Fast Track Your Success with Algae Tablets Transcript

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Welcome and Energy Bits Introduction

let me just start, Catharine by welcomingyou to the fast like a girl summit. And I'm a girl so like. Right. It's a perfect combination. I love you. So there you go. Thank you.

Thank you, Catharine. Well, I got to tell you that I've watched your product for years, and it wasn't until we sat down and had a conversation on The Reset, her podcast, where you really talked about the science, which of course is geeky to my brain.

And then we also talked about the application of every of energy bits that I really got the complete picture. And so I went home and I started taking it on a regular basis, and there were two things that I noticed.

One is definitely consistent energy. So it almost felt like as the day goes on, I was gaining more and more and more energy. It didn't feel like a caffeinated energy note.

No, it's cellular energy is not a stimulant. Yeah, that's the difference. Yeah. So there was that. And then the other thing was skin like you had told me that you didn't have any Botox and that you were doing 100 a day.

So I'm like, okay, well, let meI want to look as beautiful as Catharine. So I was like, let me see what I you know, if I can how many I can take. So I've been doing anywhere from 30 to 100 of a day.

And the days I take the energy bits, absolutely. There is a smoothness to my skin. It seems to like even out the wrinkles. So let's start by explaining what energy bits is and we'll just kind of stay in the lane of energy bits and why it improves energy and helps with skin because it's really profound.

And I have a funny story to tell you because I just came back from the biohacking conference and I did some testing about my biological age, so I'll leave that in because it blew me out of the water and blew them out of the water too.

So so Energy Bits is the company name, but we have two brand also called Energy Bits, which is Spirulina. The other brand is Chlorella well as well back up, we have two spirulina.

One is called energy bits and one is called beauty bits. And the reason why these two, I'm not trying to trick anybody, but I started the company because my younger sister had breast cancer and she completely healed.

And so women's health has always been my number one goal. And I found after I started the company, which was 13 years ago, women just weren't buying the spirulina algae tablets.

And my girlfriends literally told me it's because I didn't have a cute name and it wasn't pink and because and we'll get into this the spirulina has so much collagen, so much protein, so many antioxidants that protect your skin.

I thought, okay, I'm going to make another brand of spirulina. I can call it beauty bits because and and I did. And it's the one with the pink flower, but it's.

Just so pretty, by the way. And thank you. And I design everything. And I designed this to make sure that, you know, it was attractive to people. Now, you see my actual office, it's not for women or men, but that that, you know, it really invites them to to feel as excited and energized by what the algae does for them inside.

I don't know. My my backdrop is now not behaving properly. So anyways. So anyway so so spirulina both that both are algae by the way as food. So that's another thing.

We grow it in fresh water. This is a spirulina farm and this is a Chlorella farm. It's different from seaweed. Seaweed is a macro algae. It grows in the ocean and there's microalgae in the ocean and streams and everything.

But we grow ours in freshwater. So it's not from the ocean and it's not a supplement, it's a food crop. And then we just dry it into a powder and then we press them into these little tablets that we call bits because they're bits of nutrition.

And each tablet has the same nutrition as an entire plate of vegetables. And the way I came up with that calculation is that we have a quote from NACI that says One gram of algae has the same nutrition as a thousand grams of fruits and vegetables.

So I did the math and based on the way, this is about a half a pound of vegetables. So so in the end, we encourage people to take at least ten a day or ten at a time.

15 or 20 is even better. 30 is better. But, you know, whatever works for you, 30, they're so tiny. There are about the size of baby aspirin, this one spirulina, which is a blue green algae corona, which we call recovery, which is a is a green algae.

So you can see the difference in color. But there's so much nutrition in the bags because we sell them in large bags of tablets. You know, this shows energy bursts, but it's the same as beauty.

But in that same calculation, there's the equivalent of 551 lb of vegetables in each bag.

How Spirulina Supports Energy and Skin

So half of that half pound of vegetables, when you take ten tablets, you're having like 5 lb of vegetables. So that's one of the reasons why it's so efficient.

So in terms of your skin, the algae or the protein that's in algae, especially the beauty bits, which is comes in the one with the or energy bits and animal proteins all bound up right into it.

And your body can't absorb it that way. Has to break it down into amino acids. Peptides like in collagen or clusters of aminos, but algae protein is in individual aminos.

So that the reason why that's important because it gets absorbed quickly. So it's 99% bioavailable and that protein is and because in spirulina the other thing is spirulina is a bacteria does not have a cellular wall. So there's zero fiber to upset anybody stomach and it also gets absorbed quickly.

So it has has more college and than collagen powder, highest concentration of protein in the world. And of course, your skin is made of protein. It's it's collagen and elastin and your hair is trying to think of it. It's another protein.

I'm blanking on that one. But with your skin, let's just deal with your skin and the collagen. So college, it is kind of like those in a bill. If you made the connection to a building, it's like the fiberglass that fills in the building.

When they're building it, it keeps it, it gives it it gives it that doing as that puffiness and so it can retain water and and you get good cellular turnover and then elastin is like the structure that holds it up.

Now both elastin and collagen get damaged by free radicals, but an elastin gets damaged by excess calcium. So both of the algae have so many antioxidants in them that they stop the free radical damage.

So that's number one. So it will literally smooth out the wrinkles from the inside because your skin is nourished by your blood and you put on topically is important, but what you put inside is even more important.

We I always say beauty is an inside job. So yeah. And sugar is so damaging to your skin. So if you can eliminate sugar, which you'll be doing if you're fasting and you should do it anyways because it's so damaging.

A That's great. Plus the both algae are so alkaline. So that means that alkalinity kills bacteria. So if you have blemishes that removes the blemishes, so it protects the college and it, it's a free radical removing the free radicals.

It has something called K2, especially the plural of which has more K2, but they both have K2 in them. K2 moves excess calcium out of soft tissue, which is your brain, your blood vessels, your skin, and into your bones.

And remember, excess calcium damages your elastin, which is what causes your structure to fall, and that leads to wrinkles. Now the other interesting thing, and I'll just get on it now, the algae is the highest chlorophyl in the world.

Now the chemical composition of chlorophyl is virtually identical to your hemoglobin. So if you go online and check this out, so when you have anything with Chlorophyl, you're building your blood.

So and algae has the highest chlorophyl in the world. It has 500 times more chlorophyl than arugula and has 25 times more chlorophyl than even liquid chlorophyl.

So number one, the chlorophyl is nourishing your blood when you have healthy blood that's going to nourish your skin even better. And that's in the corella, one that's in the red.

They both have very high chlorophyl for both of them. Okay, but chloro has the highest in the world. It's about 20% more than the spirulina. But so spirulina is claim to fame is the highest protein and highest collagen in the world.

And the Lorella has the highest chlorophyl and also the highest glue thigh bone, which pulls out toxins. Now, if you have toxin in your skin or your body or anywhere, those also cause damage to your skin, to your cells, to your mitochondria.

So I came up with the analogy. I don't know if I mentioned it when I saw you most recently, but because spirulina is so nourishing and because chloro is so detoxing and cleansing, I do help people understand the difference between the two of them.

I said, Well, think of spirulina as room service. That hotel gives you everything you need for the day and chloro because it's so cleansing and gets rid of the junk in your trunk or your skin.

In this case, it's like housekeeping. I just going to say it's like roommate service. Yeah. Room service and housekeeping. Go to. I love it. It's a perfect combination.

The other way to think about it is also because this has so much of the antioxidant called superoxide dismutase. And I'd like to dwell on that a little bit because it superoxide dismisses start is one of the few antioxidants that can get into your mitochondria inner membrane to stop free radical damage.

And so and your brain has the highest number of mitochondria. Pacelle They have 2 million mitochondria. PACELLE But nonetheless, the free radical damage is occurring in the mitochondria.

So anything that will stop free radical damage is key to longevity, health and better skin. So because spirulina has the highest superoxide dismutase in the world and there are 25,000 studies documenting the health benefits of superoxide dismutase being anti-inflammatory, stopping free radical damage, and you can't get superoxide dismutase from food.

It just doesn't exist. This is your answer because this has the highest concentration of superoxide dismutase in the world. Now the wrinkle situation.

I'll tell you one more thing your body makes superoxide dismutase from the moment you're born. But here's the problem it stops making it. Once you hit the age of 30, it's like it trumps your military.

Everything. Everything at 30 goes downhill. Like, I like your boobs, right? So again, first, your energy work first. So because after 30, you're not having that natural protection that you had prior to 30, you need to replace that

glutathione.

And superoxide isn't changed, but you can't replace it from food and you can't take supplements because they get damaged in digestion. So this is the answer.

This and you know, both spirulina, as I said, we have two brands, but they're absolutely identical. This is like your girl Spirulina and this is your boy Spirulina.

This is the answer to protecting your mitochondria from damage. And when they're protected, everything improves. Your longevity, your digestion, your heart, your brain and your skin, too.

So it's not smoke and mirrors, it's just science, it's personal and the nutritional density of algae, especially spirulina meeting the needs of your body, particularly after the age of 30.

Now, for anybody who's listening this before earlier not not 30 yet, it's never too late to start protecting yourself and building, you know, protecting anything that you have.

You want to keep that as long as you can and you still get energy from the spirulina. Well, we'll get to that because this is a fasting. So I have I have several questions on what you just said.

So the first thing that you help me reorganize my thoughts and this is a major challenge that we have with just fasters in general, which is how do we get enough of our vegetables in in a day and and yet there are a lot of supplements that are hard to take in the fasting window.

They make you nauseous. They don't you know, you just don't feel as good with them. They're better taken with food. And then when we look at our quality of our vegetables, it's like we don't even know what kind of nutrition we're getting. So when you and I chatted and what was that April like couple of months ago, you really helped me think like a deeper about energy.

Better specifically as this option in the fasting window. That would be very much equivalent to the vegetables that we might eat in the eating window, but in the fast.

So do we have let me ask you this. Do we have any research on if you take energy bits in the fasting window compared to the eating window for as far as overall effectiveness.

It doesn't make any difference. And honestly, algae is actually better than vegetables. And here's why. First of all, if you're doing fasting, you're probably also meat.

Maybe you're interested in ketogenic or, you know, cycling and or cycling. There are no carbs in algae, either one of them, the Spirulina or the Lorella.

So they do not interfere with your fast. So but yet they give you all the nutrition that you need, the chlorophyl, 40 vitamins, minerals without kicking you out of ketosis.

So and even better, you don't even have to clean them, cook them, you know, chew them either. So easy. Yeah. No, it's so easy with water, right? I eat them.

If you like the flavor, I find it more satisfying to eat them. So. A, it's more effortless than lighter than than vegetables. B Our soils are so damaged that even if you were eating vegetables, even if you're eating organic, there just isn't the nutrition that they used to have 40 years ago.

Chlorella, Detox, and Toxin Binding

So you're still cheating yourself. Are you still missing super some of the nutrients that aren't found anywhere else in the world, like superoxide dismutase as well as the blue pigment that's found in spirulina was fairly is colored blue.

Green algae, because that is a blue pigment that's not found anywhere else. It has very powerful healing in anti cancer and anti oxidant properties. So so you're getting nutrients not found anywhere else.

Absolutely effortless, gives you all the nourishment that you need. And when you're fasting, let's face it, you know, you get a little tired sometimes.

You know, it's just be focused. So it gives you all that energy mentally and physically because it's cellular energy. No, no sugar, no jitters. No, it's not a stimulant that I.

Mean, it doesn't it doesn't have a stimulating effect. What my experience has been. There's just a good. Consistent energy all day long. Yeah. That I've noticed.

And I, you know, you really, you know, in my brain you've solved the vegetable problem because even if you're not fasting, knowing, you know, people eat vegetables, thinking, oh, I'm supposed to eat vegetables and stuff, but do we really know the nutritional value within these vegetables and the answers?

No, no. So what I noticed after I chatted with you is I started taking it on a regular basis and like, you know, it wasn't just my skin. My hair grew faster, my nails grew faster, and my my brain worked better.

And I was like, what have I done? And then the days that I don't take it, I actually, you know, within a couple of days, I can really see the changes in my skin.

My hair's a little bit flatter and my brain doesn't work as well. So I really think you've solved the vegetable problem. It's the vegetable problem, it's the nourishment problem, it's the time problem, it's the digestion problem.

The spirulina, as I said, is a bacteria. They give this to babies in Japan. If they can't digest mother's breast milk, that's the only thing that keeps them alive.

So crazy. It's good. There's no contraindications. It's safer every single age group pets. It's honestly every single thing in the world to be having them.

But I want to tell you kind of a fun story. So we're working. I've known the brain type, Dr. Patrick Porter, for quite a while and they have a great product and we see them at all the conferences and we're doing some stuff with them.

So they want and they, you know, their device helps your brain work better and smoother. And and apparently when you use their device, it improves as the absorption rate of nutrients.

So they want you to do a little test with me. So they they have this device that measures all your biomarkers. So and I actually hadn't had any algae that morning.

They tested me. So they did my test and then they said, go have some, some of your algae. So I had like one or two pouches and I came back a half an hour earlier and they tested me again before I even did their brain tap device.

My numbers went off the charts and I am like I said, I'm 66, almost 67, and my biomarkers identified me. After my algae, I went from 67 to 32 in half an hour.

I knocked 32 years off my biomarkers. And, you know, there's always this news about this guy, this biohacking guy who's been spending $2 million a year for the last two or three years to.

And he's not in three years. He's knocked five years off his biological age in three years, but knocked five years in half an hour. I knocked off 32 years off my biomarkers.

I have to get all the numbers for them crazy. No, that's getting. Yeah, that's crazy. So yeah. It doesn't matter whether you're taking the algae because you're running, you're busy, you're traveling, you want good nourishment

or the chloral pulls out toxins, whether it's from your skin or your brain or including alcohol.

Does that matter whether you're doing it for heart health? Brain health, honestly, everything improves. And I'm so thrilled that you have discovered that because I don't want people to think that.

I'm just trying to sell them something. I mean, this is a gift to us for Mother Nature. It's been used for 75 years in Asia. It's just never been. The quality has been poor in Asia.

Here in America, it mostly came from China. We garden in Taiwan in triple filtered spring that water and no one's explained it. No one's gone to the science to help you understand what it does and why it does what it does.

And that's what we did. Yeah. And you know, it's interesting because I've always said there's no magic pill, there's a magic lifestyle, and yet there's a handful of supplements that have been like profound found in my life.

And I put energy beds there just because I could literally see the difference. Yeah. Now the Carola one, I want to chat about that one for a moment because I will tell you that when I take it at night, I start to notice some digestive stuff the next morning.

Now my detox brain says, Well, that's good because I'm pulling stuff out, right? But I would say in the past, when I've looked at the quality of binders, when we look at zeolite activated charcoal Corella, Corella tends to be a weaker binder.

But then when I take your corella, I'm seeing, you know, stuff move out of me. So explain to me what's in the Corella product and what is it binding? Do we have any ideas of what what toxins?

It's actually binding. Well, it's actually binding to everything, everything that shouldn't be in there. And so I jokingly say it pulls all that junk in your trunk out.

It does so because it has the hardest cell wall in the plant kingdom. Remember, spirulina is a bacteria. No cellulose. Well, this is the hardest cell wall and it pulls out led mercury, radiation, life, glyphosate, say pesticides, lime, anything that's alcohol, lactic acid, anything that shouldn't be there.

And it's primarily that hard cell wall. But also Corella has the highest glutathione on in the world, which is very also very detox ing. But when you get an I. V.

of glucose ion, it only lasts about an hour. So when you're taking this this especially, I eat it all day long. It's constantly cleaning, cleaning it out.

Plus the chlorophyl, because this has the highest chlorophyl in the world, is very cleansing. And only about 5% of the chlorophyl five or 10% gets actually digested in your stomach.

The rest of it travels through your liver and through your colon. So if you're like me, your poop will be a little green. But that that's that's the good thing.

They've been using this for IBS, Crohn's disease for decades. We work with biological dentist to pull out mercury from filth when you have your fillings removed.

The United Nations used it. Chernobyl to call out radiation from the people. So and the reason why ours may work better than anybody else's is again, because the quality of the growing techniques also cholera, because as a hard cell wall needs to be cracked at production and almost everybody else uses the original technique, which is to tumble it with glass beads.

But the glass heats up and led from the glass leaks into the corella. And that's not good. But also the heat damages nutrients. We don't use that technique.

We pass our controller through a sound chamber as the vibrations that crack the color. So no heat, no lid. And any time you use high heat, same with that viscous iron and which is the pigment in the blue pigment in spirulina, you lose 50% of the value of it when you use high heat to dry it.

So almost everybody else is lower priced because they are low. Then they have to get to market quickly so they use high heat to dry it. We don't do that.

So and there's no binders in our so it's the cleanest way to restore. I tell people it's like giving your body a shower from the inside when you when you take Lorella.

Do we have to we do have to worry about supplements or medications that we take it with. Is it that spirulina? No. That everybody at any time for any reason can take spirulina.

And I encourage anybody who either has a cancer diagnosis or wants to prevent cancer. Man, you should be taking this every single day because a the superoxide dismutase is very healing to the mitochondria, but b that blue pigment which is called by cosine and I know it's hard to see but that's how you see.

Yeah, you can google fi cosine and then cancer treatments. It's proven to kill cancer cells proven so if you google fi cosine and then cancer treatments.

This is what the chemotherapy companies use in their treatments. But who wants to go through chemotherapy? Like you can start using this now and it selectively kills cancer cells and senescent cells and it heals and protects healthy cells.

I'd say that's the perfect combination, but heat kills them, kills this at least pigments. And we don't use high heat. So that's why our ads are super effective.

Do it. Do we have any research on cancer? Because I just want to you know, I've walked the path of cancer with a lot of patients. And, you know, it's we don't want to give the impression that you just take some cruller and some spirulina and all of a sudden your cancer diagnosis goes away unless we have research showing that.

So my first question is, do we have research?

Cancer, Protein, and Skepticism

And my my second question is, what I'm thinking is it's actually more of a preventative for cancer than anything else. Well, both. So I will send you a PowerPoint with that.

We did I specifically put together for cancer and on one slide it shows a test that was done, a documented third party or what you call a clinical trial.

They they died. The cancer cells purple and and it had a time lapse 24 hours. And they put viscose iron in that in the petri dish was the cancer cells.

And after 24 hours, the cancer cells were gone 24 hours. So and I'll send you the reference to that. The interesting thing was that the amount of tigecycline and that they used, there's 4000 times that in one of our tablets of of spirulina.

So that's why I encourage anyone just to Google fi sign and then cancer treatments and you'll see hundreds and hundreds of articles about this very thing, but no one's ever told you about it.

But I don't I don't want to. The FDA would shut me down so fast. And I want people to understand that preventing cancer and if you have cancer requires a full on approach and you want every tool in your toolbox to either, again, to prevent it or to correct it.

And this is just one of many things. And I started the company because my younger sister had breast cancer and her oncologist, which is a cancer specialist, told her this is up in Canada to change your diet to an alkaline diet because it would help with her healing as she was going through this.

Amazing and and the reason for that is cancer cannot exist in your cells in an alkaline environment. Auto Warburg is a scientist who discovered that in the forties she's a German scientist and won a Nobel Prize for that.

So algae because it's so alkaline and the range is 0 to 14 and 7.1 is the perfect alkalinity of your cells to be healthy. And so this helps keep the cells at that slightly alkaline state, which is why you get the alkalinity from plants.

That's why the implants are now part of an alkaline diet. So, so it was being referenced at the very but that's what got me started on this entire program.

By the way, my sister completely healed and she's 11 years cancer free. So it's crazy. I mean, I don't want to say it was just the allergy because she did do chemotherapy, right? Yeah.

That's what I always I mean, again, I want to make sure we're very clear. There's a there's a path back to cancer. That's a lot of things. Yeah. What do you know?

What do you know about the protein quality of both Corella and Spirulina? Because I would say for menopausal women, getting more protein is really important.

If we want to keep muscle. And muscle, I agree, is the organ of longevity. Yes. So, you know, can't and a lot of women that are fasting in our communities are feeling like I can't get vegetables in my eating window and I can't get protein in, which is why I feel like energy beds and the corella has solved both.

Oh, I know. So do we have any idea of how much proteins there? Yeah. So the spirulina has the highest protein. It's 64% protein. The corella is 60, but most people rely on the spirulina for their protein because at the same time, it it gives you energy and satisfies your hunger.

The Lorella does not satisfy your hunger or give you energy. So when you're fasting or when you're working out nuun energy and you want focus and that's your amino.

So, so here's the thing, here's what's really cool about the protein in spirulina at least. RS It has 18 of the 20 amino is including the nine your body cannot make so it's a complex protein and I did an analysis of all amino is on a amino basis with collagen and some of the amino is in spirulina ours.

Anyways, we had four and 2% more than collagen powder, so it's very, very good protein. Now the quantities aren't high. If you have 30 tablets and we sell them in little pouches that are really handy.

I encourage people that you'll also, you know, the canisters are great for on your desktop or at home and you shake them out of the canister. But these little pouches have 30 tablets in them, so they're great to put in your shorts, your handbag, your travel bag and just, you know, whenever you're hungry or tired or before a workout you want to take, I would suggest the whole pouch because it gives you energy and focus.

We have NHL players that have 75 tablets before a game and then they before they get on the ice and they put they take the corella afterwards to pull out the lactic acid.

So when you're fasting, you know, if you're if you haven't done it for a while and you're getting hungry and you're getting tired, this is your answer because this will take that away.

Number one, not interfere with your fast number two, and it will give you the energy and balance your blood sugar so that you'll either do a workout or go for a walk.

I used to be hypoglycemic and I used to keep these in all my pockets. And it gets into your bloodstream so quickly

because again, these are bacteria. So stabilizes your blood.

Anybody who's a diabetic, you need to be taking this every day because it will balance your blood sugar does not increase. Insulin does not decrease your ketones. So so one thing that I think is the hardest thing to believe about this and is that if it does, all of these things get a little better.

No, no. Like, I'm not going to lie my skeptical brain. The more I hear it, does this, this, this, and this. My skeptical brain goes it can't. There's no way.

I don't believe in any pill being that effective. So what do you say to the person who is like, how does this how can it do that many things? Or is it like, what is it that we're we're missing in our vision of looking at algae?

Like, Yeah, and I know algae is very ancient. And so my, my brain goes to this place of well, it's, it's so it's it's such a historic part of our earth.

Yeah. That we it takes us back centuries. Yeah. And we've just lost the art of believing that anything that comes from the earth can actually heal us.

So I kind of go down that river. But what do you what do you say to the skeptic that's like there's no way it can do all these things? Well, I've got a couple of great responses, so I was sitting thinking about this the other day, and I came up with this great saying that I'm going to make T-shirts about.

And the saying is out, you know, to your point, how can something be so amazing? And it's just not possible? So the saying is too simple to believe, too powerful, not to it.

Oh, that's good, right? Yeah, that's good. That was. Yeah, yeah. Well, it's, it's funny because literally you had me when you told me your age and you didn't do Botox.

I will say, you know, as a 53 year old woman, I'm like, what I saw. Was, yes. I want what she has. So I'm like, I might. And then you told me you take up to 100 a day and I was like, Oh, God, let me try it and see.

So that's number one. Number two, remember, I showed you like there's algae is a food group and there's Macroalgae, which is also known as seaweed. And it's stringy and it washes up on shore, has lots of fiber and iodine, but virtually no nutrition.

That's not what we are talking about. This is microalgae, which is found everywhere in the world, not just the sea, the lakes, the rivers and streams, the oceans.

And it's so it has virtually no fiber. Spirulina has zero, but it has maximum amount of nutrition. And the way that that happens is that microalgae is so tiny.

It's called microalgae micro because it's microscopic in size. You can get a million microalgae on the head of a pin, right? So when you consolidate that much nutrition into these tablets, you start to understand the intensity of the nutrition.

Microalgae is what feeds the whales. They're pretty big and this is important, right? Right. Yeah. So it's very, very concentrated nutrition. It's also very, very efficient nutrition and here's why.

And remember, everything about your health starts with your mitochondria. And if we have time, I'll dig into a little bit on the mitochondria. Listen, mitochondria are the little organelles in your cells that generate cellular energy for everything walking, talking, breathing, living.

If you don't have healthy mitochondria, you will not live long and you will live poorly. So mitochondria health is essential for everything. So here's the cool thing.

Algae was the first life on earth. It was cyanobacteria, like spirulina. Spirulina is the bacteria. Before cyanobacteria, there was just gas and water on earth.

Nothing lived. Nobody knows why cyanobacteria started growing. But it was an anaerobic cell because anaerobic means it doesn't. It grows without oxygen.

So remember, there was no oxygen on earth. So it started growing and it generated ATP, which is cellular energy. And a byproduct of ATP is oxygen. That's what's causing all the damage in your mitochondria is oxygen.

It is oxidation. So after a billion years now, there was enough oxygen on earth for larger aerobic cells to grow, but they weren't generating ATP as well.

So what happened was the larger cell, I can imagine the conversation, the larger cells is the little cell, the anaerobic cell. Hey, little guy, I see you're struggling with all this oxygen.

How about we join forces? We'll protect you from the oxygen. And you can make ATP for us because you're doing a darn good job. And that's exactly what happened.

The original US sign, Cyanobacteria, got absorbed by the bigger cell. And guess what? That cyanobacteria became mitochondria. Your mitochondria came from cyanobacteria.

It's all proven in something called indole symbiotic theory. If you go to any and now page article about the origins of mitochondria, this is the story that's told that was discovered in the sixties by an MIT professor, a woman, by the way.

And I never mentioned that all of your mitochondria have their own DNA. And it was only, I think, 37 of them. And they all come from the women. Our regular DNA has come from the sperm have come from the women, not the mitochondria.

They only come from the women. So let's. Get. Wait, wait. Okay. So does that mean your mitochondria quality and amount is coming from your mother? Is that what I hear?

Everything. I've never heard that before. Check it out. Yep, yep. Yeah. I believe you. I'm missed that. I can't believe I've studied the mitochondria this long and never heard that. And by the way, women's eggs have the second highest concentration of mitochondria.

Which are your brain? There's about 600,000. Purcell, because mitochondria are concentrated where the greatest energy needs are. And it takes a lot of energy to make a human.

But it all comes from the women ladies, mitochondria, DNA control, everything in your body. They control the regular DNA. They control your cellular communication.

And you know, it's just typical. Women are always working behind the scenes to make stuff happen and they're still doing it, the mitochondria. But what I want you to know is because the mitochondria are evolved from spirulina, no wonder algae has everything that your mitochondria need to work optimally.

This is where you get it's not just what you eat, it's what you absorb, and it's the efficiency. So it's the most concentrated nutrition in the world and it's so perfect, suited to the needs of your mitochondria which generate the energy for life.

It's that simple again, too simple to believe, too powerful not to algae is going to change the world. And it's been waiting for 4 billion years for us to discover it.

Now in America, you know, nobody knows about it because it's not grown here. 99% of algae is grown in Asia and 99% of it is consumed there.

Mitochondria, Dosing, and How to Use It

So my dream is to grow here one day. But but this is I mean, this is why I have never been able to give up this vision in this mission, because I am determined to help people stay healthy and avoid all these illnesses or get correction from them or make dinner easier, faster, so you can go out and do what you want with yourself or your family or friends.

Just make nourishment and health more effortless. And because our algae is so high quality and because I'm so focused, we don't sell anything else, just algae.

Right. But it took me I had to go down the rabbit hole. I mean, it took me 13 years to figure this all out and connect the dots. So I just want to show you, I'm in your cell, you have your regular DNA, but then you have these little, you know, shaped things which are your mitochondria.

And inside the mitochondria is where is where the DNA are. It's also where all the ATP is produced. So your ATP, the byproduct of ATP is oxygen or accelerate.

It becomes it's like rust. So your DNA for your mitochondria are right beside where the ATP is produced and where is right beside where free radicals are produced.

And this is what causes damage to your mitochondria DNA, because they're right beside where all the free radicals are. By the way, did you notice I didn't mention this, but your mitochondria are the only cell in your structure, in your body.

They have two membranes. All of your other member states have one membrane. It's called a lipid membrane. It allows antioxidants in and out, but mitochondria have a second one and virtually no antioxidants can get in there.

Drugs can't get in. They're the only ones that can get in. There are the ones that are in high concentration in algae, glucose, iron, melatonin, well, not so much about cell, but superoxide dismutase and also chlorophyl.

And the reason why there's a second membrane is because it's leftover from when it was by itself as an independent molecule organism before it got absorbed.

When it got absorbed, another lipid membrane was put around it, but it still maintained that inner membrane. So all you want, what's the door in with the.

We just have a few more minutes. And so I just want to, you know, hopefully people are understanding the vastness and I think that's a really important word to understand when you look at these products, because certain supplements are very targeted.

And what I've learned just from talking to you, but also my experience is that energy beats is actually there's just a vastness in which it can heal the body.

So what's our door end? Do we do a pack in the morning of energy bit to pack at night of Corella? I chose to do the 100 because I looked at how beautiful your skin was and I was like, as a 53 year old woman, I'm like, Okay, I want to look as pretty as Catherine is, like going back to my high school days.

So but help the our audience know and how long do we go 90 days and then take a look at it? Like what? What can we expect? Well, the best scenario would be 30 in the morning of spirulina or, you know, it could be beauty.

But again, remember, they're exactly the same. I just package them. I want people to feel comfortable with them and make it makes you happy taking them.

So one of these in the morning and 30 at night, because you could take less for wellness benefits, but for detox, you need the 430 and that's if you're healthy.

I mean, you could take less, but you'll get optimal results from a fall from 30. I mean, we also sell them in these really cool canisters that come out.

Like the canister I got you. Yeah, you open the cancer, put the bag inside, and then you just shake the tablets into your hand. And don't worry about counting them.

Just have a handful. Yeah, that's what I do. You know. You don't have to. It's not a drug. It's not a pill. Think of them as nuts. Okay? You don't have just one nut when you're hungry.

You have a handful. So have a handful. And there's also no upper limit. Like, you know, I'm not suggesting you have 100, but you could. And that wouldn't be any different than just having a big a big meal.

But they're absolutely effortless to take. Now, if you have a health condition of any kind, you know, you might want to double up on them because that will help you achieve a faster rate of healing.

And honestly, I have been taking this many for 13 years. There's no weight. Like take them for a while and stop because I'll tell you what's going to happen if you stop taking these, your energy is going to go.

Your brain fog has come back, your hunger will come back. This I call both your nutritional insurance and your health insurance and I just invite you to try it.

You have that's what I would say is try it because. Yeah. Yeah. And that's why, you know, I've never wanted to be a vendor. I'm really an educator and I just want the best for everybody.

I just I wasn't planning on building a company. I just wanted to help my sister. And then I gave up my corporate career and studied nutrition there that well, I can help a few more.

And then I ended up finding algae that Oh my God, this is the platform for helping the world. What would we do? Corella Every night. So you do the, the spirulina in the morning, cruller every night.

Is that typically. Yeah, like yeah. And if you aren't happy with the thought of detoxing every night, you know, maybe do this detox for a month which is 30 tablets and then afterwards go to maybe ten if you just want the wellness benefits.

But you should never, ever, ever drop on the spirulina because you will feel it. You don't feel the corella as much, although if you have any wine, you'll be sober in an hour and a half and you'll never have a hangover if you use it as a post-workout, your muscles won't be sore, but I can tell you for sure and half an hour.

And it doesn't it. So it only takes about half an hour and you'll start you'll feel more alert, you'll feel more energized, even my team that they'll notice that they we were just at the biohacking show and if we hadn't had our spirulina in the morning and you notice it and yeah and if you can preserve your health for ever, like, why wouldn't you?

And it's, it's really, it's effortless and it's very achievable and it's very cost effective. So if you bought a bag, if you and you took 30 a day, that would last you a month.

But it's £551 of vegetables in that bag. It's just it's amazing. Very, very concentrated nutrition. And remember, vegetables after three days, they go bad and you're throwing out half of your stuff.

We got we have about a three year expiry date, but technically they never go bad. And in fact, we have a discount code for your listeners. Use the word fast, feisty, and you'll get 20% off anything all the time.

There's no real time timeline. We can just go in there and we do have the same fact that you can try as well. But honestly, yeah, I mean what I would recommend yeah.

That everybody because again I'm the I the first time I heard you tell me everything you've just said, I was hugely

skeptical. And the number one reason was because it was like, how could it do all of these things?

And so but then I actually committed to trying it and I could feel the difference. And so I would sell the people listening. Try that, just try it for 30 days and see if you're resonating with anything here that Kathryn's talking about.

Because really, I believe the proof is in the pudding. I mean, that is that's the because it's just too hard to wrap your your mind completely around all the things you're saying.

I know. Think of it as a key that fits into the door perfectly and opens up whatever is your issue. And and it also opens up a vista of other doors. I you know, the reason why it took me so long, I was I was by myself for the first five years because I thought, this can't be possible.

I was just like you. I was just as skeptical. And I, I didn't have a science background. I call myself a citizen scientist because I had to teach myself everything.

But after four years or three or four years of that, oh, my God. I mean, this stuff is the real deal, and you can't you're only the first life on earth once.

I mean. Think about this. The first life on earth a billion years. Ago and still here. He said, like like I said, there's a reason why it's here. And you have I just urge people that please try it, experience it for yourself, not just the one day or two days, like you said, give it a full month and but even after a week, you'll, you'll see what I'm talking.

Yeah, you can see a pretty and it's, I see it on the days I take it and the days I miss. So we talk about where people you I know we're going to put all the links in.

Yeah. So our, our website is energybits.com e n e r g y b for boy i t for Tom. S for Sam.com. And we write a blog every month and you can see all the pride.

There's lots of science there, so just come and visit us. We're active on social media at energy bits, but our website is the main one and we have that 20% discount code fast, feisty.

And I'll just leave you with this thought. The algae isn't new. It's just new to you. And think about it, two years ago you didn't know about your QR, Matcha or CBD or college in powder, but these were things that have been used in other countries by Indigenous people for centuries.

And it just took someone, an entrepreneur, to inform you about what these things did. And so that's sort of what I'm doing. I didn't invent algae, Mother Nature did, but it has been used safely for 70 years in Asia.

It's endorsed by United Nations, NASA. It's used around the world. You just haven't been told about it. So just. Well, we. Appreciate you, Catharine. And again, thank you for being the cheerleader for for this product.

I'm the voice of algae. Yeah, right. Thank you for for being the spokesperson algae and chlorella and again, I would not have believed everything you're saying until I had tried it myself on a regular basis.

And it's pretty profound. So I really encourage everybody to go. Whether you're fasting or not, focusing on this game changer for you and your family.

Yeah. Awesome. Beautiful. Thank you, Catharine. Thank you. Bye bye. Bye.