're going to start that's where I would start. I would recommend doing some water fasting first before dry fasting. But the kind of

cool thing about dry fasting is your body needs water to survive. Where does it get it? It's going to get it from these bad cells.

So you get about a 3-1 autophagy. Meaning you're going to get three times more autophagy. Therefore one day of dry fasting arguably could equal three days of water fasting. I don't know if that works out, exactly. But if it is 3-1 autophagy you could make the argument.

The bottom line is, you're going to break down bad cells very quickly because your body needs water to survive. My son did about 3.5 days dry fast. He did what is called a hard dry fast. And I didn't tell him to do this, he just did it on his own because he was reading about it and got excited. But anyway, a hard dry fast is now showering, basically nothing. Because your body, it's so intelligent, if you shower it will literally suck the water right through your pores. Again, all in the name of survival.

But I had, ironically enough, I'm with him today. I's' a past client of mine who is very, very sick. Who was forced to fast. He didn't choose it. He fasted 12 days on just air. Dry fasted. But it ended up being the thing that saved his life. He literally couldn't drink water. He couldn't even handle the IV. They were trying to give him things, his body was rejecting everything that they gave him.

He didn't drink any water. 12 days. That was the longest I've heard. But people have probably gone longer.

Dr. David Jockers: That's so amazing, that just, we're always trying to add something when somebody is sick. So basically you just didn't do anything, obviously no water, no food, no supplements. Probably no medications here, as well. 12 days.

Dr. Dan Pompa: Yeah, it saved his life. Ironically, I'm here with him now. His body is brilliant and he's better now. And he does a lot of research for me. But he was that sensitive chemically that literally, he was dying. So it wasn't like he said, I'm going to dry fast. But yes, it saved his life.

And I've seen that with water fasting, as well. Where people are almost, the body know what it needs to do. But oftentimes just eliminating, again, that energy diversion. Taking the energy and just driving it, driving the innate intelligence is what saves people's lives.

Dr. David Jockers: Absolutely. So as somebody gets started in fasting, what

are some cautions you typically give people? What are some of the entry steps to do it, and things to look out for?

Dr. Dan Pompa: You have to, if you're on medication, you have to work with your doctor. Because you're going to need far less of whatever medication. Because your cells are that attune. So if you're taking insulin, my gosh, you're going to need so much less or you're going to be in trouble. Thyroid medication. Anything. Antidepressants.

I had a gentleman, it was probably three seminars ago. He was a patient of one of my doctors. He came to give testimony. He was on 120 days of a pure water fast. Here's the testimony. He was on 8 different medications. He was working with his doctors. A couple of psychotropic drugs. So many different medications that were most likely some of the more needed, because he was that unhealthy.

But as he went through the fast, every one of his nutrition markers normalized. All his inflammatory markers were through the roof. He was in a state of death. He was obese, obviously. And at this time, he was off of every one of his medications. And all of his nutrition markers were normal. 120 days on just water.

Dr. David Jockers: Unbelievable.

Dr. Dan Pompa: Yeah. But you should have seen him. He lost slightly over 100 pounds. From what I've heard, to this day, he's still doing fantastic.

Dr. David Jockers: I believe it. I remember my first year in practice, I had a guy with ulcerative colitis. 10 years. Living in his mom's basement. Couldn't work. Couldn't go to school. Tried every diet plan. GAPS diet, low FODMAPS, all this stuff. Wasn't getting better.

And then all of a sudden he was like, I'm just going to fast. And at first, that was kind of my first experience with a long fast. I'm like, great, let's do it. Let's do a 7-10 day fast. By day 5, he was like, this is the best I've ever felt. I can't remember feeling this good. He ended up going 42 days fasting.

And then he got down to 119 pounds. He's 5'11", 119 pounds. So it looked like he came out of a concentration camp. But then he started eating, started exercising, and three months later he was 170 pounds of muscle. No ulcerative colitis. Had his life back. So powerful.

Dr. Dan Pompa: You know, honestly, the doctors that I coach echo the same. I don't know that we could get the conditions that we see well without fasting. It is such an unutilized tool. Because there are so many myths about fasting. I'm going to lose my muscle. I'm going to starve. You can go down the list.

My next seminar, we have Dr. Jason Fung. I don't know if you've interviewed him.

Dr. David Jockers: Yeah, we're interviewing him.

Dr. Dan Pompa: He's a great guy we work closely with. I love the man. He talked about a lot of the myths. I'm sure, ask him about the myths. I think he does a great job knocking it down. He's a nephrologist, University of Toronto. Why would this guy get involved in fasting, he doesn't have to. Because he got fed up with the failures of medicine, and he realized fasting.

I think it really happened, like you said. Some of his patients were coming back and going, yeah, I fasted. And he's like, holy cow your insulin and glucose are unbelievable now.

So he stumbled into it, like I think so many of us do. But it's unutilized. It's a remarkable tool.

Dr. David Jockers: It is. And I just want to really commend you for being one of the pioneers in getting it out. Because you've been really on this, really like the last 10 years you've been talking a lot about fasting. Especially over the last few years. Really have gotten the message out on YouTube, on your podcast, really all over the internet. You're training doctors on it. You are an inspiration to many.

So, Dr. Pompa, what are some final words of inspiration you can leave our listeners with?

Dr. Dan Pompa: I think that it's what you said. It's not necessarily adding something that's going to be your miracle. It's taking things away. Even so much as taking all your food away. And giving your body time to heal.

And I said there's something called partial fasting, which is great, too. Where you just diminish the amount that you eat for five days a month. And the studies there, it's just remarkable. But I think we live in a society right now where we're overfed. Even on healthy foods. I watch people just absolutely overeat.

And I'm not telling anyone to count calories because I don't believe in that. I have a saying. "If you want to live longer healthy, the key is not eating less. It's eating less often." And there lies the magic. When you look at ancient cultures, they don't count calories. They don't eat half their meal and push it away. No, they just eat less often.

I've been to one of the last hunting-gathering tribes. And they ate one big meal a day, pretty much. So when you look at studies on living longer, there's only one thing that really holds up. And it is eating less. But you have to do it by eating less often. So there you have it.

Dr. David Jockers: Love it, man. There he is, the man, the myth, the legend. Dr. Pompa himself, the fasting guru. So check him out, drpompa.com. *Cellular Healing TV*, great show. You can find it on YouTube as well as his podcast there. He talks a lot about fasting he does guided fasts, as well. Which is really cool. You've got a group' what's the name of your group for fasting?

Dr. Dan Pompa: They can join it. If you go under announcements, there's the videos. But it's fasting for a purpose. There are 12,000 people there sharing information. And again, go under announcements for fasting for a purpose. Join us, because there is power in numbers. You get so inspired by the stories and the healing and questions. And I do a video every day during the fast. For a month up to it, I do one a week. So check it out.

Dr. David Jockers: Really good stuff. And I think that's really what it's all about, fasting for a purpose. We have a big enough purpose, we can withstand the sacrifice and really get the results on the back end.

So, for all the listeners out there, I just want to remind you that fasting has the ability to unlock the dormant healing potential within you. It's safe, it's powerful, and it just might transform your life. So try it out, and we'll see you soon.