

FASTING WITHOUT THE HUNGER PANGS

FAST MIMICKING – KEY TO HEALTH, LONGEVITY AND BIOLOGICAL AGE REDUCTION



Dating back millennia, the practice of fasting is deeply embedded in traditional medicine as well as religious and philosophical traditions – from Christian fasting during Lent to Ramadan in Islam, Yom Kippur in Judaism and Buddhist meditative fasting. Renunciation is often associated with deprivation and great effort. However, a new and innovative metabolic programme is transforming fasting into an accessible gateway to a healthier lifestyle. Mylife Changer® combines the benefits of ketosis with a scientifically backed fast mimicking, helping to reduce inflammation, slow the ageing process and promote the long-term rejuvenation of biological age. Based on holistic, integrative diagnostics, the programme is evidence-based, clinically tested and supported by a new scientific study. The medically supervised Mylife Changer® method is available at Mount Med Resort, set in the tranquil Wildschönau region of Tirol.

A Double 'Fountain of Youth' Effect

Mylife Changer® is an evidence-based metabolic programme developed over more than a decade of research by Papp&Papp in collaboration with doctors and researchers. Dr Alexander Papp, specialist in aesthetic, plastic and reconstructive surgery, explains: 'Mylife Changer® merges two scientifically proven nutritional principles that enhance overall health and longevity. The body is guided into a specific form of lipid metabolism known as ketosis. At the same time, controlled calorie reduction induces fast mimicking, triggering fasting-like benefits without requiring complete food abstinence.' Quite the opposite! The Mylife Changer® metabolic programme includes three daily meals, supplemented with twice-daily protein snacks to prevent muscle loss and promote satiety by suppressing the hunger hormone ghrelin. Additionally, intermittent fasting – with a minimum 12-hour break between dinner and breakfast – further enhances the fasting response. 'Through ketosis and the fasting mimicking state, the body reduces inflammation, regulates blood sugar and insulin levels, and activates autophagy, the natural cell renewal process,' explains Dr Papp.

Ketosis

In the initial phase of the anti-inflammatory Mylife Changer® nutritional programme, carbohydrate intake is reduced to a maximum of 30g per day, triggering ketosis – a metabolic state where the body shifts from using glucose to burning fat for energy. The body stores glucose as glycogen in the liver and muscles. These reserves are depleted within 24–48 hours, prompting the body to break down dietary fat or its own fat stores into free fatty acids. In the liver, these fatty acids are converted into ketone bodies, which circulate in the blood and provide energy to organs such as the brain, which typically relies on glucose.

Autophagy

Autophagy is a vital cellular self-cleaning process that supports overall health, cellular recovery and disease prevention. It helps eliminate pathogens such as bacteria and viruses within cells while removing damaged components, preventing deterioration and promoting regeneration. At the same time, it recycles cellular waste into energy, ensuring optimal function.

Autophagy also plays a crucial role in preventing the accumulation of harmful proteins – particularly important in reducing the risk of neurodegenerative diseases such as Alzheimer’s, Parkinson’s and dementia. The Mylife Changer® metabolic programme actively stimulates autophagy, initiating a deep cellular cleansing process with far-reaching health benefits.

Scientifically sound

The Mylife Changer® method has been clinically tested on more than 4,000 individuals. A recently published study also confirmed its effectiveness in supporting weight reduction in overweight patients preparing for bariatric surgery.

Results of Mylife Changer® Study

- ||| **Weight Loss:** Participants lost an average of 7.8kg, primarily from fat mass.
- ||| **Liver Health:** The left lobe of the liver reduced in size by 22.3%, improving conditions for safer surgical procedures.
- ||| **Metabolic Improvements:** Significant reductions in blood sugar, insulin, triglycerides and HbA1c were observed.

Extensive scientific research supports the benefits of keto-based nutrition, particularly for weight loss, improved insulin sensitivity and reduced inflammation. Findings from Blue Zone research – which examines the world’s longest-living populations – also highlight the role of calorie restriction and intermittent fasting in extending lifespan and reducing age-related diseases.

Key Health Benefits

- ||| Activates **autophagy**, supporting cell regeneration and recovery
- ||| Regulates **blood sugar, cholesterol** and **blood pressure**
- ||| Reduces **inflammation**, promoting overall health
- ||| Eliminates **toxins**
- ||| Inhibits the formation of **free radicals**
- ||| Stimulates **neurogenesis**, encouraging the formation of new brain cells
- ||| Supports **gut microbiome** balance
- ||| Promotes sustainable **weight management**
- ||| Reduces stress by activating the **parasympathetic nervous system**, responsible for relaxation, digestion and recovery
- ||| **Enhances mood**, mental **clarity** and **energy levels**

The Start of a Longer, Healthier Life

The Mylife Changer® metabolic programme is structured into three phases – Intensive, Stabilisation, and Maintenance – ensuring a smooth transition into everyday nutrition. This anti-inflammatory approach prevents imbalances and eliminates the risk of the ‘yo-yo effect’, making long-term success achievable. More than just a fasting method, Mylife Changer® serves as a catalyst for a healthier life, promoting lasting weight management and a positive impact on biological age.

A Holistic Approach

At Mount Med Resort, the Mylife Changer® method is applied holistically, beginning with comprehensive integrative diagnostics and the Metabolic Blueprint – a detailed analysis of metabolism, biological age, fat utilisation, heart and lung fitness, posture and breathing. Based on these findings, a guest’s individual nutrition level within the metabolic programme is determined. The programme is further enhanced by a combination of manual and device-based treatments, signature infusion therapies and tailored exercise. Specially developed herbal tonics and nutrient supplements support detoxification and recuperation, while neuroscience biohacking helps to break old behavioural patterns and establish lasting, positive changes at a cellular level.



Age Reverse at Mount Med Resort

A 7-night programme designed for sustainable age reversing and healthy beauty.

Information and Booking: [Age Reverse | 7 Nights](#)

About Mount Med Resort

The newly opened Mount Med Resort in Tirol, Austria, sets the standard in age reversing, prevention and mobility, combining an innovative Medical Spa with the Mylife Changer® method. Built on the 850-year-old foundations of a former tithe barn, this architecturally and conceptually unique retreat in the Wildschönau high valley is comprised of 60 rooms/suites and a 3,500sqm Medical Spa in 10 buildings. Together, they form a self-contained sanctuary that blends seamlessly into the unspoiled alpine landscape. As a medical flagship, Mount Med Resort is a consciously designed retreat, offering guests an extraordinary world where they find restoration, renewed strength and inspiration. Its visionary Medical Spa integrates diagnostic, conventional and integrative medical expertise.

Key Medical Focus Areas

- ||| High-end integrative diagnostics & state-of-the-art imaging
- ||| Preventive care & check-ups
- ||| Aesthetic medicine & age reversal
- ||| Sports medicine & performance optimisation
- ||| Dermatology & Skin Solutions
- ||| Orthopaedics & mobility
- ||| Nutritional medicine & metabolic testing



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