Heart Health From The Sea: Unlocking The Power Of Algae Transcript

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Introduction and Guest Background

Well hello everyone, and welcome to Reversing Heart Disease Naturally Summit. Your host, Joel Tan, and I have a very, very special guest. Somebody I can call a friend for over a decade beaming in to us from Boston, Massachusetts.

I knew her as Catherine answered him, and I got to call her doctor. And you guys, you have earned a title. And yes, you didn't buy it. And, TV digest, you actually earned it.

So I actually had to write exams. So I'm now I have a PhD in natural health, so, compliments my 14 years of research of, mitochondrial health and algae to, to help with that.

So I'm very thank you for noticing that. And I'm very proud of it was hard. I had translations and, you know, I'm celebrating something in my family today.

We're going to talk about my 92 year old mother, who went back later in life to become a schoolteacher. Not, you know, the typical path right out of college.

And you, by no means 92. So don't take that that way. But you have to go back mid life and, you know, actually get a major degree. Kudos to you for sure. It's.

Thank you. Thank you. All that good nutrition. That's it is you know is keeping my brain on fire and my heart. All right. What we're going to talk about that and we're here to talk about you know people listen to these interviews and sometimes they say, but what can I do at the end of the interview?

And I think, you know, people will probably say, I need to add allergy tablets to my program every day, and I want to do that for my heart health. So tell us, you know, first of all, how did you get interested in, what has become your lifelong passion or your current passion for. Yes.

Oh, well, here's of algae. Why algae? Why are you not a mushroom advocate? Yeah, yeah. Well great question. So, I'm actually Canadian, but I've lived in Boston for 35 years, and I mentioned Canada because all my schooling was done up there.

I have an MBA and also my family still there. And 16 years ago, my younger sister, who I'm very close to, she developed breast cancer. Now I want to, sure.

Everyone she did completely heal and we celebrate her being cancer free every year. But 16 years ago, as she was preparing for chemotherapy, her oncologist told her she needed to change her diet to an alkaline diet.

Because it would be important for her healing. Now, they didn't tell her what an alkaline diet was or why specifically it was good for her. So she calls me her big sister.

Not that I knew anything about nutrition at the time, but I'm a very good researcher. And of course, I love my sister. So I dug in and found out an alkaline diet, which is no surprise to you.

How Algae Became a Health Focus

Doctor con is a plant based diet, and it's the chlorophyl and the final nutrients that have been proven for decades to help support your immune system. Her.

There's also a German scientist by the name of Otto Warburg, who won a Nobel Prize back in, the 40s for finding

that alkaline diets are important because they help keep your cells at a pH that is slightly alkaline, which also keeps out cancer cells.

I know we're talking about, a heart today, but anyway, so I helped her. She completely healed. I learned more about plant based diets, gave up my corporate career, went back to school, studied nutrition, found out it's hard for people to eat plants and vegetables.

So I thought, well, I need to find something that's easy for them to eat. And that's why I'm so excited to tell you people about algae tablets, because it turns out algae is the most alkaline food in the world.

It's also the most nutrient dense food in the world. It's a multi-billion dollar agricultural crop in Asia where they take it every day. It's been supported, for health benefits, including heart health, in 100,000 studies.

So that's a pretty big number. But most people in America don't know about algae because it's not grown here. And no one's told you about the health benefits like heart health.

And the best part of it all is it comes in little tablets about the size of a baby aspirin. I'm holding up spirulina, which is a blue green algae, and Chlorella, which is a green algae.

So when you take these tiny tablets, you can swallow them, you can chew them. We recommend at least ten spirulina a day and ten chlorella a day. But here's the cool thing. Each one of these tablets has the same nutrition as an entire plate of vegetables.

So now if you don't like vegetables, you're traveling and can't get access to vegetables or they give you gas, you can have all the vegetable nutrition that you want effortlessly.

Each tablet has the same nutrition as an entire plate of vegetables, and that's using a quote from NASA that says one gram of algae has the same nutrition as 1000g of vegetables.

Now you're going to find out there's some nutrients in the to algae, spirulina and chlorella that are very specific to helping your heart health, your arterial health.

And that's what I want to be sure you understand. So not only does it give you the nutrition of vegetables and it's effortless to take, it's giving you all this protection and also correction that your arteries and your your organs, like your heart, desperately need to keep you healthy.

All right. So the good news is you did end up finding a way to help your sister get an alkaline diet by adding these two, types of algae. You said them chlorella and spirulina.

She's doing well. That's good news. You got your PhD, and that's great news. And you brought, you know, this nutritional powerhouse from Asia to the American market and actually set up a company that sells, you know, the highest quality, brand that, so many of us and athletes and, health professionals are using.

So you mentioned that it can support mal heart and artery health. I mean, does just a little about the nutritional breakdown. I'm at Ontario Thunder, but 64% of that tablet is protein.

Correct. And it's plant based protein. And I'm going to show you a chart. This shows you how heart disease is escalating. I'm sure you're familiar with something is heart disease is the biggest chronic disease that we face in our society.

And it represents over well, that in cancer 75% of deaths. So we need to address this issue. Fortunately, people are realizing that what you put in your body nutritionally has a very strong impact on your health.

So LG, as I mentioned, is the most nutrient, nutrient dense food in the world. And spirulina, as you mentioned, oops. Has the, it has 40 vitamins and minerals, but the highest concentration of protein, which you need for

growing all your cells and it's plant based protein, your body can't absorb animal protein as is.

It has to break it down into amino acids. They're all bound up in animal protein. Then you have collagen that are in peptides. Algae protein is all in amino acids.

So it's very readily available. So it's not just what you eat, it's what you absorb. So spirulina at Rs has 64% protein. That's three times the amount of protein as steak.

And it's bioavailable. Because the other cool thing is spirulina is actually a bacteria. It does not have a cellulose wall that requires your body to break down to get access to all the protein.

So very, very important to have protein to constantly build your cells, including the ones in your heart. So that's really important. And while we're talking about and so we call our spirulina by the way energy bits because it gives your body energy at the cellular level.

Spirulina Nutrition and Cellular Energy

If you understand if you don't know anything about cellular energy, think about it as electricity for your body. You know, you can't do any work at the office unless you have any lights.

And the things that power the lights are the electricity in your body. You can't do anything without these things called mitochondria, which generate all the electricity for your body.

But as you get older, there are mitochondria that are generating all that cellular energy, get damaged and die. So as you get older, you have fewer mitochondria.

And the ones that are there aren't working as well. So it's like effectively watching your lights go out in your body. Your eyes go out and your brain, the lights go out in your heart.

They they go out everywhere. Now, the thing is that the mitochondria are getting damaged because of something called free radicals, which are a byproduct of this cellular energy that is generated.

The good news is your body makes something that protects your mitochondria from those free radicals. It's called superoxide dismutase, also known as Sod.

So Sod is very important because it's an antioxidant that neutralizes those free radicals that are created as a part of cellular energy. But the trouble is, by the time and your body makes it for you, by the time you're 40, your body stops making it.

So this is why heart disease, all chronic diseases, pretty much kick in at the age of 40. Because no longer are your mitochondria that generate all the cellular energy for you to be healthy.

No longer are they protected and they start dying and mutating. So it's like watching the lights go out in your body or the lights go out and you're building.

The good news is spirulina has the highest concentration of superoxide dismutase at least hours in the universe. So now and because it gets so rapidly absorbed, it's like turning all the lights back on.

It's like, you know, you flipped the switch for holiday lights. Boom. Suddenly everything's working again. Or you flip the switch when you come into the office, boom, all the lights go on.

That's one. In addition to the protein and the 40 vitamins, minerals and other great things in spirulina, the superoxide dismutase that's here and available for your mitochondria is critical for health, for your health of your heart.

And why is that? Because your heart has the second highest concentration of mitochondria in your entire body. The first organ is your brain. It has 2 million mitochondria. Purcell.

Your heart has about 7 to 8000 mitochondria per cell. And so when your mitochondria get damaged, one of the first things that starts to drop is the efficiency of your heart.

And because we can get the superoxide dismutase back into your body using spirulina, which is bioavailable 99% bioavailable, you will see the heart, the mitochondria regenerate.

So you can, restore what you lost and you can protect what you already have. So this is a very, very important nutrient. And here's the thing. There's 25,000 studies that have documented the efficacy and the importance of this thing called superoxide dismutase for preventing heart disease, for preventing Alzheimer's, for preventing, any kind of inflammation at the mitochondria level.

But nobody none of the scientists know yet yet that superoxide dismutase can be found in spirulina. It's not available in any other food, certainly not medicinal quantities, but it is available in very high concentrations in spirulina.

But there's a catch. Superoxide dismutase is an enzyme, and all enzymes are deactivated and damaged by high heat. Any enzyme when you cook it at 114 degrees, it kills the enzymes.

So most of the other algae companies that are lower priced, they have to cut corners because they're lower priced and they need to sell more. So they use high heat to dry their algae, which deactivates that superoxide dismutase.

So you're not getting the benefits of this super sod if you get less expensive algae. But we've never used high heat, so ours is active and ready to go in there and restore your mitochondria so we can turn your lights back on.

Just think about it. You wouldn't you wouldn't buy a car without an engine, right? So why cheat yourself and buy the cheaper algae? Because you're not going to get the full benefit.

But we do ensure that you get all those benefits when you buy our spirulina or chlorella. Wow. I mean, that was one of the most impassioned, scientific and just frankly, exciting presentations because so many people out there do want to feel better. And I do want to protect their body.

And I just learned about. So the superoxide dismutase, one of the most important antioxidant pathways in the body, I happen to have a package of energy spirulina.

Of course, you have other packages that are green that have chlorella and you have some that are both together. But I'm impressed. You know, if you were to take the full dose, 30 tablets, just a little handful, that's only 30 calories and yet you're getting 64% of it is plant based protein.

And when I mention that you're getting 40 nutrients, minerals and vitamins and as your package says, no dairy, no sugar, no gluten, no caffeine. So, for those that have issues with any of that, it's good stuff.

There's a paper out this week, and if you didn't see it, I'll send it to you from the School of Public Health. And the headlines all over, including Newsweek and other places, are more plant protein, less animal protein.

Drop your risk of heart attack. Strawberries. Wow. I'd love to see that. So that is a headline that always catches my eye when it comes from, you know, an actual clinical study of over 100,000 adults in the United States for over 30 years.

And, you know, anybody listening can instantly change that ratio. Now I'm all plants, so I can just add more super high quality plants as I do every day.

And for those of you listening that aren't all plant diet, you can up that ratio plants to animals by putting in these just

super power, super super, you know, nutrient.

It's a food as well. Yes, it's a food is is not a vitamin. It has vitamins, but it's just the most potent food actually went really quick. But now, some people didn't catch that.

You said the word. The space rocket. They know. Yeah. If our government. Agencies. But they've been studying and researching this as a, food for astronauts, and that's something they use.

Heart and Artery Health Benefits

50 years. They've been feeding it to the astronauts for 50 years. Because of the nutrient density, there's nothing in the world with more nutritional density than spirulina.

And as you pointed out, it's a food. I'm showing pictures of, spirulina farm and a chlorella farm. It's an agricultural crop. So this is not. I'm glad you mentioned that.

It's not a supplement, because a lot of supplements, are made from extracts or or synthetics, and it's hard for your body to recognize them and absorb them.

But algae is a food we call our algae tablets bits because they're bits of food. Nothing else added, nothing subtracted. That's a raw food. And, and I know you were holding up our Beauty Bits brand, spirulina.

We have two brands. Energy bits and beauty bits. And the only reason why there's two is I found when I first started the company, women actually just didn't like the packaging of our blue energy bits.

And so they it does have nutrients that help your skin and hair. And I and I started the company because of my sister, so I created a second brand and called it Beauty Bits.

But they are absolutely identical. I'm not trying to, confuse anybody. The other thing I want to mention is you did say 30 tablets. That's an amount that we would recommend for people for therapeutic amounts.

So if you are just looking to fill nutritional gaps and, and sort of have what I call nutritional insurance, ten tablets a day would be sufficient to do that.

Ten spirulina in the morning. Generally people take it in the morning because that's when they're tired and hungry and want to get out the door and, be nourished for the day.

Then I'm going to tell you a little bit about chlorella, which we call recovery bits, because that's a detoxing algae, which is also very important for your health in general, but also, heart health.

And generally we recommend you take that before bed because you have a when you sleep, that's when your body detoxes and repairs. So ten spirulina in the morning, ten Chlorella at night would be sufficient.

And when you do that and we have a I'll mention it later on, we have a 20% discount code for all the community listening to this. When you do that and you buy the large bag, which has 1000 tablets, it works out to a dollar a day.

So not only are you getting all the nutritional, coverage that you need with 40 vitamins and minerals and you're getting, all these heart health nutrients like superoxide dismutase, it doesn't cost you very much a dollar a day.

Everybody can afford that. And if you're trying to correct a condition or if you had a health condition, you want to make sure it doesn't come back. That's when you might swing into the 30.

But remember, your grocery bills will go down because you're getting all this great protein. You don't have to take as many supplements. You won't need a fish oil.

You won't need a multivitamin. You won't need CoQ10. So it decreases the clutter on your countertop and the havoc of having to figure out when everything's expiring.

By the way, LG are we have a three year expiry date, so you can have this for a long time. It doesn't need to be refrigerated. And when you're traveling it comes in really handy little packages of 30 tablets.

So you can just throw them in your gym bag, handbag, whatever. Travel bag. So yeah. So spirulina and chlorella are both very affordable and very powerful.

And I do want to get into a couple more nutrients specifically about that. You mentioned, you know, perhaps spirulina in the morning or perhaps chlorella at night.

You do have a product that has both of them in one bag. And any comments? It's just so convenient to get them both in one bag. Yes, I tend to order any comments good time of day to take the common.

Well, you can take either one of them any time of day, but definitely spirulina the morning and definitely chlorella at night, or the blended one which is called vitality bits.

It's half spirulina, half chlorella, and we find that people that just want simplicity, this is their preference. So same thing. You would take ten of these in the morning and ten of these before bed.

Lots of people get an, an energy drop around 2:00. So you could take another ten. There's no upper limit. It's food, just like you know, you would need.

You can say, you know, can I overdose on salad? No, you can't overdose on algae either. We have NHL players that take 75 spirulina before a game. Because spirulina also improves your focus because your brain has 2 million mitochondria. Purcell.

So, they want focus on the ice and they want energy. Also. And of course, it gives your cellular energy, your mitochondria energy. So they take 75 before a game and then they take the 75 chlorella after the game to pull out lactic acid, because Chlorella pulls out all toxins, heavy metals, glyphosate, pesticide alcohol.

By the way, for those of you who are celebrating anything, you take this after, before we go to bed and it will pull up the alcohol and lactic acid. So, so that's that's what they take.

You know, I'm not suggesting you take 75, but you could if you wanted to. And I certainly take a lot. I've, I've taken both spirulina and chlorella every day, since I started the company 15 years ago.

So we're on the path to bring us some more amazing information before about the the, combination package, but task ahead with some more science. So, so the other thing is about arterial or health.

And both algae help with that. Spirulina in particular, helps reduce your, high, cholesterol levels. And it also, it reduces inflammation in the arteries.

So that's really important because you like what, like when you have high cholesterol or high insulin spikes or people who are diabetes do what happens is your blood vessels start building, white white blood cells layer in to protect the damage.

And it's like, you know, if you live in a snowy town like I do in Boston and Doctor Con does in Detroit, it's sort of like after a big snow, you got lots of snow on the side of the road.

And so the road gets really small for all the cars to go through. Well, when you have arterial damage, it's the same thing. They get smaller, the blood has to go through a narrower and narrower passageway.

And so if any of that, white blood cell correction breaks off, that's what leads to a stroke. And as it gets narrower,

this is what's causing your blood pressure to go up.

So because spiraling air has nutrients in it that clear away all of that extra clutter in, it's like clearing away the snow on the high road on the roads.

Suddenly now your blood can flow better. It's also very alkaline. And one of the things I want to show you. In fact, as I mentioned, LG is the most alkaline food in the world.

Check this out Chlorophyl. They both have the highest chlorophyl in the world. Chlorophyl is virtually the same chemical composition as your hemoglobin.

So when you're taking algae, especially spirulina, while spirulina or Chlorella is building your blood. So it's correcting the getting rid of all that snow build up on the side of your arteries.

And it's building your blood. So very, very, very important for your arterial health. Another benefit I want to talk about is one of the things that builds up in those arteries is calcium hardening of the arteries.

Very often what's hardening is calcium. And you say, why is that happening?

How to Take the Products and Safety Notes

Well, years ago we need a vitamin called K2, which moves excess calcium out of soft tissue like our brain, our skin, our heart and definitely our arteries.

But most of us are deficient in vitamin K2. So this Chlorella in particular has a daily requirement of vitamin K2. So what it's doing is it's moving all of that calcium that's building up and could contribute to artillery sclerosis.

It's moving it into your bones, which is where it should be. Now you can get K2 supplements, but they're made from fermented chickpeas. And I only mention that because this has the, that that's column four and that particular, type of K2 cannot get into your brain, the type of, K2 that's in Chlorella, can get into your heart and your brain.

So once again, don't cheat yourself by getting any kind of other algae. That's lower quality, because you're not going to get all the benefits. So you'll get the benefits of the K2 moving, the, buildup of calcium out of your arteries and into your bones.

So that's a very, very important benefit of chlorella. Just before everybody gets excited and you said you're going to share a discount code, which I'm going to ask you about because I don't know, it is there anybody that should talk to their medical team before adding energy bets?

Is there anybody that might have, a relative or absolute contraindication you'd want to share? Well, the, they're both food. And so, I have not found anybody who would never, who couldn't take spirulina, but, and so you have to remember, the traditional medical community knows very little about nutrition, and even fewer know anything about spirulina and chlorella, which is why we we're going to be adding to our website in January some dropdowns that explain not only these health benefits for heart health, brain health, but the scientific papers that show you why they work so well.

So you, if you, are concerned, can get access to those articles and share them with your doctor. We always want to be sure people work on the, cautious side.

If you have any questions or concerns, definitely download the articles and take the share them with your your physician. But just be aware very few of them are well informed about nutritional benefits, and certainly fewer know about the benefits of spirulina and Chlorella, which is why I have I do what I do.

I've spent 15 years going through. I've read myself 3000 articles. There's 100,000, so I've got a lot more to go through so you can feel comfortable, learning about these and using them.

But there's no contraindications for spirulina and there's actually none for chlorella. And spirulina is the energy bits and chlorella. The only thing I mention to people is that it pulls out heavy metals.

And, if there are any metals in your drug and any prescriptions, which I think is rare, but they're definitely in your, vaccinations, just take the chlorella two hours before or after any of those medications so they don't interfere with that.

But, there's another nutrient before we finish, in spirulina, which is the blue pigment. See, it's packaged in blue. That's because it has two pigments in it, and one is chlorophyl, which you've heard of before.

And that's what makes plants green. But the other one is called viscose sign. And and it's a blue pigment. It doesn't exist anywhere else in nature except in spirulina.

And it's I need to spell it out for you. Y c o c y a and I n phi cosine. And and the reason why it's important for you to know that is because phi cosine and is also an antioxidant that protects your mitochondria, that reduces damage at the cellular level.

And but it too is deactivated by high heat. So when you again by less expensive algae, you're not getting this remarkable phi cosine. And which has been proven in, endless tens of thousands of studies to have very powerful antioxidant capabilities to protect your mitochondria.

And remember, again, your mitochondria, the second highest concentration in organs is in your heart. Right. And so we want to protect your heart and your cells, or your arteries.

So phi cosine and is another antioxidant that can get into the mitochondria to do that. And the reason why these two antioxidants are so important is because your mitochondria are your only cell in your body with two membranes.

All of your other cells have one membrane. It's a lipid membrane, which is a fancy way of saying fats. And normally regular antioxidants can get in there.

But in most of the other, most of these antioxidants cannot get into the mitochondria because they have this second membrane. And so that's why the ones that do exist in algae that get in there are twice or ten times more important, because there's not many that can get in there and turn those free radicals into oxygen and water, which is what they do.

So there you have it. You've got the I. That's why I call this, algae. I call it intelligent food because you have to be intelligent to take it, number one.

And it knows what to do in your body. So it's a not more than a it's more than a superfood. I call it a super duper food.

Discount Code and Closing Remarks

So, every single person in the world should be taking spirulina, for your heart health. Your brain health, for for intercellular energy. And, if you want to, up your ante.

Also take the chlorella to pull out toxins, and build your blood and get rid of that vitamin K2. But if you had to choose between the two of them, definitely take spirulina for the blend or the blended algae.

All right. Wow, you got everybody super excited. I'll give you a shout out. I've been, you know, a student of your company and your products, and you paid for third party testing, which is expensive, so that everything you said is backed up by independent testing.

It's not just because you love the product and love your company, but you've done the hard work. So good for you.

Tell us the discount code because we are interested.

To hear the discount code is Heart Dog TRT doc all one word. Just go to energy boots.com and when you see the coupon box type in heart doc. It works on all products.

We have really fun canisters that come with a bag inside. And so you can just shake out the tablets out through the the opening so you never have to put your hand in.

You only buy cancer once, by the way, and when your tablets run out, you just replenish with another bag. So that way it that way, if you have family, you don't have to have a kid sticking their hands in.

The last thing I would just like to mention is that LG isn't new, it's just new to you. And it's been used for centuries in other countries. Remember, it's a multi-billion dollar agricultural crop in Asia.

We grew ours in Taiwan, but it's also grown in China and India and Korea. But nobody's explained its benefits to you because it's not grown here. I do hope to grow it here one day in Florida.

But the science is there. The international agencies have endorsed it. The United Nations has endorsed spirulina for 50 years. Is the answer to world hunger because of that high protein.

So it's just time for you to enjoy these benefits. We want you to be healthy. We want to get you back to health, protect your heart, protect the heart of your loved ones.

Ten tablets a day works out to a dollar a day when you use your discount code, heart dock and you buy the large bag and a bag would last you three months that way.

So, I got nothing to lose except your health, right? So. And then we're going to make sure everybody knows that discount code heart doc just spelled out our cap.

And thank you for your time, doctor. I understand you. Click on. The star. And really, you've added so much to the summit and to people's health. What more can you ask for?

So, I hope you have many years of sharing your passion, your education and your healing. Yes, you do, and we'll see you soon.