End Inflammation By Supporting Your Mitochondria With This Molecule, ESS60 Transcript

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Introduction to Chronic Inflammation and C60

Welcome to the conquering Chronic Inflammation Summit. I'm your host, Doctor David Jackers. And today I'm honored to interview Chris Burris, who is the founder and chief scientist at my vital SI.com, where he manufactures a Nobel Prize winning molecule responsible for the single longest longevity experiment result in history, a full 90% extension of life.

And Chris is a great scientist, and his life mission is to help people live longer, healthier, happier pain free lives. With science. We're talking all about how to end inflammation by supporting your mitochondria with this unique molecule S s 60.

We're talking all about that. And check out Chris's website, my vital SI.com as well. And without further ado, let's go into the interview. While Crispr, it's always great to connect.

And you know, we're talking all about this molecule S60 and how it impacts mitochondrial function and inflammation. So let's start with that. What is the connection between mitochondrial dysfunction and chronic inflammation.

Well yeah. Actually one of the drivers of inflammation, one of the signaling organelles of inflammation is your mitochondria. And there's kind of four things that your mitochondria would tend to do when your mitochondria is stressed to kind of negatively impact inflammation or to create inflammation.

And the first is to just increased Ros production, production. Right. So that's all Ros, the stands for reactive oxygen species. Those are those, oxidative agents.

The the way I kind of describe them is they're like little bumper cars and everything. When they when they're let loose in your system, they are rusting everything they bump into, they're causing that oxidative stress with that that can actually, trigger inflammation.

There's also release of what are called damps damage associated molecular patterns. This is something they're some examples would be they're considered dangerous signals or alarm.

And because they are the warning signs of infection typically. And so when you have a damaged mitochondria, those can be released.

How Mitochondrial Dysfunction Drives Inflammation

And that can drive that inflammation. You can also just in general disrupt cell signaling when everything's in homeostasis, when everything's very happy.

You're not having this excess release, of, of, you know, you actually start negatively impacting things like calcium homeostasis, apoptosis, again, those can promote inflammation.

And really just overall disrupting your immune cell function. There's some thoughts, right. We had Covid there's some thoughts that during Covid that it was mitochondrial dysfunction that was a big driver of what's going on.

I mean, a lot of people have heard of the cytokine storm. Storm, that actually ended up doing most of the damage in that process. Well, that's also driven by mitochondria.

So having healthy and stable mitochondria is paramount to, making sure that you're in a proper, less inflammatory state. Yeah. No doubt about it. It's kind of precursor to inflammation.

The mitochondria start basically malfunctioning and then they start spitting out extracellular ATP, which is a signaling molecule for inflammation, for cell danger response and driving up inflammation in the body.

So, you know, in order to keep inflammation under control, we got to get to the root, which is what's going on there with the mitochondria. And you talked about like this Ros, this rusting process that's occurring.

We I try to explain that to people is like, it's like we, we take a bite of an apple and we just let it sit out and it starts to brown. And that's actually what's happening inside of our organelles, like our mitochondria.

And we've got to make sure we're protecting against that and repairing that on a regular basis. And so let's talk about you know, obviously people have heard of antioxidants, which in a sense are the, you know, that's the antidote to high levels of oxidative stress.

But we have many different types of antioxidants. Right. And so can you kind of break down different types of antioxidants. And also the compound that that you know, you work with the.

Yes 60. Yeah. Well, when you're thinking about getting things in control and managing your oxidative stress as it's coming out of, you know, out of your mitochondria, you also don't want to shut it down, right?

Because we have our body has natural. This is this is part of our body's natural defense process. Maybe it goes a little awry sometimes. So you want to control that.

But you actually don't want to dampen that too much. And so so classic classic antioxidant vitamin C right. We're all familiar with it. You start getting sniffles, it starts getting into colds and flu season.

You're like, let's drink a little extra orange juice. Take this vitamin C. But vitamin C is also known to dampen what's called a hermetic response. Right.

And I think the easiest way to think about their response is in the context of working out right. You stress your muscles. You actually, you know, actually call micro cause micro terrors, and then your body's hermetic response is to actually build that muscle bigger, to build that muscle stronger.

Same thing happens with bones that this process happens repeatedly in your body. The reality is all stress is not bad. Stress is actually good. If you stop stressing the human body, then we turn in a little puddle of jelly and go away.

Like when astronauts go into space, they're significantly reducing the amount of stress that they're experiencing, right? Because they're no longer having gravity, they're bone density drops.

All sorts of negative impacts happen to them. So stress is good. And you want to make sure that you're not over, damping that oxidative stress. Right.

So in the case of bodybuilders it's well known that if they take too much of these antioxidants like vitamin C, maybe a D or an E, they'll actually dampen the hermetic response and reduce the amount of muscle growth that they'll get.

So what you're really looking for is what's called a selective antioxidant. That's an antioxidant that doesn't dampen that hormone response, but actually does help it in all the ways that we've been talking about already.

And that really is where I mean, there's one kind of on the market, hydrogen gas high. The hydrogen molecule is well known to be a selective antioxidant.

Selective Antioxidants and the Role of S60

And then you've got this S60 molecule like this is a molecule that goes in and selectively is actually looking for negatively charged reactive oxygen species.

It turns out reactive oxygen species can be, multiple charges, even neutral. But this one selectively goes after the negatively charged, the most damaging ones.

And interestingly, the other ones are more signaling molecules then the negatively charged reactive oxygen species. So this kind of helps you manage those negative reactive oxygen species and lets the other ones do their job.

And so that's kind of where this sits in the in that realm of antioxidants. Yeah. It makes a lot of sense. So basically what we want we don't want to flood the system with your regular antioxidants after a workout, or you're not going to get the actual gains.

You're not going to get the the kind of hermetic effect that you want. However, a selective antioxidant you mentioned hydrogen gas or this molecule S60, you will it will help buffer excess oxidative stress, but you'll still get the hermetic effect, which is basically where the body itself creates more endogenous antioxidants.

And also at the same time helps basically create stronger proteins. More stress resilient proteins. Yes. The healing and restorative mechanisms that you really need.

Right. Again, stress is good. The recovery from stress is maybe even more important. You know you could have a debate because if you're not stressing you can't be recovering.

But you act like it's super clear you don't want to dampen that response that your body's having to a good, stress. Right? You want to dampen it when your body's kind of getting overreacted and, and, you know, like the whole this whole summit, like this chronic inflammation, that's really what you want to be addressing.

And that's what we believe we address by, by actually looking at even, you know, a lot of people talk about the cellular level. We're talking about the sub cellular level down into the mitochondria.

Yeah. Let's talk more about that, how it actually gets into the mitochondria. What are the major you know pro oxidants that it's it's helping to quench.

Yeah. So I actually have a slide of how we think this works. And we didn't kind of pre-race. This is yeah. Let me see if I can pop this up real quick.

Shouldn't take long. All right, so here's here's what we know. Right. So so so again just like all science there's these are the theories right. We know from peer reviewed published research that this is the steam molecule gets into the mitochondria.

So we know it's there. We even know by way back in the 90s when it was discovered. And we can talk about that. That's kind of exciting. But when it was discovered, they understood that it could hold up to six negatively charged particles on the exterior of this cage.

So here's what we think. And and I'll kind of walk the, you know, mitochondria is the powerhouse of every cell. Right. There is between 50 and 5000 mitochondria in every cell in your body except for your blood cells, which have zero, and your brain and neurons, which actually have 2 million.

That's how much our in energy our nervous system uses relative to our other systems. And the a good way to think about these reactive oxygen species are just like any power source.

There's a negative byproduct, right? Your car going down the road has exhaust. A power plant actually has a smokestack with smoke coming out of it. In the case of mitochondria it is these reactive oxygen species.

And there are multiple types we tend to address one in particular. So here's what we think is going on in a healthy mitochondria. You actually have the reactive oxygen species being generated.

And they're managed internally by the antioxidants glutathione and melatonin. By the way melatonin I always like to point out the sleep hormone. Right.

We're all familiar with it, and it is one of the most consistent testimonials. When you take this S60 molecule and you put it in olive oil, our customers say it positively impacts their sleep.

So there's some nice parallels there. So the glutathione and melatonin, you can see them. They're very happily interacting with the reactive oxygen species neutralizing them.

Now when you get a stressed mitochondria how do you stress the mitochondria. You can have an intense workout. You can actually get exposure to smog or too much sunlight or, or, you know, EMF radiation.

You can have a stressful email, maybe even a stressful contact, conversation with a loved one. And now your mitochondria stressed. It's pumping out additional reactive oxygen species.

And so you can see here that those are left unattended, right. They're not being interacted with. And they can actually get out of the mitochondria and start doing damage inside the cell.

And that's where this s 60 molecule comes in. Again, we know it can hold up to six negatively charged particles. And so we believe it holds on to those negatively charged particles.

Until that particular mitochondria can replenish the glutathione and the melatonin and or the melatonin and then manage those appropriately.

How S60 Reaches the Mitochondria

So I have a fun analogy. And just like off one of my fun biological analogies, it starts with Mardi Gras. It's Mardi Gras and we'll stop sharing this.

It's it's Mardi Gras. And at the end of Mardi Gras, you have these drunk reactive oxygen species running around doing their oxidative stress, oxidative damage, and you have the New Orleans Police Department, the glutathione and the melatonin that come in and handcuff themselves to these reactive oxygen species and get them off of Bourbon Street.

But what do the New Orleans Police Department do when they're overwhelmed? They take those reactive oxygen species and they stick them in a paddy wagon, right.

They attach them to this is a 60 molecule, so they can't do any damage. And then when the New Orleans Police Department can replenish the glued it down in melatonin, then they can handcuff themselves to these reactive oxygen species and get them off of Bourbon Street.

And that's why we say that this S60 molecule is the boss, a buffering oxidative stress system. Yeah really great explanation there. And so we've got to protect that mitochondria.

So it goes right in there. You know melatonin. We're going to actually stimulate melatonin in the mitochondria through infrared exposure. Actually believe it or not getting sun exposure or being exposed to near infrared.

Whether it's like a red light near infrared kind of box panel or a near infrared sauna will help help to activate that, melatonin release and then glutathione on something we, we create from, different amino acids, right?

Glycine being one of them. And our body's constantly creating it. Right. But we've got to constantly be we got to make sure we have enough of these to quench those.

Those, those those are all the oxidative stress. And C60 is able to sink in there into the mitochondria as well and play an important role. Like you were talking about.

So and I've got another kind of analogy. Right. And which is, which is interesting. Right. So, think about yourself. Right. Your physiology as a prairie, right, with beautiful prairie flowers and we'll call the brain the stress.

And clearly the stress is good. We have to be stressing, not over stressing, but we have to be stressing. But what happens if you get one stream, right.

So not a nice gentle rain, but once one cloud is just dumping water in one spot, you're actually going to be impinging in the middle of that prairie and creating this hole.

And that's where we feel like this S60 molecule acts like a sponge, or actually like a you could think of it like a beaker. And it can you can put it between it and the prairie so it's no longer doing damage.

Now, one thing to note, if you don't manage that stream like and that's what this whole summit is about, is managing, managing that stress, managing that influence, that thing that turns into inflammation.

Eventually the sponge will fill up. It'll overfill, and it'll start impinging on the prairie again. But if you get on the other side of that stream and I've got an example, related to a two time U. S.

ultrarunning champion that I'll give here in a second. But so as it's absorbing it, that stream stops. And now you can kind of gently squeeze that sponge out and get it prepared for that next interaction, that next level of stress.

So the kind of interesting example if you think about stressing mitochondria, nobody is stressing their mitochondria more than this. His name is Anthony Kunkel.

He's a two time U. S. ultra running champion. He won a US championship at 50 miles and also at 50 K, which is 62 miles. And he the way he looks at the product actually had a very interesting conversation with him.

The first conversation was like, hey Chris, I was taking one serving. I didn't really notice anything. And then like I joke, like all good biohackers, he tripled the serving.

But they don't do this on everything. Like, there are things that you should absolutely not triple like, you know, rapamycin would be absolutely one of them.

But he ended up tripling it. And his response to me was like, wow, this could be the difference between somebody having a running hobby or a running career and the way I picture it.

Well, and he continued to say, I don't believe this increases exercise recovery. I believe it prevents damage in the first place. And his logic for this was on the last five miles of a 50 mile run.

By the way, a phrase you don't hear very often. Yeah, right. Where strength and stability used to be a problem, they're no longer a problem. And that fits into this stream, right?

You're in the prairie and you've got this. Matt. In his case, it's a massive cloud and it runs for a really long time. But you got this S60 sponge absorbing it, making sure that it's not actually doing the damage.

And then when he's now resting right he's doing lots of red light therapy. He's doing lots of all the bio hacks. He's actually gently squeezing that sponge out and resetting it for the next time.

And so I think that gives a really good picture of how we think this is positively impacting the mitochondria, kind of at the, at, you know, at the mitochondrial level for sure.

And how do you think that impacts people that are dealing with, let's say brain fog, joint pain, autoimmune

conditions, things like that. Yeah. So of course we have to be really careful and I'll throw out.

I'm sure you have a disclaimer at the beginning of the video, but I'll throw out just in case the FDA has not evaluated our product. It is not intended to treat, diagnose, cure, or prevent any disease.

In terms of like our most consistent testimonials, people take this S60 molecule dissolved in olive oil. That's what we recommend. In the morning, they report mental focus and energy during the day and then better sleep at night.

By the way, we could actually do a whole video on improving sleep. And yeah, I mean, you may have an expert on this, somebody who's talking about sleep and its positive impact on reducing chronic inflammation.

Like that's that is a very powerful, right, super powerful, powerful piece. If you think if you go back to this mitochondria right. We've got 2 million in our brain in neurons.

So let's just focus on the brain. We got 2 million mitochondria in each neuron in our brain. It's it's just kind of insane when you think about regular cells.

We'll call them regular cells in our body, which are also amazing that have between 50 and 5000. So, so much energy is used by our brain. And if you can just reduced the negative impact of stressed mitochondria at the rate of 2 million per cell, you're going to see positive impacts, right?

You're going to have and frankly we have like mental and emotional and focus and energy testimonials about our product which makes perfect sense.

Testimonials, Brain Fog, and Sleep Benefits

And in fact we actually have head to toe testimonials about our product, which is kind of why I ended up at this boss theory. Like what? What thing do you take that has a positive impact from head to toe?

Well, if it's having again, reducing the negative impact of stressed mitochondria, then you're going to get head to toe. Testimonials. And that's what we get.

So absolutely we have focus and energy. So kind of releasing of brain fog related to to kind of stress and and emotional balance. I remember this one testimonial I got a lady out of the UK, sent her some product, she sent me her video and she started her video with this statement.

I am in the middle of quitting smoking and I immediately thought this was a bad idea, right? If you've ever known anybody who's quitting smoking, they're cranky.

They're they're out of balance. Like everything's out of whack. But she actually went on to give a really good testimonial. And the one piece that really sticks with me is she said that she find finds herself having a longer fuze with her five year old.

Right. So you are you have kids, you know, there is a fuze, right? And sure, there's a disorder and some days it's longer and just to find you. And that could be as simple as sleep, right?

If she was just getting a better quality sleep, you're going to be you know, sleep improves her mental physical and emotional well-being. She's just going to be better. But I think it was more than that.

I think it was this, you know, you're stressed, you're dealing with a stressful situation that is a five year old at least some of the time, if not most of the time, depending on the situation.

And if you've got that extra balance, that reduction and negative impact, then you're going to have that positive result. Yeah. It's powerful. And so you mentioned taking this in olive oil.

So this compound S60 really for for absorption it needs to be in some sort of fat form right. Yes. Yeah. So you can have the powder. It's a carbon powder. Right.

And it looks like a black crystalline powder in your hand. Like maybe like a salt or sugar. Except it's black right. So crystalline. And you can consume that.

It's safe. The challenge is it's not water soluble. And so you would just consume it and excrete it by dissolving it in olive oil, you actually get the S60 molecules down to the individual molecular level.

And then it's, you know, basically infinitely more bioavailable than if you were to consume the powder. And then that's when it can go freely throughout the system.

And that's how it arrives in the mitochondria. Just to give you some context on the size of this molecule, one drop of our product has more than 400 times as many of these molecules.

Then you have cells in your body. So like in one drop there's more 400 times more of these molecules than you have cells in your body. So it's a really small molecule.

It goes where, where it seems to go where it's needed. Right. Because we just have positive impact. Positive testimonials. And really we don't have negative testimonials.

Negative, you know, contraindications with, with our product. Yeah. It's really powerful. And you found that olive oil is, is able to saturate it the best.

Is that correct. Yeah. The way we think of it. So we sell it in olive oil, in avocado oil and in MCT oil. People say, hey, which one should we take? We always recommend olive oil for two reasons.

Now, the first reason is because, all of the research, we're a science based organization, and all of the research is based on olive oil. So that's number one, right?

Number two is you get the highest concentration in olive oil. You get about 0.8mg/ml in olive oil, about 0.6, and avocado oil and about 0.3 in MCT oil.

I'll share with you. I'm actually having kind of my morning coffee right now. I do a little bulletproof coffee kind of thing, right. Bulletproof coffee is typically a high quality coffee, MCT oil and ghee.

I actually get rid of the ghee. I just don't want those calories. I actually don't like how it taste that much, but you know, it's still a good recipe.

So I have about a teaspoon and a half of our MCT in my coffee. That's an oil in water. So while that's mixing, I take about a teaspoon and a half of our olive oil product.

And that really sets me for the day. If I'm busy and I'm, you know, back to back shows like yours or back to back, you know, writing or whatever it is, meetings, then I'll end up taking another teaspoon and a half kind of later in the day.

But that's that's typically what I do. And we do recommend the olive oil. Yeah. And you mentioned taking a teaspoon and a half and you said taking that twice a day.

What is a typical dosage. Yeah. We are taking typically recommend one teaspoon. Right. So one teaspoon in the morning mental focus and energy during the day.

Better sleep that night. And and I mean this is it's hard to belabor this, right. Because even from a, you know, hey, I'm a company, I accidentally ended up with this supplement because that's exactly what happened, right?

I've been manufacturing this molecule since 1991. They thought it was would be toxic. They put it in a toxicity study. We could talk about that a little bit.

But instead of being toxic, the test subjects that they gave it to, in this case it was Wistar rats lived 90% longer than the control group.

Dosage, Oils, and Product Use

And so that kind of shot me into this, into this health and wellness space. I, I actually wrote a book, Live Longer and Better, which is about the molecule, its discovery, its journey into the health space.

And then some of my learnings, as I've kind of landed in this longevity space. So, and I've lost my train of thought I took from my book distracted me.

Well, we were talking about the dose, a clinically effective dosage that you recommend. Yep. Yeah. So it's one teaspoon. So when you think about what can you take in the morning that will positively impact your sleep.

And you've been in this industry so much longer than me. You like, you might have 2 or 3 things that popped to mind. But I have this conversation a lot and not people.

One person who says ashwagandha and I haven't really messed around with ashwagandha, so I can't speak to it. But other than that, we know things like getting exercise in the morning will positively impact your sleep, right?

Getting exposure to the sun. We'll get your circadian rhythm. And in line with the rising and falling of of the sun. And that'll help you positively impact sleep at night.

But I'm just not aware of things that you take in the morning that positively impact your sleep. Yeah, sufficient magnesium levels can be really good.

Magnesium throughout the day can help with mental clarity and focus. It's kind of like your parasympathetic mineral, right. So it can help kind of balance that your nervous system.

So if you're magnesium deficient which you know, the more stress runner the more we're depleting magnesium. So that can have a positive effect. But also, you know, the more stress rounder the more we're we're creating oxidative stress. Right.

And so we want to buffer that as well. So something like S60 obviously can have a really positive effect there. So you can take it in the morning like you're saying.

It's not it's not a stimulant. Right. But it's going to help enhance mitochondrial function. So it's not caffeine but it can give you more energy because you have better mitochondrial function.

And then because it's helping buffer oxidative stress, that's going to help with recovery process and sleep at night. Absolutely. That's that's that's what we see.

And it's it's kind of impressive. You know, I don't know if I told you last time we got together, about our kind of see our CRP study. No, I don't, I don't I don't remember that.

Yeah. Okay. So this is this pretty fantastic. I'll tell you where it what it's born out of. A guy named Doctor Lane Young came to our booth at a forum in Las Vegas, and we had had a conversation at a Dave Asprey event in Dallas prior, and he came up to me and he said this.

And then I recorded it because, you know, so I have a video of it. Happy to share it with you. But he said this. He said, Chris, I don't care if you're male, female, pre-surgery, post-surgery, cardiovascular disease, otherwise healthy people with elevated CRP.

And we can talk. I mean, I'm sure you've talked about it in this summit. But people with elevated crp, it our product dramatically reduces it into normal ranges in 4 to 8 weeks.

And his example was he had a client who was sitting with an CRP of nine, and then he wasn't able to move it with his protocols, brought it into normal ranges again within 4 to 8 weeks.

Now CRP, just in case. High sensitivity C-reactive protein. It is an A marker of inflammation. And in fact, I later learned in a conversation I had with an oncologist, he was like, when somebody is sitting at a nine, we typically assume they have cancer until we prove otherwise.

Right? So these are severe, conditions. CRP tends to be used to assess, cardiovascular health. Right. So if you have elevated CRP numbers, you probably should be looking at your cardiovascular health and having conversations with your cardiovascular surgeon.

And, and in terms of, of so, so we started an ad hoc study. Right. This is looking at 20 people. We're trying to identify and get kits, you know, blood drop kits to, to, assess their CRP.

Are you trying to get it to people who are, you know, probably we'll call them crp challenged, right. Get them on the product and then follow that up.

And our intent is to get that, you know, just to get confirmation data and then to get that directly into a, a, placebo controlled, double blind, trial on humans.

CRP, Inflammation Testing, and Research

Like, we're really excited about the kind of things that we're doing, by the way, my CRP is in normal ranges. I think it's point seven. Could be lower, but it is point seven and normal ranges.

I did, actually at the last we were at an event, we were talking before we started, Health Optimization Summit. Right next to me was a company called Core Health.

It was his first event, actually, Super Apple dude who's got a piece of equipment that'll look at, your inflammatory markers, and he's actually looking at your, erythrocyte sedimentation.

I don't know if saw. Yeah. So you're familiar with. And so he actually has blood vessels. Absolutely. Yeah. I'll say that again. Yeah. So the clumping of your blood vessels. Right.

So when the red blood cells lose their charge, when you have higher levels of inflammation, they start to clump together. Normally they have negative they have opposite charges or a negative charge.

So that way they they they actually repel each other. Yeah. So he, his equipment has a little kind of test tube. You do a blood drop and it goes into this capillary tube, and then he's got a piece of equipment that's using an algorithm to monitor how quickly the red blood cells, separate.

By the way, if you want to track your inflammation on a regular basis, I am not paid by this guy. I just think the technology is cool. It's like 300 bucks and $10 a test and you get instant results.

That's kind of cool. I did his test. He has a biological age component of his test. Had me at 20 years younger than my actual age. There's another test that also looks at inflammatory markers, which is the glycan age test.

I don't know if you spent much time with glycan age. They tend to be looking at inflammatory markers and how your body is doing inflammatory wise. That test had me.

So, I think at the time I took the test, I was 53. It had me at 21. I don't even know if I want to be. Can you drink if you're biologically younger than 21?

I don't know, I don't I don't know where that sits. So that's good. So, so yeah, I'm showing the signs that support the, the kind of technology we've been talking about this this whole time.

Yeah. That's great. And so people can find out more information about this just at your site. My vital kgw.com. And they can look at research studies.

You guys, do you guys have a website for research as well with this? Yeah, we have a we have a link for that. And I'd love to get a custom link out to your audience.

What what would you. We probably did one before, but what would you like it to be since we're live right now? Yeah. Could just be, my vital SI.com forward slash inflammation.

Inflammation done. So we'll have that website for you. Go there. We'll even put a coupon code out there. If anybody kind of has heard this and I'm like, hey, I'd like to try that, it'll be good for $15 off.

You have to go to that link. So that's my battle. SI.com forward slash inflammation, in order to get that coupon code. And then, I will recommend a couple things when people go there.

One is, again, go for the olive oil. Right. That makes sense. We do offer like a 25% discount if you go on subscription, even if you're just going to try it once, go ahead and take advantage of that discount.

You can cancel at any time. Our customer service team is like 1005 star reviews. They are not trying to talk you out of canceling your subscription. They're trying to help you.

So take advantage of that discount. And then I do have one cool thing that I'm really excited about, which is my book is available on Amazon for 20 bucks on our website.

It's available for 20 bucks for ten extra dollars, and I'll sign it for you. And that full $10 goes to a charity called Operation Underground Railroad.

I don't know if you're remember the movie The Sound of Freedom is about child sex trafficking, which we of course need to get off of this planet. So 100% of the signature fee goes to Operation Underground Railroad.

So very proud about that. That piece. Yeah, absolutely. That's great. That's great. So guys again go to my vital SI.com forward slash inflammation and take advantage of that discount.

Check out Chris's book as well. While you're there. And yeah I recommend getting it in the olive oil. Of course you can get it in the MCT oil, which is great for brain benefits.

Where to Learn More and Final Thoughts

MCT in general, is phenomenal for brain, helps boost ketones. So that's good. You just don't get quite as much of the C60 in there. And you were saying the clinical dose for people to to get started with is really one teaspoon a day.

Yeah. It's really one teaspoon of the olive oil because there's a lower concentration in the oil we tend to recommend about two teaspoons. So that you're getting that kind of full, full serving.

Yeah that makes sense. Now one caveat with MCT oil is if you're new to MCT oil, you probably want to start small. I recommend starting about a half a teaspoon at a time.

Just make sure that you're able to digest it. Well, most people are, but some people have, they have diarrhea pants. Right. And so, so make sure as you build your tolerance, you know, you typically can handle it better, right? But that doesn't seem to happen with the olive oil.

So that's always a good bet as well. What we do get some reports of of the olive oil. But it's not you know Dave Asprey calls a disaster pants. I think that's pretty awesome.

It's not disaster pants. It's just a little loose stool for a couple of days. So you'll notice that, I haven't, you know, I've been taking oil for so long and I hadn't really noticed it, but I believe you maybe titrate up, like, maybe bring it up a little slower, start on a half a teaspoon. Yeah, absolutely.

Well thanks again Chris. Guys, check out my vital cecum forward slash inflammation to check out this great product Chris. Any last words inspiration here for our audience.

Well well one first thank you. Thank you for having me kind of sharing me with your audience and sharing this product with your audience. I really appreciate that.

You know, everybody who's tuning into this summit is on a health journey. And, you know, there are a lot of people to support you on the health journey.

Some of them can be through Instagram. Right. So you could find me on Instagram at my battle. See, I'm constantly, posting content that is as useful and relevant for people who are on a health journey.

Wherever you are on your health journey, maybe you're just, you know, beginning and you're you're in bad shape. Keep on that journey, right? Like, it's it is so worth it.

On the other side, I've been relatively healthy my whole life. I'm getting healthier, and I just feel better every, like, every step of health that I move towards, feels better.

And I know you've got testimonials of people who have kind of moved in, just moving in the right direction, feel so much better. So stick with it. It's worth it.

I really kind of very optimistic about what medical science is going to be able to achieve, in the near future. And so that will be living longer and healthier.

And that's, you know, I'm here to help people live longer and healthier with science. Sounds great. Well, thanks again, Chris. Everybody be blessed.