Introduction to Catharine and algae nutrition

Welcome back to the conversation. Today have Catharine with ENERGYbits. Hi, Catharine. Hey, Laura. Good to see you again. Yeah, nice to have you back.

Last time we did a really amazing mitochondria discussion. Today, we're going to dove in again. You're an expert in algae nutrition and really what you're providing here is a solution for people.

And I love that we're having talks on solutions as well. You're a wellness thought leader. You know something about mitochondria and energy production.

You've spent the last 13 years researching algae, writing papers, giving presentations, lecturing at conferences, speaking on 250 plus podcasts to explain the benefits of algae or the founder of ENERGYbits, which is a nutrition supplement company.

And we're going to be talking about all about algae today. And I would love to dove right in. And can you tell us about, you know, why chronic disease and inflammation is so out of control and escalating and then we'll get into the solution here.

But let's set the stage absolutely. And what people may not know is that 60% of Americans now have a chronic disease. And once you hit 65, that number goes up to 80%, 80% of adults over 65.

And by the way, for those who are watching, I'm in that category. I'm over 65 and I don't have a single chronic disease. So and I take algae and we'll tell you why it's so good for you.

So why is this happening? I believe it. My theory is basically two reasons. We simply are not getting the nutrition that we need that our grandparents used to have.

And there are too many toxins in our environment. And these two are the perfect storm causing what's called mitochondrial disease. And I want to help you understand what mitochondria are and we'll get into that in a little deeper.

dive but scientists are calling this the great nutrient collapse because even if you are eating vegetables, you're getting like a fifth of the nutrition that we used to get or your grandparents had.

And we all know that we have tools to plug our cell phone into to get it recharged every day. And we have to put gas in our car. Well, your body and your mitochondria are the same way.

They need particular nutrients to be able to recharge. And as you're going to find out, spirulina has all those nutrients that your body and your mitochondria are craving and some of the nutrients aren't even available from any other food or also in my case, even any other algae, because some of the other algae companies use high heat to dry their algae, which kills these critical nutrients.

So, Catharine, I want. To talk I want to interject really quick. So our idea is really clear about how important this is. So many of you may know of my previous work with the last two mitochondria energy summits.

This is something that's absolutely foundational and critical to your recovery process, to your healing process. And the reason I brought Catharine on here is because she really can break this down for you and help you understand it in a simplistic way and show you a solution to help support mitochondria as well.

But here's the thing. If you don't support mitochondria, if you don't support energy production in the body, you

simply cannot heal.

Why chronic disease and inflammation are rising

You cannot solve the symptoms that you have. That low energy, the brain fog, the digestive issues, the skin issues, the moodiness, the pain, whatever's happening that is it is sending you into a cascade of collecting diagnoses and eventually chronic disease.

So this is foundational. Absolutely. And if you miss this piece, you will have a very hard time recovering. So I just want to set that foundation of why it's so important that we're going into this.

And and Catharine, if you can now explain to us what is algae, where it comes from and what are the different types? And, you know, there's a nutrient profile to it and there's actually benefits.

So, yeah, I just want to jump right in and get. Yeah, well, on that note, you know, it's not only recovering from illness, it's prevention. And so you may not have any symptoms, but there's a great quote by John F. Kennedy said "The time to repair the roof is when the sun is shining." So. So they call inflammation the Silent Killers because it can be going on for a decade before even any symptoms manifest.

By the time those symptoms manifest, whether it's heart disease, brain fog, cancer, it's been happening at the cellular level for many, many years. But you haven't been aware of it or you haven't been conscious of it.

And this it all comes down to this to this issue about mitochondria, which generate all of the energy for your cells. Now, we're not talking about the energy just to run errands to the store or go for a great workout.

This is everything that keeps you alive. Your heartbeat, your lungs, your brain, your your lymphatics system, your digestion, your immune system. Everything is dependent on cellular energy.

And all of that cellular energy come from your mitochondria and your mitochondria DNA and as you're going to find out, as you age and you have more toxins and not enough nutrients to protect and fuel the mitochondria, you have less cellular energy and therefore you don't have enough energy to protect your health.

And I'll I'll get into algae one more second. But I just want to help you with understanding this. Think of cellular energy like money. When you have more money, you can do more things and you have more choices.

Same with cellular energy. When you have more cellular energy, more ATP, as it's called, you can do more things and you have more choices. But if you're not getting enough cellular energy, imagine this.

Let's say you have a pie and there's a thousand pieces, people that want a slice of that pie. Well, everyone is going to get the teeniest, tiniest little slice of pie and nobody's going to be happy every body is going to be mad at you and nothing is going to work.

Well, that's the same thing if you don't have enough cellular energy, but algae is you're going to find out. It's like having a thousand pies because it protects your mitochondria, it regrows the mitochondria, it allows them to be more efficient.

And so when you have a thousand pies, everybody's happy. This is such a good analogy. Oh, my gosh. I'm thinking of at the time of filming this, you know, we're we're going into the holiday season and I'm thinking of that pumpkin pie recipe and everybody wants a piece of it.

Yeah, yeah, yeah, yeah. Exactly. So now your heart's getting a nice piece of pie. Your lymphatic system's getting a nice piece of pie. Your digestion is getting a nice piece of pie.

So they're happy. So they're going to perform optimally for you. If they don't get enough pie, they're going to be angry, upset. It's like kids that just don't get fed at the right time.

So they're just going to be causing lots of distress for you. And it's not ever going to go away until you give them what they want. Like children, right?

So think of your mitochondria as children begging you for what they need so that they can perform for you. And as you're going to find out, algae does it beautifully, and it does it in two ways.

The spirulina is you're going to find out nourishes them is like giving them the pie. And the corella is also nourishing, but most importantly, pulls out toxins that interferes with the pie being delivered.

So toxins interfered a large in your cells membrane, so things can't work properly and they and they disrupt things. So spirulina is the nourishing is the pie and the corella is that is the plate that delivers the pie.

So that that just sort of sets the tone. So first of all, when we get to talk about algae, I want you to know that it is food. I know it doesn't look like food.

And there's different two different types of algae. There's macro algae and micro algae. Macro algae is that big stringy stuff that washes up onshore, also known as seaweed or dulce or kelp.

It's very high in fiber, very low in nutrition. That's not what we're talking about today. We're talking about micro algae, which is microscopic in size, very low in fiber, very high in nutrition, completely opposite to that stringy stuff in the sea.

I'm so glad I don't have to eat that. Stringy stopped. Yeah, well, you know, it's good if you want the fiber and the iodine, by the way, there is zero iodine in spirulina in ours because we grow it in freshwater.

This these seaweed comes from the ocean. So it has iodine. So the two algae we're going to talk about today are spirulina and corella, grown in triple wheatgrass in Taiwan and triple filtered spring mountain water.

This is the spirulina farm. This is the plural of farm. So the two key things you need to know is A. algae is foods. Micro algae B. It's not from the ocean.

Yes, there is algae in the ocean, but that's not the kind of algae where we're selling to you or that you might go to Target or Whole Foods. 99% of it is grown in freshwater.

We just happen to grow more carefully than anybody else.

Microalgae vs. seaweed and ENERGYbits basics

And because algae is actually not like growing broccoli, it's more like growing wine because the whole production process in wine is what determines the flavoring and the color and all the same with algae.

So it's the angle of the sun, the way the water that you're growing it in and the drying conditions. And most of the other algae companies use high heat to dry their algae because they're lower price.

So they need to get to market quickly. But that kills deactivates two of the critical nutrients that protect your mitochondria. I'll give you a like a little head start on what they are one is an enzyme an antioxidant called superoxide dismutase also known as SOD.

We'll get into that in a deeper in a deep dove in a minute. And the other one is the blue pigment in in spirulina, which is a blue green algae called phycocyanin.

I know you've probably never heard of phycocyanin, I'll spell it out for you later on but it has incredible protective healing attributes and both of those are completely deactivated by high heat.

So if you buy a less expensive algae, you might be getting the protein and some of the other nutrients, but you're

not going to be getting these two most powerful nutrients.

By the way, one of them stops, kills cancer cells, and the other one stops heart disease. And those two things alone represent 75% of our deaths in America.

So I would say getting high quality algae should be at your number at the top of your list because those are the two diseases, chronic diseases we most want to avoid.

So again, we grow it in fresh water. We air dry it without high heat, and then we press them into little tablets that we call bits because they are bits of nutrition.

How much nutrition? Well, let me tell you, every single one of these tablets has the same nutrition as an entire plate of vegetables. That's about three quarters a pound of vegetables.

How did I come up with that calculation? Because we have a quote from NASA's it says, one gram of microalgae has the same nutrition as a thousand grams of fruits or vegetables.

So these little tiny tablets, this one's spirulina. It's a blue green algae. This one's chlorophyl, it's a green algae. Each one of these tablets, again, is the same nutrition as an entire plate of vegetables.

Except you didn't have to carry all these vegetables home from from the grocery store, clean them, cook them, eat them. If you just swallow ten spirulina in the morning or the afternoon and 10:00 in the evening, you're going to find out what they do differently.

You will nourish your body, protect your mitochondria, regenerate ATP, have lots of pie to share with people and you can start having your chronic diseases if you have any.

You'll be on a pathway for healing and if you don't have any, you can protect yourself. So and it's all from food and it's just very, very concentrated healing food.

It's the nutrients in the algae that's doing it, not the algae itself, it's the nutrients. And I mentioned two of them, superoxide dismutase and five cosine.

And we'll go into a. Now in the in the last 5 minutes that we have in this first part of our talk, could you talk a little bit about the powerful healing aspects of this?

I'd love for you to take this time to go into those pigments and antioxidants and explain why these are so powerful, because I'm sure there's lots of different places we can get these things. But why?

What makes algae so special? Well, actually, there art. So so what happens is in your in your cell, you have your mitochondria, these are the little mitochondria and you may have up to 2 million mitochondria Pacelle in your brain.

And that's why they're so powerful because your highest concentration mitochondria are where your highest energy needs are. But inside the mitochondria, that's where the ATP, that's cellular energy.

Those pies are being made. But a byproduct are our free radicals. Now, your mitochondria have their own DNA and so they're right beside where the ATP is produced.

And the byproduct of that is the free radicals. So that's like exhaust, right? So it's like energy production happens and the byproducts exhaust just like, like for example, our car driving it does this wonderful thing for us, but the byproduct is exhaust, right?

And I will go to geeky right now, but the way that the energy is produced is through something called the electron transport chain. There's force of molecules that pass the electrons from one to the next.

And the final outcome is ATP. But when you have too many free radicals, those little molecules separate because the mitochondria starts expanding. So now the electrons can't be transferred from one another, they leak out.

And what does that leakage cause? Exhaust free, radical damage. So now your mitochondria aren't getting the ATP, they're not able to generate the ATP because they're the station sort of like having hydro towers of too far apart from one another.

It's like, so your cell phone, no signal drops. So it's the equivalent of that. So the electrons drop. So you're a, you're not getting the energy that your body needs to generate healing purposes or pathways, and b it's causing even more damage.

How do you stop that with things that can stop the free radicals? Two of them are superoxide dismutase, like I mentioned. Now the good news is your body makes superoxide dismutase until the age of 30 and after the age of 30 you basically have zero.

Well, by 40 you have zero. This is exactly when you chronic disease kicks in. And I think it's because your your poor little mitochondria aren't protected like they used to be from all this free radical damage.

And you can't get superoxide dismutase from food, there is no other source of it. Algae is the only source of superoxide dismutase and ars has the highest concentration in the world.

And the other problem is it's an enzyme. So all the other algae companies that are lower priced may have had superoxide dismutase, anti v tested. It may even still be there, but it's deactivated.

It's sort of like Superman lost all his powers. Yes, it's there, but it's not doing anything. It's like going to school or with just your shoes on. Where's the rest of the clothes?

So that's number one. Our algae has active superoxide dismutase. So it's a it's like having, like I said, a superhero in there to protect you. The other very critical nutrient is this blue pigment called Phi cosine.

And I'm going to spell it for you. It's p h y cac y a and i n those are your two superheroes. Superoxide dismutase and five cosine it. What does five cosine and do well in a healthy cell.

It speeds up the process of that that electron transport chain. So it's like having an electron transport chain is sort of like a relay race, except instead of passing a baton in the little stations instead of the runners, they're passing electrons.

And so there's this little helper molecule called cytochrome c and if you the phi cosine and in healthy cells speeds that up boom, you get more ATP, more pi, more ability to heal, more ability to protect yourself.

But phi cosine and doesn't exist in any other food. It's only in spirulina algae, nowhere else in the universe. But once again it is deactivated by high heat.

Now, because we don't use high heat to dry our algae, our phi cosine is alive and well. The only other place you could get active superoxide dismutase or phi cosine and is from frozen spirulina because once again it has not been treated with high heat.

So we wait. So all that spirulina that you can buy in powder form and put in your smoothie and all, it's all garbage. Well, I won't say it's garbage. There are still nutrients that are in there.

I don't want to trash other stuff for. For this particular purpose. Yes. So let's rephrase that. There's there's all kinds of other nutrients, but you're not going to get this particular benefit.

You're not going to get your super powers back. You're not going to get your PI. You're not going to get that.

Superoxide dismutase, phycocyanin, and mitochondrial protection

And by the way, that's that blue pigment that speeds up the generation of that ATP for you if you're healthy. It also the the term can determine automatically God bless Mother Nature if the cell that it's in is cancerous or a zombie cell also known as a senescent cell basically is senescent cells.

A cell that is subdivided so many times it the DNA is all pretty much done and it can't do anything, but it's inflammatory and it's not good for you and you want to get rid of them.

So in a cancer cell or a senescent cell that fight cosine and can detect that and instead of speeding up the ATP production, it ejects the cytochrome c molecule and kills the cancer cell or the senescent cell on.

Well, this is why I call algae intelligent food. A You have to be intelligent to take it, be it knows what to do in your body and it does it automatically.

Mother Nature created this for us. We just grow it very carefully and safely for you so that you get all the maximum value to protect yourself, regain your health.

But it's Mother Nature at her best. And I'll tell you, it's brilliant and it's all documented in science. Everything I've told you is there's 25,000 PubMed articles proving the superoxide dismutase stops, inflammation stops, Alzheimer's stops, heart disease.

Unbelievable. But you can't get it from any other food and you can't get it from algae if it's been dried with high heat. So good. Catherine, I love interviewing you.

It's so much fun. Your high energy, the way you use analogies and the way you literally I mean, this is one of my most favorite things to do is interview an experts and you're one of my favorite people to talk to.

So we're going to keep this conversation going. But before we before we switch to the second part, I want you to tell people how they can get energy bits.

Now, we have clickable links on every page of this summit where you can click the Algae Bits logo and it'll take you to a web page once you go to that web page, there's a coupon code they can use to get it right. Yes.

And the coupon code is the word silent. So the energy our website is energy bits, dot.com, e and RG Y bits dot com. And the spirulina we call our energy bits.

We also have a second brand. It's exactly same, but we found women didn't like the packaging and I started the company because my sister had breast cancer.

So women's health is important to me. These are both spirulina, but they both have the blue phase cosine and that will speed up the production of ATP and basically give your body more pi so it knows what to do and can do it optimally for you.

So these are the two and then the chloro, which we haven't gone into in great detail, is called Recovery Bits because it helps you recover your health and build your immune system.

By the way, Spirulina as it will find out in a deeper dove coming up, is also brain food because not only does it have all these protective nutrients for your mitochondria and your brain has the most mitochondria, it's loaded with essential fatty acids and omega three.

And we know that ocean fish, fatty fish are known as brain food. Well, where do you think the the the fish get the omega three from. They get it from algae.

So think of out spirulina as brain food and as we'll talk about next, Corella is very much a gut in healing food. So

they work in different spots. So in the scone, use the discount code silent and you'll get 20% off everything on our website.

Wonderful. And Katherine, thank you so much for joining us today for this talk on algae, energy production, mitochondria, how it pertains to the root causes of solving chronic illness.

And to our audience, I hope you found our conversation insightful and helpful. If you're a summit purchaser, stay right here, because we're about to dove even deeper into this discussion with Catherine.

If you're not, click on the button on this page to get access to a continuation of this conversation and many others, and get the tools you need to reclaim your health if you're watching this continuation of my talk with Catherine, thank you for being a valuable member of our community and we're going to dove right back in.

And I think the most sensible place to start is to talk about Clarissa, because you had mentioned that at the end of the first part of our interview. So let's jump into CHLORAL and that recovery supplement and talk about why would we want Clarissa in our body?

Yes. Well, as I mentioned initially, there are two root causes, I believe, to this chronic disease. The first one is the lack of nutrition and the diminished nutrition that is available.

Even if we were eating a a plant based diet because their soils are so damaged in the ozone layer. So damage that there's no minerals for the plants to even have to give to you.

The other side of the equation is there are so many toxins in our world. The average bottle I read has 700 toxins in their body. Could be anything from heavy metals, glyphosate, pesticides, molds, and our immune system simply weren't built to sustain that toxic load.

Now, when you have those kinds of toxins in your body, they lodge into your cell membranes. So that communication is damaged. They prevent proper and optimal ATP production, which is what fuels your your production of intercellular energy.

It interferes with stomach lining. It's damages your stomach lining, which can lead to autoimmune because food leaks out from your stomach. I mean, the list is endless.

So you want to get rid of those toxins and you need to build your immune system. If we had there's two pieces to being healthy. One is the mitochondria which generate the energy, cellular energy which we talked about earlier.

The number two is keeping your body and your gut healthy because you've got to pull out those toxins and build your immune system. And that does happen in your gut, Flora, which we call recovery.

That's does that beautifully. And how does it do it? Well, number one, I didn't mention earlier, but spirulina has the highest protein in the world. Clairol has the highest chlorophyl in the world.

Now, Chlorophyl is virtually identical in its chemical composition to your hemoglobin. The only difference is Chlorophyl has magnesium in the middle and your blood has iron in the middle.

Why is that important? Because Chlorophyl builds your blood, and when you have healthy blood, you're going to have a healthier body. It will be able to carry more nutrients to your cells, to your mitochondria, to your brain.

The problem is there's no there's no chlorophyl in our vegetables anymore. My arugula goes yellow after day three chloro has 500 times more chlorophyl than arugula and 25 times more than even liquid chlorophyl.

So already you're getting all this great blood building capability. That's number one. Number two is your cells have something called a lipid membrane, which is a fancy word for saying fats.

And this is why you need healthy fats like A and B and Omega three. Well, Chlorophyl is also a fat based pigment, so it heals the cell walls just like an omega three or ad3 wood.

So why is that important? Healthy cell walls allow nutrients in and toxins out. And when you don't allow that to happen, it's your cells turn into the equivalent of a dirty fish bowl.

We've all had that goldfish. Poor old Goldie. You know, you begged your mother for a goldfish. Got the goldfish, and after two days, you're already onto your next shiny object.

And poor old Goldie in that goldfish bowl, water is getting all dirty. And. And sometimes Goldie just doesn't make it. And you come home and, you know, poor Goldie.

Well, that's what's going on over here. Goldie is a floater. Go gold is a floater S. O. S. Well, just imagine that going on in your cells if you don't keep your cell walls permeable with healthy fats and there's lots of great fats that you can do it.

And the problem is we end up eating a lot of omega sixes, which are exposed to heat when they're in processed foods, and that actually shuts down that permeability.

So automatically your cells start to get all dirty. And what does that do? It reduces the it increases the acidity, which introduces the possibility of diseases like cancer.

All diseases are acidic.

How CHLORELLA supports detox and gut health

It reduces the oxygen, it reduces the membranes to be able to communicate with each other. It starts damaging your mitochondria and you get into that slippery slope.

So the chlorophyl that based kills your cell walls. But I've saved the best of the last Chlorophyl or Corella has a hard cell wall that attaches to all heavy metals lead mercury, radiation, toxins like pesticides, glyphosate, mold spores, lime, and pulls them out.

So it not just attaches, but it kills them. So this is like having the cleanup crew in your body and particularly when you sleep, because when you sleep, that's when your body goes through a detox or repair cycle.

So we absolutely recommend Lorella before bed. You can take it any time of day, but definitely take it before you go to bed because this will facilitate a better cleanup crew.

You're getting your beauty rest, you're not doing anything. And you got the the cleanup crew in there doing all the heavy lifting for you. Generally, people are hungry and tired in in the daytime, in the afternoon before a workout.

So we generally recommend the spirulina in the morning or the afternoon just to ensure that you get all the energy that you need for your day. Now to help people understand the difference between the two of them, I came up with an analogy, a whole image for you.

Of course, you have another analogy I'm having with sitting on the edge of my seat where you are. But right. Okay, so if I could find it for you. Well, I'll tell you about it while. I look for it.

So I speak at a lot of conferences and they're always not always, but sometimes in fancy, fancy restaurants. And it occurred to me that, you know, when you get older in the morning, you might order room service and you get all the food and nourishment you need for the day.

So I thought, gosh, that's a lot like spirulina, very nourishing. So think of spirulina like room service and Corolla because it cleans out everything, all the junk in your trunk, just like when you come back to your room.

It's all cleaned up. Why? Because housekeeping has been there. So spirulina, I think a spirulina as room service and Corolla as housekeeping. You know, whatever it takes to help people understand that they do different things and think of spirulina as brain food because of the high concentration of mitochondria in your brain and clearly because it has fiber and pulls out toxins to build your immune system, that's very much a gut healing process.

And the two of them are essential. And by the way, the two of them, your brain and your gut are connected by something called the vagus nerve. So so when you heal your gut, you're automatically going to start healing your brain.

When you heal your brain, you're going to automatically start healing your gut. But the two of them, how perfect is it that you can get the two of them working for you together and it's effortless.

It's this is the key that I need to keep reminding people you don't have to go and buy spent $25,000 in equipment or you know you can if you want and any kind of biohacking device whether it's red light therapy or cryotherapy, these are all and massage therapy.

These are all really important additions to helping you heal from or protecting you from getting sick. But the best thing is if you have these sitting on your counter, all you do is reach over, shake some in your hand, swallow water, you're done.

This is not only nutrition insurance. These two are your health insurance. And honestly, one day I think people should get a much better premium on their health insurance if they can prove that they're taking our RLG because i you'll never get sick.

You take chloral every day. Your kids won't get sick. By the way, these are both of them are great for kids, great for pets, great for your grandparents.

There's no drug interactions. They're ketogenic paleo. They're the most ancestral food. It's food in a compacted little pellet. And I'm assuming you could throw those in a smoothie for your kids and follow a pill.

Kids love them because they turn their teeth green or their tongue green. When they chew them. I will admit most people do swallow the spirulina because it is a very chewy, earthy flavor to mine.

So if you like them, that's terrific. But you easily can chew your. Oh, absolutely. I want your table permanently. No, I wouldn't cheat myself. And remember, a poor allergy gets a bum rap because people only think of it as algae blooms closing their favorite beach.

And I remind people, well, the only reason algae is there is because it kills bacteria. It absorbs toxins. So the reason why it's closing your beach is because somehow toxins and bacteria got into that body of water and it's there.

It's the cleanup crew and it does the same thing in your body. So your but it's more visible than the toxins. Maybe the toxins have been there for a long time, but you can't see them.

But you can see the algae bloom. So same thing. So when you chew them, you're killing bacteria in your mouth. We work with a lot of biological dentists who love to give this to their their patients because of that reason for dental health.

But also the Clorox, which again is called recovery bits, pulls out mercury when you're getting your teeth pulled out. If it's their old mammograms, they have they have mercury in there.

So the patient, they give this to their patient and the doctor, the dentist takes the Corolla as well because they'll be mercury fumes in the air. So again, very nourishing healing.

You get energy in the moment, but also at the mitochondrial level because of the protective nature of the nutrients,

particularly superoxide dismutase in the in the blue pigment I cosine.

And can I can I ask you a question about that blue? Can you talk a little bit about photo bio modulation? Because we do have people here who are using red light and we will have discussions about red light on this project as well.

And so I think that if they're taking this energy bit, they're going to get even more benefit from red light therapy. Absolutely. This is the great thing about algae.

You can take it on its own and it will still have remarkable benefits to protect you from chronic illness or regain your health from if you have one. If you do have a chronic condition.

I've been saying ten tablets of each one each day, but you probably need at least three times that. So at least 30 tablets a day of the spirulina, the Corolla, if you are have a condition 60 even if it's if it's pretty serious.

Again, it's just food. But you mentioned about the the red light therapy, which is and we work with a lot of red light therapy companies and sponsors because if you take we recommend the spirulina before the red light therapy because spirulina is a bacteria does not have a cellulose wall.

So it's absorbed by your in your into your bloodstream almost instantly if you chew it like within seconds and only a few minutes if you swallow it. Corella has that hard cell wall, so it takes a little longer.

Spirulina has two pigments, the blue one, the viscose iron and the green one Chlorophyl Corella is just has the Chlorophyl. What's so important about the Chlorophyl is that when you combine chlorophyl with blue red light, the red light from the sun or red light therapy, it stimulates something called the CoQ10 molecule in that production.

Green. So I want to make sure I'm clear on this. This is the chloro the green component. Yes, well, it's the chlorophyl. But remember, there's chlorophyl in the spirulina as well.

There's two pigments in spirulina, the blue one, which is helps kill the cancer cells through the cytochrome C molecule and the green one, which I'm going to talk about now.

Right. Okay. So, so remember I talked about that relay race when it's to generate atpase and instead of runners passing a baton, there's these molecules and what they instead of a baton being passed, they pass electrons. So here they are.

Well, we already talked about that cytochrome c molecule. That's what we call a helper molecule. It's sort of like a Tesla, you know, when you're a healthy cell and you focus fine and that blue pigment is like flooring a Tesla, you get more ATP automatically.

This is one of the reasons why spirulina gives you energy. Now there's another little helper molecule called CO Q10, and it's earlier. It's between the first and second molecule.

Now a lot of people take CoQ10, which is why when you take algae, you don't need cognitive. Not going to explain to you why when you have chlorophyl, which is in the algae, the highest concentration in the world and you add red light either from the sun or from a light therapy, it recycles that co Q10 molecule, which again speeds up the production of ATP.

And remember more ATP is more cellular energy. More solar energy is like more pi. It's like more, more money. So everything you do is to speed up the production of that energy and you get it when you add chlorophyl and the red light.

Red light synergy, dosing, and who can take algae

So now just a little interesting side note to just compliment Mother Nature on her brilliance. CoQ10 is a fat based molecule, right? Well, so is chlorophyl.

And Chlorophyl is what speeds this up. Well, interestingly, cytochrome c is a water based molecule and the blue pigment that speeds that up, which is by cosine and is a water based molecule that are really interesting.

Thank you very much. Thank you. Mother Nature made everything work perfectly and I will just get on a soapbox for a minute. We have demonized the sun.

I would say Western medicine, dermatology has demonized the sun. It literally is so vitally important. Get out there for 30 minutes a day without sunscreen on.

And then if you're concerned about skin cancer and so on, put on your sunscreen at that point. But don't block your body from getting sun every day. Oh, my gosh. Yeah, I completely agree.

And you know, it's so funny because when we first started the company years ago, we were runners and marathoners and were loving the spirulina for the energy it gave them.

Some people would run 100 miles with just the spirulina and water, and it's the combination of the protein, the amino acids and the B vitamins and all those other good things.

But it's also because of the increased production of ATP, because of the blue viscose iron and and also because of the chlorophyl. So they're out there running in the sun.

So the sun combined with the chlorophyl was like having your high desert get nuts in your and it's fruity, right? It's, it's food. Who wants to turn that down?

It's like someone said, would you like a Tesla or would you like a you're a 1960s jalopy that doesn't really have a, you know, any tires anymore. You know, I know I take the Tesla.

I know. I feel like the difference between a Ferrari and a Chevrolet like my mind's going like the most powerful engine in the world, the handmade cars in the world.

That's amazing. Well, my next question is, I want to know about let's let's talk about who can take like can everyone take this? Do they replace the need for supplements, protein or vegetables?

You know what? You know, let's talk about everybody should take spirulina. Absolutely zero every single person in the world. And I beg you to please take this give this to your children.

Give this to your pets. Give this to your parents, your grandparents, your friends, anyone who's got any kind of health conditions. This is the answer.

And it's literally fast food. It's going to put a new spin on fast food. You know, we've heard so much about the blue zones. And I say, well, taking allergies like bringing the blue zones to your home, this gives the plant based nutrition.

I mean, I can't help you with the well, I can't help you with the fitness because you're going to be so you're going to feel so much better. And it's called quiet energy because it's cellular energy.

It's not a stimulant, it's cellular energy. So it just knows what to do in your body. Again, it's intelligent food. So whether you're in fact, I read in one of my many papers that in Japan have babies were dying because they couldn't digest mother's breast milk.

The spirulina Anna in water was the only thing that would keep them alive. And they recently did a well, the recent years ago I did an analysis of mother's breast milk and the amino acid profile of mothers.

Breast milk was virtually identical to spirulina, same amino, same proportions. It also has a very high it's actually an omega six, but it's called GLA Gamma Linear acid.

But because we don't heat our algae, it behaves like an omega three. And by the way, the only place that has more GLA than our spirulina is mother's breast milk, Mother Nature.

She knows what she's doing. That GLA is very critical for the baby's brain development. And you can't get mothers breast milk after the age of two. So at least so I've observed.

So this is like Mother Nature's breast milk for you. So consider it an essential foundation of food. Every single person in the world should be taking this regardless of their age.

There's no drug interactions, no contraindications. The United Nations has endorsed spirulina for 50 years as the answer to world hunger. And if I do my job right, we're going to help make that that statement come true, because this is the answer, because we're so for being fed with complete anti nutrients as well as missing nutrients.

So that that's really important. Corolla, same thing. Everybody could be taking it now, the only thing I just caution people is because it pulls out heavy metals and some drug medications may have metals in them.

I can't I know vaccines have aluminum, so that could be a good thing. You might want to take those after a vaccination. So if you you can check to see if there's any heavy metals and if there are, just take this maybe 2 hours away from your medication because we want you to get whatever you need.

Although I could almost suggest to you, I can't promise you, but if you take these every day, particularly if you have a health condition, you may not need that medication.

I have many, many people. In fact, one of my team who joined me in the summertime, he was diabetic within six weeks, his doctor took him off all his diabetic medication, everything, because his diabetes was gone.

This is unbelievable for diabetics. But if you are having any kind of treatments, if you're getting cancer treatments, you know how awful you feel, how hard it is to eat, and your low energy spirulina will help you with that.

And because it also helps with the killing of cancer cells, this is critical and chloro will pull out the excess chemotherapy after a treatment so you won't be as nauseous and it will start building your immune system, which, you know, I got into this because my younger sisters breast cancer, she had breast cancer. She's fine now.

But her oncologist told her to change her diet to an alkaline diet because it would help with her her healing. And these are the most alkaline foods in the world.

And so they're very healing for all people, pets included. Cats and dogs. Absolutely. Go crazy over this stuff and they're smart. I think they're smarter than we are.

They're really smart. A lot of times, like we can treat our pets similarly as we do humans. You know, you just give them like pediatric doses of stuff.

Yeah. Daily, you know, other supplements and. Okay, so Catherine, we have a few minutes left and I love to just open the floor to any final thoughts, words, encouragement.

What would you like our audience to know on their healing journey? You know, based on your years and years and years of just research and lecture ing and supporting people in the community, you're a wealth of knowledge.

So what would be your parting words here to really help people feel hopeful? Yeah. Well, first of all, I want people to know that algae isn't new. It's just maybe new to you.

And just like you didn't know about Chia or are matcha or some of these other collagen powder until somebody educated you. Algae has been a multibillion dollar agricultural crop in Asia, where they've been taking it every day for 60 years.

And there's 100,000 studies documenting its efficacy for all these things we've talked about. But none of that science has been shared with you or explained to you and the algae that's available for sale here has not been high enough quality.

So we tried to address both those issues by providing you with a very safe, nutrient dense food. We sell through doctors, we do third party lab tests.

But the other thing is I want you to know, as you know, we've been talking about how the mitochondria is absolutely, absolutely your number one cause.

Purpose for bringing it back to health will bring you back to health. And you and you do that by eating the proper things like like algae. I tell everyone I never eat alone.

I'm always eating with my mitochondria. They're there at the table with me every day.

Final encouragement and the mitochondria-algae connection

Every time I eat algae, it's like, Hey, this is for you, buddy, because my poop is green. I'm eating so much of this stuff. But this is for you, right?

And the reason why it's so important for you to understand how algae is so healing. Remember I mentioned I may not have mentioned to you, but your mitochondria are the only cell in your body with two membranes.

They have that lipid membrane like all the other cells, but they have this inner membrane and it's that inner membrane that can't not most antioxidants can't get through because and not drugs can't get in there.

It's like the ICU and it's in lockdown. But the new antioxidants that can get in there are all found in the highest concentration in algae. We're talking superoxide dismutase.

Another one we didn't talk about a lot called glutathione and actually and also chlorophyll. Those three are in the highest concentration in our algae.

Now, you say to yourself, well, why are those three why those three get to go into that inner membrane? Well, I'm going to tell you where that in remember it came from, because this will help you finish up the story.

So maybe I think I mentioned that algae or maybe I didn't was the first life on earth 4 billion years ago. It's a sign of bacteria before cyanobacteria.

That was just gas and water. No, no oxygen, no life. Nobody knows why. But a sign of bacteria like spirulina started growing. It was an anaerobic cell, which means it grows best without oxygen, but it generated ATP, which releases oxygen as a byproduct.

So a billion years later, now, bigger cells could start growing, and they were aerobic because they enjoyed all the oxygen. Meanwhile, our little guy, the anaerobic cell cyanobacteria, was struggling because it didn't do well in oxygen.

So I can imagine the conversation between the big cell to the little cell goes like this. The big sell says the little cell. Hey, little guy, I see you're struggling there.

So how about we join forces? We'll protect you from all the oxygen, and you come in here and you make ATP for us. And that's basically what happened. And it's all proven in science.

It's called evolutionary. The little cell that started as cyanobacteria, like spirulina, then got absorbed by the bigger cell, but it didn't digested it became your mitochondria, so Sino bacteria became your mitochondria.

So when it got absorbed, that original outer cell never disappeared. It just got a second lipid membrane put around it. But that's why there's that second membrane at this left over evolutionarily left over.

Your mitochondria and algae are family. I've never heard that. Explain like that especially. Family, they have everything. It's like having a trust fund, you know?

Why would you turn down a trust fund? You wouldn't. You wouldn't. Algae is your trust fund. Go out there and get it because it will do things for you that nothing else can.

It's a gift to us from Mother Nature. I think there's something spiritual about spirulina. I said it the other day that. Oh, and spirulina starts just like spiritual.

So, you know, whether you want to go down that path or not, these two are your trust fund. Don't turn them down. Just all you have to do is swallow a handful in the morning, a spirulina swallow handle at night.

Let them do their work for you. You don't have to do any other work. That's the great thing about a trust fund. It just works for you. So good. That's my little story.

It's there for us. We just needed to understand what it was, why it works, how to pick the best algae. Because not everything has all these powerful nutrients because they've been damaged during the production process, but not ours.

Are are ready and ready. Willing to go. It's like having your whole team working for you. Just. You got it. But I can't help you if I can't get it. It's your body. So thank you so much, Catharine.

And so everyone, you can click any ENERGYbits link on this. On the pages of the summit you can go to energybits.com, you can use the coupon code silent as in Silent Killers to get 20% off.

Catharine, you are so much fun. I love. Love doing these interviews with you. You're welcome in my house any time. They all always come, I'll come bearing Bits.

We call them Bits because Bits of nutrition, by the way. So good to everyone else. I hope you've thoroughly enjoyed this as much as I have. Until next time, everyone take good care.

Bye, now.