Introduction and guest welcome

Everyone. Dr. Tom Moorcroft, back here with you for this episode of The Healing from Lyme Disease Summit. And today, I have the great pleasure of speaking with Ken Schwartz from Sea 60, Purple Power, a company that he founded back in 2016.

And I kind of came across them through the mind share, collaborative and community of health entrepreneurs who are coming together just like we are in this summit.

It's really just support each other in what we're doing and promote self-care, but also to share other ideas about how we can help the people that we've dedicated, our lives helping.

And so I was really impressed all the time that especially that first meeting that we had, just kind of like how open and dedicated to promoting, you know, health and longevity in a similar way that I do that Ken was so one.

We're really pleased to have him here as part of our summit. And Ken, welcome. Glad to be here on the summit and hopes hopefully I can share some things that will help the people listen.

Cool. So one of the things is I just think that, like, I really love the story about how people kind of came to do the things they're doing, like, you know.

So I was hoping you can maybe share a little bit of your back story and maybe like, you know, what is C60 and like what, what got you interested in it and to, you know, make you pivot and like actually create a company that really just like promotes this sort of amazing health promoting product.

Well, I was I was business for a PAC on the 220 11 or something. And I was I was actually working on the metal oxygen fusion reactor project we called Moxie.

And well, there you go. Of the people that have been doing that kind of research, if when you go through and look at it, it was like the the dead professor that and the late doctor this and so I didn't you know it's research we didn't they done so I didn't want to end up like that so I went out searching for something that could help protect against radiation.

Ken Schwartz's origin story and discovery of C60

And I came across the stuff called Carbon 60. It's scientific name is Buckminster Fuller, but everyone calls it C60. That's kind of its nickname. And so, you know, based on the stuff I was interested in, it was radiation protection.

So they gave that one center that's got C60, the other set, and they hit them with a fatal dose of radiation. Pretty much all the C 60 rats lived where the control rats immediately died.

Right. Fatal dose of radiation. Right. So I learned about that. I said, well, this is the stuff for me. So I got a C60 from a couple of sources and we were taking it during the experiment.

We're all still around, by the way, and really happened is it started as about seven months after I started taking C six. The experiment was over by then and I kept taking it because, you know, my after afternoon blobs went away and I had a little bit more energy.

And so I just kept doing it and I went into my doctor in my Drewes or dry macular degeneration and completely disappeared. And he was kind of surprised at this because he had never seen that happen before in his practice.

These are really old optometrists. And when I learned about that, I had my friend Gary Rodrigues. He was the

electrical engineer in the project, and he had developed severe, wet macular degeneration, you know, Rodriguez type two diabetes.

And so I gave I made a special concoction of him with C60 and MCT oil. And if people don't know what MCT stand for, medium chain triglycerides and they're turned into ketones by your liver very rapidly.

And so your body can use your cells can use them as flex fuel. So if you've got glucose resistance or you can't get the insulin to get the glucose, you get the glucose your cells can run off of ketones.

So that's that's kind of why I made it. And then I put the C60 in it. And one year after taking a tablespoon of C60 a day, he's an engineer who records everything he does, how long he walks the dog.

Right. And and so we know exactly how much he took in his wet macular degeneration completely disappear. And which is and we used to be able to post the before and after pictures.

And he had all kinds of heinous lesions on the inside of his eyeballs, but they went totally away. But some three letter agency said that's making a claim.

So we had to take him down. But, boy, that's the way it goes. But anyway, so after that, I just started up, I learned how to make C60 formulations, and I was just making up for friends, family and myself and then alternative health care people I knew.

They started taking it. They had great results. They gave it to their patients and their patients had results. And and it was just it was still a small company until one day an Internet influencer used our product and he talked about it, saved his and his wife's life.

And, you know, that sales blew up. And in fact, for the whole C60 market, that was that was kind of the hundredth monkey thing, at least in the wool world.

And so that's kind of how it all happened. Nice. You know, it's so interesting to me because I think that like so many of the folks that are, you know, part of our community are looking for something where you're, you know, radiation is one of the pieces where, you know, we all know about we talk about a lot of the folks who use a lot of Lorella a while back.

We're worried about the scare out of where all the chloro a guy contaminated but you know it's an interesting piece of we're looking at this protection and from environmental toxicants and you know there's not a lot of really great options in that world.

And then, you know, you start to see things like people Lyme disease also have type two diabetes and genetics and other things. And so I think it's it's a really interesting story because it's, you know, it starts off as like, hey, I'm just, you know, looking for something to protect myself and oh, by the way, I accidentally, like, cured myself of all these problems and cured my friend.

So that I mean, what an inspiring story. I love it. When you look at C60, they're like, if we kind of go back a little bit, you know, because you kind of came across it.

But in my research on 60 Minutes, didn't they get a Nobel Prize for finding this thing like like what? What's the back end on? On the molecule itself, which I kind of see now I see in front of you as well.

This is a well carbon 60 or C60 is just a carbon atom of 6060 carbon atoms shaped into a molecule exactly like a little soccer ball. It's exactly like a windsock.

Well, you can kind of see it behind me, I guess that way in the army, the projection and and basically was discovered in 1985 and it's solved a longstanding mystery in astronomy.

There was something in between the stars absorbing infrared light, and it was a big absorption band. So it had to be a molecule. But what kind of molecule could survive in the high radiation energy of outer space?

Well, they proved it was C60 in 1985 and and they got a Nobel Prize in 1996. The three guys, Harry Kroto, Richard Smalley and Robert Curl. Now, these were all all there.

There was also two other guys shot, O'Brien and Jimmy Heath. And they didn't they didn't make it to 1996 there. These were all professor emeritus. Is that means they're really all retired guys, right?

Which are like 70. And then they were then they had then they just hang out and do stuff and so so they gave them the Nobel Prize and only ten years because, you know, they wanted to make sure if any of the guys would be left, it would be so.

But then it was really hard to make. And it wasn't until, you know, they came up some new techniques that they they make it it actually it's made and in nature it's mainly made in the atmospheres of giant red stars.

What C60 is and the science behind it

Those are stars that are burning helium and the carbon. So when their atmospheres boil off in outer space, they make a lot of carbon. The little tiny percent, 0.1% turns into buckyballs on earth.

You'll find it like lightning strikes on trees or in the Berwick of your candle is like 0.25% C60 So it is in nature. It's made in meteoritic impacts on the early earth.

There was actually a lot of it is so it was a significant amount. So but anyway, so the first tests weren't until the early 2001. The famous one is the bocce study.

That's named after one of the scientists. And and basically they gave it to Worcester rats and it it increased rat lifespan by 90%, which was pretty amazing because here's this mysterious molecule found in outer space. You know, is it toxic?

But it actually, you know, almost doubled actually. It probably would have doubled rats lifespan. But the last the rats had lived for five and a half years and and they just weren't dying.

And so they had a terrible accident so they could publish the paper. But anyway, so it probably would have double their lifespan. So that's, that's one of those little things I know, doctor.

But true. So it's I hear those inside things. But and so there have been lots of other things, the radiation study, the studies on humans weren't until the early but I think 2010 2011.

And that's what the first ones were on Bird it made a cremes, a facial cream of Japanese for Japanese women when they found that facial cream applied would be to reduce lines and wrinkles in Japanese women and then they did a topical thing where they rubbed it on people's head and they found that it increased hair growth by 18% and actually caused here to regrow on people who had problems growing hair.

There wasn't male pattern baldness. Sorry guys, that's a genetic thing. That's not true. But it'll slow down your hair loss, but it's not going to replace it.

So that's so that's one of those things. And then up then of course you can't really do experiments on people. So they did it with in the test tube and they did like one they did with human skin cells, basically one set of human skin cells got C60 the other, doesn't they expose it to UV radiation, you know, sunburn and the skin cells that had C60 resisted damage from UV radiation.

And that's one thing people know that you C60, if you rub it on after like you get sunburned or something, you rub it on afterwards, the the pain goes away and the swelling goes away. Redness and it usually doesn't belong.

Well, that's pretty rad, because, like, I was just right before we got onto I went out yesterday and usually this year, you know, doing a little outdoor ski activity.

It's mostly been overcast. And yesterday was one of the few sunny days and I'm realizing I probably should have grabbed some my wife's little cover up and like, you know, so I don't look like Rudolph today, but I think it's things I've done.

I'll go put mine on and fix that right up. I got to do that too. I got a little bit of sun. I was out in the garden today, so I'm just more hopeful than than reality.

Right. It is getting to the springtime. And I can probably talk about some of the other things they did, like a study in human mass cells and they found that C 60 moderate the release of histamines.

And then that went on to some animal studies and they found that C 60 animals and C 68 prevented a cytokine storm from. So that was there. And and then there's some other thing some other things.

They for instance, they had one of course, they knew C60 is a powerful antioxidant and it reduces inflammation. And so they did a study with they gave rabbits, arthritis and then they, you know, they put C 60, injected C 60 in their knees or their joints.

And the C 60, of course, got rid of inflammation. But when they examined the rabbits later they found the C 60 actually re helped regrow the cartilage.

So they literally the rabbits regrew their things and they fed nuts were then that went on and they discovered how C60 stimulates stem cell production, which is in the end, what caused the Japanese women to have less wrinkles and lines is because as your face turns over, you need stem cells to make new cells replace the skin cells that go away.

And so when you have a lot of stem cells, well, then your skin can replenish itself and your lines and wrinkles go away. So that's one of the other benefits of C60.

It's kind of interesting to me because I mean, you know, it's like, here you go, you have this like space age molecule or actually just space molecule that essentially comes out of this milieu that we all come from that can do so many different things.

And it's like, that's one of the pieces we really want to focus on. The summit is not like we definitely want to be treating those parts that are really critical for people.

But a lot of times I think we're so reductionist that we're missing kind of stimulating the natural healing mechanisms in the body. One of the things that I really hope you could touch on and or maybe more than touch on, really dove into is like there certainly a lot of people talk about C60 as an antioxidant, but there seem to be like, you know, a handful, like four that I can think of some I had critical antioxidants that really that we talk a lot about in longevity and functional medicine and certainly in recovery from chronic infections that I know that that this incredible, you know, this incredible molecule can actually help replace.

And also kind of bouncing off the fact that you're just talking about aging and everything. I mean, for those of us who are a little older than, say, younger, some of these things just kind of naturally go down with age.

But can you can you dove into a little bit of like sort of the specific antioxidants that C60 can support? Yeah, well, basically, we have like the big four and so at least I'll call them up.

There's cocoa butter, of course. And if this is intracellular antioxidants, these are things that help with cellular metabolism, where C60 really does the stuff.

Of course there's cocoa and you can supplement for cocoa butter. And then there is, of course, glutathione. And

now they've got some good liposomal glutathione that you can supplement for.

I mean, Quicksilver makes a good brand. You just got to get past the gut, you know, the digestive structure it absorbed. Yeah, yeah. Get absorbed. It's still kind of hard to get in there.

And then there's of course, soda superoxide dismutase which deals with superoxide and it's and in catalase does that too. And that's where really C60 takes its place.

C60 is of the catalase mimic when dealing with superoxide, which is the most damaging oxidative radical in the body. And then the second most damaging oxidative radical in the body is the hydroxyl ion.

That's what's produced by radiation a lot. It's basically just a water molecule missing its protons. So it's got like a loose electron that likes to tear things up and, and C60 neutralizes that.

And usually that's glutathione job does that is a lot of jobs but the hydroxyl ion is one of them, an important one, and C60 does the job of that and it's kind of unique.

They got one of the reasons also that C60 got a Nobel Prize in chemistry is that it's kind of unique. And so, you know, most molecules are getting a little sciencey on just a whole world.

With me, most, you know, C60 like has a positive charge and these oxidative radicals are negatively charged. That's why they're attracted to it, you know, positive.

Those are negative. But almost all molecules, virtually all molecules in nature give up electron to the environment to become positively charged. But C60 takes positive hydrogen ions out of the environment, which spontaneously happen in your body and everywhere, and takes it and stores it on the inside of its cage like structure.

And that makes it positively charged. And then something like when the hot one, the superoxide comes and is attracted to it, it basically the superoxide is an oxygen.

Well what does oxidative damage? Oxidative damage is your body rusting, right? It's that's what it is, your joints, you know, like Tin Man, you know, your joints feel cut off Warsaw in the morning.

It's just like that. You're rusting. And so superoxide is oxygen with an extra electron. So if something was going to oxidize and rust, that's going to cause it.

And it what it does is the superoxide will be attracted to the C 60, 62 steals the electron, the extra electron where gives it to one of the hydrogen ions, turns it into a hydrogen gas and the oxygen goes back to being oxygen to go back in the Krebs cycle.

This is happening. The mitochondria by the way, especially the mitochondria and then after the hydroxyl ion comes by, it sticks to the C 60, C 60, gives up one of the hydrogen ions and turns it back into water.

And so that allows C60 to reset itself again and again and again, dozens or dozens of times, a second or however many it needs to do. And and this is especially important in the mitochondria because the mitochondria, those little organelles in your cells, they produce 95% of the cellular energy.

And they're they're like little furnaces and they're blowing off like oxygen around oxidative radicals, especially superoxide the hydrogen in occasion hydroxyl.

So C C 60 as it passes, the gut barrier passes the blood. Blood brain barrier, it's pulled into the cells by endo psychosis and then the mitochondria pull it in by end of psychosis.

They seem to know how to use it. If they're well, we probably could get some of that talking later. It might have been the original antioxidant life, but.

And then and then when it goes in the outer side, the outer membrane of your mitochondria is positively charged. So C60 kind of fills up on hydrogen ions there, which is positively charged because the hydrogen ions that I had stored the inner membrane, which is negatively charged and it neutralizes superoxide sides or hydroxyl ions on, on the way.

And so you can have like hundreds of thousands of C60 or more molecules bouncing back and forth inside your mitochondria nuclear neutralizing superoxide and and that just it just it's one of the only things that can kind of restore mitochondria function if you have a solid catalase problem with it.

Antioxidants, mitochondria, and autophagy

You know, it's really interesting to me because as you were talking, I'm just like I think about all the things that we try to do with multiple different supplements from our antioxidants like the for you mentioned especially like so many people know about glue to iron you know for detoxification and even Horkheimer support you know when you have that die off reaction so many people are looking for that and I'm always like well, why don't we prevent some of these things?

Let's optimize our body so that it doesn't have to go through it. It goes through like a little akin pain, like a little rust, like you were saying, but not a lot, you know.

And and but one of the other things, whenever I hear mitochondria, I love the fact that we're all focused on the energy. But the other core piece I always want to point out for so many of the folks who are suffering with chronic infections is we talk about these stealth intracellular pathogens.

So when I started to learn about C 60, I was like, well, what about, you know, if it's going to work in the mitochondria, does it stimulate autophagy?

You know, that intracellular recycling that gets the junk cells out, the, you know, the cells that are mostly dead but not all the way. Kind of like those rats or most. Yeah, like.

But these are cells that are like suspended animation causing, you know, causing inflammation and because they are past their lifetime. But the other part is so we want to clean those out through autophagy.

But the other part can I love is autophagy is also a process where we can get our intracellular pathogens out and we have such a hard time getting medicines and herbs into cells, especially in these sort of antibiotic, you know, immune privileged states.

So, I mean, I found some research on C60, even enhancing autophagy, which is kind of to me the Holy Grail of recovery. From chronic. Infections. Yeah, it does that.

You know, usually what we're talking about, the cells, the zombie cells, you call them senescent cells, is often what people call. And basically usually their DNA is damaged and they can't really reproduce, but they don't want to die.

And so they go into the fermentation mode and, you know, we burn oxygen. We're an oxygen mode, the Krebs cycle, but they go into fermentation mode and it's about 1/20 as efficient as, you know, oxygen burning.

And it's also producing, as you might imagine, toxins like alcohols and other nasty chemicals which are poisoning the cells all around it. Well, one of the things is when C60 gets in there and by the way, and the way that so one of the ways the cell goes that way is it stops providing antioxidants to the mitochondria.

So the mitochondria have to go into fermentation mode to. And so everything is in fermentation. Well, when you take C60, the C60 goes into is pulled up into those cells and then the mitochondria pull it into their cells and all of a sudden they've got it now.

So the catalysts mimic back there and the mitochondria turn themselves on and start doing the Krebs cycle again.

And one of the other things mitochondria do, they'll send messages to the nuclear DNA, that's the main DNA and they will not get the right message back.

And then the mitochondria will, will, will basically self-destruct and cause an a process which is, you know, programed cell death on the cell. And so, yeah, C60 wipes out senescent cells all through the body.

We've had a lot of people that have taken that. We took telomere tests before they too took C60 and then afterwards, usually several years afterwards.

And they actually found that the average telomere length in those people increased. And it's not because of increase the telomeres in any particular, so it's because it wiped out all those senescent cells who have very short delivers and they were replaced by stem cells too, which are basic, which almost have an entire set of telomeres.

Wow. You know, it's so I just love it because it's like whenever I talk to folks who about these types of things, I keep thinking about all the patients and the family members that different things work on because like, you know, like I dove into the might of conjugal support and I dove into the autophagy.

But when you start to think about one of the reason that I became a doctor is I wanted everybody that I'm working with to live longer and have a, you know, have a more full life so that they could shine, that, you know, that unique individual light that they are out there.

But it's like and then I started seeing sick people. I'm like, I don't want to ever forget it. We're going to get we're going to help you all get better.

And then we want you to live a long, you know, once you get back on track, we want you to live a long life. Right. So there's a couple of things that really come up, though, like when you when you research and look at C60 products, because one is there's a big difference like many things, there's a difference between different how how different products are processed, what oils they're in or the base they're in.

And so one of the things I just thought would be really important for our audience is to understand, you know, you know, what is the difference between some of the different products out there that really makes, you know, C60, Purple Power, you know, and maybe some others I don't even know because I don't know of others that reach the same purity level as you guys.

But like what should we be looking for, you know, in terms of purity and and basis that these things are in so that, you know, we can make intelligent decisions when we're purchasing?

Well, there's basically three things that you need to look for, and the first is purity, and that has to do with the way it's prepared. You want to look it for 99.99% pure C60, but really what you're looking for is sublimated C60 or sublime C60, which is more of a verb.

But sublimation is, if you remember from chemistry class, it's when a solid turns into a gas, the back into a solid. So it's like distillation, right?

It's so it's a it makes a very pure product and that's how you get like 99.99% or 99.98%. It's just it's just the nature of purity. Unfortunately, most of the C60 on the market is actually produced by solvents primarily methyl benzene, also known as TAL.

You mean a non carcinogen. And so, so. And they use that there's a whole process. They do. And then they get, you know, the C60 is in the toilet and then they boil off the toilet of that methyl benzene and then they have to oven bake it, it or something until it's a but there's always like a little bit of solvent left, you know, no matter what they do.

And that's important because if you go somebody out there is selling something like 99.9% pure C60. Well, that other 0.1% is methyl benzene totally, which is, you know, a non carcinogen.

And probably what you want to avoid in the end. The thing and well, you know, when the C60 market was young, you know, just very small, everybody made a quality product for their customers.

But then C60 became popular. And so we get all these fly by nighters and that's where the problems have started to come. It's like kind of like what happened in the CBD market.

And then the second thing you want to look for is, is a healthy oil is, you know, because it basically we have it in like the Goldilocks of oils, olive oil, 100% organic olive oil.

We all know about olive oil, the Mediterranean diet. It's been used for thousands of years. But what in fact, when I bought my first couple of types of C60, everything was an olive oil.

But I kind of have a sensitive digestive system and you know, extra virgin olive oil has a bit of a bite to it. But if I took too much, I might have to go to the bathroom.

So I started putting it into a into avocado oil, which is also a really healthy, nice omega three balanced mega six balance oil. But it's it's much easier digested than the body.

And then, as I mentioned before, we also have it in MCT coconut oil. And that's for my friend Gary Rodriguez. And athletes athletes love it, too. We've had a few mid-pack years go to go to championship by using C60, which by the way, is not banned by any athletic organization out there.

So. So, yeah, it's back. C60 is the only antioxidant that increases athletic performance. And so because vitamin C and Vitamin E, they've done studies, you take too many, it starts interfering with signaling molecules, which are also many signaling molecules in your body, like nitrous oxide and hydrogen peroxide and some based around sulfur dioxide.

They're actually oxygen radicals that your body's using for signaling, for signaling molecules in vitamin C, your vitamin E will interfere with that. C60 doesn't.

C60 only interacts with the superoxide and the hydroxyl ion, which are not used by your body, is singing molecules. And so so it has no toxicity level fact that, you know, usually people are taking 0.1%, 0.1% C60 per kilogram of body weight or 0.2%.

Right. That. And so they finally decided what's the level of C60 toxic. So they did one gram per kilogram of body weight for rats which you know, if you did that with vitamin D or E, you probably kill them.

With C60, there was no toxicity whatsoever. So because it only interacts with superoxide in the hydroxyl ion and nothing else, no minerals, no supplements, no nutrients, no medicines, nothing C60 only does that.

And so that's an important one. And then the third is, I guess you want to you also want to make sure you get the right type. C60 only works when it's dissolved in oil and it doesn't have it.

And also when C60 dissolves, we can see on this how it is. C60 dissolves in oil. This is an absolute URL. It's purple. That's where the power came from.

And it should be clear purple color because dissolves in 60 and like there's particles of C60 have no health benefit. A lot of people are telling you water soluble C60.

What it is, is particles of C60 suspended in water. It looks like a black ink, you know, a very milk, you know, murky stuff. And studies have shown particles of C60 have no health benefit.

They can be a little bit inflammatory, like particles, nanoparticles of anything. It has to be dissolved to be that that way. And so but but and so another thing that we do is this is kind of we got from the CBD industry also we have on the side of our packaging we have a little let we get that up here.

That's awesome. Yeah. We got a little QR code and, and you can just scan in your phone and you can see the certificates of analysis on our oils. So you know, our avocado oil or olive oil or msi2 oil, there are 100% organic.

And then and then also we have after our product is made, it goes to a third party tester who tests for microbiologists to make sure it's you know, there's no microbes in there and also for C60 concentration.

And so, you know that the product is safe and effective and because a lot of products out there, you know, they don't have any C60 and they have low quality C60, you know, they're using oils that are good for you because, you know, you know, if there are people out there, sunflower oil, safflower oil, no.

God forbid anybody putting canola oil or something, you know, those those are that's one of the biggest health problems today is you probably talked with your your people about those seed oils that are super high.

And also they're super processed like canola oil. And some of these other they're super processed. They're bleached, they're scrubbed and they're really bad for you.

And and so we don't we don't want to have that. We just have the good ones. And then also there's other oils that are good for you, like fish oil and hemp seed oil and maybe flaxseed oil problem is because they're really high in omega threes.

Problem is they go rancid really quickly. Right.

Product purity, oils, and testing standards

In fact, any of those oils you should buy out of your refrigerated section, your health food store, you don't know how long that fish oils been on the shelf.

Right? Chances are it's ranson. And so so we kind of have those are the three things, just the purity, 99.9% sublimated, sublime, healthy oils. And and you know that you know what you're getting, basically.

Well, I think I really always appreciate having the access to third party testing and, you know, scanning something that takes me to the lots where I can look at the purity, see what's really in there, because this I mean, it is amazing how many different websites can say whatever they want.

And it's like you're not allowed to say something that's actually been shown, you know, where, you know, I got a video pulled from one of the from YouTube because we said this is how we treat a certain viral illness and people that everybody knows a ton about right now and somebody just the doctor I was talking to just said, this is what I do in my practice, which is a fact.

That's what he does. And you're just saying like, here's a case report before and after pictures of a person. Same, you know, and we're not allowed to do that.

We're making claims, but people can put up stuff on a website that's totally unchecked, you know, and buyer beware. So when the more that you can get and it was interesting that you showed the color.

I love it because I was looking up some studies and you see all the black ones you're talking about. I'm like, you know, and you see the purple one. I'm like, I hope Ken shows me one of those that's like, well, it looks like.

Yeah, that's what a lot of people are. They have this C60 in charcoal or Goretzka, C60 or these other products. And basically what they do is they just take activated charcoal, dissolve it in oil.

It makes it like black as ink and then they say, it's C60 and and no, it isn't. It's it's not. It's just basically activated charcoal. And even if it was particles and C60, is that biologically accessible to you?

It's like it has to be dissolved. It's like, you know, silica dissolves. Silica is really important for bones, health, you

know, teeth and stuff like that.

But, you know, glass has silica. And if I grind it up in a bunch of little particles and give it to you, it's not really going to do the job. And it's the same with C60 or anything else.

It needs to be dissolved to be to be biologically useful. Yeah, we actually had a conversation about the silica specifically in that exact topic in a talk with Dr.

Taylor being about this. So it's nice to hear, you know, everyone, it's not just like one person bringing it up. It's like it is really critical that right type and how you get it.

So and one of the things to kind of I think it's so interesting, I've been talking for God, it's got to be eight or nine years now at least people with chronic Lyme disease and other chronic infections are kind of like athletes who are chronically bonking right there, like they've gone past, like they're just chronically running a marathon.

And it's like, so, so I'm always I find a lot of really interesting stuff in our athletic performance, enhanced natural legal performance enhancement literature because typically not all, but most of that stuff falls into stuff that is kind of naturally supporting your body and its healing.

So it can optimally function because we're giving it the right, you know, the right nutrients and minerals, etc., and the right fuel. So whenever I hear athletic performance can go up with a simple thing, I'm like, let me go and back and look.

And that's how there's so much of a crossover between athletic performance and your performance in overcoming chronic illness. So, I mean, it's always nice to hear that.

And I think that one of the well. We have had some success with Lyme disease from. So I could give a couple of examples that I absolutely. That's what I mean. That's probably the most important.

Yeah, right. I mean that's what we're here for. Guys are on the mike, he would say his last name, he runs. Ah, he runs like a call center like that's one of the things are also our product does we have like a a call center so if you have any difficulties you can give us give them a call and there's somebody there to help you through with it.

It's not it's not 24 seven. But certainly in working hours, there's somebody you can get right a hold of and there's there's a numbers on the website so we can take care of you if you have any problems, just give us a call.

And we have people there waiting. And and so Mike had a daughter who's a model and she caught Lyme disease. And so it just totally wrecked her career.

She know, you know, everybody already knows what Lyme disease causes. And so she started taking C 60 and kind of her symptoms went away and she was back up to doing modeling and things were going great.

And, and then for after she took it, she then after a while she started, oh, well I just stopped taking the C 60 and then all the symptoms came back and go.

Then of course she went viral. She's figured that out. She went back on to C 60. They went away and she's never going to stop using it. So so we've had other people with that with with that of course.

And so C 60, you know, obviously it's it's C 60 and kind of enhances the immune system. All the immune cells are functioning to maximum capacity and that keeps it down.

Of course, we we probably need this the magic substance found in the blood of the California fence lizard to get rid of it. So somebody's going to discover that.

And that's going to be like an amazing, helpful thing for Lyme disease when that discovery. I know that kind of kind

of sort of fell off the radar a little bit.

The fence lizard. Right. But I mean, hopefully somebody will start to dove back into that. And one of the things I think is interesting is we talk a lot about not fighting Lyme disease in the summit.

Like, obviously, sometimes we're like, okay, you're here. I don't want you here. Thanks for come in and teach me some, but it's time to leave. But one of the things is like we don't really know if we're completely like, I haven't.

I had Lyme for 13 years. Finally it's been over 12 years at the time we're doing this recording where I haven't had a symptom that I can attribute to Chronic Lyme and here.

But like so many of the other speakers have said in the summit, we don't know whether it's gone or not or if it's just we're in symbiosis or it's dormant and I don't really care because I'm at a symptom of it.

But it's an interesting story because I would suggest that like with the the story on, you know, this case report on C 60 and Lyme is like, yeah, you're optimizing how the immune system functions and maybe this is a person who just needs C 60 for the rest of her life or maybe there's a few little tweaks.

But just think if you can take something that can get you so good that you're essentially asymptomatic and back to your regular life, imagine how much better your treatment protocol would be.

And then, you know, you kind of have your baseline of your C 60 throughout and then you layer on this treatment protocol and then you get off of it in three or four months or maybe even eight months.

But now you don't have to go back on that thing. And it's like, you know, you have a lot of more a lot more flexibility and how resilient you'll be to other stuff as well.

And that's really the part that's so exciting. So when people are looking at that can and they're like, I mean, I'm sure the next question and the reason I even forgot about the Lyme because I figured like anti-inflammatory might to control you know, function you know autophagy in cleaning up cells and intracellular pathogens free radical scavenger like all these things.

But it would become very obvious that it were that Lyme disease and other similar things. And even you were mentioning preventing mass of the granulation and hyper reactivity mass of all these things make sense in our community to be considering this as as a treatment and as a support.

If someone's going to go do that, though, and they get like the right product and obviously I know the product that I use and recommend. And clearly, you know, C60, Purple Power is the actual purple one.

That's not all. All the other things that you talked about it. And but if we want to use this two questions. How do we start using it for most people?

You know, because I mean, I know you have several different oils and you kind of touched on that. But if you're thinking about just like integrating, do people just go grab a tablespoon and start hammering it three times a day in their smoothie and and and and then also like how long would once we kind of understand how to integrate it, how long would we usually expect it to take before the average person's say with sort of maybe a chronic infection might start to see some benefit?

Well, it's it's kind of we have on our website, we have like a dose calculator, which is so it's a matter of weight and age. And so like, for instance, if I was, you know, I was back in my thirties and everything was going, it might be like a teaspoon and a half maybe for me it would be a good dose.

But obviously, you know, over 60 and have a few gray hairs there. And so for me it's like a tablespoon or maybe a little bit more a day. So that's kind of it goes with that.

And also, you know, there are the oils now we have come up with something recently. We have a gummy oh yeah. And we actually had those are pretty yummy.

Oh yeah you a sugar free gummy and we have a regular gummy that has a little bit of cane sugar in it so and it's only three grams and at each one of these gummies is about two thirds of what you'd need for a dose.

That I would be if. Yeah.

Lyme disease experiences and dosing guidance

And the other thing we also recommend taking C60 60 in the morning to noonish because it does kind of when the mitochondria ramp up you kind of gets a little stimulatory.

And so unless you're one of those people that drink coffee after dinner, then you're not right. But if you're not one of those people that you probably want to keep, just take it in the morning and it because it you have that effect.

And so and that's kind of for the first week, you'll notice it'll take a little bit sometimes there could be a little detox, just take a little bit more water.

But C60 kind of gets rid of oxidative problems with detox so it's not that much. Another is something and some of it is if you've got both metal, you know, those mercury ammonium filling.

The. Area you amalgams you'll get a lot of times people get a little bit of metallic taste there how in their mouth C60 turns like mercury hydroxide and mercury oxide and it also appears to dislodge inorganic mercury in the body.

It's got a similar charge look bigger, but it's got a similar to charge. So it'll knock that mercury out wherever it's hiding. And then it's and then it prevents its re deposition because you're taking C 62 milligrams and then Mercury's in your body and micrograms.

And so you feel a lot of people not metal feel like a little bit of mentalities for a couple first couple of days, then that goes away and then you start seeing the health benefits and C 60.

Hopefully you don't have any mouth metal and you won't have that problem. Let's but and then like a body out by the end of the first week you're going to feel more energy, better mental clarity because one of the things is because C60 helps the bottom economy.

So any tissue type in your body that has a lot of mitochondria, you're going to benefit first. Of course, the number one is nerves, right? Your brain's like 2% of your body uses 20% of the energy and is just full of by the economy.

In fact, you know, the retina, which is, you know, where Dr. Degeneration goes on, that's actually nerve tissue, right? So then then the second problem grouping you get is advocate system C 60, restart your endocrine system.

And so, you know, you get more melatonin, more human growth hormone pituitary complex with 83, 84, you're probably get more of that. And and then also but then you also get the adrenals, which is one of the counter indications I need to talk about is when take C 60 to restart your adrenals and the production because one of the things the mitochondria make besides ATP is pregnant alone, the precursor molecule for all the hormones.

And so when you take C 60 or mitochondria crack up and they start making a lot of pregnant alone and that goes into so in your adrenals some of the pregnant alone is turned into Mineralocorticoid and those are the ones that regulate blood thickness.

So if you're on a blood thinner and you're taking C six, do you need consult with your doctor and maybe get some more testing because the underlying problem can go away.

And then if you're taking a blood thinner now, your blood's too thick. And then to a certain extent, it also is the

androgens. And this is like a typical example.

We got a seven year old guy, he's a he went into his doctor. He had like testosterone levels of 350, which are kind of low. The doctor gave some creams.

He's in he's in the seven hundreds, low seven hundreds, you know, and then he starts taking C 60. A couple of months later, he goes back into the into the doctor, different testing.

You know is is by only testing and his testosterone levels are 1200. Holy crap. So the doctor takes him off the creams so and that's but you know one of the things that were taking C six is not hormone replacement.

It just restarts all of your all of your your endocrine system. And so they're now got more protein alone and it'll turn it into whatever your body needs.

And so that's another side effect. C 60 causes an increase in libido in both men and women. So that's a that's a that's a side effect, maybe a good one for some people.

Not a bad thing. Right? I mean, I think it just all depends on, you know, what you're looking for. But I think that's a really good thing, you know, I mean, any time like I think that like, you know, the other part is like, what are people, you know, it's like optimizing the body.

It's like I remember like the first time I started using some stem cell that people, you know, this little kid had all this this significant genetic issue.

First thing he did was grow hair and everybody's like, well, I don't know why he's grown hair. I wanted him to like, you know, kind of have his brain wake up.

And I'm like, Well, your body heals uniquely in the way you needed to heal. And that's why we call it a healing journey. And not just a healing like straight line.

And one of the things I love about replacing is your body is so unique and so wise that it will use the molecules it needs to heal in the precise right order.

And when you give it, when you go, like to me, it's like it goes higher up in the pyramid, right? Rather than going to the well. It depends on how you describe it.

Like I want to go to the top and give you one thing that does a lot of things, which is why think of it that way. But if you're looking maybe strong foundation, you could it's the same analogy.

But the the bottom line is the more we back up and we support the body with something that can do so many things that allow the body to decide how to use it first.

I've seen healing happen so much faster that way. So this is it's amazing. And I just can I appreciate so much you sharing so much about you know see 60 and specifically your C60 Purple Power and and to me being the folks who are making sure we get the pure product out there, you know, and I'll probably pull that paper and throw it.

We have a summit resource page, so we'll make sure we have links to your website and everything there for people. But I that your purple you know bottle they're just the visuals.

I'm a very visual person and seeing the purity is so critical because guys when you go and you look at the research, everything that Ken has been talking about has been validated by people who are not him and not me.

And these are scientists who are looking at the quality of C60 out there. And what's really interesting to me, Ken, is when you're using the actual pure 99.99% in the right base, that's where you're getting all these results that you're you're describing.

And when you look at some of the studies that don't, it's because they're using these substandard formulations that may even be toxic to the body. And that's one of the things I'm always wanting to get to.

Our audience is like quality is critical, not putting more toxins in, probably a critical thing. So where can people learn more about your your products and and your team and kind of dove into all the great dose calculators and the options that you guys have?

Well, you can go to shop, see Sekhar. That's sort of the website, that's the website name and purple product, C60 Purple Power is the product name, and there's also somewhere else that people could go and that is what is scored.

And that's kind of an industry site. We and a couple other good C60 companies sponsor it, and we can only put human studies or human related studies, social studies on our site.

So but you could go to what is he scored and you get the human the animal and then a little synopsis of what it's all about so that you can actually learn a lot more about C60.

But but if you were looking for the product, it's shop sitcom and we got, we got the human studies related that we've got a dose calculator and then some of the testimonials of what people have experienced using C60.

Very cool. Well, I'll make sure we get both of those up on our Summit Resource page so nobody even has to write it down. We can just point and click and get over there and check it on out.

And you know, it's just been a pleasure, Ken, and to be at a talk about this and and dove into this and really get through some of the myths that are out there, too, because, I mean, I think that a lot of the things in the natural medicine world, which to me like a lot of these things like sea carbon, 60 is like a no natural molecule, really shouldn't be natural medicine.

It's like should just be medicine. But to be able to cut through the myths about why some of it doesn't work as well as others and how to protect ourselves to me as a steward of this information is really critical.

So I appreciate that so very much. And thanks for joining us. I'm glad to be on. Yeah. And everyone, thanks for joining Ken and I today for this episode of The Healing from Lyme Disease Summit.

I hope you're inspired to take that next step in your own health. And again, the whole purpose of the summit is to give you the best information out there so that you can figure out not only what to use, but what order to use it in and and start to see that there's so many simple steps that you can do at home to take back control over your own health.

We can stop giving it away to, you know, all the big groups out there. Every once in a while you're going to need someone like myself and some of the other practitioners out there, but really do the things at home that you can do to start to recover your health today and to also prevent future issues and provide yourself with this amazing longevity.

Because once you start to apply all the things we've talked about, we need you here for a long time to shine that light that's in your heart and and, you know, motivate the world because together we can make this a much healthier place.

So thanks for joining us today. Hope you have a great time and we'll see you in the next episode.