Introduction and personal story

Well, Catharine Arnston, it's always such a pleasure to to chat with you. You're you're so full of of energy and vitality. And that is for good analogy. An algae exactly. Full of energy.

You're you're full of algae. Exactly that. That's all that living. I just finish some, I comes out, my tongue is always green. Yeah. Love it. Yeah. Green.

Green stands for life. You know. Yes. We want life. So synthesis. Yeah. Well, tell me I and I know I think it's so important that you share your story.

Why you got into this business. and also how it relates to cancer. because I feel that people need to make that connection. You know why these tools are so powerful?

while. Well, considering you know that that, you know, terrible of a disease. Yeah. Well, thank you. And, I'm particularly, delighted to be here to share my knowledge about algae.

And I fell into algae because of my own personal experience. My younger sister 15 years ago, who I'm very close to develop breast cancer. She completely healed.

she lives up in Canada. And, her healing, was due to a couple of things. Her oncologist, as, advised her to change her diet to an alkaline diet. I'm going to talk about that a fair amount today.

but she didn't tell her why it was good for her because she was preparing for chemo. So my my baby sister called me. Who loves her. I, happened to be a really good researcher, and I knew nothing about nutrition, which a lot of people on this summit may be in the same position.

So I just want to assure you, don't panic. there's a lot of us out here have been doing heavy lifting for you, and we're going to try to help but make some of the scientific information, which has been around for about 75 years, easy to understand.

So you can be proactive and protect your health, too. So anyways, this alkaline diet turned out to be a plant based diet. And, and the reason why plant based diets are important to help you with prevention of cancer or even correction is because there's very high chlorophyl in and phytonutrients that have been proven to build your immune system in plants, and you need a strong immune system to fight any kind of disease, including cancer.

The other thing is that it turns out that there's a German scientist by the name of Otto Warburg. he won a Nobel Prize back in the 40s, 30s and 40s. He's a German scientist, and his work was with actually Chlorella algae.

But in his research, he found out that cancer, and in fact, any disease cannot exist at the cellular level if the cells are slightly alkaline. And I'll go into some greater detail with that later on when there's, the cells are alkaline.

That means there's proper oxygen in there so that the, and that they're communicating, they're working. And so cancer gets involved when you have an anaerobic cell and that that occurs when the cell has become acidic, either from too much, acidic food or stress or whatever.

Anyways, these are the two reasons I believe my sister's oncologist, who is a cancer specialist, wanted her to have an alkaline diet, so she did change her diet.

She did go through chemo. She completely healed. We celebrate her being cancer free every year. I see her every year. She still lives in Canada. I'm Canadian.

I live in Boston, though, so by helping my sister with her recovery, I started learning a lot about plant based nutrition. Now this was 15 years ago. Nobody was talking about plant based nutrition then.

I was so compelled by what I was reading. I decided that I was going to make it my life, journey. I gave up my corporate career. I have an MBA. I was doing international economic development, nothing to do with nutrition.

and I went back to school, studied nutrition, got a health coaching certificate, board certified health coach, and I started teaching people about plant based nutrition.

And this is what truly led me to algae, which is what our company, Energy Bits sells. We sell algae in small tablets that are about the size of a baby aspirin.

As I was encouraging people to eat more vegetables and plants and in salads because of the chlorophyl in the phytonutrients, everyone said, oh, I know I'm supposed to eat more, but it's too much work.

Or they give me gas or I throw them out or my kids won't eat them. You know, they're too heavy to carry over the grocery store. A thousand reasons why they weren't going to get plant based nutrition into them.

So I decided I needed to find something that would give them the plant based nutrition that was effortless. And I went back to everything I found for my sister.

Nothing was working until I got to algae. algae, as you're going to find out, is the most alkaline food in the world. And that was the main thing for my sisters oncologists to address.

And it also turns out to be the most nutrient dense food in the world. We have a quote from NASA that says, one gram of algae. And the two we're going to talk about today by the way, are spirulina and chlorella, which you may have heard of.

But anyways, one gram of algae, NASA says has a thousand times more nutrition than any other fruit or vegetable. And that's one of the reasons why they've been feeding it to the astronauts for 50 years.

It's also been endorsed by the United Nations as the answer to world hunger, because has the highest concentration of protein in the world. There is nothing in the world with more protein than spirulina algae.

Ours is 64% protein. That's three times the amount of protein as steak. But it's all alkaline protein. So you get all the benefits of the protein for cellular growth and muscle growth.

And now the downside of acidic animal protein, it's also been, used in Asia for 60 years. They take it every day there. And what you're going to, be amazed by is that algae, in fact, is a food crop.

It is not a supplement. I'm going to show you pictures of a spirulina farm and a chlorella farm. We're known for having the highest quality algae because our water is triple filtered.

But you need to know when you take algae tablets. And I'm going to show you what they look like. You're not taking a supplement. You're taking food. Here's this.

Two algae tablets. This is spirulina, which is a blue green algae. And this is a Chlorella, which is a green algae. And the reason I want you to see these tablets is because each one of these tablets contains the same nutrition as an entire plate of vegetables.

Why algae matters for cancer prevention

So now you can get all of the nutrition that you need effortlessly because you can swallow them or two of them. I like to, to them I just had a plate of vegetables.

Now you've got all the phytonutrients, all the alkalinity, all the nutrients that you need. And by the way, the cancer prevention, fighting capabilities of algae is well-documented.

It also stops heart disease, inflammation, Alzheimer's, and it's all documented in 100,000 studies. So and we're going to go through a couple of them today.

So you can see what I'm telling you about is absolutely accurate. The problem with algae is that 99% of it is grown in Asia, and 99% of it is consumed in Asia.

So you don't know about it because it's not grown here. You didn't grow up with it. In Asia, you ride your bicycle to school or to work. You go buy an algae farm.

Here we go buy a wheat farm or a corn farm or tomato patch. You know algae and it's a vegetable. It's a type of vegetable. So there's no incentive for biotech companies or pharmaceutical companies or food companies to tell you about it because you can't patent it.

So I'm here to tell you that this is food. Algae was the first life on Earth, 3.4 billion years ago. It's still here. It is everywhere. there's macro microalgae.

We're talking about microalgae. It's everywhere in the oceans, the lakes, the rivers and streams. But the ones we're talking about, spirulina and Chlorella are harvested in freshwater as a food crop, just like kale or lettuce or tomatoes or something. So.

So I'm going to tell you some of the nutrients that are in these two algae that have amazing prevention capabilities to prevent cancer, any other disease, and to nourish you and energize you and help you on your healing journey if you have cancer.

So we can help you prevent it and we can help you correct it. And it's from food. And and it is important for people to understand, I mean, because you can go to the grocery store and they maybe have a bag of spirulina out there and a powder and you feel good and you kind of spray that into your, your smoothie in the morning.

So aren't there differences in how they are produced and the quality and having metal contaminations? And this. Isn't there a lot to do in regards to making sure you have the best quality possible? Absolutely.

So some of the nutrients we're going to talk about today that have cancer prevention capabilities, one of them is an antioxidant, has a long name. So I'll give you the short form.

It's Sod stands for superoxide dismutase and a pigment that we're going to talk about that's in spirulina because spirulina is a blue green algae. it's called a blue green algae because it has two pigments.

This is the spirulina. See how much darker it is? That's because it has two has a blue pigment called phytocine in which we're going to talk about in a minute.

And also it's chlorophyl, which you know about already. That's the green pigment that's in plants. Chlorella algae is just a is a green algae, only chlorophyl.

But what I want you to know is this blue pigment. And we'll talk about it in a bit more detail in a minute. Has cancer fighting capabilities proven by science.

And I'm going to show you some of the science. But the blue pigment and that other key antioxidant, which is called superoxide dismantles, are both deactivated by high heat.

And virtually all the other algae companies, especially the lower price ones if you go to target or even Whole Foods, they grow at a in China. You don't know whether it's grown carefully and in clear water because they don't do is as good, documentation as we do.

We do third party lab tests here in the United States, and we always have, high nutritional value and, and no toxins. so the key is not to use high heat, because when you need to go to market quickly, you use high heat because you have to sell more.

When I started the I wasn't even planning on starting a company. I just wanted to help my sister, heal from cancer, which I, I did, what her body did.

I just gave her some education. And then I learned more about algae, and I was. I've been able to help more people. And then I found out about algae, and I thought, well, we've got to get this out to the marketplace because it has these healing properties, but only if they are.

It's carefully grown and dried because algae actually isn't like broccoli. It's more like wine. And you know that the production processes of wine completely determine the quality of, of the wine.

And so with us, we grow it in fresh water, and then we air dry it without high heat into powder. So we preserve we preserve all the nutrients, especially those cancer fighting nutrients like superoxide dismutase and the blue pigment viscose iron.

And and then we press them into these little cute little tablets that we call bits because they're bits of food. But we sell our algae either through our website energy boots.com or through doctor's offices, longevity clinics.

biohacking clinics, because we are known as having the highest quality algae. because there's so many choices out there. But you'll be getting, you won't be getting most of the benefits the for certainly for cancer fighting purposes, if you're getting a lower price because almost everybody uses high heat to dry their algae, the only other thing I will tell you is that you for spirulina, and that's the one we're going to talk about the most, has you can buy frozen or, or or fresh spirulina.

And once again it will have all these cancer fighting properties in it because it has not been exposed to high heat. RLG is raw for that reason. It's the same as, frozen or fresh spirulina.

But it's much easier to carry because, you know, the raw you can't avoid that flavor when you swallow these tablets. By the way, there is no repeat and no taste.

Zero. When you have fish oil, you get repeat. When you take it, put a powder in your, spirulina in your smoothie. You can't avoid the taste. This is so much better than than powdered greens or powdered spirulina or chlorella because it's just goes down fast.

There's no mess. You don't need water. You don't need a mixer. you can throw these. We have them in little pouches. You can throw in your lunch bag, your your gym bag, your travel bag.

So we make it really easy for you to be able to use them. And for, I will talk about dosages in a minute, but if you're healthy and you just want to up your game and and have more nutrition, and we'll talk about spirulina filling all your nutritional gaps and chlorella is a wellness algae.

in fact, we call spirulina is known for being energizing, which is why we call ours energy bits.

How spirulina and chlorella are produced

And Chlorella is a very much a wellness detoxing algae. So it helps you recover from your day or from illness. That's why we call it recovery bits. But, a medicinal basic amount is would be ten tablets of spirulina in the morning or afternoon, fills your, your, your brain and your body with nourishment and cellular energy, which we'll talk about in a minute.

And chlorella, we recommend at night. because that's when your body goes through a detox repair cycle. So ten antenna day would be sufficient. And by the way, we have a discount code that brings the price down and would

ten tablets a day will cost you a dollar a day, a dollar a day to nourish your cells, protect you from cancer growing at and also Chlorella for pulling out toxins.

That's worth it. You are worth it. But if you have a health condition, cancer, heart disease, Alzheimer's, anything you're trying to correct the the therapeutic dose would be 30 tablets of spirulina.

You can spread them out throughout the day, take them all at once. Have them for lunch if you want and 30 chlorella before bed. And we'll we'll I'll go into greater detail about why that that quantity by the way it's food.

So it's like eating nuts or swallowing them. If you, if you were going to swallow nuts and the quantity NHL players put spirit 75 spirulina in their in their smoothie before a game and 75 chlorella after.

There is no contraindications. It's food. There's no upper limit. You can't have too much. I have over 100 150 a day and have for every day for 14 years, and I'm 68, so I'm.

I'm, I'm not a spring chicken anymore, although I feel like one because I'm, I'm completely fueled by algae. so I just want to assure you that when you take algae, it is.

Especially if it comes from a good source like ours. it's the most nutrient dense food in the world. and it will have amazing health properties that you can't get from any other food or supplement or even drugs, because a lot of these nutrients can't make their way into the mitochondria.

And that's that's the key to health. So so here you have a dollar a day and you get ten serves of, of of vegetables for a dollar a day. I mean that's that's a pretty good deal, right.

What and what what vegetable. by the way, we have an expiry date last three years. What vegetable will that's worth saving would last three years. And your get back time as well.

That prep time grocery shopping. we had, a woman who was 85 years old who had been incontinent, couldn't sleep, had zero energy. She started taking both algae and she emailed us and said, oh my God, I have so much energy now.

And I did this, this, this. So I joined, I joined CrossFit, and my grocery bill, she said, has plummeted because she intermittent fasts with the spirulina all day long, and then she just has one meal a day.

by the way, when you take the spirulina, because there's 40 vitamins and minerals as well as the highest protein in the world, this can replace a multivitamin, a fish oil, a CoQ10, a biotin.

So you eliminate a lot of mess, a lot of cost, a lot of time, a lot of worry, because now you just have one thing instead of having to worry about 10 or 20.

and with chlorella, if you don't like vegetables, because as the highest chlorophyl in the world, you never have to eat another one if you don't want to.

And chlorella, stimulates peristalsis, which a lot of people use fiber for. This peristalsis is a fancy way for saying a bowel movement so you can get all the detox benefits, all the chlorophyl benefits of vegetables, and all the fiber benefits without having to, digest, eat them.

And a lot of older people have a hard time digesting fiber. So this gives you all the benefits with not none of the distress. So, you can't lose. So so talk to me a little bit about you mentioned like, the soddy and plant and then, so how do they how do they help you battle cancer?

I mean, what do they do specifically that's so beneficial when somebody is either concerned about cancer because we we know cancer is truly becoming a, a pandemic.

I mean, that that is that's truly we have people one added to our we're moving towards one out of two getting getting cancer. And, so how do these substances really help an individual?

Well, the problem I'm finding is that most of us, including myself until recently, don't even know how our body works. We know how our cell phone works, but no one's given us a zero, an operator's manual for our own body.

And so it wasn't until I did a deep dive, as a result of helping my sister, that I started to find out what was really going on. And so the key to health is, a couple of things.

One is, ultimately, looking after something called your mitochondria. These are little tiny organelles that are in your cells, and they generate cellular energy.

Now, when I talk about cellular energy, it's not just the energy you need to run to the grocery store. This is to help you with your, for do everything it.

Think of it as electricity. You need electricity to keep your building operating and your work going at the office. Well, mitochondria generate the equivalent of energy for your body to breathe, to think, to walk the talk for your immune system, your digestion system.

So more cellular energy gives your body more ammunition. If you want to say more electricity to do what it needs to do, including building your immune system, including keeping the cellular communication working so it can fight off things like cancer cells growing, and taking over.

So getting making sure your mitochondria are healthy and, and plentiful is really your number one goal. The problem is as we age, we have fewer mitochondria.

And the few that we have get more damage. So they mutate and they don't work very well. The analogy I like to make is that think of your body as a building.

And so when you're born, it's like a brand new building. And in the building there's lots of offices which are like cells in your body. And in the building they have maintenance people who, when you know, you can't do any work in your office if the lights go out.

So when the lights go out in the building, in the office, maintenance comes and repairs the light bulb. Easy peasy. In your body where the cells are like your offices, the mitochondria are like the light bulbs.

The problem is that as your light bulbs get damaged, there's as you get older, there's no maintenance people anymore. And those maintenance people are called antioxidants.

And there's a particular one called superoxide dismutase that would normally replace your light bulbs.

Mitochondria, free radicals, and cellular energy

And you have this particular antioxidant since the moment you're born until about the age of 30. And after the age of 30, this antioxidant drops until you're about 40.

And there's virtually none being, produced. So as your light bulbs, which are your mitochondria, go out, there is nobody to replace them. So as your lights go out, there's less work that can be done in the cell, which allows acidity to grow to for the mitochondria to become damaged.

And this allows the cancer go, oh goody. Let's get in there because there's no lights anymore. So we can take over those cells. The key to health in my view, is to make sure your mitochondria are plentiful and functioning.

And the best way to do that is with this particular antioxidant called superoxide dismutase. And what it does. Because what, in the process of generating that cellular energy, the process is made through something called the

electron transport chain.

And the actual name for cellular energy is ATP. Yes. Bear with me, I don't I won't get too much geeky, but when that ATP is produced, which you need because you want your lights on on your building, a byproduct are free radicals.

It's it's just you can't avoid it just is what it is. Now food like that are processed and sugar create the largest amount of free radicals. So, this superoxide dismutase, imagine it like, a big golf umbrella.

You know, if you're stuck, under in a rainstorm and you got a nice big a golf umbrella, you're good to go. You don't worry. Well, superoxide dismutase is like a big golf umbrella, because when you eat, whether it's processed foods or regular foods, you're protected from the rain of free radicals.

Because what superoxide dismutase is, it turns the free radicals into harmless water. That, So your mitochondria are cheering from you. They just. It just the superoxide dismutase turns into harmless water.

But remember, after the age of 40, you don't have any more of that superoxide dismutase. So that big Gulf umbrella you had from the moment you were born, it's now about the size of a city. Totes umbrella.

So after 30 you hardly getting any protection. And then by the time you hit 40, that umbrella is about the size of a cocktail umbrella. Virtually no protection.

The free radicals constantly keep going. But now you're not protected. This is why your mitochondria die and get damaged and create an opening for cancer to to to invade your cells.

So the problem is you can't find super oxygen in in food. You can't get it in as a supplement because it gets damaged. And the good news is it's in the highest concentration of in spirulina, spirulina and also a fair amount in Chlorella.

But this thing called superoxide dismutase is an enzyme. And anyone who knows anything about nutrition knows that enzymes are deactivated by high heat.

This gets back to my story about the lesser expensive algaes using companies using high heat to dry their algae. So while you may still get protein, and you while you may still get some chlorophyl and a few nutrients, you are not getting active.

Superoxide dismutase. So that little that little cocktail umbrella is still that size or even in zero. So you're not getting the protection that your mitochondria need, that when you start giving your mitochondria protection again, they get this big umbrella and they go, oh great, we're not hurting anymore.

We're not dying anymore. We're not mutating anymore. Oh, let's build out that immune system again. Let's get the brain functioning. Let's get that alkalinity. Let's get rid of the toxins.

Everything works better when you have more and healthy mitochondria. And this antioxidant called superoxide dismutase has been studied as the best way to do it.

There are 25,000 studies in different medical libraries proving that superoxide dismutase reduces Alzheimer's, reduces cancer, reduces heart disease. So the science is there.

But the scientists and and you don't know yet that you can get the superoxide dismutase from spirulina algae, but only if it's raw. So either ours or frozen or fresh spirulina.

And you will get your mitochondria back in shape, and fighting on your behalf. And you can either protect yourself from cancer evolving, or it will help you get back on your feet and restore you.

you know, in a way that no other nutrient can. It's it's literally a miracle, nutrient, but virtually, unavailable from other foods. And the thing with, I mean, we're all connecting you.

You talked about Otto Warburg. I mean, we're connecting cancer to being a metabolic disease more and more. I mean, we we used to have the the notion that it was a genetic dysfunction.

and it is, but it, it is due to mitochondrial dysfunction. And. Right. Mitochondria is the one that is supporting the repair of your genetic, you know, it support your genetic health.

And, it is also the one that controls the apoptosis. The cell death switch. So it becomes so important that we really do everything we can to protect that mitochondria and that mitochondria exist, obviously, in a cellular soup, you know, and what that cellular soup looks like, is exactly what that mitochondria is exposed to.

So we can make that, that with as much oxygen, antioxidant protection and nutrient that's available for the mitochondria to be able to produce energy.

You know, the better those cells are, the better we're able to repair our genes and the less aging we're dealing, less inflammation we're dealing with and less cancer.

Yeah. And they've but now everyone knows everything that's ultimately related to inflammation. Well, 90 to 95% of that inflammation is in the mitochondria.

So all roads lead back to mitochondria. So we can if we can. And I tell people I never eat alone I always eat with my mitochondria. So a simple a simple thing you could do is just remove as much as you can, any processed foods and sugars.

So, any baked goods, you know, snack foods, juices and even fruit, it's your body still converts everything to to basically sugar. It's glucose. So, a very a very simple, proactive thing that you could do is just start, removing or decreasing the amount of those processed sugar laden foods because they create the most free radicals, which causes the most damage to your mitochondria.

So just you can just reduce the free radical damage just by changing that diet. and you're going to find out that intermittent fasting and algae create the fewest number of free radicals.

So those two things also are very proactive that you can do. So with intermittent fasting. You're cleaning out a lot of dead cells through this apoptosis and autophagy process.

It's sort of like the clean up group and algae facilitates that. But when you take algae you still get the nutrients and you still get the, the clean up, benefits.

So and virtually no free radical production. You ever get to zero, but you get really close. and, I'm glad you mentioned the apoptosis because, this is what's called healthy cell death.

You think cell death? Oh. That's bad. No, it's actually good if it's organized. and managed, it's, it's the, maybe the comparison of someone, apoptosis is when a cell says, oh, I've.

I've done all my work here. Thank you very much for the trip. It's like someone's being retired. They've given a lot of effort to the company and the companies recognize them and say, okay, now you can go retire.

And so the when you retire, you give away you all your projects and all of your assets and all your knowledge to your different team members, and everyone's grateful and the work continues.

That's what apoptosis does. The cell goes, oh, I'm out of here. But here's some DNA for you and here's some DNA for you. And go out there and do good things and everybody's happy.

No inflammation. The opposite is when someone maybe gets fired and they go out, you know, kicking and damaging and maybe stealing things. And that's a process that happens with it's a it's called necrosis.

And so the cell basically explodes. And this is sort of what happens with cancer and all the bad toxins that are in that in that cell get spread out to the rest of the cells.

And it's very inflammatory. You don't want that kind of, cell death. You want the organized one, which is called apoptosis or necrosis or.

Detox, chlorella, and toxin removal

Sorry, autophagy, which is organized cell is like a retirement. It's like your cells going into retirement. Thanks for the memories. I'm out of here. So LG helps facilitate that.

And but and there's also a nutrient in spirulina that I want to talk about that helps remove the cancerous, cells because those, those, those sick cells are also called zombie cells, also known as senescent cells.

And as we get older, we have more of those in there inflammatory and encourage cancer to, to take place. But the bottom line is to know that this there is this antioxidant that can protect you.

But it's very difficult to find in food other than through algae. So the senescent cells are kind of like the, the person that should leave but never leaves.

And he's old and he's not able to be productive anymore. And him being there just creates irritation and agitation. Right. And then the more and more senescent cells, the less efficient the company is.

And, and finally goes under. So that that's kind of this in your, you know, the old retirement. Yeah. Symbology. Yeah. Yeah. So you want to clear those out and you can do that through a number of ways.

cryo cryotherapy is a way to do that. intermittent fasting or any kind of fasting is a great way to do that. and one of the other ways that facilitate that removal is, through this blue pigment particular for cancer, that's found in spirulina, which is why it's called a blue green, blue green algae.

And I can do a screen share and help people understand and, how that works so that you can, truly understand the process. So, let me see if I can, All right.

So, can you see my screen now? I can it looks beautifully blue. I love that. Okay. All right. That's that's the blue pigment in psycho sign. And and, it doesn't exist anywhere else in nature except in, in spirulina.

But, as you and, you're going to find out, it, yeah. Has very amazing healing properties. but the problem is high heat also damages this viscose iron.

And just like high heat damages that superoxide dismutase that protects your mitochondria. So this is again why high heat is, and less expensive. Algae is something you don't really want to do.

So what does viscose iron and do? Well it kills what's called we mentioned zombie cells. because these zombie cells are, you know, inflammatory and they don't contribute anything to your body, to your health, and you want to get rid of them.

and, and also what the efficacy and, and does is that it kills cancer cells. And this is where I, I want to show you something really cool. So, here's an experiment that, used, petri dishes to put cancer cells in there.

And then they dyed them purple, and over 24 hours, they added five cosine. And here's how you spell it y c o c y a and I n. And they put five cosine in in the Petri dish.

And here's where the cancer cells started. And here's the end of after 24 hours. Notice that the the cancer cells are virtually gone. That's because phi cosine and kills cancer cells. And, I did an interesting study.

I looked at the study, and they have the source here. I realized that, one tablet of our spirulina has 4000 times more phi cosine. And then they even used in this experiment.

So it, it's been studied. You can Google phi cosine in and cancer treatments. to learn more about it. But it as I mentioned it, it improves apoptosis.

And this autophagy, it triggers something called sacrum C, which is the process by which, cancer is, is, killed. is I in that? we're trying to look for this slide that talks about that.

I haven't got that, but it's, and all of this is done without drugs. You want you want to be, you know, nourishing your body. You want to be protecting your body.

And one of the ways you do that is with good food, rich, nourished, nourished food. The higher the density or the color of a food, the more nutrients that are in it.

And so look at that rich blue color of spirulina. There's, of the phi cosine. There's nothing that has more, nutrition, you know, than spirulina. And it's not just the phi cosine, it's also this sod that I mentioned before, which, goes into the mitochondria and and stops the rain of free, free radicals because, you're without this sod.

Your mitochondria are drenched in free radicals, and sod protects your mitochondria. It's like giving you that big umbrella that protects you big and with.

But the problem is, again, lower quality algae will not have it because superoxide dismutase. S.a.t is a is a, is a, sorry, is it, an antioxidant? But we have the highest concentration of spirulina.

These are lab tests that show that we have the highest superoxide dismutase. So so between that and the the phi cosine and which is anti-inflammatory, antioxidant, anti-cancer are not found in any other food in the world, only in spirulina.

And it has to be, again, it has to be raw. It can't be exposed to high heat. Otherwise, if you've lost all the the healing properties. So it's, you know, that's why I'm so in love with spirulina is particularly ours because it has this great capability to, to protect you.

And and the key is always I mean, here we were talking about, you know, regards to if you're dealing with cancer, but, you also we want to protect ourselves against cancer and see the anti-aging aspect.

We want to, we don't want to be kind of active when we have a problem. We want to be active now before we have a problem, so that we then can kind of clear out a lot of these, these potential damages said that are out there so that we can live a full, vibrant life instead of worrying about Alzheimer's, dementia, heart disease, cancer.

we want to take proactive mechanisms. Right. Well, I now I'm showing a slide because I think it's, thank you for mentioning that because the decline of your mitochondria occur, much earlier than people think.

you know, our in our world is so toxic now that it's probably even earlier than these numbers show. But generally at the age of 30, this is when your muscle functions start to decline, your skin health declines.

And those are just indicative of what's going on at the deeper cellular level. And so you need to start protecting yourself way earlier than you used to 30, but used to be the number when you wanted to really up your game to make sure you're nourishing your body properly, and eliminating toxins because toxins get into the cell wall.

And and even if you are nourishing your body, it's like the, the the toxins have taken. It's like the equivalent of taking someone's parking spot. The good nourishment can't get in because the toxins are sitting on the cell wall,

the receptor cells, so that, it can't do what it needs to do.

But now, because our food is even worse and, the rates of diabetes is so high and the toxin level is so high, you need to be very proactive about your health.

Like even, you know, in their teens, in your 20s, it will pay off. It's sort of like putting a dollar a day into your bank account. When you are older, it will pay off and it will have accumulated the interest level as you get older.

It's just it's so massive because it's exponential. Same with your health. What the small things that you're doing now at any age, whether it's movement or sleep or nourishment, will pay off in big time as you get older because you're you will have preserved your mitochondria.

You will have, you and ensured that your immune system is strong so it can fend off disease a lot more easily and not require the medication. The average, adult over 40 is on apparently five medications.

I have none, by the way. but again, it's it's because this where the ATP is created, this is the thing that keeps your lights on, is the ATP that's generated in your mitochondria.

Because when you don't have ATP, you want your mitochondria to keep the lights on. When you don't have the, the mitochondria working properly, you have decreased cellular energy.

And that is directly connected with, decreasing health. And more, likelihood of something like cancer taking place. So, so we want to keep those mitochondria happy and healthy.

And when they are, they will, they will look after you because they will stop free radical damage and they will remove the free radicals that are there.

And LG does it better than anything. So it's it's pretty pretty cool. So so here you have the word glutathione on as well. So is that is does is support glutathione production as well.

Oh absolutely. And that's the other amazing antioxidant that's in, LG in the highest quantity, Chlorella. Chlorella, which is the, green algae has the highest glutathione on in the world.

And the second highest is spirulina. So glutathione a lot of people take glutathione on, IV drips, which is terrific. But the half life, which means the length of it, the how long it lasts in your body is very short.

It can only be sometimes a couple of hours. So we encourage anyone who's doing I. V. drips to make sure you're taking chlorella, spirulina or chlorella at the same time to extend the value of that drip that you've just, spent a lot of money on.

And you should be taking this every day because this will stay circulating in your body. Glutathione is the master antioxidant. And, it can go, which allows it to also regenerate other antioxidants.

So Bluetooth ions are very important antioxidant. Thank you for mentioning it. And it will also look after your health in the same way that superoxide dismutase will.

And algae once again has the highest concentration naturally. And one of the things I mean say here we're talking about supporting the mitochondria and fueling it with nutrients and supporting it with, the antioxidant support, because of all the free radicals are produced just from normal metabolic activity.

And being able to kind of quench that and neutralize that. But one thing that we are exposed to so, so much and and the reason I'm saying that is I want to kind of tilt a little bit more towards Chlorella.

Is that you know, we are just living in this, this soup of heavy metals and chemicals and toxins and, you know, that we're exposed to. Yeah, not only from our metabolic activities, but also around us, you know, just driving a car, you

know, we're going to be exposed to, you know, all the metabolic and, you know, all the metabolic waste of the car.

You know, we're we're going to be exposed to that, you know, from the hydrocarbons.

Practical use, dosing, and sourcing

And we need something, you know, that that in a powerful way can clear all of that out because those heavy metals and chemicals are going to be like dirt in your gasoline.

You know where it's going to interfere with your mitochondria and how that functions. Right? Well, I'm going to share my screen again because, apparently the average adult now has 700 toxins in their body, and that's way more than our immune system was ever built to sustain.

And so it's it's as you mentioned, it's like putting dirty fuel in your car. It's not if it will fall apart and fail it, it will just win. and, toxins damage your brain, your DNA, your bones, your organs, your mitochondria, basically everything and the way that it, manifests is that you have headaches.

You have, body muscle aches, you have mood swings. and so we need to get rid of these toxins. And it's not an annual or a quarterly or even a monthly kind of thing.

You really need to do it every day, because we don't live in a bubble. so we're exposed to toxins every single day, whether it's from our food, our air or clothes or cosmetics.

and it layers upon one another. So when, when the something like 50,000 chemicals have been released into our world since World War two. and when they do a test and they don't test very many of them, they only test it in isolation.

Well, we don't live in isolation, so that toxin may create small amount of problems. But then when you layered on top of the other five, 699 that are already in our body, and you start to see why this, causes so much problem, why this causes inflammation.

We're talking heavy metals, lead, mercury radiation, aluminum lodges in your brain. lead gets into your systems and it causes havoc. It causes the mitochondria to be dysfunctional.

It causes your body to not absorb nutrients properly. It, deteriorate your acts, the proper action of your immune system. So, something like Chlorella, which has been known for decades to for pulling out toxins. It pulls out heavy metals.

It attaches to them and pulls them out. So it's called chelating. So, this is a and and the same time that you're pulling them out, you're getting 40 vitamins and minerals, you're getting high protein, high chlorophyl in the world.

Chlorophyl, kills bacteria. Years ago, anyone who's my age, may remember a gum called Flores, which was to kill back bad breath. Well, it was the. They use chlorophyl in the gum and chlorophyl.

it kills bacteria in your gut, in your mouth, in your colon. And colon disease is a very is a very big, colon cancer is a big issue. And a lot of people aren't talking about, about it or about, bowel movements.

Because what happens if you don't have regular bowel movements? All that's junk in your trunk sits there and the blood circulates around and picks up all the toxins, the stuff that's in your colon and stuff your body didn't want.

And so now the blood is picking up all those chemicals and circulating them around again. That's not good. And lots of people are using fiber to improve the their elimination.

But also as you get older, it's hard for you to digest, fiber. So this is why chlorella is the answer. It improves, the bowel movement. It kills bacteria.

It, the the it attaches to toxins. It's been used for IBS and Crohn's disease for decades. And it does have a small amount of fiber to feed that gut biome.

So if you're looking for a solution to improve removal of toxins. And by the way, there's four ways toxins get eliminated from your body. One is through breath. One is through sweat.

One is through urine, and the other one is through bowel movement. So, but you need to get the toxins out because they're sometimes they're lodged very deep into your into your cells, into your organs.

Chlorella will pull out toxins from your bloodstream like alcohol. If you wanted to do a test in an hour and a half, because your blood is very porous and liquid, it will take about 7 to 10 days to pull it out of your cell structure.

And somewhere from a month to four out of your organs. It's all because the cells are so much denser. So when you do detox, I say it's like giving your body a shower from the inside.

When you take chlorella every day, as I do, because you're constantly replenishing all those toxins and you constantly need to get rid of them. And we take a shower on the outside of our body every day.

So, this is an effortless way to give your body a shower from the inside. And I usually recommend it before bed because it also has the highest tryptophan in the world, which, helps you get into a deep sleep, which, because it's a precursor to melatonin so that the, the two combinations of the spirulina in the morning to, to nourish you and the chlorella in the evening, to pull out toxins is sort of the perfect combination because spirulina fills all the nutritional gaps that we are lacking because our soils are so damaged and our, our food that we do buys very often very processed.

And the number two chlorella removes the talks sense that we are saturated with so that the two of them together work, quite differently. but they work very beautifully together, and they will support your health to prevent, help prevent things like chronic disease of any kind, particularly cancer.

You remember, very alkaline, very nutrient dense. The tablets are effortless to take. You can simply swallow them if you want. You can also chew them.

I like I do if you like the taste. Spirulina is a very acquired taste, is very chewy because of that high protein and very essential high in such a fatty acids.

But there's no shame in swallowing them. 90% of people do swallow the spirulina. The chlorella does taste pretty good with, with, sea salt or macadamia nuts or pistachio nuts.

But again, you need to be sure that you're getting it from a good source and understanding again that microalgae is a food crop, not a supplement. It's grown.

We grow ours in triple filtered spring, not water. Don't use high heat. And so we preserve all the nutrients for you. So, I like to say our algae tablets are tiny but mighty.

And they give you very high nutrient density, when you, when you buy them in the large bags from our website. And, for people that are concerned about, you know, things like prostate cancer, ovarian cancer, all these hormonally driven cancers, we know that heavy metals and chemicals are have a very high estrogenic effect.

You know, they're known as, xeno estrogens or xeno hormones that that functions like that. So to have then a tool that help to clear out these, these toxic, you know, xeno hormones out of the body becomes really powerful when you're concerned about any.

And one of these factors. you know, you mentioned colon cancer. even colon cancer has a has a huge hormonal component to it as well, you know, so controlling unwanted hormones, this is really, really important.

And to have a tool like that as it's it's it's invaluable. Well, Catharine, you're always such a wealth of information. and, you know, put it in a way that makes it easy for people to understand.

And vigil, thank you so much for everything you're doing for the message that you're sharing. Thank you so. Much. Thank you. Doctor. And and, if anyone's interested, you can come to our website, energybits.com to learn, or buy some product if you want.

We do have a 20% discount code, breakthrough that gives you 20% off. So, because of normally a bag is 130 and, it brings it down to 104. And remember, ten tablets a day only would cost you a dollar a day and will replace many of your other supplements or even foods.

So, spirulina and chlorella algae is for everyone. The Asians have been using it for 60 years. It's not new, it's just new to you. And so I just welcome you to, you know, take a look, be but be careful about your sourcing, because you want to get the full benefit.

we can put this cancer, crisis, on hold and hopefully, unwind it. But we need to understand what our bodies need. We need to take back our control. Look at. You are in charge of your life.

your lifestyle and your diet is your is, you know, it's something that you do yourself. So, please don't be afraid of it. Learn about it. There's opportunities here for you to protect yourself and heal yourself with tools such as my, we have at ENERGYBits. but.

And there's lots of great, practitioners and other companies out there as well, so we can let's, let's flatline this cancer situation and, get back to health.

couldn't agree more. Thank you so much. Thank you. Thank you.