**Video Talking Points**

1. **Introduction**
	* Introduce yourself and your practice.
	* Briefly mention the topic: the **Fasting Mimicking Diet (FMD)** and its key benefits.
2. **What is the Fasting Mimicking Diet?**
	* It mimics fasting while allowing you to eat specific nutrients.
	* Activates cellular renewal, reduces inflammation, and promotes fat-burning.
3. **Key Benefits**
	* **Weight Loss**: Patients lose **20–30 lbs.** over three ProLon® cycles.
	* **Anti-Aging**: Reduces biological age by up to **2.5 years**.
	* **Diabetes Management**: Lowers Hemoglobin A1c by **1.4%** and supports medication reduction.
4. **Call to Action**

Encourage viewers to contact your office to learn more about **ProLon®** and get started on their journey to better health and longevity.