Ep 563: Aging like a BOSS with ESS-60 and Chris Burres Transcript

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Podcast Introduction and Guest Overview

Welcome to the Health Fix Podcast where health junkies get their weekly fix of tips, tools, and techniques to have limitless energy, sharp minds, fit physiques, or life.

Hey, Health Junkies. On this episode of the Health Fix Podcast, I'm interviewing Chris Burris. He is the founder and chief scientist of My Vital Seat, where he manufactured a Nobel Prize winning molecule responsible for the single longest longevity experimental result in history.

A full 90% extension of life. Quite interesting. He's also a published author. The host of Encovering the Secrets to Longevity Health Summit. A patent holder and master of comedy improv.

And he's at the intersection where science meets laughter and his mission to help people live longer, healthier, happier, pain-free lives with science.

Now, my vital C may sound like it is a vitamin C product and I'm holding up one of his products right here because we are going to have a follow-up after I test out his product for a full Think 45 days and I'll let you guys know because he mentions that in 10 days, you will know if the, my vital C works.

Now here's the interesting thing about this. It's not vitamin C. it sounds like it, but it's actually a carbon molecule known as E S S 60. And while you may have heard of it before, one of the things that Chris notes in the podcast and he'll talk all about it.

is that how it is extracted and stabilized, and in particular, whether it has put into olive oil or another type of oil makes all the difference in terms of how works in your body.

And so he's going to dive in with me. We're going geek out. we're gonna talk all about this carbon molecule. What's interesting is like, check this out, there's party recovery.

So if you were going drink, you can take it before and after drinking to help. prevent a hangover, we've got a boost for focus and energy, exercise recovery, and then we also have one for better sleep.

And this is something that Chris has noted about the ESS-60 that it really, when taken during the day, actually can help people for sleep at night. And one more thing, they're working on a carbon 60 product that helps with the face and so skin there.

So I'm going to spend 45 days working and taking these things and I will give you a full report and i'll have Chris back and we'll talk all about it. Because let's face it, there's a lot of products out there and.

I really want to be at full integrity when I talk about a product and my experience with them. And so my vital C is not vitamin C, it's Carbon 60 and it is meant to be much like an antioxidant and Chris is going to explain a little bit more on the podcast.

So let's introduce you to Chris Burris. Hey, health junkies. I have Chris burr as on today and he's a scientist. He's an entrepreneur and He has got expertise in carbon nanomaterials.

he is the founder of my vital C. And as you can tell, he has his scientist coat on there. so he Is working it today. We've had some great laughs already.

You guys are going love this podcast, Chris. Welcome to the health effects podcast Dr. J. Thank you so much for having me here. I'm excited to dive into technology.

Yes, I do actually have a lab and I work in a labs. Sometimes people say, is that Dr. Chris? No, this is not intended to befuddle anyone. Just often come out of the lab, and hop onto a podcast.

Glad to be here, glad to sharing some really cool technology with you and your audience. Yeah I'm looking forward to it because as I said before we hit record, I've heard of Carbon 60 technology.

I have actually not tried it myself. Some patients have talked about it, but I don't think a lot of my group really is up to speed on it. So I am very excited to really dive into this because a lotta people are gonna be like, Carbon, isn't that like…

What Carbon 60 Is and Why It Matters

like what you get in ashes when you burn some stuff. We are made of carbon though, right? Yeah. Yeah, no, we're significant. Were called carbon beings for a reason, Right?

We're not silica beings, which is I think scientists theorize would be the other alternative if carbon wasn't available. And You mentioned soot, this is a great place to start.

This molecule we're gonna be talking about today is naturally occurring molecule. If you collect the soots from a candle flame, right? So typically you just put a cold steel plate over a candel flame.

That dark, dark soote has parts per million or parts for billion of the ES, what we call ESS 60 molecule and I'll explain how we feel we are different than carbon 60 and why we really kind of came up with the moniker of ES 60. but yeah, you can find this in parts per million, parts for billion in the soot of a candle.

Okay, so before we have people licking the suit of candles and things like that, we better move into like, okay. Wait, wait, oh wait. So you're appealing to junkies, health junkys, right?

We've got another type of junky's maybe with white powder all over their face. Now we've this carbon powder over our face, there's so many parallels going on here.

You know, and being a health junkie and I think you could probably relate, we've tried some things, right? We've, tried things to see what happens with our body.

We tried different experiments and you know that's entirely why I say these things. Cause let's face it, We're all on our own journeys of figuring out what works for us.

And, you I'm not below licking certain things if it may be helpful for me in certain cases. Now I know a lot of folks are going to have some, lots of things that think about what I just said.

That's their fault. That is not our fault, we didn't do that. Not at all. So tell us a little bit about how did we realize that we have benefits with carbon?

What was the idea in the first place? Was you and also now I'm forgetting Dr. Fuller, if I remember. Well, it's Buckminster Fuller is the guy who brought the geodesic dome to prominence.

So he didn't actually invent it, he brought it or patent it. He brought into prominance. And the whole collection of molecules we're about to talk about is named after Fullor and they're called Fullerenes and carbon 60 is most abundant.

The next is carbon 70 and then 76 and on up and kind of Definitely even numbers, but you know, varying, it's not every even number that the shape comes together.

And the whole thing is serendipitous, right? The whole is how they ended up discovering it, how it ended getting into the health space, and I'll start right there.

Yeah. There was a scientist in the UK, Dr. Harold Croteau, who's an astrophysicist, right? So how many times does our conversation with health junkies start with an Astrophysicsist?

He's looking out into space and he's seeing a spectra that he doesn't really understand what it is. And he has this suspicion that it's related to carbon.

He knows this Dr Smalley at Rice University here in Houston. That's where we're based. Dr smalley has a really amazing piece of equipment. It's like the A2P something, right?

It could have been R2D2, basically this equipment will shine a laser at a sample, which will vaporize that sample and then a puff of inert gas will take what was vaporized into a mass spectrometer and measure the weight of every single molecule that was created, so pretty heavy duty stuff, He comes over and he says, Dr.

Smalley, I think the spectra out in space is carbon. I'd love for you to put carbon in your machine and try it. And Dr Smaley was like, i'm not putting boring carbon, carbon and my machine.

Like that's a boring, boring molecule. i'M working with sexy things like titanium and exotic alloys. We're not pointing boring. Carbon. So Harold Croteau goes away, kind of rebuked, comes back, asks Dr.

Smalley again. Again, Dr Smaley says, no, I'm not putting boring carbon in my machine. comes back not sir at the time and he asks again and yet again Dr.

Smalley says no but one of Dr Smaley's graduate students got my name of Heath he says listen I'm coming over the weekend I'll put your boring carbon in our machine and I will get laser ablated and we'll look at it and what they thought because it's measuring the saw the number of atoms in every molecule that's getting puffed into that mass spectrometer They think they're looking, I'm sorry, i'm getting really sciencey here.

I'll stop soon. They were thinking they were just making flat sheets of carbon, actually graphine, graphene, but there was a peak at 60 and also a little peak of 70 and he was able to tweak it, the settings of the machine, pressures and how quickly the gas pumped and it was actually able increase the peak and at 70. Now if you think you're making just flat sheets of carbon, right, little pieces of graphite, graphene, why would there be a graphites sheet of 60 more prominent than a 59 or a 61? And there is no reason, if they're all flat-sheets, they all have the kind of the same energy of formation.

And so they start digging in and ultimately they figure out that this molecule looks like this thing that I'm holding up. Now, If you are listening, don't worry, you don' have to find a screen, although you should check out this molecules, it's pretty beautiful.

Imagine a soccer ball where the lines on the soccer balls represent the bonds between the carbon atoms. You have a spherical molecule. It's a big molecule, this is my bigger one.

It's a spherical molecule of 60 carbon atoms in the shape of a geodesic dome, right? That's the dome that Fuller, Buckminster Fullor brought to prominence.

So the whole collection of molecules, carbon 60, 70, 76 on up, are called Fullerenes. And this one is really affectionately known as the Bucky Ball after Buckminister Fullerene, and it's clearly a ball.

That that's that first serendipitous point part of this story. And then I'll turn it over to you in case you've got any questions about this. But the next part is like, what does it do?

Why is it amazing? why they won the Nobel Prize? Yeah. Okay. So a couple of things that are coming out because a lot of people are going to hear graphene and they're going think graphenoxide.

They're gonna be like wasn't that the bad stuff that someone reported that was supposedly in some things? Stuff. Yeah, some pointy stuff. So just real quick, first off, there are no health detrimental impacts of graphene on its own.

Graphene well documented at a minimum, at worst case scenario neutral, probably some beneficial aspects to it. It's when you put that oxide on it that you can start to have problems.

Second, this is very different than a graphene, right? You can see the shape is actually of a sphere. I actually have a model over there, but I won't get it.

Cause it's just a flat sheet. You're comparing like a sheet of paper, I don't know, to some sort of wood ball. They're just going to interact with their environment very differently.

And the next one kind of people in that space will go, well, Hey, This is nanotechnology and they're are just gonna put radio frequency receivers and robots in you.

This Is 60 carbon atoms. We have a problem. There's actually a really pay and it was a long time ago, but there was very IBM once published a paper cause they were able to put individual silicon atoms in the shape of the IBM logo, right?

It was big deal because it's incredibly hard to move one atom at a time. This is just 60. It's not going to work as a radio receiver. Not going work. As a robot, it could eventually be some part of a.

But they're not gonna be self-assembling in your body. I can't even remember what movie they do that. So, so a lot of these concerns, like we need to be thinking about these things, right?

And then we apply science to them and understand, okay, we're safe in this area. Excellent. That's a great description. Because yes, I know a lotta we've got a little fear right now, you know, and there's Now, the other thing on the nanoparticles, not being so much robots and things of that nature, there's a lot of talk about nan??article getting stuck in the body.

Discovery of Fullerenes and the Nobel Prize Story

They can never come back out. I call it cosmic waste. Can you explain to folks a little bit about that? Well, this might in fact be some of the solution, right?

So when you think about detoxing agents, A lot of them, you know, they're going to be diatomaceous earth. You're gonna be thinking about activated charcoal.

These are things that are never actually getting into your body, right? If you think about the pool noodle, and it's got a hole through the middle, if you drop a marble through middle of the poodle noodle.

Did it ever become part of a pool noodles? Well, we are a pool noodle, right? From mouth to anus, were that pool noodles. And it actually has to get, it has actually get into the foam.

We're having fun here. It has get it into that foam, you have to pass that gut barrier in order to into your system and diatomaceous earth and activated charcoal are not doing that.

we did a study with the University of Houston mechanical engineering department where we gave the raw material from which we extract this ESS60 molecule, we give that to them and they said it performed as well or better than activated charcoal.

So imagine an activated charcoals that does actually have access to getting into our system and now can serve the same purpose, this binding purpose. This is all theories by the way.

Right? I'm not going to say like, we know that this goes directly in and binds with XYZ and takes it out. This is all theoretically possible. And then you'll kind of hear the testimonials and how we actually think this is working at the mitochondria level.

Then the story all comes together. But imagine you've got that activated charcoal. in your system able to bond with those things that you don't want it to bind with.

The data suggests that this molecule gets out of your body in 10 days and I'm going to hop right in because we've got one very specific testimonial that we get repeatedly but this one's very specifically.

My business coach says that for 50 years before trying our product he needed the alarm clock. Now when he's on the product He wakes up before the alarm clock and he's a business coach.

So he is like networking, glasses of wine, late dinners, whatever. He's waking up, before they alarm. Every time he was on the product at about 10 days after not taking the.

Product, he needs the, alarm, clock again, right? And that's kind of his like, and this is just repeated. I don't know over the last five years, we've repeated this, you know, somewhere between five and 10 times where it's 10. Days in.

And so our understanding is that it is excreted out of the body in 10, days. Gotcha. Gotcha and folks are listening that that's kind of like a half-life thing if you're thinking about that in terms of how long something's going to stay in and then maybe a little bit of derivative from half life.

Not exactly. That's a full life thought process is full-Life when we start realizing we know from peer-reviewed published research that this gets into the mitochondria.

So we have a theory about what it's doing there. But yeah, you know, is there going to be some lingering particles that also may come out? Yeah, I think that is that.

Is the reality. And, uh, at this point you start looking at the data that we. You start going, man, this is probably worth trying. Yeah. So, so let's dive in to how it works.

What's going on because. I was hearing, you know, we had talked about graphene oxide, and I'm not to beat a dead horse, but the oxide guys, when you hear that word, I mean, that's kind of like something that you don't necessarily want those molecules, want antioxidant kind And I'm dumbing this down quite a bit.

So I want to let you take over before I get myself in a word, word salad and weeds. If it's, if it all right, could we walk through this journey of how we're even in the health space?

Yeah. Okay. Let's do it. The molecules discovered 85, the scientists win the Nobel Prize in 96. My company starts manufacturing it in 91, five years before they won the noble prize.

I'm kind of proud the fact that we were delivering appreciable quantities to researchers is probably why they knew how important this discovery was and probably part of the reason that they won the Nobel Prize.

So very proud to have been involved that early. The molecule is absolutely amazing. the way I describe it is it performs as well or better than the current best material in almost every application.

so it makes better inks better batteries better tires better photocells and if you were nervous at graphene oxide i just said inx batteries tires and photo cells maybe you're getting a little nervous because no one woke up this morning and thought my car's right there it's got a battery i wonder what parts of my battery I should be consuming on a daily basis but the story does get a Little worse first so this one shape on the exterior so just one of the The panels on the soccer ball molecule is the same shape as benzene.

Benzene is ubiquitous in our society, and we absolutely need it for modern society. Evidence? Look around you, imagine everything that's plastic, gone.

The foundational molecule, is benzine. Many medications, the foundational molecules, benzane, including aspirin.

Detergents, same thing, a lot of detergent.

So we don't have modern societies without benzeme. It is everywhere. But when benzene is all on its own, it's known to be toxic and known be carcinogenic.

So the fact that its shape is actually repeated on the exterior of this ESS-60 molecule, they thought it would be toxic. They put it in a toxicity study.

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. So the single longest longevity experimental result on mammals in history, peer-reviewed published research, is because of this ESS-60 molecule dissolved in olive oil, a high-quality extra virgin olive in this case.

So that's a fantastic study that changed my trajectory and my business partner from being happy-go-lucky carbon nanomaterial scientist to getting into the health space and really kind of bringing us to this point.

I'm going to share. So that study comes out in 2012. We start getting phone calls from this wacky group of people. For this podcast, I am going call them health addicts instead of biohackers.

This is a wack group people call of health, health attics, start calling us and saying, how much of this should I consume? And my business partner, ultra conservative carbon nanomaterial scientists.

What we're hearing is, hey, Chris, that stuff you sell to research institutions around the world to put into inks, batteries, tires, and photocells, how much of that should we consume?

Our first response was, yeah, probably zero. Now, let me be clear. The literature was clear that it was safe. We're just conservative scientists thinking about the car battery going, no, you shouldn't do that.

So we add not for human consumption to our labeling and then the same group of health addicts start calling us. We're getting two to three calls a week and they're like, Hey, Chris, my knee pain is gone.

And I'm like Mr. Or Mrs. Health addict. You mean the knee, pain of your rat, right? Cause it literally says not-for-human consumption on the labeling.

Yeah. Hey. If my rat weighs 275 pounds and does hit training on Tuesdays and Thursdays, how much should my Rat be taking? So we know, like we, know what's going on.

There's a little bit of tongue, tongue in cheek. My business partner and I are getting together every quarter. Do we want to get into this space? I think you would agree a very politically correct way to describe the supplement industry is challenged.

It's say challenged industry. We didn't really want be in that industry and in fact, I found a paper. where 50% of the products that this research group had purchased on the market did not have in them what they said they had in, right?

So this is not the space that we wanted to be in. Finally, a guy with a big YouTube following, this was the latter part of 2017, started talking about all the benefits he was getting, taking it on a daily basis.

And our phone went from, you know, these wacky health addicts calling two to three times a week to 10 phone calls a day. My business partner and I kind of slowed down and were like, hey, this is an entrepreneurial opportunity beyond which we ever imagined.

And if we look back at that paper where 50% of the supplements in the market don't have in them what they say they have them, that's going to happen in this space.

We're a unique group. we've been working with this molecule longer than anyone on the planet. We actually have

the lab, we actually had the know how to manufacture this at extremely high quality.

And then we asked ourselves two questions. The first is a moral question. Are we comfortable selling it? I take it. My wife takes it, everybody on our team here takes.

By the way, that's not a requirement. You do not have to take the product to work on her team. They just have access to the research. They have to access the testimonials through the customer service team, and so they do take it.

And the other is legal, right? Here, we have be mindful of the FTC and the FDA. You've got to cross the T's, you've gotta dot the I's. So we are doing that.

That's when we launched in 2018. to bring this to market? And my role as the chief scientist was to, one, is a 90% extension of life a big deal? Yes, it absolutely is.

Your intuition is correct. And then two, how might this be working? I'm going to walk through kind of my evolution of how I pictured this working. First, our most consistent testimonial is people take it in the morning, they report mental focus and energy during the day, and then better sleep that night.

If you just improve sleep, you will improve your mental, physical, and emotional well-being, right? Like this is a pillar of health. Fix your health, like if you're listening to this and your sleep is not that good, fix your sleeping.

Like so much is going to get better if your fix you sleep. And I'm sure you preach that regularly, is that a mantra? It's that and I might have worn it out a little bit too.

Like, not again. If you're really addicted to your health, you should really be addicted your sleep. Right? Because that is really the pillar. So if we're improving sleep, we are improving everything, right?

Next, as I looked at, okay, 90% extension of life, how does the medical community tend to think about aging? They tend think it's an oxidation and an inflammation process.

And we can check both of those boxes and I'll walk us through that because inflammation you have to be careful with the FDA.

Safety, Nanotech Concerns, and Detox Theory

In terms of antioxidant, there's an ad hoc study on the web showing us to be 172 times more powerful than vitamin C, and there is peer-reviewed published research that shows us 125 times powerful.

So I'm in Texas, that means we put a big old check box right on antioxidants. When it comes to inflammation, the FDA equates discussions about chronic inflammation with discussions of the diseases of chronic information, which are also the disease of aging.

So if I tell you, we reduce chronic inflation, what the F. D. A. hears me saying is, We cure cancer and cardiovascular disease and arthritis, Which we are not claiming, and we all can agree, that there's so much research that needs to be done to get to that point.

What the FDA does allow us to say is that we address inflammation, at least that inflammation that is related to exercise induced inflammation. Right.

So we've all had a tough workout or maybe a long walk, longer walk than normal and felt that information in our body so we can put a big old check mark next to inflammation and I'll bring up inflammation one more time.

I have a fun theory. but about what we think it's doing in the mitochondria. Well, it''s geeky first and then it' fun. But I've been talking so long. I really want to turn it back over to you in case you want take it in a different direction.

No, I want learn about this. Go for it. It's interesting to me to hear it, so yeah, go for. Tell me more. Awesome. So the theory is called the BOSS theory, buffering oxidative stress system.

We know from peer-reviewed published research that this ESS60 molecule gets into the Mitochondria, We also know from way back in the 90s that this molecule can hold up to six negatively charged particles on the exterior of this cage.

So what we believe it's doing, and we'll do a super brief refresher, mitochondria, powerhouse of every cell, there's between 50 and 5,000 mitochondrion in every single cell in your body except for blood cells which have zero.

and brain and neurons, which have 2 million. That's how much energy our nervous system uses relative to our other systems. The mitochondria is the powerhouse of the cell, and like every power house we're familiar with, there's a negative byproduct.

Your car going down the road has exhaust, your power plant has a smokestack with smoke, Your mitochondrial have reactive oxygen species. The way I describe these are like negative, well, negatively and positively charged particles that run around like little bumper cars and they rust everything that they bump into.

They're causing that oxidative stress or oxidate of damage inside the mitochondria of two key antioxidants to manage those reactive oxygen species. And that's glutathione and melatonin, by the way, melotonin the sleep hormone, a nice parallel with our most consistent testimonial related to sleep.

When a mitochondria gets overwhelmed, it's producing more reactive oxygen species than the glutathione and melatonin can manage. That's when they run around and do a bunch of damage, and that's what we think this ESS60 molecule comes in.

We believe that it holds on to those negatively charged particles so they can't do any damage. And then when that particular mitochondrion can replenish the glutathion and the melotonin, then it can managed them properly.

And I have a fun analogy, and that's, again, this theory is called the Boss Theory, buffering oxidative stress system. Like all biological analogies, it starts, should start, It starts with Mardi Gras.

It's the end of Mardigras. And you're like, where is this going? OK. Well, you know, there's addicts there, health addict in this case. All right. So you got is the end of Mardi Gras.

You have these drunk reactive auction species running around Bourbon Street, smashing up cars, spray painting, doing whatever drunk, reactive, auction, species do.

And you've got the New Orleans Police Department, the glutathione and the melatonin coming in and handcuffing themselves to these reactive action species and getting them off of Bourbons Street.

But what does the New Orleans Police Department do when they are overwhelmed? They take these reactive oxygen species and they stick them in a paddy wagon.

They attach them to the exterior of this ESS-60 molecule so they can't do any damage. And then when the glutathione is replenished and the melatonin is replenished, they could handcuff themselves to those reactive auction species, and get them off Bourbon Street.

That's why we say the ESSS- 60 molecule is the boss again, that buffering oxidative stress system. And if you're reducing the negative impact of stressed mitochondria, you should in fact have head to toe testimonials, which is in back.

So we do, we have had to tow testimonial. I like the paddy wagon and the police department kind of example because it does tell us kind a little bit more detail because I think a lot of people, they know what the mitochondria kind does, but they're not really sure how it all plays in.

Now, the other part of it is thinking through this concept of, okay, maybe someone's been tested and they are like, my glutathione isn't low. Maybe they've been testing and said my melatonin isn t low, But we still know that they're fatigued all day long, maybe they can just go for a walk and they cannot recover from just that.

And I'm talking some folks that might have chronic health issues here, that kind of stuff, lupus, et cetera. So when someone's gone down that route, and obviously there's not really a test to know if you're deficient in carbon per se.

Yeah. Well, not this particular molecule for sure, right? Because it's hard to test for. Everyone, because it is naturally occurring in a candle flame, the soot from a candles has been exposed to it, just not at a appreciable quantity.

So that's not even a test that I would lean on. And I've actually got some ideas, but keep going. Yeah. Yeah, no, what I'm thinking is like, okay, I just want to get to the point is, like sometimes we have things that can benefit us that don't have tests that show us we need it.

That's one thing. The other side of it is that you're kind of bringing up a point that maybe, you know, because we've pushed the glutathione concept very heavily.

It's hard to getting the body. Dalton's size is too big. You know we're thinking about that. So vital C gets in and so guys back to ESS 60. I don't wanna confuse vital C and yeah, we'll get there.

But we get that in and folks are thinking like, okay, so it can go anywhere. It can be head to toe. it doesn't really have like a honing device. So it's just gonna go to wherever you're producing more antioxidants in the body, correct?

Well, where are you producing? Well most oxidants. Sorry, not yet. You know, you're exactly right. And so I'm just trying to think of, I know growing up I was like, how does aspirin know to go to my brain or my elbow?

Right. Right? And it kind of doesn't, right? It's just going everywhere. In some places it actually serves a purpose and other places, it just passes through.

I think that's probably what's true with the ESS-60 molecule. It's coming into a mitochondria. If that mitochondrion is stressed, probably it's, wow, this is, we're really personifying this, but it was probably hanging out, hey, I'll hold onto these, you know, i'll be your paddy wagon for a little while and then head out.

I think there might be, and I have one more analogy that might serve the purpose, right? So your glutathione and your melatonin levels are good, which means that you should be able to handle regular stress.

Right? I kind of picture like the human body and stress like a prairie. Stress is good, by the way. Like anybody who's like, I just want a zero stress life.

Imagine you go up into space as an astronaut and you come back and your frail and a feeble creature, right? Like they have to do intense exercises and they still come with lower bone density, lower immune systems, like all of these things, just by removing the stress of gravity.

So I picture us as like prairies, nice little praires flowers and the rain is the stress and if it's the right amount of stress that's great the prairie is thriving but imagine you have one deep dark cloud that is just pouring in one spot like this is this stress of exercise or smog or a tough email hard conversation it is going to do damage to the Prairie.

And that's where we think this ESS60 molecule kind of gets between the cloud and the prairie, acts like a sponge or a beaker holding it so that it doesn't do that damage.

Now, one very important thing to note is it's one sponge, or one beeker. If that stress keeps pouring down, eventually it is going to be full, and eventually, it will run over the side.

Eventually, its going hit the Prairie and do the damage, right? So, this is good for managing peak stresses, is what we believe. And then once that stress, that deep dark cloud is gone, then you can actually dump this out over the prairie gently and you're not doing any damage.

So you could imagine that that your current glutathione, your normal glutothione and melatonin are in homeostasis in that prairy to manage that rain that's coming down.

But what happens when you pour it in one spot? And that's when it gets overwhelmed. So we don't think of this as a replacement for either glutathione or melatonin.

We believe it adds value by making sure when they're stressed, when that mitochondria is stressed and you're overwhelming the glutothione and melotonin, that it prevents the damage in the first place.

And I'm going to add one other piece that I think is really important. we realize that reactive oxygen species are an important signaling molecule. If you're stressing your mitochondria, it needs to like send out distress signals and go, hey, like this is not working right.

I need to do some mitogenesis, right? So we need create some more mitochondrias so we can create more power or I just need help, whatever that is. If I more nutrients to make more glutathione and melatonin, then that's what I needed.

So you need those stress signals.

How ESS-60 May Support Mitochondria and Recovery

Well, those stressed signals tend to be the positively charged reactive oxygen species. This ESS60 molecule holds onto the negatively charged ones. The negatively ones are also the more damaging ones.

So you're holding on to the damaged ones, the positive ones still going out and doing their signals so that your body can understand that it's under stress, under attack or whatever, and so those normal bodily functions can occur.

And so, that's kind of how I picture how a good glutathione and melatonin level might still manifest with some slight increase of stress. You've got no way to mitigate it.

Sure. At the end of the day, it sounds like ESS-60 takes out the trash. Literally. Like, yeah. Well, again, we think it holds on to the Trash. Okay. Right.

So imagine your house without a trash bin and now the ESSS-16 molecule is the trash bin. Right? So it's holding all of that stuff. It's not getting rid of it.

You still got to take it out to the street. you still gotta, you know, dump it in the compact or whatever you're doing, but it is so much better. Your house, your environment, Your prairie has so less litter all around it because it actually being held inside of the ESS-60.

Well, again, I don't want to miss it like nothing is getting inside here. it being on the exterior of cage. Okay. And so what that tells me then is someone's got make sure that they're hydrated well.

We're doing all the other things to be able to help the ESS-60 grab things, take it down, out, whatever way we go. Yeah. The reality is if you go back to that kind of prairie and you've got that stream of stress, if your not managing the stream stress eventually it's going to fill up and eventually its going overflow and its gonna get back impinging on that prairy and doing the damage.

Right? So that stress is, if you're dehydrated, that's stressful, right? Even, you know, fasting is stressful. Again, stresses are good. You've got to have the right level of stress and you probably should be pushing incrementally

the amount of the stress that your body is able to take.

Everything is to be able take, but you've gotta do it within reason. And as soon as you get outside of your own current physical status of what is reasonable, then things start to fall apart.

This can help, but you still gotta be moving in there. You want to be in the right direction. This isn't, hey, take this and you don't have to worry. Like, you can be a couch potato.

Yes, that's where I was getting going with us. Yeah, because I think for a lot of people and a of my audiences, women 35 to 55, and we're going through perimenopause, we are going to menopausal, there's a a lo of changes.

And a l of it is fatigue related difficulty, you know, with workouts, where we re feeling like what the heck is going on with the body. So it sounds like it's very good supportive agent to help us with things that happen with aging and help with mitochondria as well.

Yeah, we actually have, and I know I mentioned this before, but we have to have a box that's our bottle that branded. So this is our typical bottle. We have one that is branded for menopause.

It literally is the same thing. My wife is from Panama. She talks about menopus in Spanish and has Quite a hefty following on TikTok. It's kind of cool.

We actually were on a cruise and she got recognized and that's, that that kind. But she's a big, like, this is the only thing that she takes. And she'll say that regularly.

She's probably a bigger, more enthusiastic proponent of the product than I am, maybe because the impact it had for her during, during menopause. She was, and she went through it early and, uh, she was struggling with the symptoms of menopause right about that time.

We really was when we were bringing this product to market, you know, with spouses, it's hard to convince them to like, You should take this. What do you about health?

Well, I know a little because I knew this, the boss theory. And so eventually I got her to take it. It was actually kind of after about with a flu and she was so much better the next day after she took it and then noticed the impact that it had on her menopause symptoms that she's a big proponent.

On her channel, we'll kind promote our product regularly. So she is pretty spectacular. What's your, what's her wife's name? So folks can also find her just so it is in Spanish.

So she's from Panama. It's in spanish, but it's kind of go, go look up. In fact, if you look at Marissa M A R I S S A and last name is Burris B U R R E S you'll find.

Her, her channel on Tik TOK and Instagram is actually Mujeres Vivasas. so like vivacious women and you will find it. And it was like, she has a lot of followers.

Like, well, we'll be like, I'll, be talking with, you know, other health addicts at whatever conference. And, and then they start talking to her and like you're actually famous.

Like she has a lot of followers. It's pretty cool. Nice. Very cool, yeah. You never know. I mean, II don't know my, my demographic in terms of language, but nevertheless, it's fun.

Yeah. So cool So I'm, you know, I think for a lot of people, they're kind of going like, okay, cool. I can see how I could get behind this. Have you guys done any research or studies in terms of pairing it with anything like pairing?

Like my brain's just going to like precursors for glutathione, like vitamins, actually vitamin C and vitamin E or alpha lipoic or any of that stuff? Has anyone else?

Yeah. We've thought about that. In fact, we thought recently, I'm preparing for an interview with Naya Patel. I think that's right. He has a spray on glutathione product. I don't know if you're familiar with it.

It's Aura. So I am about to interview him. And as I go through this, especially the first two chapters of his book, this is how glutothione has impact in the mitochondria.

This is, this is it's expanding my knowledge of how the boss theory fits in with glutathione. So to put something with Glutathion, right? If you think about this prairie, you've got the glutathon and melatonin are actually the managing experts.

I need to come up with a, I mean, a couch potato analogy, so that we can get people off the couch. But when you're having that load, if you just had a pile of glutothione sitting there, then it could manage this impinging dirt.

This impinging stream from the cloud. We've thought about that. In some regard, we're getting so many good testimonials just with the existing product.

I'm torn. This actually starts to become a business and a marketing decision, right? Can we market it and then go like, hey, you like glutathione, and you should try this?

You like whatever NAC, which is a great glutothione precursor, then you shouldn't try you know, let's just get this molecule into as many hands as possible.

At this point, when I go to a biohacking or health addict conference, about 30% of people have either heard of C60 or ESS-60. When you get outside of that space, it's 99.9% percent of the people, have not heard it.

And so there's so much more work to be done in that place. I wrestle with, do we want to combine it? What impact on marketing would that have? Yeah, it makes sense, and I think as my brain thinks about how I'm going to amplify this, that's usually kind of the background in my head.

And also thinking what other factors here can help and make it work longer, faster, more robust. That's kind the health junkie brain as a whole. We're like, how does it pair with hormones?

I don't know if you have any background data on folks talking about that. It sounds like your wife's not even using hormones. She's just using vitals.

Yeah. No, that's, the only thing that she uses. And I think her advice was not to, and then I don't, I've had, you know, on my podcast, it's become one of my favorite subjects because like I have so many conversations about menopause.

You know, it's rough, like that's whoever's going through it, that a rough period for you and then your relationships and just all sorts of stuff. One of the thoughts, right, and this is just a theory also, when you get the mitochondria right the Mitochondria is intimately involved in a lot of hormones that are produced.

And so if you're getting that right, right? If you reducing the negative impact of stress mitochondria, then you going to have a positive impact on how the hormones are going throughout your body.

So that's a theory, but again, it's supported by these head to toe testimonials. And actually I'll share one because a lot of people will ask, you know, how quickly might I notice something, because this is, that something that you want to know.

Our biggest distributor here in Houston is a lady by the name of Gwen, and she originally ordered the product for her dog only. She was not interested in taking it herself.

And she noticed such a profound difference in her pause there because there is no placebo. Like if this is new and if you're a discerning health addict, you go like, what percentage of this as health is a placebo?

Because placebo plays a part and so does nocebo in everything you literally everything. You take. So what? Percentage when it comes to pets, there's 0% placebo Ironically, they're not smart enough to know they got their little dropper of oil that day.

And so they should have more energy that. So she noticed such a profound difference in her dog that she started taking it. I did an interview with her and she said at the three-month mark, if you had asked me if I'd noticed anything, my knee-jerk response would have been no.

But then I kind of slowed down and I took stock of my life. Then I realized I'm working later. Right? I am getting more work done. I'm actually waking up earlier.

I was never really a morning person. And then arguably the worst testimonial about a supplement in history, she shared that she cleaned her garage. We don't use that in any marketing material.

You want to clean your garage? Take this product. Cleaning your garage does, in fact, mean something, right? It's a lot of work. Maybe there's emotional baggage.

We actually have testimonials related to kind of, we'll call it emotional fortitude. So cleaning the garage DOES mean Something. That was, on the shorter end, so that's three months, I didn't really notice anything.

I also have a video from a lady who, she took it in the morning, She recorded the video that night, and she pointed out that she did not finish her cup of coffee that morning.

If you're a coffee drinker and you've noticed that you didn't finish your cup of coffee, then you are the kind of person who knows you need a cup coffee like to get through the day and it didn.

So we do see some same day testimonials and then we see them kind longer term. And so probably 5% of our customers like, Hey, I haven't noticed anything and they'll stop and then they will notice what they didn't notice.

And then though, they don't get back on the product. It's kind of like my business partner who got him stops. 10 days later is like I need my alarm clock again.

Like if, honestly, if you woke up most, very comfortably, we'll call my businesses part and business coach, not normal. Most people maybe wouldn't even notice that they're waking up before the alarm.

Right. You're just kind of sitting in bed and the alarm clock goes off. These are subtle differences that really have a profound impact. Getting a deeper sleep is something that is reported.

In fact, we did do a survey study. It's a crossover study, so far we only have 10 people through it. Our goal is 25. We asked them survey questions 10 days prior to trying the product.

And these questions were, how easy was it to fall asleep? How restless was your sleep? how good was you sleep, How good did you feel in the morning, right?

And we asked those survey questions 10 days before they tried the product, 10, days when they were on the project, ten days back off the. And then 10 back on.

100% of the participants reported improvements and sleep when. They were. Parallels this, I almost forgot to mention this. Do you work with HSCRP numbers at any point?

Okay. So you're going to appreciate this and we'll get an explain it. At the last A4M, so that's American Association of Anti-Aging, they have an event called Longevity Fest.

And we had a booth in Vegas and this Dr. Lane Young came up to us. I had had a conversation with him at Dave Asprey's biohacking conference in Dallas.

He came up and as soon as he said this, I said, Dr. Young, can I record this? And he goes, yeah, sure. So I recorded it. And so I have it, he says, Chris, if you're male, female, pre surgery, post-surgery, cardiovascular disease, otherwise healthy, our product, so my vital C reduces elevated HSCRP numbers to within normal ranges in four to eight weeks.

His particular example was he had client at nine.

Menopause, Sensitivity, and Dosing Guidance

that his protocols weren't able to move. It's actually four to eight weeks is what he says. Four to 8 weeks later, it was down to 0.9. Now you're kind of familiar with HSCRP.

Nine, not a good number, like that's a number to avoid. I later had a conversation with an oncologist who said an HS CRP of nine in the oncology world means you have cancer until we prove otherwise.

Right? Like that's how elevated that number is. And then Dr. Young, this is what kind of reminded me of this. He went on to say, and in terms of HRV, so heart rate variability and sleep, the, people were reporting a 20 to 60% improvement in those numbers, HRB numbers and deep sleep numbers when they were on the product in four to eight weeks.

So this is again going to support this. If you're supporting that mitochondria, reducing the negative impact of stress mitochondrion. So everything is going be better.

Wow. That's a, that's almost, this a scary statement, right? Like if you were like the mitochondry is gonna be positively impact and there's mitochondrial in every cell in your body, except for blood cells and all of it's going gonna better, like that kind of why we had to come up with distinct packaging for like sleep and focus and exercise recovery.

We actually have one called party recovery because that is a real thing with this product. And then, you know, one focused on menopause. Gotcha. Gotcha.

Yeah. I mean, it makes sense. It makes. There's marketing. Wait, we have to kind of know that what we're taking is specific for that because otherwise, I will be honest, seeing something that says, yes, as 60, You kind are like German.

Never heard of it. Like, what is this? It's like BPC-157. It gets you a little bit like, What is This? Well, and if you're like me, I had to hear about BBC- 157 and TB-500 together, right?

From about five people that I truly respect and also are respected by lots of people. And they're, like yeah, maybe I'll try that. Yeah. Yeah, no, I'm kind of thinking this would be a good combo with peptides, to be honest, just especially for exercise recovery for folks who are struggling.

But also just in general, since fatigue really is one of those things that I've gotten frustrated with over the years, because we go down the route of like, is there a malt thing?

Is there lime thing, you name it, all the possible contributors. And sometimes you work on rabbit holes and things don't get better. So, a lot of folks are dealing with chronic stuff are looking for something that's going to move the needle.

Right. And that's where this industry gets a little tricky because it does, you know, every product does like get them thinking like, Oh, this is good.

This is going to be it. this can be, it's going be the magical thing. But at the same time, like you're saying you have 10 days where folks are noticing like okay, where's off.

So it means that a couple of different things. One, we can get the mitochondria working better. We have potential to get them to work better, We can use this, you know, to help come off of surgeries, and things of that nature.

You can cycle it. I've got all kinds of different ideas in my head. And, of course, for marketing we want it 24-7, but I can also see how we could use it and be on and off it to cycle and get over certain things in life, too, And then bring back, like, reinforce a healthy lifestyle.

I'm going to, so cycling is, is interesting because in reality there is a lot of work. You know, our typical serving is five mils, right? So it's five mills.

The product is typically sold in a bottle. Five mil is one teaspoon. And we recommend daily. I'll just real quick. We have an MCT version, we have olive oil version and we an avocado version.

My, my routine every day is I put about a teaspoon and a half of the MCT in my coffee, right? It's actually in this cup of coffee here. And while that's blending, oil and water, while, that blending I'm actually taking a two-spin and half our olive oil.

So I am taking little bit extra. If I back to back, you know, podcasts or meetings or whatever, at some point I'll probably take another shot just because it really is good for the energy.

And then certainly if I'm, I actually drinking a lot less wine, actually no wine now, cause I am apparently sensitive to grapes, which is probably a great thing.

But you know, if i'm having a drink or two, then I can also have another one. I could tell you in the past I used to drink a little more and I would definitely have extra shots of the ESS 60. Cause it just mitigated the challenges that you would have in that environment.

Well, there's just do like the pain you might feel in the morning. We'll, we'll call it that. And, and, so, but what I'm going to share is, So we have a say all that to say like there are, We could probably hone in on dosing.

There's probably the right thing for what you're doing. I lean on this guy, Anthony Kunkel. So he's a big proponent of our product. He's, a two time us ultra running champion.

so we won a championship at 50 miles and at fifty K, which is 62 miles. If anybody's stressing their body, their mitochondria, it is him. He's currently running about 200 miles a week.

And my first conversation with him was pretty interesting because he said, Chris, when I first started your product, I was taking one serving. I didn't really notice anything.

or health addicts, he tripled the serving. By the way, don't do that on everything. There are things you should absolutely never triple. And I'm going to just do like one that comes at Rappamycin.

Don't triple the survey. That's the bad plan. But so he triple, the surveying and his statement was, I was like, wow, this could be the difference between somebody having running as a hobby and somebody running running.

As a career. Uh, and the, way he said it was I don' believe this improves exercise recovery. I believe it. Reduces the damage prevents the Damage in the first place.

That's the right phrase there I believe this prevents damage in The first Place and his argument was the reason I believed that is because on the last five miles of a 50 mile run a phrase You don't hear very often.

I've only ever heard it from Anthony a So on the last five miles of a 50 mile run where strength and stability used to be a problem, they're no longer a.

And if you think about, again, reducing the negative impact of those stressed mitochondria, then yeah, that makes

sense, right? He's got this dark cloud.

It's bigger than most people's cloud it's dumping a lot more water as he's running 50 miles than most people and would normally do a lot more damage. But you've got this ESS-60 molecule, this battery of ESSS- 60 molecules protecting that prairie.

And then, so it absorbs them, right? It's that sponge that holds onto them. Then he turns around and he is doing all the biohacking stuff. He's doing the red light therapy, he doing cold plunges, like he just doing everything.

to then release that stress, relax that and prepare for the next thing. The reason I brought him up is he actually thought that the impact on him physiologically was so profound, he was concerned it would be like a crutch.

Like it will be in the case of testosterone, if you start taking testosterone your natural supply of dwindles, right? Your body's like, Oh, there's lots of it floating around.

We don't need to make any, which is not, you know, a negative aspect of, potentially testosterone replacement therapy. So he was worried about that. He cycled on, he's an incredibly talented biohacker.

he cycled on and off. And then now he just takes it regularly. Like he starts his training block with MCT, Which has a lower concentration of the ESS-60 molecule.

And good weight control, right. MCT is good for kind of hunger suppression. So good way control. And then he ramps up to the olive oil, which has the highest concentration.

Um, and, um, that's what he's taking going into competitions. Okay. Definitely makes sense. It definitely makes. The different uses and different ways you can do it.

I know a lot of people are going to be intrigued in and thinking, okay, all right, I definitely I'm curious. Now, if someone's super sensitive, i heard you say ramp up, Um with, with the Olive oil version.

Is it, if someone, because I will also have this happen, it's a phenomenon I think happens in perimenopause and beyond, we have a lot of histamines. So bringing something into the body, sometimes there'll be a pop off of that.

It could be because of the nervous system, It can be just straight, you know, histamine insensitivity. What kind of advice would you give to someone that's going, okay, I want to try this.

I have sensitivity, have to take lower levels of everything. Well, what would they do? What would that be like? Well, one I would lean on, what is your current olive oil consumption?

Because a lot of people are consuming some amount of olive. Where does that sit? And if the answer is zero, then you might want to try to titrate this up, right?

So you may want try a quarter of a teaspoon first, maybe even an eighth of teaspoon. If you're sensitive to so many things, I do think that olive oil is typically on, if you think about the AIP protocol, like the autoimmune protocol.

Like let's get only the anti-inflammatory foods, which probably correct me if I'm wrong, have a lot of parallels with histamine inducing foods. That olive is on that list.

And so probably pretty safe. I can tell you I did meet one individual. who was, he described it allergic or sensitive to olive oil and MCT oil. MCD blew me away.

Like that's just such a refined component. And so he could only take the avocado. So we gave him a bottle of the Avocado. But yeah, if you're super concerned, you want to titrate this.

You can titrait this up for sure. What, so if we think about, people will ask, are there any negative side effects?

There are, there are none reported at this point and none No contraindications with any medications.

Certainly, you know, ask your doctor if it's a, depending on what the medication is. You want to ask you doctor, have a conversation. It might be a different, difficult conversation because they probably have never heard of this, but they can dig into the research and, or reach out to us.

We've got kind of PDFs with like, hey, here's what we understand it to do in different animal models. And so, yeah, so you could titrate it up. Negative, we use a high quality extra virgin olive oil.

When you take it, a high-quality extra virgin olive oil will leave a peppery flavor at the back of your throat. And some people are not used to that, and they're like, oh, there's a pepper flavor.

Is it rancid? No, that's actually a sign of a High-Quality Extra Virgin Olive Oil. So that is one thing that we get. If you don't have any oil in your diet and you add even just a teaspoon, so five mils, it can make your stool loose.

Like we're not talking, you know, Dave Asprey's disaster pants. But we are talking about a little loose stool that you will notice. That's usually about two days, maybe three days and your body gets used to that oil.

And then there's, you know, it's not even really a problem. It's just something that she would probably notice other than that. No, we don't have any complaints.

There's a small percentage of people who say if they take it later in the day, It will keep them up. I think what's happening is their brain is very active.

And if they were allow themselves to close their eyes and put their head on the pillow, they would actually fall asleep. But I mean, there's some people that are just wired.

Like if I'm wired, then I am not going to bed. So for that reason, we typically recommend you take it in the morning. By the way, this is pretty fantastic because our most consistent testimonial is people take in in morning, They report mental focus and energy during the day.

and then better sleep that night. What can you take? Like, what are you aware of that you can take in the morning to positively impact sleep at night?

I've never taken anything that reports that.

Research, Biomarkers, and Real-World Testimonials

Certainly, if you've got exercise in morning, better to sleep night, If you got exposure to the sun, get your circadian rhythm in line with the rising and falling of the Sun, that will help you sleep tonight.

But I don't know if your aware if anything fits in that category. No, not unless we put an extended release on it from a compounded pharmacy, no. Right?

Yeah, yeah. Yeah, yeah, no, that's pretty cool. That's very cool, you know, very intrigued, can't wait to try your product out. We're gonna send you a whole care package.

Do you have any pets? Yes, I do. I have a cat and a dog. A cat, and dog, so just for fun, we'll send both, but just fun is always interesting. we sell so much more dog than cat product.

Cat owners are just not that interested in their cats being, maybe they don't realize they're less healthy or I don' know. Maybe they secretly hate their cat the way this cat secretly hates them.

By the way, I'm a cat person. I love cats, right? So this is all just the stereotypes of where cats and dogs sit. But we sell three to one dog to cat.

You know, it's because cats live longer. Dogs, we want them to live as long as the longest cat in the 20s. No, I think that's I would think they're just very reclusive, right?

So when they are in pain or hurting, you kind of don't see them. They're off sleeping and they catnapping all day and you don' realize that it's gone from four hours to eight to ten and then you're like I guess it is too late.

Right. No, I'd absolutely love to see my Golden Retriever seven years old. He's starting to age a little. I would like to what that can do for him. Sam, our cat's eight months old, he's a bit of a terrorist, so I don't know if I want him to have.

Yeah. Even with puppies, although we have one testimonial, actually I'll share this with the guy who gave us the testimonials, Kai Zdowski. And if i'm not right on his name, i am really close.

he is the owner of the franchise Osteostrom. which builds bone density. I don't know if you heard of them, they're pretty cool. He gave me a testimonial, I recorded an interview with him, and he gave a me testimonials.

His son brought home the runt of a litter, a pug that was the run of the litter. It could only basically run in circles, it could barely eat, It was like it was perpetually dizzy, because it had water on its brain.

And I happened to send him the product, the care package, like three days after he got the dog. They were given the dogs triple servings per day. And the dog at the point of the review was like 80% better.

And we took it back to the vet. The vet was, like, this is basically a miracle. Like, we thought we were going to have to put that dog down. So I think that's kind of, the only position that I would give a puppy, because they just have so much, they don't need any more energy.

They kind don t need anymore sleep, right? Because they're, you know, when they've drained their energy, They fall immediately to sleep, right? So, but yeah, as they start to age, I think it really, and that's where we get in terms of pets, they're really strong.

Like one was I used to have to carry my dog down the stairs to go to the outside to, go the bathroom. Now he's back to bounding up the. You know, just for being a pet lover, that definitely something that, you know.

Oddly enough, people will spend more money on their pets than themselves. we know that hands down and you know it's hey try down on your pet I'm kind of thinking try it on you first and if it looks good to you there then you can go to yourself as well but Of course, you know, the background and the thought process on how everything works, The Boss Theory, all of that makes a lot of sense.

And we don't really have anything other than glutathione and, and you, know methylation processes and things like that. If we're looking at ourselves and cell detox and mitochondrial detox, we really don' have a lotta great solid things.

like pqq and nad like yes they can help but i'm not like i don't see like the the testimonials you're giving me today with that so i am curious very curious as to what You know, I'll share a couple of mine.

So we talk about kind of where my own inflammation is at. We were recently at the health optimization summit in Austin. Great event. And Tim Gray throws an amazing event and we, the booth next to us, we just got lucky because I would have like, like I often don't have time to go visit the booze or whatever.

He happened to be at a booth. Next to his, he's a former Apple employee. who put put in an ERC test into a home kit and that's a urethrocyte test that is looking at you take a blood sample and the rate at which the plasma separates from the blood cells is an indication of inflammation and so you do a finger prick you put blood into this capillary tube you you know with gravity And he's got this device that'll measure it.

It's like $10 per test. And the device is $300. I don't have any commissions with him. Just super cool technology.

He has a biological component to it and he said that my biological age was 20 plus years younger than my current age.

And so 20 years younger, you look at glycan age, I don't know if you're familiar with this test, it's looking at Glycans, that's how a sugar attaches to different blood cells in your blood sample.

As with a lot of things, It has a very downward curve as you get older. and it is a good indication of inflammation or how much inflammation you have in your system.

That test is probably my favorite. I took it when I was 54. It had me at 21. So I don't even know if I want to be younger. Can I still drink if i'm biologically under 21? I dont know what that looks like.

So, fantastic. And then the other one, which is, I'm not really happy with the result, but I am happy the direction. When I was 51, it took my DNA age.

It had me at 59. I took it three years later, right? So at 54, It has me 58. So three years later, I had regressed biologically by one year. I'm happy with the direction.

Let's just keep that direction going. That's a good thing. Those are some of the indications of where inflammation is sitting in my body. And then my HSCRP is, of course, in normal range.

Yeah, I mean, having those before and afters with things would be good. I did the, now I can't think of it, True Diagnostics test, and I've done it twice now.

And my most recent one has me, they changed their algorithm, so it's a little bit different. But I think the algorithm somewhat changed. But they also said, like, in the data, my heart and my cardiovascular system had aged the most, which, you know, freaks me out a little considering I'm running, I am doing, y'know, lots of things.

Right, right, and so this is where a lot of people will be at with labs and different things, so like I m doing all the things why am I still degrading?

And so having a before and after, I always heard a proponent of when you try something new, get a test where you can before-and-after on it. And it sounds like even the aging testing might be something if someone's done that already, they can do a repeat after doing it or I've not seen the sedra.

I'd heard of the set rate testings, but I'm not seeing that. Well, I think typically you have to send off a full sample, right? So it can't be a blood blot test.

And then, you know, the results are long. If you're kind of this health addict who's interested in your ongoing inflammatory test, Um, it's a, kind of cool kit.

It's 300 bucks and $10 a test. Like I've, I referred him. I was honestly, at that conference, he was his best salesperson. Cause I would kind tell everybody about ESS 60. He was like, by the way, like inflammation is something that we think we can have an impact on.

Look at his test cause it is amazing. So, uh, that's what he gave me a free blood test and we're still in contact. That's kind cool how things work out.

Yeah, no, definitely does. And, and the concept of inflammation, It really is a thing. You know, right now, one of the solid, like most solid data researches is aspirin at 81 milligrams.

But at, but at the end of day, do you want to be taking aspirine every day? I don't know. I dunno, you know? Well, the baby aspirins, as I recall, taste really good.

And then, as I mentioned, I had the thought process, how does this aspirin know to go to my head and not to

elbow? Because my elbow also now not hurts, right?

Right. It's interesting stuff.

Where to Buy My Vital C and Final Wrap-Up

And like, yeah, baby aspirine, do we want to be taking that every day? What does that have impact to have on our gut long term? I know everyone's saying it's okay, but yeah.

I'm very curious as to what Vital C will do. Awesome. Well, we'll get you a care package. If anybody's interested, I guess now is the time I'll give the link.

Yes. if anybody is interested. We made a link for your audience, right? So it's my vital C, C as in carbon, myvitalc.com forward slash health fix. There is a $15 off of your initial order coupon on that page.

So go to myvitalsc dot com forward, slash, health, fix a little bit of advice. People see that we have olive oil, avocado oil and MCT oil. They're like, which one should I take?

We always recommend the olive oil for two reasons. First, we are a science-based organization and all of the research is on the ESS60 molecule in olive oils.

So that's kind of, the first reason. Next is there's a higher concentration of ESSS60 molecules in the Olive Oil. You get about 0.8 milligrams per milliliter in Olive oil, 0,6 in Avocado oil and 0 in MCT oil.

and MCT. Next is you can get a 25% discount by going on subscription. Even if you just want to try the product, please go ahead and take advantage of that discount.

We won't hate you or anything for taking advantage. Of that. You can cancel at any time. Our customer service team has a thousand five-star reviews on Google.

That's how much we love our customer. Service team loves our customers. They are not trained to talk you out of canceling your subscription You can cancel it anytime, no problem.

Most people just stay on the subscription though, after they've had the product for a while. I also am pretty proud. So this whole story that we've been talking today is on my book, Live Longer is in my Book, live longer and better.

And you can buy that on Amazon for 20 bucks. You could buy it on our website for that same 20 with a special charity piece. It's not on that landing page we gave you, but go there, grab that coupon code.

go to the menu structure, find the book. For 10 extra dollars, I'll sign that book for you. The full $10 goes to Operation Underground Railroad. You may remember a movie called The Sound of Freedom.

It's a great movie about a horrible subject which is childhood sex trafficking, which clearly we need to get off of this planet. So 100% of the signature fee goes operation Underground railroad.

Awesome. Yeah, such a big deal. And and so many I'm hoping we get more information out about it as time goes on and certain people are in. Go to jail or just disappear permanently.

Yes, exactly. So so in agreement with that. That's awesome. It's good to know. Are you guys on Instagram too? I know we talked about the wife on instagram or on tick tock and all that, but now where are, where can we find you if we, we want to see the day to day life kind of things?

What are you? Yeah. So, so you can find it on. Instagram and on tech talk and Facebook. We're at my vital C. so, you'll find us and that's kind operates as my personal page and the company page.

I'm constantly sharing great content, sleep tips, all of that good stuff and certainly would appreciate anybody going out there and following. Uh, on Instagram at my vital C.

Um, and then I do happen to have a podcast. You'll kind of be exposed to that. The podcast is live beyond the norms. And so I kind reference the different episodes in the social media on.

Instagram, TikTok and Facebook and Twitter and YouTube. All the things love it. Love it all the Socials. Love it. Chris, thank you so much for coming on, sharing info about Vital C and really letting me drill you on questions that I know I'm going to get.

So I am always thinking about like, what am I going get asked? Okay, let me kind of drill that. And I now some of them are a little bit redundant, but it helps us to really understand how carbon can help us and just really, you know, be able to revitalize us because we, after all, we are made of carbon.

Yeah. Why not use something that is already in us, and can I was working with one person who called this, and I loved it, the perfect carbon molecule.

There is actually a book titled, The Most Beautiful Molecule, which is entirely about this molecule, it's, you know, when you think about the guys who discovered it won the Nobel prize for that discovery.

It's pretty amazing. I'd love to see, I'm sure it is online. And I would love the 3D on it of the image of a molecule or even like see it under a microscope.

Well, in a microscope, you have to use the most advanced, so a tunneling electron microscope. And you kind of see a slightly curved blob, right? Because again, we're down to 60, there's only 60 atoms in this thing.

I think, what was I looking at? Insulin is like a thousand atoms, Right? So we are familiar with insulin, a 1000 atoms. This is just 60. So in that tunnel in the extra electron, microscope you've got kind field.

And then there's these little circular balls on top of them. You're not seeing the shapes or anything. It's, it's that small. That's amazing. Yeah. One thing for perspective, one drop of our product has 475 times more of the ESS 60 molecules than you have cells in your body.

One drop, 465, something close to that. There's as many molecules as you have cells in your body in just one drop. It's a tiny molecule. Yeah, perspective for me, for sure.

That makes it all kind of come together. And I think for a lot of people like you had said before, to get it into cells and all cells, both the red blood cells have mitochondria.

I mean, that's gonna definitely flood the body with good stuff. So, cool. Thanks again, Chris. Hey fellow health junkie, thanks for listening to the Health Fix Podcast.

If you enjoyed tuning in, please help support me to get the word out about the podcast. Subscribe, rate and review and just get that word. Thanks again for