Introduction to the summit guest

Welcome everybody to another amazing episode for our Breast Cancer Breakthroughs Summit. Dr. Véronique Desaulniers, better known as Dr. V and your co hostess.

So today we have Ms.. Catharine Arnston. She's an algae nutrition expert, and her company is ENERGYbits. And so Catharine and I have had the opportunity to have a few conversations.

She's been on my podcast and I love her products, but a little bit of background which we'll get into. In 2008, her younger sister was diagnosed with breast cancer, so that changed the course of her career and her life because she want to really dove in and help her sister.

And so this is how she discovered the algae foods that she's going to be talking about today. And she's spent the last 13 plus years researching, studying the benefits, all the scientific literature behind algae.

I mean, we think of algae as something kind of out there. But until you really find out how foundational it is for good health, then you'll be on the track to make sure you get some of your ENERGYbits every day.

So, Catharine, welcome and thank you so much for being part of our summit and for being one of our sponsors. Well, my pleasure. Thank you for having me, because as you were saying earlier, it takes a village to help make these changes and we all have a piece of the solution.

So working together is the best way. So teamwork makes the dream work. That's what I always think. Teamwork make the dream work. I love that. All right.

So let's let's hear the paint passion story. In 2008, something came along that, you know, you had no idea when you was going to change the course of your life.

Well, I know. And anytime you get any kind of medical diagnosis, but particularly cancer and breast cancer, everything comes to a grinding halt. And there's panic, there's fear.

I was fortunate or my sister was fortunate because in Canada there's a little bit more openness, I think, for nutritional involvement.

How a family cancer diagnosis led to algae research

And her oncologist, which as you know, is a cancer specialist, told my sister as she was preparing for her chemotherapy she should change her diet to an alkaline diet.

Now, the oncologist didn't tell her exactly what that was or why it was good for her. So my baby sister called me. Who? Her who loves her. And I'm just a really good researcher.

I had an MBA. I was doing international business, nothing to do with nutrition, but I was determined to find whatever this alkaline diet was. If it was going to help my sister.

And it turned out to be a plant based diet because of the chlorophyll and the phytonutrients that are in there that are proven to help build the immune system.

And she wanted her to have a healthy immune system while she was doing her chemo. And as we'll talk later on a little bit more on the alkaline diet, there is a German scientist from the forties, thirties and forties by the name of Otto Warburg, and he won a Nobel Prize for discovering that cancer cannot exist in an, in a, in an alkaline

environment.

And there's this scale of 0 to 14 of acidity to alkalinity. And as long as the age of the cells is slightly alkaline, which means 7.1, it implies there's more oxygen in the cell and cancer has a less is less likely to take hold.

So I think this was the immune strength of the plants and the age of the cells must have been. I'm just guessing why my sister's oncologists wanted her to have this alkaline diet.

So I researched food for foods for her, what to eat, what not to eat, get rid of sugar, processed foods cut out any kind of sugar, even from from fruits.

And she did go through chemo and she completely healed. But after reading about 100 articles on NIH about plant based nutrition and digging through about ten or 12 books, I saw how powerful plant based nutrition was, and nobody was talking about it at the time.

So I thought, you know what? I'm going to do what I can. Now that I have this core knowledge to help other people. I just wanted to start by helping my sister and I thought I could help a few more, so I enrolled myself in a nutrition course at the Institute for Integrative Nutrition, got a health coaching certificate, taught plant based nutrition trying to get people to eat more vegetables.

Because I'd seen what they could do for you. But I found out for most people it was just too difficult to eat vegetables. They're very heavy to carry home from the grocery store.

They take a long time to clean or to cook or to eat. They go by quickly. Some people get indigestion and gasp. So I thought, okay, I need to find something that gives people the nutrition, the alkaline nutrition of vegetables without any of the work.

And that's what truly led me to algae, because I dug it, did a deep dove on it. Everything I'd found for my sister. It turns out algae is the most alkaline food in the world.

Yes, algae is a food. It is not a supplement. We'll talk about that in a minute. It is the most studied food in the world. There's 100,000 studies documenting all the health benefits from helping kill cancer cells, helping prevent heart disease, helping prevent Alzheimer's, reducing inflammation.

The list is endless. It's been growing as an agricultural crop in Asia for over 60 years. They take it every day. There. It's a multibillion dollar crop.

It's almost as big as the beef industry is here. And the best part is that you can after when you grow, when you grow it, we grow hours and triple filtered spring mountain water and we air dry it into a powder and then we press them into these little tablets.

The darker one is spirulina. The lighter one is chlorella. Those are the two algae we'll be talking about today. But here's the great thing. Each one of these tablets, which are about the size of a baby aspirin, has the same nutrition as an entire plate of vegetables.

So while I'm talking to you about one tablet, one tablet. Wow. And the reason I came up with that calculation is because, number one, this is microalgae.

And I'll talk a little bit more about that and the difference between it and macroalgae. But microalgae is so tiny, about a million of them would fit on the head of a pin and they're everywhere.

And we have a quote from NASA that says, one gram of algae has the same nutrition as a thousand grams of fruits and vegetables. So 1 to 1000. So now one of these little tablets gives you the entire nutrition of an entire plate of vegetables like that.

Wow. Unbelievable. And you can swallow them. You can chew them. Most people do swallow the spirulina. I like to chew them. But now you can get all the green nutrition you want.

They have 40 vitamins and minerals. It's endorsed by United Nations as the answer to world hunger because it has three times the amount of protein, a steak, and it's and is alkaline.

So it's not acidic like steak would be and all the we'll talk about all the aminos it's a complete protein it has 18 to 20 amino so endorsed by United Nations endorsed by NASA scientifically documented use safely for 60 years in Asia a food not a supplement and there are only two problems with that.

Why algae is a nutritional powerhouse

It comes in tablets, so you don't have to worry about eating vegetables anymore, safe for newborns, children, teenagers, grandparents, pets. The only problem was twofold.

One, most of the algae that has been sold here, whether it's Target or Costco, was low quality and not grown under really careful conditions like we do.

And number two, nobody's really ever told you what algae is. Everybody thinks it's pond scum or something that grows in your swimming pool. And it is a nutritional rock star if it's grown carefully as we do and I have science I'm going to share with you that proves the blue pigment in the in the spirulina, which we call energy.

This kills cancer cells. And I'm going to show you how to spell it so you can Google it for yourself, because everything I tell you today is documented in science, and I want you to feel comfortable with that.

But the science hasn't been shared with you because scientists like to talk to other scientists and most of their knowledge of algae is in Asia. And so don't be upset that you don't know about this.

Why would you? You can't walk anywhere in Taiwan, which is where we grow ours or Japan without seeing an algae farm. Here we see corn farms and wheat farms and maybe strawberry patches or tomatoes.

No algae farms. So A, you didn't grow up with it and B, nobody's ever told you about it. So I want you to know that algae isn't new. It's just new to you and because it's more has more nutrition than anything else in the world, pulls out toxins and helps build your immune system, your your mitochondria, and will help you either prevent or recover from cancer.

It's a it's a very powerful piece of your of your nutritional discovery, too, to prepare yourself and heal yourself. And it's all from Mother Nature. That's exciting.

So we'll dove into the information about the difference between spirulina and chlorella, but let's back up a little bit. So why do you think there are so much breast cancer or cancer in general right now?

Why are we seeing the uptick? Well, I think it's two reasons. One is that we are no longer getting the nutrition that we need to be healthy or and live optimally.

And that's at the end for your brain, for your mitochondria, for your gut. The soils are so mono cropped that there's no minerals left in them. Number one, the ozone layer has been so damaged that they're now showing that plants now have more sugar and less protein and chlorophyll in them. Yep.

And also our foods are just so overprocessed. Scientists are calling this era that we're in the great nutrient collapse. So that's number one. We are not getting the nutrition that we need to live well any longer like your grandparents did.

Number two, we are surrounded by toxins. The average adult apparently wrote a piece, an article says the average American adult has 700 toxins in them.

Now, this is everything from chemicals, glyphosate, pesticides, heavy metals, aluminum know spores from molds. And our immune systems simply were not built to sustain that amount of toxic load.

So when you're you have too many toxins, they sit into you, they get into your membranes and prevent communication from occurring. Proper autophagy or or replicate and your mitochondria get damaged, your stem cells get damaged, which are critical for your healing.

So spirulina, as you're going to find out, fills all of your nutritional gaps and can replace almost all of your multi vitamins and many of your food and Corolla because it pulls out toxins and builds your immune system.

The two of them work very powerfully together. Now I just want to just dwell on the toxicity issue again, because my sister developed breast cancer and we were trying to figure out how it happened.

And we think it might be because for about a period of five years that the house she was living on backed into a electrical hydro base. And the if the is it called electronic EMF.

I'm not a specialist in that for sure is escalate ing and whether it's from your cell phone from the cell towers that are out and that's where we think it came from because she lived a very healthy life, very active, very nutritionally astute.

And so, you know, we're guessing now, but that's a toxin that is really powerful and scrambles your mitochondria and everything in your body. So it's something you need to be aware of.

So I'm very happy that Mother Nature has provided us with two foods that address both of these issues. And and as you're going to find out, they're so nutrient dense and we sell them in large bags that and we recommend ten tablets of spirulina in the morning and ten tablets of the Corolla, which we call recovery buckets at night.

We'll tell you why. One in the morning and one at night. But anyways, for ten tablets a day, we have a 20% discount for you. It costs you a dollar a day.

I mean, honestly, for a dollar a day to get all the nourishment you need with no effort to pull all the toxins out of your body, with no effort. This is it's almost it dumbfounded me why people won't use I wouldn't use them.

I consider these your trust fund. Nobody would ever turn a trust fund down. Right, because it gives you all the money you want to do. Whatever you want.

This is your nutritional trust fund. It gives you everything that you need to do, whatever you want to enjoy your life, to protect what you have and ensure that you can get rid of what you don't want.

And we'll we'll talk about that more later. But they're they're remarkable. And it's Mother Nature. I can't take credit for spirulina, Carla. What I can take credit for is we grow it so carefully that we preserve all the nutrition for you.

Most other algae companies do not. And I'll explain why. And so you can be you can be absolutely 100% sure this is safe for you, your family, your children, your pets.

And we'll help get you back. Your your health, at least will certainly speed it up.

Why cancer rates are rising

So what you described about why we have so much cancers, you don't have a seven essential system. And central number two is to reduce your toxic exposure.

So we live in a toxic world. We can't live in a bubble. And so we need things to nourish our body and to help detoxify our body. So thank you for bringing that up.

So why did you pick Spirulina and Corella? Are those just the more common ones? Are there others out there or those are the most nutrient dense ones? Well, as I mentioned earlier, algae is its own food category, and there's two types of algae.

I'll quickly describe them and then I'll explain about the two spirulina. CARRILLO So Macroalgae is microalgae. Microalgae, my macroalgae is that stringy stuff that washes up onshore, also known as seaweed.

Now it's only in the sea, which is why it's called seaweed. And it's very high in fiber and iodine because it comes from the sea, items from the sea, but has virtually zero nutrition.

But it's still good for you because of the fiber and the iodine microalgae, which is what we're talking about. There are tens of thousands of strains of microalgae.

And there and unlike Macroalgae, microalgae is everywhere. The oceans, the lakes, the rivers, the soil, the swimming pool and there are some of the main types are blue green algae, green algae, red algae.

And all of the blue green algae spirulina is one strain, but it happens to be the strain that started that that has been an agricultural crop for the last 60 years.

And one of the green algae that are available is Corolla. And it also started back in the sixties as an agricultural crop. So it wasn't that I just picked Spirulina and Corolla pretty much the the world did and the Japanese are the ones that started the entire industry back in the sixties.

And there's an interesting story another time I can share with you about that. So when you read about a blue green algae closing your favorite beach, but it's not spirulina, that's just another strain of blue green algae.

And I tell people, poor algae gets a bum rap because the reason why the algae showed up is because it kills bacteria. It absorbs toxins. It's the cleanup crew.

You didn't see the toxins or the bacteria, but you can see the algae. And what's really cool is that it does the same thing in your body. It's the clean up crew.

And so and we'll talk about this, especially with Corolla, because not only is it cleansing, it's detoxing. And your body goes through a repair, repair and cleanse and detox while you're sleeping.

That's why we want you to take the chloral before bed. Also, if anybody is taking chemotherapy, it does pull out all heavy metals, including radiation.

So if you're taking chemotherapy will pull out the excess chemo so you're not as sick. So I selected Spirulina and Corolla because it's been a multibillion dollar industry in Asia.

And so I had to research all the different suppliers to find the ones that were growing. It the most careful with the highest standards, most carefully.

So the company grows it for us. We grow it in triple filtered spring mountain water, which is really important because you don't want algae from the ocean or from the lake.

It's the only food you don't want wild because there's something called micro toxins that you cannot keep out of of wild water and algae will absorb whatever's in the water.

We do a whole set of lab tests. We do it for nutrition, we do it for heavy metals, and we do it also for micro toxins. And of course, we never have any because our algae is grown in triple filtered spring mountain water.

Here's a couple of farms. For example, here's a spirulina farm. Spirulina grows along a narrow and Corolla puffs out round. So this is these are in Taiwan so.

Interesting. Yeah so it's it's definitely a foods color. It's called hydroponic. They grow tomatoes and lettuce that way as well. And I'm hoping one day to grow it here in America, probably in Florida, because it has a similar temperature as as Taiwan.

And then what we do is we grow it in the water, then we air dry it into a powder. It takes 15 seconds to dry it. And then we tablet it into these little tablets that we call bits because they're bits of nutrition.

But the most important thing you need to know is that we do not use high heat when we dry the algae. And the reason why that's important is because there's a couple of really key nutrients in algae.

Why spirulina and chlorella were chosen

One of them is a antioxidant. The short form for it is sod, the long form is superoxide dismutase. And it's very important for protecting your mitochondria, but it's an enzyme.

So when you use high heat, you activate that enzyme and all the lower priced algae use high heat. So you're not getting that benefit. So that's number one.

Number two, we're going to talk about this later, the blue pigment in spirulina, which is called viscose cyan. And I'll spell that for you, p, h, y, S. O. S., y, a and I n and I'm going to show you some science about that blue pigment.

It's been proven to kill cancer cells, and I'd say that was pretty important, especially if you're here on the summit. But it also is deactivated by high heat.

So if you get any of the less expensive algae, you're missing these two nutrients for sure and probably some other things as well. So I'm very proud that we do not use high heat.

The only thing I will tell you is that you could also use frozen spirulina because again, it has not been exposed to high heat. So those two important nutrients, the soda and the blue focusing and will be active.

The trouble is frozen spirulina is it's expensive. It's hard to find. You can't travel with it. It tastes terrible. At least with our tablets. You can swallow when you want to. That's right.

But there is another option. And that's what places like the Gershon Institute and the Hypocrisy Institute, they use frozen spirulina, although they're both thinking of working with us, because once their patients leave, it's hard for them to continue taking finding the frozen spirulina.

So we're possibly going to be working with them in the future because our algae is raw, because it's not been exposed to high heat through my mouth. It's green because I just had some.

So I discovered spirulina I think was during my first healing journey and I was doing all this research and I remember reading a study that one teaspoon of dried spirulina would was what they called the therapeutic dose in which it literally killed cancer cells in the body.

This was like in vitro and in vivo studies that they had done. So I've been a strong proponent and believer in in spirulina and chloroplast. So let's start off with spirulina.

Okay. Yeah. So tell us a little bit about spirulina and what it does and how it works. And sir, so spirulina is known to be very energizing in the moment and also long term at the mitochondrial level.

So let's talk about in the moment because also all of us need more energy, but particularly when you are have any kind of diagnosis, particularly breast cancer.

And if you're going under treatments, you're very tired. So getting some more natural energy is very, very helpful. And we're not talking about a stimulant.

A stimulant is like caffeine, chemicals, sugar, and you get a rush and a crash which spikes your insulin, which is not good for you, and it just speeds up the molecules from your brain to your body.

We're talking about cellular energy, which is at the mitochondria level. And to help you understand the distinction, it's a stimulant is like putting paper on a fire.

You get a big burst, a big flame, and then it dies down. When you take spirulina, it's really more like putting a log on the fire very steady because and no spikes I call it there's no drama with algae is steady Eddy it just goes but it works at the mitochondrial levels.

But you do get the energy in the moment because it has high protein, the high protein in the world, 64%, all of the proteins in amino acid, individual amino has 18 of the 20, including the nine your body can't make.

So it's a it's a complete protein and it's loaded with B vitamins which convert the protein into energy and it's loaded with essential fatty acids which help your brain.

So it's and the other great thing is it satisfies your hunger very often. Again, when you're in treatment, you may not have any hunger or it makes or eating makes you just feel nauseous.

This is another great time to take this because you can get all the nourishment that your body needs to help you heal, but you can just swallow them. There's no repeat like fish oil.

And if you are healthy and you want to keep your health, this is terrific to have in the morning because again, you can swallow them are two of them or add them to a smoothie.

Ten tablets. If you're healthy, the therapeutic dose would be 30, but it's ketogenic, it has zero carbs, one calorie per tablet. It can we sell them in little pouches.

There's two brands of spirulina. By the way, I found that women didn't like the packaging of the ENERGYbits, original packaging. And because women's health is very important to me, I designed everything.

I created a second packaging and made it a little bit more girly. So it kind of matches your top running and that's pretty. Yeah, yeah, yeah. So that's one.

This is the one I have on my calendar, but they're absolutely identical. I'm not trying to fool anyone. I just want to help people be happy with, you know, taking them so they're great in the morning.

Satisfy your hunger. Great to carry with you in your handbag.

How spirulina supports energy and mitochondria

If you're stuck in traffic or traveling and just need some nourishment, you don't want to eat a crappy bagel and all that sort of stuff. So by the way, it also has the highest collagen in the world.

So it's really good for your skin. And your hair has the highest protein, as I mentioned, and 40 vitamins and minerals. So lots of times when you either are dieting or you're not feeling well because you have a diagnosis and you're not eating either as much or as a wide selection of food.

You're also not nourishing your body. And so this I call this your nutritional insurance because it gives you everything that you need instantly because it's absorbed so quickly.

I forgot to mention spirulina is a sign of bacteria has no cellulose wall. So it gets into your bloodstream very quickly. And I, I would like to talk a little bit more about the mitochondria because spirulina is known for healing your mitochondria and we'll get to that in a in a few minutes.

But since you did mention the the healing capability or the ability for spirulina to kill cancer cells, maybe I'll just show people now I need a very cool scientific project.

I found this a scientific paper. What they did is they took cancer cells and dyed them purple and put them in a petri dish. And then they added Frankenstein into the petri dish.

And this is a after a 24 hour period. So this is where the cancer cells started. And then they took pictures of the petri dish. And after 24 hours, the cancer cells are almost all gone. Wow.

Unbelievable. Right. And what's so fascinating to me is the amount of like focusing and used in this experiment. One tablet of our spirulina has 4000 times more viscous sign and then is in the that was used in that experiment. Wow.

I have a chart I'll show you later on how it how it actually happens. I don't want to get too geeky on you, but there's something called a cytochrome c molecule that's in the electron transport chain where your ATP is produced.

And in healthy cell, the blue viscose science speeds up that molecule. So you get more ATP, more cellular energy, which is what you want. But in an unhealthy cell, which would be a cancer cell or something called a senescence cell, which is basically a cell that is subdivided and doesn't die, just hangs around and is inflammatory in either a cancer cell or a senescent cell.

The blue phase cosine and ejects the cytochrome c molecule, which then goes and kills the cancer cell. Here's a here's a graphic of it. So when you generate ATP, there's these little molecules, sort of like a little relay race.

The molecules pass from one station to the next. And there's this little helper molecule called Cytochrome C and then a healthy cell. It speeds up the process.

So you get more you get more energy, which is why spirulina, one of the many reasons why it's fairly as energizing, but in a cancer cell, it ejects it.

And here's what I want to also show you. Here's again another scientific paper I found that shows that the focus sign and which do it, which is doing all this great work for you, it deactivates after if it's exposed to high heat.

So again, if you're using any of the lesser expensive algae that in most cases they do use high heat because they need to sell more. So they get to market quickly.

It won't have active cycle sign in it. Since we're talking about focusing on let me just show off of a couple of more cool things that it does. It has what's called anti angiogenesis properties.

That's a mouthful. What does that mean? Well, angiogenesis is the growth of blood vessels to just to everything. And anti angiogenesis means the stopping of that those kinds of blood vessel growth and cancers and tumors are notorious for basically rerouting your blood cells so they can feed them.

And so something that is anti angiogenesis stops that process like focusing. And so it's it's really protective at the cellular level in terms of either debilitating and killing cancer cells or helping reduce the size of the cancers.

So so spirulina is very, very powerful, both in terms in the moment of giving you energy and nourishing you, but also protecting your mitochondria and your cells from cancer.

And it's also the most alkaline food the world, which gets back to the original purpose of me pursuing algae because my sister's oncologist wanted her to have an alkaline diet.

So it's it's pretty amazing. It's all natural. Yes. That's that's really interesting. So so the big takeaway is that, you know, spirulina basically protects your mitochondria.

And we know the mitochondria are the batteries of the cells that produce the energy. And we know with cancer that's so important. And just for maintenance, ten in the morning and if you're on a healing journey, then you would take 30 in the morning per day or per day.

And you can and by the way, there's no upper limit because it is food. But and so depending on what stage cancer we've had people write us that that you know that we the cancer went into remission and they were taking sometimes, you know, 60 or 90 tablets a day, but but definitely do 34 for therapeutic dose but ten days is and by the way, if you if you are taking today and you're already healthy, you'll find your grocery bill goes down because you're not going to be hungry.

You're you're going to be getting all the nourishment you need. And also, it gives you time. You can save time in the kitchen. So when you are there, you're making what you really want.

Instead of just having to feed yourself and get all those, you know what the requirements are for your daily vegetables and fruits. So. Right. All right.

So let's talk about the partner, Corella. Yes. And the dosage is basically the same. But you would take the corella at bedtime. Yes. And and a quick question before I forget if somebody takes melatonin or other herbal supplements to help them relax and sleep at night and you take the plural, will that corella have an effect of neutralizing those or.

No, absolutely not. And good, great question. Because also I forgot to mention spirulina has zero contraindications for anyone for any reason. Every single person in the entire universe can take that.

There is not a single I mean, with 100,000 studies on this stuff, not a single negative outcome. Now, if you had a very acidic diet, lots of processed foods, you know, you might want to start with five tablets just because it is so nutrient dense.

We don't want to overwhelm you, but newborns can even take it.

How chlorella detoxifies and supports blood health

In fact, I did some research and found that the nutrient profile of spirulina is virtually identical to mother's breast milk. Same amino acid portions will send you the article.

It even has something called GLA, which is a technically in a mega sex is called gamma lytic acid, but the only place with more of that is mother's breast milk.

And the reason why it's there is because it helps the baby's brain develop. And omega sixes are very inflammatory if they're exposed to heat. But this because we don't this behaves like an omega three so so anyways very zero contraindications for spirulina newborns, teenagers, pets.

Doesn't matter. Everybody can take it. And there's also really zero contraindications for Corella. However, it is a detoxing algae. This is a nourishing, energizing algae.

And this really pulls out all heavy metals, including things like aluminum, mercury. We work with biological donors. So if you you may want to find out if you're any medications that you're on, if there's any metals in there, you may just want to take this a couple hours before or after.

Definitely. If you're taking chemotherapy, definitely take this either, you know, within six or 12 hours after the chemotherapy because you wanted to do what it needs to do.

But this will pull out the excess so you're not as nauseous. So there's no contraindications. But just to be careful, if you're taking any medications, take it a couple of hours before or after.

But it does not it's not like activated charcoal, which pulls out all minerals. Chloral only pulls out toxins and also

pulls out alcohol. As I mentioned, aluminum, which is an often in vaccines, which could be a good thing to take after a vaccine, but it has all the minerals in it.

It's loaded with electrolytes. I, I try to steer people away from activated charcoal because it will pull out everything, all the minerals. It never happens with chloro because it's just pulling out the toxins.

So now spirulina is claim to fame was the highest protein in the world and also that the blue cycle sign, which is very healing, killing cancer cells and protecting you from other blood vessels, going to the tumors.

Now chloro is claim to fame is it has the highest chlorophyl in the world and chlorophyl is very, very cleansing. And again, I'll get back to the story about my sister.

So here's an interesting chart I want to show you. This is the chemical composition of Chlorophyl and this is the chemical composition of your hemoglobin.

They're almost identical. The difference is the only difference is your blood has iron in the middle and chlorophyl has magnesium. That iron atom is what carries oxygen in your blood.

But the bottom line is chlorophyl builds your blood and it's very alkaline. So and the key here is that your blood needs to be 7.34 in that alkalinity state.

And when it's that slightly alkaline, everything's working your your hemoglobin mercury oxygen. If it becomes too acidic from eating too much sugar or processed foods, what happens is the hemoglobin clump and the reason they clump is because they have a negative charge around them.

It's sort of like whenever had a magnet, if you got them close together, they would repel one another. Well, the hemoglobin repel one another because they have a negative charge which allows them to hold the oxygen and to get down into the teeny tiny capillaries.

But when it's your blood, if you have too much acidic food, your blood, it strips off the the negative charge on the hemoglobin. So they clump. So now they can't deliver oxygen very well.

They can't get into the hemoglobin. So because Chlorophyl is so alkaline and it restores that negative charge, so now you can have healthy blood, you can have be carrying oxygen and oxygen is very healing.

When you have oxygen in your cells, it's going to keep the cells 7.1, which is slightly alkaline to help keep out oxygen. So in an indirect way, this also is very healing for the alkalinity in the the how it protects your blood.

Now the other cool thing is chlorophyl is you know, it's the pigment that makes plants green. It's a fact based pigment. The blue one in spirulina is a water based pigment.

The reason why it's important for you to know it's a fact based pigment is all of your cells have a lipid membrane around them. It's fancy word for saying fats.

So because this is a fat based pigment, it heals your cell walls and when your cell walls are healthy, then nutrients can get in, toxins can get out, and it will improve your healing process.

So chlorophyl chloro has 500 times more chlorophyl than arugula and 25 times more than liquid chlorophyl. I'm happy that people are taking liquid chlorophyl but don't cheat yourself.

You'll get 25 times more. This is why it's called Chlorophyl. It's because of the chlorophyl, you know, and you get all that protein and 40 other vitamins, minerals.

So very good for building your blood. Very good for building your cell wall. It kills bacteria and the key to other key things is that it has a hard cell wall.

Spirulina has none. And that heart cell walls would attaches to toxins. A toxicity could be what has contributed to cancer, breast cancer. So you want to remove the toxins and this will do it effortlessly for you.

But you do need 30 tablets to be able to pull them out if you just want the wellness benefits, ten tablets is sufficient. Same like with spirulina, but a a therapeutic dosage is 30 Now the good news is chlorella actually tastes pretty good.

It's spirulina, which is the dark one. I will admit. Most people swallow that one. It's very chewy, very earthy. But the chlorella, if you put sea salt on it or eat it with pistachio nuts or macadamia nuts, it's delicious.

So if you can learn to eat it, it's a healing. Food that can't is with no comparison. And it could be like a bedtime snack. And as we you can have it any time of day, but we suggest at nighttime because again, that's when your body is going through a repair cycle.

And so we want to help heal your your cells when they're going through. You're trying to recover from any kind of chemotherapy or any kind of treatment.

Or even if you aren't, you just that's the best time to restore yourself. And I also want to mention on the restorative piece, I've uncovered some research that's been around for quite a few years, but I wasn't aware of it that shows that spirulina, I think chlorella.

too. But I know for sure for spirulina stimulates the release of stem cells. Now, stem cells are the only cell in your body that can become anything else, and they're made in your bone marrow predominantly. So.

So a stem cell from your bone marrow can become a brain cell. It can be a liver cell, it can be a hard cell.

Closing remarks and discount offer

And it and what happens is when you have damaged tissue, the damaged tissue releases a signal that releases the stem cells so they can go and find where the damaged tissue is.

And there's quite a interesting process how that all works and repair it and become it, it becomes it. And so the more circulating stem cells you have, the more repair you're going to have.

But they have found that as you age, you have fewer and fewer stem cells being made and fewer circulating. So Anything that's going to increase your stem cells and particularly your circulating stem cells is something that you want to pay attention to because this will help your repair cycle.

This is what happens when you're sleeping. So while you're getting your beauty rest, the coral is the scrub, a double team pulling out all the toxins and the spirulina or the other nutrients in both algae are helping with the repair cycle.

God bless. Fighting. Yeah, I know. It's so exciting. Well, thank you so much for all this information. I can tell you're very passionate about what you do and sharing this.

It's so, so beneficial. I know that before I knew about ENERGYbits, I was using another kind of of algae. And now I love I love your product. And I also want to thank you, Catharine, for being a sponsor for our Breast Cancer Breakthroughs Summit. Yes.

Of course. This is a this is a cause that's very close to my heart. We always do donate, you know, donations in October for breast cancer awareness research.

We, you know, collectively, we all start learning all these things that are available to us, whether it's red light therapy or in this case, nutritional therapy.

There are things that are noninvasive. You want to protect your health so that you don't have a cancer diagnosis. But if you do have one, we want to help you unwind that in as as easy fashion as possible, less invasive.

And you can't get any less invasive than nutrition. Right. Remember, it's food. These are these are little tablets. So great for you, great for your family, for prevention or recovery.

Just always, you know, just do what feels right for you. You'll start craving them like I do because your body knows what's good for you. That's why I call this your trust fund.

Your nutritional trust fund, powerful nutrition. Yeah. Thank you so much, Catharine. We appreciate your support and your information. Yeah. And please come and visit us at energybits.com We have a 20% discount code.

Oh, sorry, no discount code is BCB which stores stands for breast Cancer Breakthroughs. So come and visit us. energybits.com Use the discount code BCB for a dollar a day.

You can protect your health or recover it. And thanks to Mother Nature. Thank you, Catharine, for making us aware.