Introduction to C60 and Ken Swartz

Instructor. Jen, welcome back to the summit. And we're going to talk about a really cool product called C 60 that can help your thyroid and many other things in your body.

So we have Ken Swartz A. K. A. Ken the scientist, he is the founder and chief science officer of C60 Purple Power, a health and wellness company committed to delivering the highest quality C60 products available.

Ken earned a master's of science degree from the University of Colorado at Denver and a Bachelor of Science in Economics from Arizona State University.

And he spent the early part of his career as a secondary school teacher and is passionate about helping and educating people. So then Ken Research and several science laboratories, and he came across C60.

So I would love for you to finish up that story and tell us how you got involved with this product. Well, I was working on a fusion reactor project and the type of fusion mercury metal action fusion there was like a lot of late professors, gas and dead doctors that so I didn't want to, you know, put my crew or myself in that category.

So I went out searching for a radiation, protect it. And I came across this stuff called Carbon 60. It's C60 for short. And they, you know, they did a scientific study, a couple of them, where they gave, you know, one set of roots, gives the C60, the control group, doesn't get anything.

They hit them with a multiple fatal dose of radiation. Pretty much all the C60 rats live where the control ones immediately die. And of course, when I heard about that, I said, Well, that's the stuff for us.

And so I got it. And, you know, we had a successful project. We're all still around. But I kept taking it because I just had a little bit more energy, like the afternoon blogger, get up, eat lunch.

How Ken Discovered C60

And I went away and and never really got it is what about seven months after I started taking C60, I went into the optometrist in my Drewes or dry macular degeneration had completely disappeared and my optometrist had never seen that happen before.

And then but in the meantime, my electrical engineer in the project, Gary Rodrigues, and developed severe wet macular degeneration. And so I when I learned about that, I made a I made it I made a C60 preparation, MCT oil, a coconut oil.

And people may know that mscs turn into ketones by your liver very rapidly. So it's flex fuel for your body. Because, you know, Rodriguez, you had type two diabetes, which actually caused the macular degeneration.

So after a year of using a tablespoon of C60 mk2 oil, his wet macular degeneration completely healed. And as type two diabetes went subclinical and scarring after that, you know, I basically I started making it for friends, family and myself.

And I shared it with alternative health care professionals. And they had good results. They shared it with the customers and one thing led to another.

And now there's the company. Wow, that is so cool. And that's why you're probably so passionate about it, because you use the product. It's changed your life.

How exactly is this carbon 60? How is it made? Well, it's in Asia. It's made in like Alberta, Vancouver, candles like

0.25%. You know, C60 has been around since the beginning of time.

It's made in the atmospheres of giant Red Stars. That's how it was discovered in 1985 to solve a mystery of astronomy, because it's kind of unique. It's like you can see behind me on the screen there, it's kind of a spherical molecule of 60 carbon atoms.

And and it has unique chemistry. So they got a Nobel Prize in 1996 for chemistry. And it wasn't until the early 2000s that they started testing it and they did things like double basically double the lifespan of test ends.

And and then so there's been lots and lots of like health things discovered since then. Wow. So why are we hearing about this? Like, we should this should be on the nightly news if it's helping lifespan, right?

Yeah, it's it's just has it's kind of in the pre adopter stage, you know, in the in the biohacker world. Everybody knows about it. It just hasn't made it into the mainstream.

So it's, it's like the early adopter, pre adopter stage, whatever they do on products so and so that's yeah. But people are more people are learning about it and discovering its benefits all the time.

Yeah. So let's dove into thyroid a little bit. So you've had some experience using this with Hashimoto's patients and have had really good results? Yes, we've had some Hashimoto patients go completely off their medicines or some just reduce them, but it didn't happen overnight.

This is a long term process and one of the main things that C60 does, C60 is what's called an S. O. B. countless minute. For people who don't know. SD stands for superoxide dismutase and that deals with the most damaging oxidative radical in the body superoxide.

That's an oxygen with an extra electron. And, you know, oxidative radicals are what oxidative what are your body's beat? Your cells are basically rusting.

So an oxygen with an extra electrons, the worst one you can get. So C60 neutralizes that and the hydroxyl ion, which is that which basically a water molecule missing its proton so that's also has a free electron likes to tear stuff up.

So those are the only two oxygen radicals, the body that C60 interacts with and the body does the C60 doesn't interact with any of the body's signaling molecules like nitrogen oxide.

That's an oxygen radical, but you need a bit of acid. Dilator constricts or loosens your capillaries, which is super important, and hydrogen peroxide and some others based around sulfur and zinc.

Your body uses the signaling molecules. So it's a C60 basically doesn't have any any negative. It has no negative effects really pretty much at any level.

And it's the only antioxidant that can increase athletic performance. Now for Hashimoto's, it's also as an antioxidant, it's a powerful it's a powerful anti-inflammatory.

And as we know, Hashimoto's is primarily a autoimmune disease and also C60 has been found to moderate like the release of histamines and mast cells. It stops the cytokine storm.

So it kind of puts the immune system into like a more functional state. So it's not hyper excited and that's one way that we think C60 helps. But another thing that C60 does is it causes apoptosis of senescent cells and for people listening out, there are some this nascent cell is like a zombie cell.

It's not working anymore. It's got into the fermentation mode rather than the oxygen burning mode. And so it's actually poisoning the cells around it in a lot of cells like say in your in your thyroid that have been damaged through autoimmunity.

They've gone there, their DNA is damaged, they've gone into senescence and they're basically they're not functioning more. Well, that's one of the secrets of C60.

When you take C60, C60 restarts the mitochondria in your body, the monokini, they're little organelles of your cells and they produce ATP and peg needle and the precursor molecule for the hormones.

And there's the pre synthesis stuff for DNA and RNA. And so it's very important.

What C60 Is and How It Works

And so but in senescent cells that's actually suppressed, the bigger cell stops providing also and catalyst. So the mitochondria have to go in the fermentation mode too.

So when you take C60, it's uptake in in those senescent cells, which then when the mitochondria restart when they don't get and then they so little messages besides making ATP again, they'll send messages to the nuclear DNA, the main DNA of the cell and they will not get the right message back and they'll cause apoptosis, which is programed cell death.

So all those zombie nonfunctional cells in your thyroid get wiped out. And then that causes messages to go out, say, hey, we need more cells to make the thyroid run and it causes a great increase in stem cells.

And then the stem cells move in. They're like baby cells. They haven't decided what they want to be. And then they'll they'll move into the thyroid to replace the missing cells and then they'll turn themselves on.

They become thyroid cells, but they're not damaged like the cells in the thyroid. So those cells that used to make all of the various T3 and T for for your body, they'll still start getting new cells that can actually do that.

And the bulk of the people that have had reductions in their thyroid medicine or completely going off, it's a gradual process. It takes like, you know, a year, six months, two years.

And usually they they'll they'll don't get testing and they'll know. So we need less medicine and then we need a lot less medicine. So this is a long process over like a year or more.

And we've had people can go completely off and it's we think because the replacement of defective cells of your thyroid with ones that work and now your thyroid can work again.

Now that makes a lot of sense and it is so important because they're these zombie cells, these senescent cells, because it's part of the aging and kind of decay process.

If you see if you imagine all these little zombie cells in your body and it's hard to clear these, especially if they're stuck, you know, sometimes there's certain peptides that can help along or fasting.

But if this is a great product, if you can just take it and, you know, take a tablespoon a day and that would help move that along. So that that's really key.

And and also decreasing inflammation. So the process of Hashimoto's, when we even see in an ultrasound, it's heterogeneous, it's diffusely heterogeneous.

Those, it's inflamed, it's it's angry. So calming down that inflammation is a very important part of healing the thyroid. Yes. And that's the other thing that C60 does.

It also well, as I mentioned, it's up. It passes the gut barrier, passes the blood brain barrier. It's taken by endo psychosis into the cells. And then the mitochondria, it goes into the mitochondria where it's used as SLG because that's what he's one of the key a.s.a.p catalase worked together to get rid of superoxide in the mitochondria.

They're like little powerhouses, right? So they're putting out pollution. One of them is superoxide and usually also D is produced by your bigger the cells around them and it keeps that superoxide.

But as we age it goes down. A lot of people have genetic susceptibility so they don't produce as much as a B as they get older. And so it kind of covers that gap.

It's never been able to be covered before, you know, because there's a lot more big antioxidant. It's really you're looking for endogenous ones. You got CoQ10, we can supplement for that.

You've got glue to fire and there's some supplementation. Now the liposomal form will get past your digestive system, but still there's a little problem getting into the cells and and C60 does the job of glutathione and dealing with the hydroxyl ion.

So C60 takes that job. And so what glutathione and you have left to go to do the other dozen important things that glutathione needs to do. And then C60 is like the catalase.

So do you mimic. So it'll take care of that superoxide, not just in your mitochondria, but all through that. So that's the most damaging oxidative radical along with the hydroxyl ions.

And so those are the only two it interferes with that doesn't interfere with the body's signaling molecules, which are so it has no toxicity. They've given it and test animals at 10,000 times what, you know, healthy, beneficial doses and no toxicity.

Of course at that amount you're not getting more benefit from having so much, but it has virtually no toxicity at any level. That's amazing. And mitochondrial health as we've learned in other talks this the summit mitochondria so important for thyroid you need those mitochondria to be optimized and also like you said to get you through like that 2:03 p.m.

kind of sluggish fatigue that people really struggle with that. So so this is helpful to build that energy back up. Yeah. And if you think about like cell types in your body that have a lot of mitochondria, the number one is is the brain nerve cells.

You know, the neurons brains like 2% of your body weight uses 20% of your energy. So they're just packed with mitochondria. The next of the cells, the American system, like your thyroid and tuatara, are hypothalamus gland.

They're just packed a little glands there, but they're pouring out all kinds of hormones. So they got a lot of mitochondria. And then, of course, the rest is the muscle cells, especially the heart cell.

They're just, you know, they're they're doing the work. So they have lots of mitochondria. So those cell type C60 is really good at improving performance and health with.

Yeah. So what are the different types of products you get because you said one had MCT oil. Okay. And what the basic three things are looking for, if you're looking for a C60 product and we're not the only company out there that has these three things you're looking for, but you have to be careful.

When the C60 market was small, you know, everybody pretty much made a quality product for their customers and then it became popular or at least was 30% popular, much bigger than it was before.

And we've had a lot of these fly by nighters come in, kind of like the same thing that happened with the CBD industry. So you just have to be careful here.

The number one thing you want to do with a C60 product is you want to get sublimated C60 and 99.99 or 98% pure. And if people sublimation, if you remember from chemistry class it's when a solid turns into a gas that back into a solid it's like distillation and that just makes for a very pure product, you know, 99.9 or 99.99.

It's just a very process and sell a lot of C60 used in industrial uses because our industrial uses for C60 is made using solvents, primarily methyl benzene, also known as totally no non carcinogen.

So you don't really want to be putting that into your diet because you're trying to avoid oxidative stress and damage. So you really want to look for a sublimated C60 product and hopefully a 99.99%.

So that's the first thing that you want to do. And then the second thing is the oils we put it in, we put it in like, you know, oils which are both stable and healthy for you because there's a lot of nasty oils out there like canola oil or sunflower or safflower.

Those are really high in omega six is and they're often run through purification processes and that can be inflammatory. So you don't want that in your in your diet, in your in your diet, basically. And seed oils are actually one of the biggest problems in the American diet today.

So we're going to try to avoid that. So obviously, we have pretty much the old standard that it really came in, which is extra virgin olive oil. People been using olive oil for thousands of years.

We all know the Mediterranean diet. But for me, because when I first bought product, everything was in olive oil was that's what the science is using.

But I'm kind of a same kind of a sensitive digestive system. So if I took like an ounce of olive oil, I might go to the bathroom or something, right? So I started making it for myself and avocado, which is very easy to digest and it's also great for topical uses.

So that's that's really good. And then for my friend Gary Rodriguez and other people with glucose processing issues, we put it in MCT coconut oil, which is, as I mentioned before, starting to ketones buy your liver very rapidly and then you're up your body, your cells can use them as a flex fuel.

So if they can't get glucose, they can grab mcts or the ketones that the mixes are turned into. And then our latest product is we have a gummies now, which we call that magic of the green screen.

We have gummies, sugar free and sugar and and that so that's about one of those a day does it and dosing is about a four like a healthy person midway you're looking at a teaspoon.

If you got a little gray hair, you probably double up and go for a tablespoon. So that's pretty much the dosage thing. And we also have a face cream. We haven't quite got it on the website.

It will be out by probably by the time you see this. A face anti-gravity, face cream and an underrated peptide cream. So those will be those will be out, too, by the time we see this.

That's really exciting. So have you been finding that with the face and the hair, but it's really helping? Does it help with the gray hair at all? Yeah, it does, actually.

Yeah. That was actually the first human studies where they put C60 in our facial cream and they found that C60 applied topically would reduce lines and wrinkles in Japanese women.

And now the next thing they did, they rubbed it in the scalp and they found that C60 significantly increased hair growth and appeared to increase hair growth for people that were losing their hair for other than male pattern baldness.

Sorry guys, it will slow down the progression of male pattern baldness, but then we'll get rid of that because that's genetic. But other things, especially hormone problems that cause loss of hair or see sickos great at restoring it there.

C60 for Hashimoto's and Thyroid Support

And yes, it does the because C60 basically catalase C60 is an absolutely catalyst mimic. So when you take C60 it it's doing a lot of the job that catalase would and catalase is what makes your prevents your hair from getting gray or going white. Right.

So a lot of people that have totally white hair, they'll come back salt and pepper. So that's so, so glow and it reduces gray hair for sure. Definitely. Wow, that's really impressive.

So so for the gray hair, does it have to be topical? Or you can go. You can take it and turn on a lot of these things. You know, you get you get your lines and wrinkles go down even if you take it internally.

I mean, people that take C60, you know, that your nails and hair grow really fast. So probably topically, internally, but you know, it's always good. The face cream is good because it gets right in there.

And and definitely we've had people do the, you know, one side of their face before and after pictures and then do it. And you can definitely see C60 definitely reduces lines and wrinkles, which was the first the very first human studies.

And and they've done other studies. A lot of studies, obviously, you know, there is a website called What is this record? And you can go that you can see all the human studies, the animal studies.

You know, for instance, dissolved. C60 is the only type of C60 that that is good. Like it's a when you dissolve it in coconut oil, it turns into purple muscle and thus the name Purple Power.

So you just so that's so you're going to be careful because there's people that tell you, oh, we have C60 dissolve in water. And what they're doing is they just have particles of C60 suspended in water and particles of C60 have no health benefit.

Another reason why you have to just be careful out there on on, on what's what's going on but dissolve C60 and that's not too cheap. Or by the way also because, you know, we got this from the CBD industry, a lot of our products we have we put that on our little products.

We have a QR code on the side with the label and you can go in there and you can actually see certificates of analysis for oils. So, you know, they're all organic oils that have been applied.

They're also C60 concentration and also they do, oh, after we're done with making our products, we send them to a third party tester and they test it for microbiologists and and for C60 concentration.

So, you know, your product is safe and effective. We got we got that. I also got that from the CBD industry here in Colorado. So a lot of the safety and health stuff that they put with that business we've adopted and so people can be confident with the product.

Yeah, that's really important because I don't think people realize that. But sometimes you can put poison into your body taking supplements that are maybe made somewhere adult or not.

You know, you don't have that certificate of analysis. You don't know what you're putting into your body. And like you were saying, can how some just is suspended in water and then you're not even getting it.

So and then the oils you use are heat stable so that they're not going to break down. So that's really important. Also, you got these supplements and.

Yeah, people are interested, I don't know. But you can see there's probably not there's an app on your phone, you can get called Think Dirty. And what it is, is all kinds of cosmetic and health products and products in the store.

It's called Big Dirty Head. Just put it on your phone and then you can just shine down the little barcode on the side. And I'll tell you whether that's a good product to take or not, because there's a lot of stuff that sneaks into cosmetics

that really isn't good for you.

Yeah, it can be. It can be a wild, wild west out there on that. So so we want we want to make things up. We're not the only company that has all those qualities, but there are just so many of the now that have that have that sense.

You just want to make sure you get a safe and effective product when you're looking for C60 and you. And you mentioned, Ken, that it's that C60 is used for other things commercially and then they use hexane to to process it, which we definitely would not want to ingest that.

But what other products is it used in? It's usually like solar panels for its use. A cousin donates and contributes electrons to power depending on what other atoms you put in it.

So it's used and that's kind of what it does in your body. It takes super oxides, like an oxygen with an extra electron. So C60 actually takes that electron away.

And C60 is unique in chemistry because it actually gets a positive charge by pulling hydrogen ions from the environment and storing it inside that cage like structure, you see.

And so it just pulls the electron off the superoxide, gives it to one of those hydrogen ions, which turns it into hydrogen gas. And, you know, it goes back to being a regular oxygen and hydrogen gas, which is also an antioxidant.

And then for the hydroxyl ion, which is basically a water molecule missing a proton, a hydrogen kind, it just gives one of those hydrogen ions, the hydroxide burns it into water, and that allows C60 reset us up again and again and again, you know, dozens and times of sucking if necessary.

And and that's why it's characterized as several hundred times more powerful than essentially antioxidants. But it doesn't hurt the body's signaling molecules.

So it's the only basically only antioxidant that that increases athletic performance. And a lot of our customers are athletes that you see 60 because it gives you the edge over your competition and it's not banned by any organizations.

Yeah, I was just going to ask, is it banned because there are a lot of supplements even that are banned. That's cool. Do you think they're going to end up banning it or. No, they can't.

Oh, it's well, it doesn't fit. It's an allergy triple carbon. You know, it's not a drug, it's not a supplement, it's not a nutrient. It's it's like it's it's its own little class there.

It's like, you know, made in nature. It's a natural electrolyte. You just all the same substance. So it just doesn't fit in any of those boxes. And so so they just kind of avoid doing anything about it.

That's great. And I'm guessing that it helps with recovery since it's helping as an antioxidant. Oh, hugely. So like the dogs that start delayed on onset muscle soreness that you get after exercise, it's it reduces that greatly.

We had some college football players using C60 and they're like their dad was using and gave it to them and they're in spring tryouts, right. Which, you know, usually those people are just totally exhausted after spring trials need to sleep, but these guys would take some and after 45 minutes, they recover and go out on a night in a town when all the other guys on the football team were just lying around too tired to do anything.

So yeah, it's great at recovery and also all other the things people found because it increases stem cells. A lot of stem cell companies here on the front range in Colorado.

They'd like you to take that before you do if you're doing stem cell treatment, because if you take C60, you could have a bunch of stem cells which then can help the treatment.

And it's also we have a lot of surgeons, staff that have their patients take it before surgery, you know, like a month or two before surgery. So it builds up those stem cell levels and also gets rid of it gets reduces inflammation, everything.

So before right before surgery, right after surgery, and people have incredibly good outcomes. So it's just kind of something that just helps with everything, you know, C60 doesn't prevent or curing diseases.

What it really does, it just lifts the oxidative burden your cells are under so they can function the way they were when you were younger. And and things just work better.

Yeah. It makes your body just work better. Like you said, it's not changing things. It's just promoting recovery and decrease inflammation. It's awesome.

So I love that about the muscle soreness because one complaint my husband has like it's like I don't like to feel sore after like lifting so he doesn't lift a lot.

So I'm going to be like, okay, now you have no excuse, just got to take C60. Yeah, we do. There is probably one counter indication that I need to talk about, and that's because C60, when you take C60, it restarts.

Mitochondria function in your body, especially in the adrenal cells. And so like if you take it, you'll get more petite, more sleep, more melatonin, your pineal gland, your pituitary hypothalamus complex will start producing, you know, a lot of the master hormones, your T3, T4 and all.

But in the adrenals it'll also produce mineralocorticoid your adrenals produce basically three things. Androgens. That's another side effect of C60 increases a significant increase in libido for men and women that comes from androgen production.

Increase in your thyroid. I mean in your adrenals. Also gluten, gluten, a quarter quids that's you know Gary went off of his we became subclinical with type two diabetes still had to do all the important things but at least he was subclinical.

And then also your adrenals make mineralocorticoid and that regulates blood thickness and so if you're on a blood thinner because your blood is quote too thick or whatever, that that's not really not a concern.

But they if you take C60, it restarts mineral cortical production.

Product Forms, Quality, and Safety

And so the reason that your blood was bone too thick goes away. And if you're on blood thinner, then your blood can become too thin. So you need to talk with your doctor about that and get more tested before you.

If you're on a blood thinner where C60 and also it has a certain way with hormone replacement therapies also like this is a typical story we have a guy he he's a he's a he's 70.

He goes into the doctor, he's got testosterone of 350, which is kind of low. So they give him creams. He's up in the low seven hundreds. He takes our product.

About two months later, he goes in for testing and his testosterone levels 1200 doctor takes him off the cream. And so a lot if you're on a hormone replacement therapy, what C60?

But C60 doesn't replace hormones. C60 reproduce all of our bones. Your body will rise to the way they were because as you age, you know, the S. O. B., which kind of regulates the mitochondria, how fast they can run, because if you don't have that antioxidant in your body, your mitochondria are self-regulating.

They'll just turn themselves down, right, so that they don't so don't damage themselves. So on so many levels right

now, the mitochondria can start producing that.

So you get increase in all the hormone levels. So it's not like and it makes pregnant alone the precursor molecule, then your body decides what to do with that.

So if you're on hormone replacement therapy, it can lessen the need for those hormones because all the hormones are going to be raised. So definitely just mention it to your folks, the doctor, that you're taking this and you might need to keep an eye on.

The cruelest test. Don't guess. Yes, for sure. Now, how often and how much should are we going to start taking this? If someone wants to see see the actual changes in their energy, like when would you see energy changes?

When would you see lab changes? How long after starting? Okay, well, first thing, probably within the first week or two, you're going to notice that increase of energy and better mental focus, as is your brain cells.

You can get it together and and start working. That's the first thing that you'll notice. And and then over time, probably in a couple of weeks, we also have this great increase in motivation.

One of the things is C60 increases dopamine levels primarily by suppressing chronic inflammation. And, you know, there's acute inflammation. That's what you press your ankle, right.

And that swells up, you know, that the pain and swelling and all that kind of stuff. But also what people don't know is that it suppresses dopamine production and that's the motivation molecule.

That's the molecule that gets you out of the brain in the morning. Because if you get to her ankle, your body doesn't want you getting up and walking on it.

Right, and damaging more. So it suppresses dopamine, which is a natural and healthy pinions problem is a lot of people have chronic inflammation from, you know, gut issues or joint issues.

There's a wide variety. And what happens C60 will get rid of that inflammation and then that pathway of dopamine suppression goes away. And so a lot like side effects will be you had a desire to go clean the house or the garage or something that's often comes up that they just people start doing things that they used to do before, like exercise routines or hobbies or cleaning.

You know, that job you were going to do that you never did? Well, you just kind of get the motivation to go do that. So so that's another side effect and then some longer effects.

As you know, your body rebuilds itself. So when you have C 6060s protecting your buff, your cells from oxidase damage, and so now your body's going to rebuild a lot of proteins.

And before you know, a lot of the likes to hang out in the ribosome, that's where the proteins are built. So you a lot of times that people are oxidative stress, you've got you're building your body's your cells are building proteins, but they're getting damaged so they don't work like they should.

And so over time, as the as your body rebuilds itself, it's putting in proteins which are functional. So your efficiency of your cells capacity a lot of times will start because the increase in energy ATP production, your cells, you know, start cleaning out the vesicles which are like the garbage dumps in your cells, start dumping stuff out.

So everything just you just get a better, more efficiency like the reduction in Hashimoto's that mean that took that takes like a year or more. My thing it took seven months for my for at least before I discovered that my bruise or dry macular degeneration where Gary Rodriguez it took him like over a year a little bit over a year.

And he was you know, he'd go into the eye, doctor every six months. And so you could just see it happen. And so so a lot of those kind of things. But if you've had something for a very long time, it's going to take a while to heal it

up.

It's not and it's not going to happen overnight. And C60 is not a magic pill, by the way. I mean, you still have to do proper diet. You have to get good sleep, try to avoid toxins and toxic relationships and, you know, and all those other things you need for a healthy exercise, you know, all those other things you need for a healthy lifestyle which brings health.

And so it's not going to good if you don't have those other things. C60 Like most other things, isn't going to help you, you know, get to that next level.

Yes, great point with that. It's definitely the the whole picture. You got to do all the lifestyle things. Also. So you can just take this. Can you mix it in your coffee?

Can you do you take it straight? Oh, yeah. Oh. Yeah. We have, you know, some of our things. Yeah, you can do it in your coffee. Whoops. Magic off that.

And it's a yeah I think you put it in the coffee and it's a, it's, we have it in flavors that that that would help it. Let me see here. I think I can fix that. Yeah.

There you go. I think I can see it. There we go. Yeah, we have it in flavors. We basically we're ready. We're going to probably discontinue the orange, but we also have it in peppermint.

And that is a lot of people. Peppermint and cinnamon. Cinnamon is our favorite. So we have small ones and cinnamon, you can put it in your coffee, especially the MCT oil people just do that.

The Quito coffee in the morning with the MCT oil, you can mix it with your food in the morning. We thank you. We recommend that if you've never taken Wall Street before, when you first start taking, you can just mix it in your food, your coffee, something and your sodium.

And down in your intestines. There, we'll learn to recognize oils and your liver will adjust with the bile production and everything we find. But if you've never taken the oil straight before, just take a little bit of food and we recommend taking it in the morning because it tends to be a little bit stimulatory like coffee because it gets all the mitochondria going.

If you're one of those people can take coffee after dinner, that's okay. You can take it whenever, but most of us aren't that way, so probably best to take it in order.

That's great. And if you skip a day or two or. Not a problem they came from test tend to debate some C60 has a half life that's the time it stays in your body somewhere between 4 to 10 days because it doesn't make any permanent chemical bonds in your body.

So it just kind of washes out and and so that's so then you just so if you miss a day, it's not a big deal. Yeah, that's so cool. And that's exciting that we're seeing that you're seeing Hashimoto's patients come off their meds and decrease their meds and it's all about healing from the inside out.

Yeah. So this product is great. Yeah, it's definitely no other release.

Benefits, Dosing, and Usage Tips

Like it seems to moderate the immune system. So the immune system works like better. It's not attacking the body, of course. And also part of the whole thing is also because C60 is really good at healing gut issues because obviously take it orally, it goes in there with more stem cells, the intestinal villi, and that's the lining of your intestines.

Does it have holes in it? Right. So you don't get those holes. That stuff doesn't leak in your bloodstream. You don't

get the immune reaction, the inflammation of the intestines.

And if you don't have the inflammation in the intestines that way, inflammation across the body goes down. So people have much better you know, they have lower inflammation all through the body.

And then once you get to a certain level, your body can start healing itself. If you lift it because it really C60 lists that oxidative burden and the body does the healing.

The body always does the healing. So important, especially because we live in such a toxic world where we just help us fight off all of these free radicals all the time.

Constantly. It's crazy. Now, I saw you had a product. Pets. Do you give them to your pets? I have three cats. Oh, yeah. We have a product for cats, basically the same as the other product.

It's just we just have it in different bar. We have a like in the well, let me see here we have it in the dropper bottles like little two ounce droppers of that.

So you can, you know, if you got a small pet, obviously, you know, if a human does a tablespoon or teaspoon or a then, you know, obviously your little pet is going to be taken so much.

So you can just we have a we have a little dose chart on our website. You can look at it shopc60.com. That's the website that you can put for your pet.

But yeah, it's really great for older pets. They just love it and then it brings it back and there's tastings. Know some pets like the avocado oil, most of them do.

They don't like the olive, they don't like the olive oil. So that's like the old and the mickey is it's debatable what you want on that one because it tends to go content, go right through pets if they're not careful.

So yeah, so that's probably the olive oil and that avocado oil, probably more of the things that pets like. But that is so fun. I love all these things that we can do for ourselves and our pets and this product is great.

It wasn't really on my radar and now I'm going to start I'm getting some for my husband and me to try at home and I'm really excited about this. What a great little molecule.

Or actually, it's kind of a big molecule, right? Yeah. Yeah. Yeah. And it has it's amazing. It's got like 100 million quantum state. It's the only molecule, the biggest molecule it's ever been told that's a quantum thing.

And so yeah, it just has all kinds of amazing. And there we're learning more and more about the health benefits it's and so that's you know because they did a study like on rabbits they gave rabbits arthritis and then they found they injected it and they found oh, yes, it reduced the arthritis.

Then when they looked closely, they found it actually regrew the cartilage. And that's how the discovery of the stem cells came about. And then then it's gone from there.

You know, toward there's more and more health information coming about C60 and but you got to remember, if she's only dissolved, C60 has benefits, particles of C60 like particles of silicon or particles of titanium dioxide can be inflammatory.

So make sure you you know, you have dissolved C60 products because the other ones that people sell just that if they're if it's particles of C60 you're to some people sell like solid C60 and other capsules like dried C60 are nuts.

Your body can't absorb that just like a coil oral calcium. Your body can't absorb that. It's, you know, you're not a plant. Yeah, that makes a lot of sense.

If you can't absorb it, then it's not it's not going to do what it needs to do. Now, have you found because of how it's suspended as a liquid that even leak patients with leaky gut that it's absorbed.

Well unhelpful. Yeah because I know that it actually increases the stem cell and actually helps that leaky gut. Right. Because it gets. Yeah. Gets rid of suppresses the inflammation right off the bat.

But then it also will start getting those stem cell increases, which that means you could get your intestinal wall can be solid there, that layer. And then if you have a healthy intestinal villi that really actually secretes some special substances that that good bacteria need to be healthy.

So then you get a layer of good bacteria on top of your intestinal villi on the protect you from bad bacteria and also pre digest a lot of things. So I mean, there's a whole there's a whole biome of your gut system.

Your gut is just not intestine. It does when you have a healthy biome in there, then then have good digestion. So it's not just you. It's I mean, you actually people actually have more bacteria in your body, bacterial cells in your body than the actual human cells in your body.

And because they are worse than symbiotic organism and we need we need the good bacteria and not the bacteria. And there's a whole process of them now, things like taking the corn to glyphosate and corn.

You know, if you don't have organic corn, that glyphosate can kill the good bacteria in your gut and then you've got gut problems. That's a lot of reason people have got problems because they're eating, you know, glyphosate, contaminated food.

Where to Buy and Learn More

And, you know, they don't do that in Europe, but here in the States, those kind of things happen. Yeah, glyphosate is definitely poison. No good. And we can see Americans are just not healthy.

We definitely have different food standards here than in Europe. So that's that's disappointing. Yes, it. Is. But that's another whole discussion which would take more context than we could ever use. Yes, it is. Yes, it was.

So, Ken, thank you so much for sharing about Carbon 60 and C60. You know your product and can you tell us a little bit about where the where they could go to purchase this?

If you have protocols anywhere, if you have any social media with information? Well, yeah, we have well, we have a YouTube channel. We're on Facebook, the website is shopc60.com, and we have all testimonials.

We have a lot of science stuff there. And like a lot of the science stuff, we can only talk about, you know, human related science stuff. So there's another website.

What is this record? You can go there. It has the human studies, it has the animal studies, it has, you know, what's the right type of C60 that's effective?

The type of C60 particles which are not useful. Couple industry hit pieces, you know what they're up to. But so so it's it's a really good place but the shop become a website it has we have subscription, we have various products.

We usually have sales. If you sign up to the newsletter, we, we, you'll be on the email list so we can send you sales when they come up and and also the other YouTube channel.

I talk a lot on that that you can you can pretty much we have stuff on pretty much every health subject that we talked to and I just as our the CEO and she also does interviews so there's a bunch of those there that you can go and probably find whatever health condition besides Hashimoto's you're looking for.

They'll have a little discussion there in some way or another. That's so great. Thank you so much for your time and

expertize today and really excited about this.

I'm glad to be on and looking forward to your seminar.