C60: A Special Space Molecule With Unique Benefits For You Transcript

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Introduction to C60 Purple Power

Hi. Welcome to the freedom from Fibromyalgia Summit. I'm doctor Roger Murphy, your fibro doctor.com. I have Ken Schwartz here. Kit is a research scientist, and he's got a fascinating story about this incredible antioxidant preparation or molecule.

I wanted to kind of the nerd talk here in just a minute, but C60 purple power. Ken has been on, summit that I did last year previously, and I really was fascinated by the research that went into this, this product, the thought process and just the results that we're getting with this really potent antioxidant and I call it antioxidant, I think it's really much more than that.

So, Ken, thank you so much for being on the summit. I look forward to picking your brain a little bit about C60 purple power. Oh, I'm glad to be on. And, hopefully I can give you some information to help, people looking to find solutions.

Well, let's first of all, let's talk about how did you discover this molecule? How did you get into this? What what what got you started in developing this product?

What was working on a thing called the metal oxygen fusion reactor? And, the thing is that, like, if people that studied this, it's research, right? It was like the late doctor, this one and the dead professor, that.

And, you know, I didn't want to end up in that category, especially my crew. You know, they had family. So I went out searching for something that would be radiation protected.

And it came across this stuff called carbon 60.

How Ken Discovered C60

Its scientific name is Buckminster Fuller, but everybody calls it C60. You know, that's its nickname. And so, I basically, you know, they gave one set of rats, the C60, the other set, the control group didn't get any.

They killed him with a fatal dose of radiation. Pretty much all the C60 rest live where the all the control rats immediately died. And so when I learned about that, I said, that's the stuff for us.

And a couple sources that we were using it during the experiment. And we're all here, by the way, still, but, the thing is, I kept using it after the experiment, you know, because, like, the brain fog went away, I had a little bit more mental clarity.

And you know that at that blau afternoon you get after you eat lunch, you know, you get to let me go take a nap. That kind of went away. And, so I kept taking it.

But about seven months later, I went into my optometrist and the eye doctor, and, he and my Drew's are dry macular degeneration had disappeared. And he was really surprised because he'd never seen that happen before.

Yeah. That's impressive. You know, in the fibromyalgia community, I remember, years ago when I first started treating fibromyalgia patients, there was this there was a lot of studies going on back then.

There's still not that many now, unfortunately. But they did a study on Juice Plus. Oh yeah. And, you know, so that, you know, there's an antioxidant, you know, it's for these diseases and nonsense.

And I remember thinking, seriously, they're going to do a study on juice Plus, which is to me not to step on

anybody's toes. It takes juice plus, I mean, it's fine, but, you know, we got so many other things that are much more sophisticated antioxidants, CoQ10, alpha glowing acid, things that I had relied on.

But you know what? They got some really good results and that that led to this, this connection, that antioxidants, which we'd already known were really helpful in reducing inflammation and pain.

And we saw that and we see that now. I mean, there's studies, numerous studies that say that antioxidants can be incredibly helpful for fibromyalgia and in particularly reducing inflammation, pain and helping with mental clarity issues.

Yeah. And so C60 is one of those basically it's it's a little soccer ball shaped molecule. Let me just that, seems like, They make sure everything's here.

There we go. Didn't have my green screen clicker on because, so it's a little soccer ball shaped molecule, 60 atoms and, and basically was discovered in 1985.

It solved a long standing mystery in astronomy. And then. But they got a Nobel Prize in 1996, in chemistry.

C60 Research and Antioxidant Benefits

And, but, you know, it was really hard to make it's still more expensive by weight than gold, but, so finally had enough to make it in the early 2000s.

And they did a test of one of them is the famous lottery study. And that was like a life cycle of, Worcester rats. And they found that it increased the lifespan 90% over controls.

Was pretty surprising. And then since then, since then, there's been lots of it. Obviously, I talked about the radiation study, but there's a whole bunch of other studies, animal studies, and we can't.

We've posted, we can post human based studies on our website, which is, shop c60.com. But there's also another website called what is C60 dawg? And that's actually sponsored by a bunch of C60 companies.

And to kind of like an industry where where you can see the animal and the human and other studies and kind of like and understand because like C60 is only affecting it as a dissolved, as a dissolved molecule, it has no use as a particles, little nanoparticles or anything.

It doesn't have it has no health efficacy. So you have to make sure you get the right type of C60 for it to be effective. So as I mentioned, I've recommended my patients take CoQ10.

It's in one of the formulas that I've prepared called the fibro formula. Any antioxidant really. But vitamin C? Vitamin E, I mean, there's multiple antioxidants out there.

How does C60 compare to, say, something like cocoa in or after the book acid some of these heavy duty antioxidants that are out there? Well, C60 is very specific.

It's described as a some of the catalysts mimic. And there's basically four big endogenous antioxidants yourselves okay CoQ10 we can supplement for that.

And then there is of course glutathione. And there used to be difficulties. But now they have some liposomal type C. Good. Fine. That will get through your digestive tract and can be absorbed.

And so you can do supplements for that. And then the other two are and catalase. And there is no substitute for sodium catalase and and especially in mitochondria function SVT is so super important.

And you know, people could do precursors. But you know, it wasn't very effective and it took a long time to do it.

But C60 is an so do you mimic and and so do a superoxide dismutase.

And it deals with the superoxide those damaging oxidative radical in the body and your mitochondria, the little furnaces that make your ATP have a lot of it.

And so but it's kind of unique because usually if you have a superoxide produced in the mitochondria you have SRT. Superoxide dismutase will turn that into hydrogen peroxide.

And then catalase is another antioxidant. Your system will turn that hydrogen peroxide into a water and an oxygen molecule. And that kind of completes the cycle.

And then of course soda and catalase have to be you have to have an enzyme and some ATP to reset them so they can do it again where C60 doesn't need that.

But C60 does it. C60 is unique. And all the molecules in that it gets a slightly positive charge by, not by releasing an electron into the environment.

Getting a little chemistry out of here, but by actually pulling a hydrogen ion and storing it inside of its cage like structure, that's unique. No other molecule really does that.

And, and so like, what an sod is negatively charged and it's attracted to the positively charged C60 and it'll stick to it. And what happens is C60 just steals that electron, gives it to one of the hydrogen ions, which turns the hydrogen gas and just releases it back to being regular oxygen, which would go back to the Krebs cycle.

And so that allows C60 reset itself again and again and again without using burden burdening the body chemistry, like using an ATP and an enzyme. So it does it all its own and which it makes it, that's why it's characterized as several hundred times more powerful than conventional antibiotic antioxidants.

We know with fibromyalgia that they have often have less mitochondria, and the mitochondria that they have are dysfunctional. They're not working correctly.

Then we also have this paradigm that we've shared numerous interviews about the cell danger theory, the survival paradox, where the mitochondria become, overwhelmed.

And they, they, they shut down from what they perceive as a threat. And they can stay in that shut down. And that shut down, position. But one of the things that really helps to turn that back around are antioxidants in particular mentioned glucose, iron.

So what you're saying with purple C60 is it's really a more effective way, or could be a more effective way from what you're sharing with us to, to help with that process. Yes.

And one of the things C60 does, it also neutralizes the hydroxyl ion.

Mitochondria, Detox, and Energy Support

And that's basically a water molecule missing its proton. It's got an active free electron there. The likes of terror stuff up. And, C60 will neutralize that back into water.

And that's the only to oxidative radicals. Carbon 60 works with it doesn't it doesn't interfere with like nitrogen oxide or hydrogen peroxide or some based around sulfur and zinc, which your body uses as signaling molecules. Yeah.

And that's really important because if they've done meta studies of like vitamin E and vitamin C, and they found that they do not increase athletic performance, because when you take too much vitamin E and vitamin C, then they start interfering with the body's signaling molecules, which then you start getting negative feedback effects.

But because C60 selective, it only deals with the two of the most damaging oxidative radicals in the body, the superoxide, and that the hydroxyl line and the body does not use those as signal molecules.

There are two damaging. So. So C60 is actually the only antioxidant known to increase athletic performance prior to due to hitting the record button. We were talking, just chitchatting a little bit.

And you share with me this idea about your perception of fibromyalgia, which is, is very, common is that it's a buildup of toxins in someone's life, whether we call that a cup or a bucket or whatever, beer or whatever we do, and eventually those toxins, whatever they are, they can be environmental toxins.

They can be mold toxins. They can be, stress toxins, mental, physical stress, whatever it is. But something comes along and eventually these toxins spill over.

And when they do, that's where you start developing all these symptoms. And then the goal really is to try to figure out how to get some more space in your cup or your barrel so that you have a buffer to where it's not spilling over, creating these symptoms.

And you share that you feel like that, C60 is a is a way to be able to do that because it can counter that. Yeah. I mean, a lot of the toxins, I go back to sitting in the story like the first, probably the most famous and pretty much the first study that really looked at that, there was the battery study and you go to what is c60.org and you can see it there.

But basically they, they, they found that C60, you know, here's a mysterious molecule found in outer space and in nature, like the bird would give a candle like 0.25% C60.

So it's around. But they basically, you know, you know, is it toxic? Is it not? They give it to, test animals. Wistar rats, and it increased their lifespan by 90%.

But it took about five and a half years, which is a long time. In fact, that last few C60 rats kind of had a bad accident. Stick it out so they could publish the study.

But during that five years, they did other studies about C60. And one of them that's included in the paper is a study about liver damage and carbon tetrachloride.

And if you're people out listening out there, carbon chloride, it's like carbon with four chlorine atoms on it. It was used in the dry cleaning industry for many years, and it's extremely toxic.

And now it's like a legacy toxin in the environment. Yeah, I think they banned it. But so they gave you basically they gave, you know, the test they gave one set of rats, the C60 rats got, you know, they got their C60 and the control rats did.

Then they gave them like a really toxic level of carbon tetrachloride. And the livers of the C60 rats were fine. Whereas the livers the control group were pretty damaged.

So and that's that's the case. So if you're, you know, you live processing a lot of toxins and those toxins break down. You know, superoxide and hydrox Lyons are commonly produced in the breakdown of toxic substances.

And C60 neutralizes it, neutralizes them before they can cause damage. And that allows the body to process those toxins without, with the liver specifically without damaging.

Unfortunately, it's very common to see that my patients have elevated liver enzymes, either from a fatty liver or from, you know, probably due to medications that they're taking.

And, you know, with the right antioxidants, we can turn that around. So what you're saying that C60 is a way to help with some of these conditions, that if you've got a chemical sensitivities, things that you, you know, smells, odors

that you breathe and that's a chemical or if you take something that's supposed to put you to sleep and wakes you up.

But if you know you're one of these people that say, you know, has a chemical sensitivity, one of the ways to counter that is to help the liver, be more effective to take the burden off the liver.

And C60 is a is a is a means to be able to do that. Yeah. So as C60 says, somewhere between 4 to 10, days in the body, it's a half life before it goes out.

And on the way out, it either goes out to the kidneys or through the liver. So there's always a generous amount of C60 in the liver to, to help deal with toxins.

And we we've had people with improved kidney function and liver function after, taking C60, you know, they had like one guy had a, genetic condition supposedly, and made his liver not function.

But after taking C60, his genetic condition went away. And we had another lady. She had like 30% loss of kidney function. And nephrologists said, oh no, it's never coming back.

But after taking C60 for several months, she had 100% kidney function. So a lot of those things that they claim are incurable or can't be fixed or genetic, really are.

It's something more is going on. So since C60 affects the mitochondria, the power plant of the cells, we know that it can generate energy. You know, they can help get some of that energy that's missing in these folks.

Can you talk a little bit about that process, just what you've seen with your with, some of your clients seeing that their energies kind of rebounded and they started taking this product.

Oh yeah. That's the first thing that you people notice when they take C60. And usually within a week, you know, we recommend people go through a whole bottle takes a month to go through it.

But like usually with the first week and one of the noticeable that, kind of mental clarity comes back and also the brain fog kind of goes away. That's, that's the first thing people notice.

And then a lot of other people notice, well, some people take it and they have them incurable, thing to go like clean the house and, and the motivation comes back.

And part of that is, is the return of the dopamine production because, you know, you, you know, typically our body set up like, if we have acute inflammation, right?

You know, the let's say you twist your ankle, right? It swells up, you get all the redness and all the pain. But also one of the things the body does it it suppresses dopamine production, which is the motivation molecule, get you out of the bed in the morning because it does.

The body doesn't want you running around with that painful you know, and causing more damage. And that's just a natural and a good process. But when you got chronic inflammation, then that becomes a problem because you know, you need to have that motivation to do everyday things.

And so that's one of the other things that people notice with C60. It usually takes a couple weeks, is that motivation level comes back up and and they start doing, you know, maybe a lot of them clean the house of the garage or, or start doing hobbies and other things, maybe exercise routines they just haven't done in months because, the dopamine levels rise and now you're that's the motivation molecule.

And you kind of resume having a life. And it's very common to see the dopamine is low in fibromyalgia. And that's comes from years of poor sleep getting rundown sometimes from taking medications and some of the side effects those medications.

But just having an illness that people don't understand. So anything you can do that can generate get that dopamine level up, which is our feel good drive ambition, zip pain blockers.

You mentioned, we certainly have antidepressants out there that can help with that, but the antidepressants are like a gasoline additive. They don't make dopamine, and they have potential side effects.

Ironically, some antidepressants can cause anxiety and depression. They also can cause diffuse achy pain and brain fog and poor sleep and many of the symptoms that we see in fibromyalgia.

So, you know, if you got an option, like something like C60, that's all natural. It's certainly worth a look at to see if you can benefit from it. And it's not an end all be all.

Hormones, Immunity, and Inflammation

We talked about this previously, in our interview, but it's a piece of the puzzle that can really generate some reduction in some of the symptoms and help you get on the right track so that you can make some other steps that would help you in your, you know, you in your quest to feel good.

Yeah. I can talk a little bit. One of the things that C60 does, of course, restore the country function. And, you know, mitochondria make ATP, which is the energy molecule.

So it's like 95% of cellular metabolism is based on that. And it also mitochondria make precursors for RNA and DNA synthesis which is very important for building proteins and repairing, you know, the DNA and such, but also mitochondrial DNA, which is the precursor molecule for all the hormones.

Yeah. And so that's another I guess you call side effect of C60 is when you take it, your hormone levels will rise, but all across the board. So you get, you know, more melatonin, you get better sleep, you get, more human growth hormone and all the other master hormones and the pituitary hypothalamus complex.

And then also in your adrenals, you know, they produce three types of which is a counter indication your bring up. You got glucocorticoids which help regulate the blood, but you also have mineralocorticoid.

And this is one of the things we found with C60. With C60 restarts mineral production in the adrenals. And so if you're on a blood thinner, you know, the underlying cause of your blood being sick goes away.

And if you're on a blood thinner, then your blood could become too thin because the underlying problem one way. So if you are in a blood thinner and you want to use C60, you need to consult with your doctor and just probably get more testing done.

And to a certain extent, it also, when the androgens return, it can have effects and the androgens are converted into testosterone, estrogen and progesterone, whatever is that, that, you know, happens.

And so like typical case, we have a seven year old guy. He's got testosterone at 350, which is kind of low. So the doctor puts him on creams. He's on the low seven hundreds, and then he takes he 68.

He goes into his, into the doctor tours, you know, biannual testing. And his testosterone levels are 1200. So the doctor takes him off the screen. So that's another thing C60 kind of just but it raises, hormone levels uniformly across the body.

Not it's not like hormone replacement therapy. So if you are on one of those things, you might just want to do a little extra testing because the underlying problem could go away with C60.

And and so you just need to be aware of that, that that can happen. Several interviews we've shared the fact that with fibromyalgia they have a dysfunction of that, HPA axis hypothalamus, pituitary, adrenal.

And this is exactly what you're, you're talking about. I see across the board that they're low in DHEA and the precursor that is pregnant, although we see the data is low, or does our levels, which are, you know, give us, give us that ability to handle stress, the stamina, resiliency to stress is low.

And because of that, these folks are they're they're vulnerable to what we call fibro flares, where they where they do have a day. If they have a day where they feel good and, you know, they clean the house or do something that they normally can't do, then they have a fibro flare.

They're in bed for 2 or 3 days because they haven't built up that stamina and built up that stamina. Some of the hormones you actually just mentioned.

Yeah. And also, yeah, C60 is known in the athletic world. We have it is it's it's like the only antioxidant which can increase athletic performance. And so things like Doms, late onset muscle soreness that people get because when you're mitochondria you're super exercising.

Your mitochondria are just producing ATP. And they're they're also spewing out superoxide hydroxyl ions and other things. And, and and so if you're C60 generic and neutralize those before they cause damage.

So, you know, instead of having Doms two days after exercise, you feel that soreness. And so people that take C60, they notice, you know, and there's there's also right after exercise and instead of waiting for hours for recovery, you know, you recover in an hour and that.

And then if you're an athlete that works out, that gives you a lot more hours back into your day that you don't usually have. Well, tell me a little bit about how C60, what role it plays in the immune system because that's that's big.

That's a big that's big. Yeah. Okay. And human on our website we can we can post human testing studies. And one of them courses is a study. You obviously you can't experiment on people.

That's a little unethical, but in certain levels. But they can do it on cells in vitro or in the testing, basically. And one of them was the mast cells, release the histamines, which caused the whole allergic reaction.

They found that C60 would moderate the release of histamines from mast cells and human mast cells in in that. And a lot of people to take C60 diminish their allergies, go levels go way down.

They're not gone. They're just a lot less much lower. And, that actually went to an animal study where they had animals that would go into athletic shock when exposed to some substance.

And the animals that got the C60 didn't go into alpha electric shock when they were exposed to the, to the toxin. So that's a they're not really sure exactly what's going on.

The metabolism of the cell. One of the things is, you know, if these immune cells have malfunctioning mitochondria, they may have dysregulation in their actions.

And so maybe just because one of the things C60 does, it basically drives things toward homeostasis. That's it's basically it just makes it lifts the it doesn't cure prevent disease.

It lifts the oxidative burden the cells are under. And once the oxygen burden is gone, then the cells can operate more efficiently. The way they kind of were meant to be.

Well, you mentioned allergies, so that's a biggie. It was. So some folks have a thing called mast cell activation syndrome. And we've had some presentations in the summit about that, something that's generate this histamine reaction, which, you know, an over and over abundance of histamine can create pain.

It can create anxiety and depression and certainly can create allergic reactions, whether it's, wheezing or

something in your gut or a migraine headache.

So this is an opportunity to use something that's natural rather than a prescription that can really help to tone down that histamine reaction. Yeah. I think that's, that's is probably, yes, part of it.

And one of the other thing people notice that we've had a lot of people, people with, gut issues, you know, they I don't know what they call a Crohn's, leaky gut.

There's like, you know, a dozen descriptions of it, but people take C60, they're they have a lot of gut repair health and, and we think we kind of a mechanism to kind of describe the mechanism for it was actually one of the C60 studies.

They had rabbits, they gave rabbits arthritis. And C60 is known as a great anti-inflammatory. So not surprisingly, the injected C60 into the rabbits joints.

And and the inflammation went, went down. But then when they later examined the joints, they found it actually that the cartilage had regrowing in the joints.

And, and that's, and that's, and so what it goes on and also the, the other first human study was a cream. They put C60 in a cream and Japanese women and then Japanese one would apply topically on the face and reduce lines and wrinkles in Japanese women.

And and it took a while, but we figured out kind of in the background, what they found is there's a lot of cells in our body. They're called senescent cells or zombie cells.

They basically they have damaged DNA, so they can't really function. They can't reproduce, but they don't want to die. They usually goes apoptosis. A pathogen will kill them off.

And and then they're replaced. But they don't. So they go into the fermentation mode. And they way they do that is basically stop providing antioxidants to the mitochondria who have to go in the fermentation mode to.

And so firmament fermentation was like 1/20 as efficient as, you know, oxygen burning, the Krebs cycle. But it also produces, you know, alcohols and other toxins.

So so those senescent cells start poisoning the cells around them.

Stem Cells, Telomeres, and Longevity

And, what they find is when people take C60 that C60 is uptake in by those senescent cells and it, it basically turns on the Krebs cycle in the mitochondria and, but also mitochondria will send messages to the nuclear DNA of the cell.

And it is senescent. So they will not get the right message back and they will actually self-destruct and cause apoptosis of that senescent cell. And so one of the things that we also mystery, because a lot of people that had taken C60 for a long time, there are two of your links that significantly increased which but was kind of mysterious what was going on.

But what's happening is basically C60 goes in there, it kills off the senescent cells. The zombie cells, and then now your tissue or body doesn't have as many, you know, cells to function.

So a message is go out, we need more stem cells. And then the stem cells come in and replace those missing cells. And so the stem cells have a full set of telomeres.

Then the average telomere length of your cells increases. And which explains that. And we have a on the Front Range in Colorado. We have a lot of, a lot of, stem cell treatment centers here.

And we saw that we have some of our customers go in there, like we had a seven year old guy who goes in after taking C60 for a few months and, you know, they pull the blood and they come rushing in.

So you've got 20 million stem cells. This is one of the highest counts we've ever seen. And and so and that's, you know, part of 660, we used to have a Russian billionaire, right.

Still around. He used to get 5 or 6 blood draws just to get enough stem cells to do a treatment. But now he just does one blood draw. So that's one of the consequences C60 increasing stem cell levels, which of course that explains the Japanese women because you need more stem cells to to keep, you know, the replacement of your skin cells, which if you don't have enough, it causes wrinkling.

So if you have stem cells, wrinkling goes away. And that's kind of the whole secret. There. Yeah. And I think in medicine that's where we're going. Everything is going towards stem cells, whether that's a heart condition, whether that's some type of, traumatic accident injury, you know, sports injury.

That's where we're heading. Cancer. We're heading with, you know, stem cell therapy, telomeres. So the length of telomeres associated with longevity is that's when they key.

Yeah. So so folks know what you're with your with your biochem research you know, brain keep you can I go a little science. Yeah. Yeah. That's okay. I love to talk to.

I have to be real careful not to to go off on that tangent, but, but the the the link to the telomere will dictate longevity. So the longer the telomere, the longer you live.

And so anything you can do to increase that is, is, it helps your vitality, helps your, life. Yeah. So especially especially these are, now there's other antioxidants generally, slow down telomere shrinkage and telomeres are just like little DNA.

It's like, the end of a rope that prevents it from fraying on your chromosomes. They're just like, threads wrapped around. And if they get too thin, your chromosomes unravel.

And then the cell is basically nonfunctional. Yeah. You got sense. And so you want to get rid of cells like that and they're replaced by stem cells. And and when we're younger that happens faster.

But as we get older that's it slows down. So anything that can help more stem cells will help that rejuvenation process. And, which is good. Are there any C60 knock offs?

I mean, this is an incredible product. There's got to be people out there that are trying to produce something similar. Now, I know the answer to this, but I would yeah.

You know, but I wanted to share that because I think, you know, people sometimes will look for another product for whatever reason. I think it's important to point out that there's really only one C60 and for a reason.

Oh, yeah. And when the C60 market was small, everybody in it made a quality product for their customers because they in their families used it. Right then C60 became popular.

We got all of these fly by nighters, jump into the market and and it's kind of like the way the CBD market is. But there's basically three things you want to look for in a in a C60 product.

You want to make sure the product is sublimated, or sometimes they call it sublime, but sublimation is from, if you remember, from chemistry class, it's when a solid turns into a gas that back into a solid.

So it's like distillation. It's a way to make a real pure product. And so when they put the basic the C60 in production houses, in the sublimated heat it up to 40°C, the C60 vaporizes, floats to the other side and condenses.

And that's how you get 99.99% or 99.98%. It's just makes a very pure quality product and that's what you want. You want sublimated sublime in 99.99%. Or really, if I like that.

Product Quality and Final Thoughts

Unfortunately, a lot of the C60 produced today is is produced through solvents, primarily methyl benzene, which is a known carcinogen, also known as thulium.

Yeah. So they'll dissolve the the C60 entirely and then they'll basically, you know, they dissolves it, then they purify it, and then they basically boil off the toyline and then they have to oven bake it again and again and again to get up to, you know, a 99.99% thing.

But there's always a little, boiling in there. But a lot of guys on the market, there's they're putting like 99.5% C60 in the product or 99.9% C60 in the product.

You have to read the fine line. Well, that's 0.1% of that 0.5%. That's totally that's methyl benzene. That's something, you know, is, is a toxin that you don't want to know what they're saying.

So to avoid that and then the second thing we want to do is, put it into the type of oils we put our C60 in, kind of like the Goldilocks of oils, olive oil.

Obviously, we all know that. You know, it's a mediterranean diet. But in that fact, when I first got C60 in the research, you know, when I was running the Moxie fusion reactor, everything was an olive oil. But I'm kind of sensitive.

So if I took like an extra dose of, you know, olive oil, like, I, I might have to go visit the bathroom after a while. So I started putting it in, in, avocado oil, which is much more easily digestible.

And then also, once I learned my macular degeneration went away, I talked to my electrical engineer on the project and Gary Rodriguez, and he had developed severe wet macular degeneration.

We used to be able to post the pictures we had, like heinous lesions on the inside of his eyeball. I made a preparation in MCT coconut oil and for people listening MCT means medium chain triglycerides and your liver can turn those into ketones very quickly.

And now you're now your cells can use them as a flex fuel because Rodriguez type two diabetes. That's kind of one of the things that caused the macular degeneration or eroded it.

And so after taking a tablespoon of MCT oil of C60 and MCT oil for a year, his wet macular degeneration completely disappeared. Along with his type two diabetes.

He went subclinical. He still and he still got, you know, watch his diet and do all the things to exercise, to sleep. And that's one thing I want to say to C60 is not the magic pill, it's it.

C60 really lifts the oxidative burden your cells are under so that, so that they can do the job. It's like maybe the coolant in your car, right? If your car's got the right cooling, it's going to stay cool.

Everything's going to run, but you still got to put the right gas in it. You got to have the engine oil, you got to have all those other things. And so, you know, it's C60 is just one tool in the tool kit for good health.

But you have to have all those other tools if you really want to get to that, get to that level. Well, this is really been an interesting conversation.

Every time we talk, I always, you know, really, learn something new about this product. And I'm a big fan of the product. I've had patients, relate to me how much they enjoyed being on it.

I like being being on the product. I really like it. And I think that anything you can do to help lighten the burden, lighten this toxic load, with a, with an antioxidant and in particular, this antioxidant that covers so many bases does so many things in a way that's unique to other antioxidants.

I think it's a it's certainly worth researching. And when I look at to see if this could benefit you, I encourage you to to check it out. Yeah. It's I think yeah, it's it's just one tool that's tool built for good health.

But it's an important one. And, I'm sure you talk with all, your listeners and all the other important things people need to do because fibromyalgia, it's it's it's a syndrome.

Like you said, it's not easy. It's, you know, it's not it's not one causes. It's not one cure. It's a it's, you know, it comes from multiple, multiple sources.

And that kind of leaves it with multiple things you got to do to make it become less. But this is another therapy, another thing that you can you can add and see if you benefit.

And if you do it's there's, you know, no side effects to it. So it's something that you can stay on and feel good about. So Ken, thanks so much for sharing.

Thanks for developing this product. I think it's, an incredibly, beneficial product that's really a unique product, something that came from outer space that we're using here on the planet Earth now, to help people with their health.

What a what a story. So, thank you so much for being on here and sharing your knowledge. Okay. Glad to be on.