## Introduction to Dr. Catharine Anston and Energy Bits

All right, everyone, super excited to be introducing you to a friend of mine, Doctor Catharine Anston, who's a PhD expert in algae nutrition, wellness, thought leader, entrepreneur, board certified health coach.

Her passion began in 2008, when her sister's breast cancer diagnosis led her to research alkaline foods, where she discovered algae, the most alkaline, chlorophyl rich, nutrient dense food on Earth.

Despite tens of thousands of research studies confirming its benefits, algae was pretty much unknown outside of Asia, and she determined to change that.

And she founded Energy Bits for the last 15 years, Catherine has immersed herself in algae research, reading thousands of scientific papers, speaking at global conferences, appearing on 300 plus podcasts and earning her PhD.

Her work confirms Algae's unmatched ability to nourish, protect and energize the body recognized by NASA and the United Nations as the most nutrient dense food on the planet.

Through her clear, engaging, and fun teaching, Catherine makes a complex science very simple. Inspiring for people worldwide to see why algae is an urgent addition to our modern nutrition and as a special gift for you because you're a part of our Cancer Breakthrough Summit, you can enjoy 10% off her energy bits, spirulina and Chlorella by going to energy Bet.com and using the code breakthrough.

All right, get ready. You're going to love this conversation. All right. Doctor Catherine, thank you so much for joining us today. How are you doing, friend? I am doing really well.

So great to see you again, doctor. Eric. I love you. I love it, I love it, I love the background. I love the microphone. I love your glasses. Everything about you is stylish.

It's excellent. I'll never forget the first time I saw a booth of you all exhibiting at a conference. And you guys just stood out amongst all the other vendors.

I mean, you had flooring, you had furniture, you had just like, there's just something about everything that you do. Oh. Thank you. That's so nice of you.

Ironically, my previous career was in interior design, so I. And I'm now in the science geek, so it's a pretty big stretch, but my, my love of making things beautiful has never left me.

So whether it's our T-shirts, our packaging, our booth design. Because I think if you help people relax and beauty does that for you, if you use beauty to, for positive reasons rather than to try to impress someone, it really does have a wonderful effect.

And a nature does the same way. Look at flowers. They're not trying to impress anybody, but I don't know anybody who doesn't love a beautiful flower or a beautiful bouquet.

And, it relaxes you. We send them to each other when we're sick, when we're happy, when we're celebrating. It's much better for you than chocolate.

## Why Algae Matters and How It Is Grown

But, so I just follow that as a sort of a guide to helping people understand algae, because it's like flowers comes

from, Mother Nature, and it's good for you, and it's very healing.

And we're going to talk about some of that today. I can't wait, I can't wait. And and folks, if you're not familiar with with Doctor Catherine and her company, Energy Bets and the product that she sells, it's just more than just algae.

You what what you do is you educate, you inspire, you help. And so I can't tell you how many times, doc, I bought a product and there's virtually no information at all on the label.

There's nothing that comes with it. I just get a blank Amazon package. A blank box from the company is like, what do I do with this? How do I use this?

When you get when you send your product to people and they get the pamphlets, they get the education, like there's so much to it. And by the way, you're right, it's esthetically beautiful.

It's just it puts my mind to rest. Like, you know what to see you putting that much effort into. Not the marketing, but the education, the packaging, the presentation.

Because, I mean, let's call it for what it is algae's dark green. It's not sick. So let's make this back to you first, okay? That's what I was trying to do.

So talk about algae a little bit. Why in the world here it is. Why are we talking in 2025 about algae? Great question. And people may say at the end of this session that, they, they can't believe that it can do all these things.

And why wasn't telling someone, telling them about it earlier? So the reason why we're talking about algae today is because it is Mother Nature's pharmacy.

It was the first life on Earth, for almost 4 billion years ago. It was a Sino bacteria called, spirulina. First life on Earth. That's pretty special. And in fact, that's why I call spirulina spiritually, because there's something spiritual about being the first life on earth.

But but as you mentioned, algae is a very sexy people only think of it as closing their favorite beach. They see algae blooms, and so they have a either a negative connotation about it or no understanding of it whatsoever.

And as I mentioned, it is truly Mother Nature's pharmacy for us. But, and to back that up, there are 100,000 scientific studies documenting the different nutrients found in algae.

We're going to go through some of them today as they relate to helping, helping you protect yourself from any kind of chronic disease, accelerated aging, and including things like cancer.

So, so we're talking about algae because it's a food. It was it, as I said, first life on Earth, and it's not a it's not a supplement. We, grow ours in Taiwan, which is considered the gold standard for growing algae because growing algae isn't like growing broccoli.

It's more like making wine. And when you make wine, it's affected by a number of things. One, the angle of the sun. Because when you get us over a block from New Zealand, it tastes a whole lot different than a Sauvignon Blanc from California.

Well, just turns out that Taiwan, for whatever reason, the angle of the sun that when you're growing algae allows the algae to have the highest concentration of nutrition than anywhere else in the world.

By the way, I live in Florida now, and it has the same climate as Taiwan, and I plan to build an algae agricultural industry here. But number two, about the just making the wine connotation, then it's all the production processes with with wine.

It's the kind of wood that you use in your barrels, how long it's in the barrels. Well, with us the things that are

important are how quick, how clean is the water that the algae was grown in?

Because algae will absorb whatever's in the water. That's why you never want algae from an ocean or from a lake. And also then how is it processed? How is it dried?

Because, there are critical nutrients that we're going to do a deep dive in today, like one called superoxide dismutase, that protects the mitochondria from free radical damage.

And a blue pigment found in spirulina called cosign. And that's spelled with a pH y. It's proven. And you can Google is proven to kill cancer cells. These are nutrients that are all deactivated by high heat.

Because they're, And I've got the science to prove that as well. So, so just to back up about algae being food, we grow it in freshwater and we preserve all the nutrients.

So it has the most, the most, highest quality and can do the most for you than any of the lesser you can. But and to be grown in India or China and, they're contract manufacturers and they just cut corners to get to market quickly.

And one of the corners they cut is they use high heat to dry it so they can get to market quickly, which deactivates. I think the two most important nutrients found in algae.

Yes, it has high chlorophyl. Yes, it has protein, high protein, but it has these this nutrient superoxide dismutase that protects your mitochondria. And we'll talk about that later on.

And it has this blue pigment that has been proven and is used, by the way, by chemotherapy companies to kill cancer cells. So when we're talking about algae, it's because it has not it's not just a superfood.

I call it a super duper food because it has remarkable ability. A lot of people put scoops of it in their smoothies, and they know it's good for them, but they're not quite sure why.

They know it's it's got high protein or it's green. So it's got to be good for them. But they're not sure exactly what that does. And so what I'd like to do today is help walk people through these nutrients found in spirulina and Chlorella, which are the two main algae that we sell and that people are familiar with.

And what exactly these nutrients are doing to help protect you or help correct you from a cancer diagnosis. And it's all science based. I just want you to know that it's not algae that's doing it.

It's the nutrients found in algae and that are documented in science to have this effect. So, and also just a disclaimer, I want people to always follow their doctors and their medical advice, their practitioners advice.

What I'm telling you is knowledge and information that will help you on your journey. Please don't assume it's going to, do anything dramatic. It will just facilitate and improve your healing journey.

You said a couple things that I'd like to unpack before that, though. I think it's really important. Sourcing. I'm trying to find it. It's really hard to find these companies online, especially Amazon.

I'm just kind of poking around here. You mean you mentioned something about oceans and lakes? Yeah. This is a major concern.

## Algae for Cancer Support and Daily Nutrition

So yes, through some of the contamination issues that people are are exposing themselves to when they are consuming algae from ocean sources and kind of walk us through, not like the competitors, but just if you could not, like, blow the whistle here, like, yeah, I've heard the other companies getting their algae from and walk us through this because I could I my mind is kind of going down the bunny trail here of like whoa, we get a the first thing I know and with I, just, going crazy right now, it's really hard to separate reality, from fiction.

And so that's why you always want to go with a vendor like us. Energy bits, where we've. I've been doing this for 15 years. And we only sell through doctor's practices because we do.

Third party lab tests were so deep on the science. So we are very trusted. And I don't know any other company that's committed themselves. Like, we have to quality, integrity and education.

So we're the real deal and so is our algae. But so to get back to your question number one, this issue of water. So algae is the cleanup crew. It's Mother Nature.

It's not just the pharmacy, it's the cleanup crew. The reason why you see algae showing up on a beach is because there are toxins and bacteria there. Algae absorbs the, the toxins and kills the bacteria.

It does it in the water and it does it in your body as well. That being the case, algae will absorb whatever's in the water. So if you are, you do not want algae.

This is the only thing I can think of. You don't want wild grown. And there is a company. I won't mention who it is. They grow their algae in Klamath Lake.

Well, you cannot keep micro toxins out of wild bodies of water. It's impossible. So whatever algae is growing there that they're making into tablets or powder for you, you have mycotoxins in there.

And I have scientific papers that prove that they tested that that algae. So we grow ours in triple filtered spring mountain water. And it took me two years to find a company there based in Florida that tests specifically tests algae for mycotoxins.

It's usually for companies that are trying to test the the algae on their beach, but they also can do it for nutritionals. So they always test our algae.

And of course, we never have mycotoxins because our algae is grown in triple filtered spring water. So the source of the water is critical. So that's number one.

Number two, just back to the oceans. There's two main categories of algae. And I'm just going to break it down for you. One is macroalgae and the other is microalgae algae.

We're talking pretty much about microalgae here today. But let me tell you what macroalgae is because it's only from the sea. Macroalgae is that stringy stuff or things that you can see from the that are grown in the sea.

So it's like it's seaweed, kelp, dulse also, CMOs is a is a type of macroalgae. Now, it's still good for you because it has high fiber and iodine because it comes from the ocean, but there's virtually no nutrition.

And now that we know that there's the the oceans are so toxic, it does cause contribute to another greater concern. And we know there's so many plastics in the ocean and the fish are are eating the plastics.

And then the, the toxins attach themselves to the, to the plastics. So even when you're eating sea fit or anything from the sea, you're going to run into a problem of additional toxicity because of the microplastics that are out there.

Once again, we don't grow our algae in the ocean, so you never have that issue with toxins or microplastics as you would with macroalgae. Like seaweed, it's called seaweed because it's from the sea and it's very stringy.

So you just have to be very careful with us. Which is a microalgae. Microalgae are microscopic in size. You can't see it. You can get like a million of them on the head of a pin.

And this and the and microalgae is everywhere. It's in the sea, but it is also in the lakes, the rivers, the soil. And as I mentioned, grown as a thing in, in a multibillion dollar agricultural crop.

This is why, you know, at first when I started this company, 15 years, I was scratching my head. I thought because I was reading all the science about all these healing properties, all these nutrients found in algae, and they've been taking it daily in Asia for 60 years.

But it's because 99% of algae is grown in Asia. That's Taiwan, Korea, India, China, Japan. But, and so you can't ride your bicycle to school or drive to work without driving by an algae farm.

It's just normal there. Here we have corn and wheat and soy and no algae farms. So the reason why people don't know about these nutritional benefits and healing properties of algae is number one, it's just not grown here in mass consumption like it is in Asia.

And number two, because it's a food, there's no, there's no, ways to protect, patents. So the food industry in the, in the biotech industry, and certainly not the pharmaceutical industry have no incentive to educate you.

They don't want you to know about these natural healing properties that Mother Nature has provided to us, because they want you to buy their drugs. Right.

Well, the ironic thing was when you talk about the blue viscose line and that's in the blue spirulina, they already use the pharmaceutical industry uses this.

And you probably know this doctor Eric, that I think at least 35 or more percent of pharmaceuticals are made from plants. So plants and Mother Nature is the original pharmacy for us.

But it takes a lot of work to learn what what you know, what these nutrients are and how to decipher good ones, good suppliers from bad ones and understand how exactly they work.

So that's what I have spent 15 years doing. I've, I learned I taught myself the science, the biology. Then I finally, got the PhD, so people would feel comfortable.

And so I would feel comfortable. But I take away the mystery. I do deep dives in the science so I can explain it very simply for people, so that they can at least grasp what's going on in their body.

They can grasp why the nutrients found in algae do things that nothing else does in the universe for you, because these nutrients aren't found in other places.

And then if they want more science, it's there either from our website or if you Google for scientific papers. All right. So let's cut right to cancer really quick.

I could already tell people are thinking because we've been kind of teasing this topic. There's a there's some other things are going to go back to. So I appreciate the back and forth.

Why in the world I want you to sell me sell me on this. I want you to I use this word carefully, y'all. We are being sold to we are being sold to by TV commercials, by radio, by podcast, buy by pharma, by supplement companies.

We're being sold to all the time. I would love to be sold to the idea. Then I need a consumer food supplement to help me with cancer prevention. Maybe treatment. So blow our minds.

Okay. Well, the first thing I want people to know is that our bodies heal themselves if you give them what they need. And if you take away the things they don't, it's that simple.

The things your body needs are generally things provided by nature sleep, sunshine, breath, movement. And I include algae in there because it's the first life on Earth.

It's got 40 vitamins and minerals. It has nutrients not found in any other, any other food. So number one, you need to know that if you give your body what it needs and take away what it doesn't, you will improve your health.

It doesn't get any more complicated. Where it gets complicated is trying to find the sources of the things that you need, and how and which things to extract.

One of those things would be EMF. We can talk about that later on. So an example of where this is deployed beautifully is a place called the Hippocrates Health Institute, which is operated for 50 years in West Palm Beach in Florida.

And they take patients that have stage three, stage four. I don't know if there is such a thing as stage five cancer, but these are 90% of their patients are very, very sick.

And what do they do? They make them sleep. They make them sweat with soreness. They give them red light therapy and sunlight. They give them spirulina and chlorella algae.

They make them meditate. They do all the things that I just said that you need, but they do it in very large quantities and in a very concentrated period of time, and they have a 90% or higher success rate in turning around their patient's health.

## Key Nutrients in Spirulina: Protein, Chlorophyll, and SOD

So they walk in the door very sick, and they walk out the door three weeks later, very healthy, no drugs, nothing, just natural things that you're bought that you could do for yourself at home without having to travel the distance and spend three weeks and $15,000.

So, and algae, you know, sleep, walking, breath, sunlight, those are all free. And when we have a discount code for everyone and when you buy our large bag of a thousand tablets and use the discount code ten tablets a day, which is what we recommend as a starting amount for spirulina.

It's the blue package because it's the blue green algae and 1010 for chlorella. These are just the starter amounts and we'll get into amounts dosage. Therapeutic amounts would be closer to 30 tablets of each or more.

But if you took ten, it works out to a dollar a day. Now you are starting to give your body what it needs for a dollar a day. That's the nutritional input from spirulina and Chlorella takes away what your body doesn't need for a dollar a day.

So now we're talking $2 a day to give your body what it needs and take away what it doesn't without having to travel to a healing center and spend $15,000 and three weeks.

So this is why you need algae, because it will do all of these things. We're going to do some deep dives on a couple of them that your body needs, and it will pull out the things it doesn't.

And then you can add on things like a therapy or vacation movement, and those are things that you can do at home without any cost. So we're trying to bundle together a solution for everybody that's affordable, effortless, proven, and is used in very high level healing centers around the world.

I just mentioned one, but there's plenty others, and they pretty much do all the same thing. So what makes algae so special? You mentioned a few few chemicals I can't pronounce, but I had to use them.

So walk us through some of the science, some of the enzymes that that you're sharing, because a lot of it has to do with enzymes and activity and nutrition.

So yes. Well, so algae is as I mentioned, is its own food category. And it's I, I joke around saying it's not just a superfood, it's a super duper food because it literally contains nutrients not found anywhere else.

Number one, it has the highest protein in the world. Now, protein is important obviously for muscles, but also your entire body. The way that your your body generates energy is through these a series of proteins.

And so you need protein at all levels and stages of your life. When you're young, when you're middle age and when you're older, and certainly when you're sick to help your body regenerate.

And so there is even the United Nations 50 years ago had a global conference and declared spirulina for algae, the answer to world hunger, because it has three times the amount of protein as steak.

And there is nothing else in the world with more protein than spirulina, algae, nothing. It's Chlorella has the second highest. So spirulina is a 64% protein and Chlorella is 60%.

So number one, what makes algae special? Highest protein in the world. Not only that, but the protein is available. Bioavailable animal protein is all bound up in, and can take days for your body to break down into what's called amino acids.

Because your body can't absorb protein, it has to break it down into aminos. Then there's smaller clusters called the peptides, collagen peptides and then algae.

All the amino acids are already in individual form. So not only is it the highest protein in the world, it's the highest bioavailable protein. And I always defer to spirulina if you want extra if you want protein because spirulina is a bacteria, here's wall on to get access to the protein.

So it's absorbed instantly if you chew it. And within minutes if you if you swallow it. So first number one box to check highest protein in the world.

Your body needs protein. Your muscles need protein, your brain needs protein. Your cells need protein to stay healthy and to heal from any kind of illness like cancer.

By the way, I'd like to point out that a lot of people who do have cancer and who are getting chemo treatments, or are just sick in general, don't like to eat very much, particularly animal protein.

It just makes them nauseous. Well guess what? These are tablets. Spirulina and Chlorella are very tiny. They're about the size of a baby aspirin. This this one's the, spirulina.

You can swallow these, that you can swallow a handful instantly, but never upset your stomach. It's there's no repeat like fish oil. So you can get your protein and all of your nourishment in seconds without even having to eat.

Or you can grind it up and put it in a smoothie. So if you are sick now, this is a great way to nourish your body without having to eat. I also talk about it being important.

If you're if you are on a GLP one or a weight loss, that's another, that's another summit. But anyways, if you are sick or if you just don't like to eat or don't have time to eat, this is your answer.

I call it fast food because it's fast and it's food. So, in fact, by the way, we call our algae tablets bits because they're bits of food. There is nothing else in there, just 100% spirulina and 100% chlorella.

So that's the first one. High protein, the second one Chlorella or both. Algae have the highest chlorophyl in the world. The highest. In fact, Chlorella is called Chlorella because of the chlorophyl.

Some people are familiar with chlorophyl water, but, algae has 25 times more chlorophyl than liquid chlorophyl, 500 times more chlorophyl than arugula.

Nothing in the world with more chlorophyl than algae. And here's a great and you say, well, how important is the chlorophyl? Well, here's a chart that shows you this is the chemical composition of your hemoglobin.

And this is the chemical composition of chlorophyl. They are virtually identical. The only difference is your hemoglobin has iron in the middle. And that's what carries oxygen.

So chlorophyl builds your blood. You want you need healthy blood to live a good life to to bring nutrients and oxygen to your brain, to your body, to your cells, to keep you healthy.

And if you aren't healthy and you have a health condition like cancer right now, we need to get your blood, working better. So that's number one. Chlorophyl builds your blood.

Chlorophyl also kills bacteria, kills it in your mouth. It kills your colon, kills it everywhere. Remember Algae's, the cleanup crew, and it kills our bacteria in the water, so Chlorophyl is very cleansing.

Third, chlorophyl and algae in particular is are the most alkaline foods in the world. And now, why is this important to cancer? Well, there's a German scientist by the name of Otto Warburg who discovered in the 30s and won a Nobel Prize for it, that cancer cannot exist in cells that are slightly alkaline.

The alkalinity chart goes from 0 to 14, so as long as your cells are at least 7.1, cancer cannot move in there. Now, when your cells are slightly alkaline, that indicates that they're healthy, that there's oxygen, that there's, H2O.

And these are all important things for your cell to function properly, particularly the oxygen, which is, a very critical part nutrient for generating cellular energy, which we'll talk about next.

So the alkalinity is very critical. And I started my company fruits 15 years ago because my of my sister having cancer, she was diagnosed in Canada with breast cancer.

And her oncologist, which as you know, is a cancer specialist, told her to change her diet to an alkaline diet. My sister didn't tell her what an alkaline diet was or why it was good for her.

So my sister called me. I had an MBA, was doing international business at the time, didn't know anything about nutrition, but I love my sister and I said I will find out.

And it turned out that an alkaline diet was mostly a plant based diet because of the chlorophyl and the phytonutrients that are alkaline have been proven to build your immune system.

So I started down this entire I started this whole algae adventure, if you want to call it, because my sister had cancer. And then after helping her, I just, I just kept going.

Here I am now hopefully hoping to help other people. So the alkalinity issue is very important. And there is not a single food in the world more alkaline than algae, and a good deal of it is because of the, the chlorophyl.

So we've now covered protein and chlorophyl. All right. Now we're getting into some really juicy stuff. The next critical nutrient is not found in medicinal quantities in any other food in the universe, or even in supplements, and it's a nutrient you're probably not familiar with.

It's called superoxide dismutase. Also known as Sod. Now, why is this stuff so important? I'm going to I'm going to yeah. Sod. Well, sod is an antioxidant and antioxidants are is are they neutralize free radicals?

Now, what you may not know is that, this particular antioxidant, superoxide dismutase, is made by your body from the moment you're born, just like your body, makes other great stuff that you need, like, enzymes and, hormones, like estrogen for women, and, melatonin, which help you sleep.

So it makes this stuff called sod. From the moment you're born. However, by the time you're 30 and certainly by 40, and then definitely by 50, your body, as soon as you hit 30, your body slows down the production of all these things.

This is why women go through perimenopause and menopause in their 40s and 50s, because their body is slowing down and eventually stops producing. Estrogen also slows down and stops producing literally melatonin.

It also slows down and stops producing this stuff called superoxide dismutase. This is a big problem. This is one of the main contributors to getting cancer or any chronic disease.

Why? I'll tell you why. So in the process of generating cellular energy, which mitochondria do and cellular energy, by the way, is needed by your body to do everything.

It's not just energy to run to the grocery store or have a great workout. This is cellular energy that your body uses for your neurotransmitters, for your immune system, for your lymphatic system, for your digestion.

Absolutely everything requires this stuff called cellular energy, and it's called ATP. Now, think of cellular energy and your mitochondria as lights, as, lights in a building.

Now, in a building, you can't do any work if you have a power outage or if your lights, bra, burn out. And when you have those situations, you call maintenance and they come and fix the lights or fix the power and you're back to work.

Well, your mitochondria are not just the light bulbs. They are also the power source. They are the electricity. They generate everything that your body requires.

So it's like keeping your lights on when you have your mitochondria working and in high quantities. The trouble is, we don't have a maintenance person that we can call when they get damaged.

Well, we sort of do. And it's called superoxide dismutase. Because here's what this stuff does when you are producing this this stuff called cellular energy.

There's a byproduct called free radicals, which are damaging as we know now, normally an antioxidant would, neutralize a free radical. However, mitochondria are the only cell in your body that have two membranes, and the inner membrane is impenetrable by virtually any other, by almost all antioxidants.

You have an outside lipid membrane, and you have this inner one as well.

## Phycocyanin, Energy, and Cancer Cell Support

Now, the good news is there's an antioxidant called superoxide dismutase that can get in there and turn and neutralize the free radicals. Think of it like a big golf umbrella.

You know, when you are caught in a rainstorm, whether you're golfing or shopping, you have one of those big golf umbrellas. You pop that baby up, you don't stop the rain, but you stop getting wet.

Okay? That's a that's the beauty of those big golf umbrellas. Well, superoxide dismutase does the same thing for your mitochondria. It doesn't stop the rain of free radicals, but it neutralizes them and turns them into water and oxygen.

So it's like having a golf umbrella. It neutralizes them so the mitochondria don't get damaged, because when they get damaged, they die. And then you have less cellular energy.

The problem is, by the time you're 40, that golf of your body isn't making as much of it anymore. So it's like that big golf umbrella has shrunk down to a total umbrella.

So now you're you're poor little mitochondria dodging raindrops. Are you also known as free radicals? And then by the time you're 50 your body isn't making any superoxide dismutase.

So it's like someone stole your umbrella and now you are out there in the rainstorm getting drenched. What happens now is that your mitochondria are getting damaged by all that's pouring outpouring of free radicals.

So they die and their lights go out and your lights go out and your lights go out, which means you have less and less cellular energy to think, to to breathe, to have a strong immune system, to fight diseases, to fight off things like cancer.

It's like someone pulled the cord out of the wall and you just don't have the physical internal energy to defend yourself. Now there's a happy ending to this story, because the superoxide dismutase that you desperately need to protect your mitochondria with that big golf umbrella is found in the highest concentration in the universe in spirulina algae.

But there's a catch. Superoxide dismutase is also an enzyme. And so all the companies that are selling the less expensive algae that use high heat to get to market quickly, to cut corners, active, buy a great car at a super discounted price, except to lift the hood and there's no engine.

So even though it may look good and you might get some chlorophyl in protein, you aren't getting that active superoxide dismutase. Now, I just want to remind you that this is exactly why places like the Hippocrates Institute give their cancer patients raw and fresh spirulina, which you can also get, which will still have this active soda for you.

But it's very difficult after you leave those healing centers to get this stuff. It's expensive, it expires quickly, it tastes terrible, and you can't travel with it.

So they're talking to us because they want to use our algae, which is raw, just like fresh and raw is for their patients after they leave. And so they can have a cleaner source of sod to protect their mitochondria, to keep those cancer cells at bay.

So remember how I talked about also the importance of keeping your cell alkaline to keep cancer out and when and when it's alkaline, it indicates there's oxygen and water in the cell.

Well, think back what I just said about superoxide dismutase. It not only protects the mitochondria from the free radical damage, but it converts them into water and oxygen.

So this is why this superoxide dismutase, also known as Sod, has a double purpose. It not only protects your mitochondria, it ensures that these, the cell stays alkaline by ensuring a constant supply of oxygen and water.

Mother nature is brilliant. You couldn't have come up with a better solution to protect ourselves. This is why I say algae is Mother Nature's pharmacy.

That helps you protect or regain your health in whatever age you're at, whatever level of, health or well, or lack of health you're at. This is such a natural thing to add to your your diet, and you should be taking this every day, to ensure that you're getting nourished.

I call spirulina your your nutritional insurance. And we'll talk about chlorella in a minute. And chlorella is your health insurance because of the detox.

So spirulina puts nourishment in, including that sod and chlorella, pulls things out like, the damage from glyphosate, pesticides and other other toxins.

So, so that's so now we've talked about protein chlorophyl and superoxide dismutase. But I left the best nutrient to the end. And this again, I'm sure no one has ever heard of before, but there's tens of thousands of studies.

Oh, by the way, before I get to this next nutrient, I do want you to know there are 25,000 scientific papers documenting how superoxide dismutase, also known as Sod, is proven to reduce inflammation, protect your mitochondria, prevent Alzheimer's, prevent chronic disease, prevent cancer 25,000.

So I'm just telling you what I'm aware of in terms of the science and the research that's been done already. The

only thing that's missing is that the scientists don't know that you can get this nutrient, superoxide dismutase, in raw spirulina.

So that's why I'm so delighted to be speaking with you, Doctor Eric, on this, on this, summit so that your community can find out that there is hope. And it's from food that is provided to us by Mother Nature, and we just grow it so carefully that it works really well.

Anyways, let me get to the number four most powerful nutrient found in spirulina. So, you may have I may have forgotten to mention to you that spirulina is referred to as a blue green algae because there are two pigments in it.

One is the green one that you're familiar with called chlorophyl. We already talked about that, but the other pigment is called ficus sign-in, and that's spelled p y c o c y and I n.

I'm going to hold this up. What? It does not exist anywhere else in in nature. Someone asked me if it was better than methylene blue, and. Absolutely it is for a number of reasons.

Methylene blue is good. Is good. It has lots of, wonderful properties. But let's face it, it's it's manufactured by cosine. And, is natural. It comes from Mother Nature, comes from food.

I always defer to Mother Nature. So number one five cosine in is natural number two five cosine. It does not exist anywhere else in nature. So what does it do.

It's also an antioxidant. So back to the antioxidants. And yes it can get into the cellular structure in the mitochondria. But the most powerful thing is that it's proven to kill cancer cells.

And I'm just telling you what I have found on you online. And you can Google fi, cosine and and cancer treatments and you'll find the kind of research I have found like this one in particular.

What they did is they took cancer cells and they put them in a petri dish and dyed them purple. And then they added five cosine into the petri dish. And then they took pictures of the petri dish over 24 hours.

So in 24 hours the, the, the cancer went from that to that virtually gone. So I'm trying to do this backwards. So that was pretty powerful. And if you want to know exactly what how this is working, this five cosine and the blue pigment only found in spirulina has remarkable qualities in a healthy cell.

What the blue five cosine and does is that it is is a bit geeky. It speeds up a little helper cell. The way you generate, cellular energy is through a process called the electron transport chain.

It's sort of like a relay race, except instead of having runners passing batons, you have proteins passing electrons. So but they have this little helper molecule called cytochrome c.

It's sort of like having a Tesla involved. And now in a healthy cell, that blue pigment will speed up this little helper cell called cytochrome c, which generates more ATP.

This is one of the reasons why you get energy from spirulina, which is why we call our our spirulina energy bits. Okay with me so far. So in a healthy cell, that blue pigment speeds up the process of generating, this ATP because it speeds up this little helper cell called cytochrome c.

However, in a cancer cell, the the blue pigment detects that it's an unhealthy cell. And instead of speeding up that little helper molecule, it ejects it and which triggers something called Kaposi's, which triggers something called a pop ptosis, which is known as healthy cell death.

You may think, oh, this is terrible, but no, it's good because when you have a cell that knows that it's it's been around and it goes, oh, I'm not feeling so great, maybe it's time to get out of here.

It's sort of like maybe someone who's been working at a job for a long time has had a great run, great career, time to retire. So what they do is they give away all of their projects and all their leads to the next generation so they can continue the work.

## Chlorella for Detox, Gut Health, and Recovery

And and then they exit. Well, when a healthy cell says, you know, it's time to go, it does the same thing. It divides itself through this process called apoptosis, which is non inflammatory.

It gives away its DNA and it's good. My enzymes and it breaks into 4 or 5 new cells. Problem solved. But the problem is cancer cells don't know they're sick.

So they cannot go through this process called apoptosis. They cannot kill themselves. This is why cancer cells spread so quickly. They are not able to have this trigger that says, you got it.

You got to die because you're not you're not a healthy cell. So the fact that this blue Faygo sign and found in spirulina can trigger that process is remarkable.

And and just to let you know that cancer some of these chemotherapy companies already put phi cosine in their cancer treatments. And the way they can determine if the cancer treatment is working is they measure the amount of this thing called cytochrome c in your plasma because that's a byproduct of when the the cells die.

And so they have a lot of it. They know the cancer treatments working. But I say who you know, raise your hand if you want chemotherapy. I don't see anybody in the room raising their hand.

Mother nature has provided us this pharmacy and one of the pharmacy, opportunities is so is the focus on him. So because we always have cancer cells in our bodies at all times.

But if you have a strong immune system and you have lots of cellular energy from mitochondria, generally your body can protect itself. But these days, nobody has a strong immune system, and everybody's mitochondria are under threat and dying.

So we I have a perfect storm where and this is one of the reasons why cancer is growing so much. So let's give thanks to Mother Nature for looking out for us to provide us with something that can correct a condition before it escalates.

And if you have an escalation, it can help reach unwind that situation. And it does it with food. So, now I skipped over the fact there's 40 other vitamins and minerals and, all these other great things in spirulina and Chlorella in the United Nations.

Even the NASA has declared, algae is the most nutrient dense food in the world, with a thousand times more nutrients than any other fruit or vegetable.

So even if you don't have cancer, and you're aren't worried about getting cancer, just the fact that you can get nourished with something so simple and so clean and so safe and able to be fed to your children, your pets, and your grandparents is remarkable.

So, no, no contraindications. I mean, it's it's almost the perfect food, really. You know, the is you're talking I, I keep on thinking about this concept of why do we wait till we get a diagnosis to change and whether it's a cancer diagnosis or, heaven forbid, you have a heart attack or stroke or you end up being, you know, determined that you have obesity, diabetes, it's like that's the wake up call that people usually get to want to make the change, to even consider what you're talking about.

And I want to challenge everyone, myself included, because this is how I've tried to live and I continue to. And the older I get, the more I understand about the toxicity around us.

That, quite frankly, is unavoidable. Yeah, we haven't even talked about this. And I know we we have a whole nother and I, I want to schedule a follow up interview.

We can talk about forever chemicals and microplastics and how, the next topic, chlorella can help detoxify the body from all these things. But the reality is this, y'all, we need to be living as if we have cancer.

Yes, the doctor said we have cancer. It's just a matter of whether or not it's hurting us or not. We all have cancer cells in our body. We need to be living as if we just got diagnosed.

So you should be eating in a way as if you just got diagnosed. And that's why I love I mean, again, going back to your awesome packaging, I love the little tin, the little tin can that, I don't know, it's the size of, like a, I know it's like a little pill can, but it's like a mint.

It's like a little minced tin. Yeah, it was made ten. I love putting it in my pocket because I travel with it and I love take. I mean, I love the fact that I know I have food that I can consume to improve my natural defenses and to help me be healthy, whether I'm traveling, whether I'm just dealing with a stressful situation, I'll increase the dose or whatever depends on what I'm dealing with.

But that's wonderful, and I know I'm not running to a petrochemical based synthetic supplement, and you haven't said too much about that. But it needs to be said.

Most supplements on the market are absolute trash. They're made of chemicals. They're not a whole food based, and people are just consuming, consuming chemicals because they're, quote, bioidentical thinking, because their functional medicine doctor told them what their favorite foods are said.

You should be taking that stuff. The more I learn about the supplement industry, I'm aghast. I'm aghast at where they're getting these products from. And that's why I go back to yours.

And I'm like, it's food. It's sourced clean, it's food, it's bulletproof. So let's finish is I know, I'm running up on a time here. Yeah. You chlorella because the nutrition aspect is so important.

But we can't we can't discount the detoxification piece. Exactly. Well, and what happens with the toxins? The average adult, by the way, now has 700 toxins in their body.

So not only are we not getting nutrients from food anymore, and everything's over processed, we are loaded with toxins. And the way I describe the toxins situation is like, I used to live in Boston and in the winter time, people were very protective of their parking spot because with all the snow that gets, shoveled around, it's really hard to park.

Well, if someone's in your parking place, you can't park. You're just stuck there. That's what toxins do. You can have all this great nourishment going in from the from spirulina, for example.

But if the toxin is sitting in what's called the receptor cell on your cell membrane, it can't get in. It's like you can't hear the signal if you're in between, you drop a signal on your cell phone if you're in between towers.

So it's critical to remove those toxins so that the nourishment can get in. Remember I said the very beginning, the two things that you need to do to heal yourself or protect your health is give your body what it wants and get rid of what it doesn't.

So we've we've talked deeply about spirulina giving your body what it wants. And chlorella will pull out what it doesn't. So what does it pull out? It pulls out everything that shouldn't be there heavy metals, lead, mercury, radiation, aluminum, glyphosate, pesticides, spores from molds, from from parasites, from plastic, microplastics.

It pulls them all out. The key lights them, which means it attaches to them and removes them. And how it does that is a combination of that, the hard cell wall that attaches to it and pulls it out.

Also, Chlorella has the highest, concentration, something called glutathione. Another antioxidant which is particularly important for your liver. Your liver is kind of like your, water treatment plants, you know, keep everything in your body, clean.

So chlorella is what removes all the toxins. And, it's critical to take after any other bio hack, whether you're doing a deep a cold plunge or a sauna, a red light, or even chemotherapy, because it will pull out extra, radiation.

By the way, the United Nations used chlorella after Chernobyl to help people, pull out the radiation after the Fukushima disaster in Japan ten years ago, the global supply of Chlorella was bought up within 24 hours.

Because everybody in Asia knows it's the only thing that pulls out radiation. So A is pulling out all the heavy metals. But here's the other thing. Your body eliminates toxins four ways sweat, breath, urine and bowel movements.

So the sweat chlorella really helps with pulling out any of the toxins released from sweating or from any of these, other bio hacks. Well, let's talk about bowel movements, because almost everybody these days is constipated.

You're constipated. If you're probably if you're taking medication, if you're eating too much processed foods or too much dairy, or you're stressed or you're traveling too much, you're not drinking enough water, not exercising enough, that probably is about 98% of us.

Well, Chlorella stimulates what's called peristalsis, which is a fancy word for saying bowel movement. And why do we want your bowels to be moving regularity?

Because you know what's down there. Stuff your body didn't want or didn't need. I call it the junk in your trunk. And so we want you to get rid of that, because if it sits there, guess what happens.

Your blood is circulating around there and it continues to pull out the toxins which are there and redeposited some back in your body. That's like having a garbage truck parked in front of your house permanently.

We do not want that chlorella. We'll give you a very easy, effortless bowel movement in the morning because it does it through the chlorophyl, the glutathione, the killing of the bacteria and all the other nutrients, the other 40 vitamins and minerals.

This is one of the reasons why we suggest you take chlorella at night. Spirulina. Generally, you're hungry and tired and want energy in the day, in the morning or before a workout.

And chlorella, because your body goes through a detox repair cycle when you're sleeping and it has the highest tryptophan in the world, five times more than turkey, which is a precursor to melatonin, which helps you sleep.

Chlorella will help you get into a deep sleep. It will pull out toxins, facilitate a better repair. Because this is when your stem cells are being released and it actually stimulates stem cells.

It has its own thing called Chlorella growth factor, which speeds up your growth. So it's very much a repair healing algae. And it stimulates that peristalsis, the bowel movement so that you can get rid of the stuff that your body doesn't want.

So to do the immune health building capability with all the chlorophyl ten tablets of Chlorella before bed would be sufficient. But for your detox bowel movements, by the way, it also pulls out alcohol and lactic acid.

So athletes take it after a workout. And if you, are having a cocktail, it will pull out that and you'll be sober an hour and a half. But 30 is really what you need for a therapeutic amount.

Now, the great thing about chlorella is that it actually tastes pretty good. Tastes more like a sunflower seed. I put, put, I put sea salt on it or pistachio nuts.

I will admit that spirulina is very chewy because of the high protein, so most people do swallow that one.

## Closing Thoughts and Hope Through Algae

But, you can swallow either one of them. But the chlorella, if you're going to experiment with one when it gets in the teeth a little bit. So you get on green teeth. I just swallow it all.

But yeah, yeah, the kid does it, by the way. Hey, if you want to party trick for, harvest time, or if you celebrate Halloween, chew a bunch of it and smile at your kids.

They think you're a monster. It's really kind of funny. Yeah. So, so think of spirulina as nourishment and toxins out, and they work very well together.

And to support one another, another one is think of spirulina as your am algae, Chlorella as your PM algae. And also, I know we talked a lot about the mitochondria, but I didn't mention your brain has the most mitochondria.

So the first part of your body that will benefit from spirulina, which is why it improves your focus and your brain health is, is is your brain. So think of spirulina as brain food and chlorella because it builds your gut and your immune system and has fiber to feed your gut biome as gut food.

So brain food and gut food. So, those are the two main differences when to take them, how to take them and why to take them. We covered a lot on the why.

I love it, I love it, I mean, I this is a lot of information and people need to go to your website and they need to take advantage of the wonderful, wonderful benefit of this product.

And, I'm going to be listing the coupon code. I put that in your introduction. I'll list that just again in just a second. But you all need just to consider it.

Please give it some prayerful consideration. When I say something is bulletproof, trust me, this is bulletproof. The sourcing, the production, the natural benefit of everything included in this.

This is. This was the promise. Let me in. I think this is a good place to end. This was the promise of the supplement industry decades ago. But ultimately, what's happened?

We've traded big pharma for big supplements. Yeah, and the reason is because the pharmaceutical companies and even bigger, the big, big conglomerates have purchased your supplement companies.

Yes and yes. Almost every supplement company is owned by a pharmacist. You probably, if people don't know that. I just found this out recently, and they purposely make them out of synthetics so you won't absorb them so they don't work.

So they'll you'll have to buy drugs. You know, I probably have a target zone on my back because this is food. It does work out. I can't say for all algae, but does our ours definitely because we I have personally selected every single aspect of this company.

And it's were full of integrity, quality. And we're so grateful for, professionals like you, Doctor Eric, that, help get the word out because people need this and they need it now, and so awesome.

Well, I appreciate it, doc. And folks, stay tuned. I'm going to go share just a special message about the product and the coupon code, where you could get this at a special discount.

But until then, any last minute words of advice, encouragement, love. You want to say goodbye to everybody? Yeah. Well, two things I want you to know that algae isn't new.

It's just new to you. And just like you didn't know about sugar or my jaw bone broth. And even though they've been used for centuries in other countries, you didn't know about them till somebody told you about them.

So same with algae. So it's not new. Just do you. And the other thing is there's always hope your body will heal. You just need to give it what it needs and remove what it doesn't.

And that's why I love algae so much because it it delivers that promise every single time. So I want you to know there's hope, there's help, and it's a gift to us from Mother Nature.

And she knows best. At least I feel she does. So thank you for giving her your trust in us as well. It's awesome.