How Algae Can Help You Lose Weight Transcript

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Introduction and Algae Background

Or this DrTalks. We have a wonderful guest. Catharine Arnston is the founder, CEO and chief science officer in additional to being a certified health coach for ENERGYbits.

And she's going to tell us all about the health properties, importance of algae in our diet. And how we can access that. Thank you so much for joining me.

Tell me how you became an expert in algae. Yeah. Well, it's it's great for everyone. Particularly great for anyone wanting to lose weight. So I'm really excited to be sharing all this information.

And I've spent 14 years researching algae nutrition. And in fact, I'm now writing my exams for my PhD this summer. So, whatever I tell you today is all science based and nothing is made up.

And I encourage you to Google things or visit us at energybits.com if you want more information about it. So how did I fall into algae? Well, I tell people I didn't choose algae.

It chose me. I'm actually Canadian, although I've lived in Boston for over 30 years. But I mentioned the Canada part because, I did my my MBA up there and all.

My family's still up there. And 15 years ago, my younger sister, who I'm very close to develop breast cancer. Now I want everyone to know she completely healed.

But as she was preparing for her chemotherapy, her oncologist, which is a cancer specialist, told her she needed to change her diet to an alkaline diet.

Now, they didn't tell her what it was or why it was good for her. So she called me her big sister who loves her, and I said, I have no idea what the stuff is.

I was doing international business. Nothing to do with nutrition. So everyone who's listening, if you have no nutrition background, I've was in your shoes.

Exactly. Mystified by it all. 15 years ago. But anyways, I'm a good researcher. I found out an alkaline diet was primarily a plant based diet. And there were two things. Why?

My sister's oncologist, I believe, wanted her to have an alkaline diet. One is the chlorophyll. And the phytonutrients have been proven that are proven to build your immune system.

And she wanted her to have a strong immune system through for chemotherapy. And number two, a German scientist back in the 40s, his name is Otto Warburg.

He discovered that cancer, or frankly, any disease, including diabetes or, can't exist if your cells are slightly alkaline. So she wanted her to have an alkaline diet, which was basically plant based nutrition.

I learned about plant based nutrition for her, which led me to algae. Turns out algae is the most alkaline, nutrient dense food in the world. It's a type of plant.

It's been used for centuries, and it's been grown in Asia for over in use in Asia for over 75 years. They take it daily there. It's a crop.

What Algae Is and Why It Matters

This is what you're gonna also find out. algae is not a supplement. It's a food drug. It's been endorsed by the United Nations for 50 years. Back in 1974, they had a global conference declaring spirulina algae, which is one of the algae we'll talk about today as being the answer to world hunger. Why?

Because it has the highest protein in the world three times the amount of protein as steak and the most. And it's been, endorsed by the, sorry, NASA as being having a thousand times more nutrition than any other fruit or vegetable.

There's 100,000 studies documenting all the health benefits. We're going to talk about some of them today, particularly related to weight loss. And here's the best thing algae.

We grow it in fresh water. So it's algae is in the ocean, but we grow ours in fresh water. We air dry it without high heat, so we preserve all the nutrients.

And the best part is it comes in little tiny tablets about the size of a baby aspirin. And each one of these tablets has one calorie, 64% protein, 40 vitamins and minerals, and the same nutrition as an entire heaping plate of vegetables.

So if you don't like vegetables, or if you're, looking for nutrient dense, low calorie food that's fast. I just had a plate of vegetables. How easy is that?

No interactions. Good for children, teens, pets, grandparents. This is the fastest, safest, least. Charges were endorsed by doctors nationwide, and not everybody has the safest as we do.

But, this is the safest, purest, low cal, low carb, zero carbs, no lectins, no oxalates, no toxins, most conservative food in the world, and spirulina, which is one of the algae we'll talk about.

We call ours ENERGYbits will satisfy your hunger. You could have 30 of these for lunch for 30 calories, get all of your nutrition for the day and not be hungry for five hours for 30 calories.

Wow. Okay, it's almost a miracle because there are two things I hear from lots of my patients. The first one is people will say that they don't like vegetables and they don't want to eat vegetables.

So sounds like problem possibly solved here. And then the other is I do have a lot of people who and this this is surprising to some people, who just don't care what they eat.

Right? They're like, I could just put my food into a pill and eat it. I would, so. Wow. So it sounds like a solution for a lot of people. And you're going to find that and we'll talk about this in a minute.

But it's so nutrient dense. And I use that calculation from NASA. We sell them in large bags with a thousand tablets in it. One bag has the same nutrition.

Are you ready as 551 pounds of vegetables? That's about 30 grocery carts of food right here. And if you took ten tablets a day, which is what we recommend as a starter dose 30 a day, if you have a condition you're trying to correct.

But ten tablets a day, a bag will last you three months. And are you ready for it? It will cost you a dollar a day. Your grocery bills will go down. You'll save time cooking.

You'll never have to eat another friggin vegetable in your life if you don't like it, and you will be completely nourished on all levels. 40 Vitamins and minerals 64% protein.

Highest chlorophyll in the world. Antioxidants that you can't get anywhere else. Honestly, if I can't take credit for algae, this is Mother Nature who developed it 3.4 billion years ago.

I will take credit for growing it carefully and drying it carefully to preserve the nutrition. And we do it by lab tests so you can be 100% sure this is safe.

This is the safest food you will ever put in your body. And if you're on a weight loss program, man, are you in for a treat. Well, let's you know, some people may not have heard of algae.

You may not have heard us, but maybe they've seen it on a menu someplace before. Can you just take us a step back and tell us what is algae? Where does it come from?

A little bit about the different types. Yeah, absolutely. So algae is, as I mentioned, a food category. And there's two main types. The two main ones are macroalgae and microalgae.

We're going to talk about microalgae today. But let me tell you what macroalgae is. It's that stringy stuff that you see washing up on shore, also known as seaweed.

And now it's called seaweed because it's only in the sea. And it has high, fiber, but virtually no nutrition. It also has high iodine because it's come is from the ocean and it's good for you because of the fiber.

But again, no nutrition. We are talking about microalgae completely opposite. First of all, microalgae is everywhere. Yes, it's in the ocean, but it's also in the rivers, the lakes, the streams, the soil, your swimming pool, your aquarium.

And we grow it. In freshwater water as an agricultural crop. Here is a, we're going to talk about spirulina and chlorella. This is a spirulina farm. This is a chlorella farm.

This is fresh water, triple filtered spring, mountain water.

Spirulina vs. Chlorella

So yes, there is algae in the ocean, but microalgae, spirulina and Chlorella, which are the two we're going to talk about today, are grown in freshwater.

So frankly, whether you go to target, Whole Foods or us, spirulina and Chlorella are an agricultural crop. This is called growing things. Hydroponically lettuces grown that way, tomatoes are grown that way and so is spirulina and chlorella.

So backing up microalgae completely opposite to macroalgae. It is the most nutrient dense food in the world. Remember I have that quote from NASA. It says one gram of algae has the same nutrition as 1000g of fruits, vegetables, and it has virtually no fiber.

Spirulina is technically a bacteria zero fiber, and Chlorella has a little bit of fiber. That's the other algae we're going to talk about. So remember it.

Macroalgae, high fiber, no nutrition, only in the sea. Microalgae. Tens of thousands of strains grown absolutely everywhere, as well as grown as an agricultural crop.

High fiber? No. Oh, sorry. High nutrition? No fiber. So they're completely opposite. They're really good. But if I had to choose between 1 or 2, one of the other definitely would go over it with microalgae.

Now with microalgae, which is what we're talking about today. As I mentioned, there's tens of thousands of strains. One main strain that you've probably heard of is blue green algae.

And one main strain is green algae. Now, I mentioned that there's multiple strains of blue green algae because you might go online or occasionally, if you live in the ocean near the ocean, you'll hear about a blue green algae bloom closing your favorite beach.

We're not talking about spirulina. That's a that's just another strain of algae. It's like having, the black sheep in the family. Something, you know, doing bad things.

But by the way, algae isn't a bad boy. Algae is there to absorb toxins and kill bacteria. It's the clean up crew. So the reason why the algae bloom showed up is because there were toxins and bacteria in the water, which you couldn't see, but algae will absorb it and clean it up.

So it does the same thing in your body. And we'll talk about that too. So there's a blue green algae and green algae. Spirulina is one strain of blue green algae and we call it and it's known for energizing you.

We'll talk about that in a minute. And chlorella is a wellness algae and it's a green algae. The reason why they're called blue, green and green is because Chlorella only has one pigment in it, the green one called chlorophyl.

And you know that chlorophyl makes plants green. So that's Chlorella. It's a green algae. Spirulina is a blue green algae. It has a blue pigment like the.

That's why I've packaged in blue called psycho sign in, which has very important healing properties, but it also has chlorophyl. So it's a blue green algae because it has two pigments, a blue one and agreement.

So those are the two main algae that, that you'll find anywhere, including us. And then what we do, as I mentioned, we grow it in triple filtered spring.

That water, then we air dry it without high heat, which is really important because it preserves some critical nutrients. We're going to talk about that help your health and also your weight loss.

And then we press them into these little tablets that we affectionately call bits because they're bits of food, bits of nutrition. There is nothing else in there except 100% spirulina or 100% chlorella.

No toxins, no binders, just pure nutrition. And as I mentioned, every single one of them has the same nutrition as an entire plate of vegetables, except that's one calorie.

A plate of vegetables is probably about 100 ish calories. Plus there's carbs, no carbs. And in, in the algae tablets, there's also no lectins and oxalates in algae tablets.

So if anyone's thinking of doing a carnivore diet, you're in luck. You can take the algae tablets too, because there's no there's no lectins or oxalate.

So very, very concentrated, very, very fast. Just swallow or chew. The most people swallow the spirulina because the high protein yeah makes it really, really chewy.

And by the way the protein is completely bioavailable. Animal proteins are bound up and can take days for your body to break down into aminos because your body can't absorb animal protein, has to only, absorb it as aminos.

And then collagen has smaller clusters of aminos called peptides. But algae protein is already in individual aminos, which makes it 99% bioavailable to your body.

It has 18 of the 20 aminos, including the nine that your body can't make. So when you're on a weight loss program, a lot of people cut back on their nutrition selection and the quantity, and very often they cut back on protein, particularly when people are taking a, GLP one, they're cutting back on their food, and very often they're it's hard to get the proper amount of protein in them.

So they have muscle wasting. And this is a very serious matter because your muscle is critical for your health. It's where a lot of your mitochondria are that generate, energy and you end up getting into some metabolic health issues.

Won't happen if you're taking algae, particularly spirulina, which has 64% protein, the highest in the world. Chlorella has, has 60%, so it's almost as much.

But spirulina is the one that gives you nourishment and energy. Wow. Yeah. I mean, solving lots of problems that I see every day for my patients. And yeah, I am a huge fan of the GLP one receptor agonist.

I use them very frequently in my program, and they're I work two really big things that happen. One is, getting enough protein in, which is really essential, but the other is, you know, vegetables do have a really big health benefit and a lot of people are so full from these injectable medications that they can't eat a big salad anymore, even if they wanted to.

Right, like they used to be able to eat that. No problem. Now they have a few bites and they really feel full from that. And so they're not able to get all that nutrition in.

And so like what a straightforward solution to those people. Super portable can take it with you anywhere and get that vegetable nutrition in without having to eat a giant plate of salad which does not have room for anymore.

Well, and for a while we were working with a lot of doctors who were working with patients who had stomach stapling or gastric bypass, and they ran into the same problem.

They could not physically eat enough food. And so they were having health issues.

How Algae Supports Weight Loss and Metabolism

Because supplements aren't the answer either, quite honestly, because they're usually made from extracts and your body can't recognize a lot of those extracts.

So you're not absorbing all of the nutrients that are in supplements. And again, algae is not a supplement. We don't use high heat. It is. It is a whole food.

It looks like a supplement because it's in these little tablets. But now I chew them. A lot of people swallow them or add them to trail mix or whatever, but it will give you the nourishment that you need.

Whether you're on the GLP one or gastric bypass. And a lot of people will eat, vegetables also to help with bowel movements. Now this is really great because, you know, but I, I used to have problems with a lot of, gas when I eat vegetables.

And the great thing about chlorella. So and we'll talk about the two algae in America, spirulina is very nourishing, energizing, and satisfies your hunger.

And Chlorella is a wellness algae and a detoxing algae. And also, build your gut health, including your colon health. Now it stimulates so much chlorophyl it stimulates what's called peristalsis, which helps with the bowel movement.

Now, that's one of the reasons why people have fiber is to help with bowel movement. Chlorella does have a little bit of fiber because it is belong to the plant kingdom. Spirulina has none.

But between the the small amount of fiber, the high concentration of chlorophyl and it stimulates the movement of your bowel. So you will get all of the benefits of of vegetables with the chlorophyl with the fiber, none of the having the chew, not none of the stomach.

You know, the stress from eating too much. It's it's almost a miracle. So, the two of them work really beautifully together, especially for for weight loss.

Well, I have a lot more questions, but since we've been kind of talking about the two. Can you talk about the differences? Do people usually take both of them?

How does that work with the two different types? Yeah, we even have a brand called Vitality Blitz, which is a blend of the two algae. But we try to keep you, taking them.

Start with them separately. And here's why. Some people find they prefer the spirulina and others prefer the chlorella. So you won't know which one you like best if you buy the blended.

Spirulina is the one that gives you a mental focus, satisfies your hunger, gives you physical energy, and heals your mitochondria. Mitochondria are what generate cellular energy for you to do anything you need cellular energy for thinking, walking, talking, metabolic health, digestion.

And so it has an antioxidant in it. That's a long word called superoxide depletes, but you can't find it in any other food. So this is very much a, mitochondria health algae and very, very useful for weight loss because it satisfies your hunger.

I know if you're on a GLP one, you're not hungry anyways, but this will give you the protein that you need because you aren't eating and it still has 40 vitamins and minerals.

So if you had to choose between the two of them, I would always start people on spirulina. Because you also notice that right away your fatigue is gone a lot of time.

When you're not eating, you get tired. Also, by the way, sometimes that can be, aided by taking a bit of salt. So, a lot of people get dehydrated when they're not eating properly, so spirulina very nourishing.

Take it in the morning, in the afternoon, whenever you need a snack, whenever you're hungry, whenever you are fatigued or before a workout. Now, chlorella, you could take any time of day, but definitely take it before bed.

Why is that, you wonder? Well, when you are sleeping, that's when your body goes through a detox repair cycle. So chlorella, because it's known for pulling out toxins, it has a hard cell wall that attaches to all the heavy metals glyphosate, pesticide, alcohol, lactic acid, and and ki late sun, which means they pull them out.

So when you're sleeping, if you have chlorella in your body, you're going to get a much better detox. By the way, your body stores toxins in your fat.

So when you are taking chlorella and it's pulling out the toxins in your body goes, guess I don't need that fat anymore. So it will also facilitate your your detox.

And when you are on the GLP ones, you're losing fat, right? We want to clear out those toxins that were in the fat. And Chlorella is the best way to do it without.

And it does it gently. But and ten tablets before bed will give you the wellness benefits of chlorella. But for detox, you're going to need closer to 20 or 30.

Fortunately, it tastes pretty good, especially with, sea salt or macadamia nuts, so. And you can still swallow them, but I do them, and I probably have about 150 a day.

But, so if you took these at night before bed, it will also help you get to a deep sleep because it has the highest tryptophan in the world, which is a precursor to melatonin.

It's going to it's the cleanup crew while you're sleeping. It's pulling out all the junk in your trunk. It's nourishing your brain, pulling out metals, pulling out toxins from your fat, getting rid of them.

By the way, you get rid of toxins four ways through breath, sweating, urine and bowel movements. So, getting rid of those toxins as you're, as you're losing weight is really, really important because you don't want to have them sitting around causing more havoc.

So the two of them work very beautifully together. I speak at a lot of conferences at big hotels and I like to help people understand the difference between the two of them.

I thought, well, you know, sometimes I get room service and and I feel so nourished and ready for the day. And I thought, that's sort of like spirulina gives me everything I need for the day.

I'm fully nourished. Then I come back to my room. All the garbage is cleaned up, the room is organized. I that, hey, that's sort of like Chlorella pulls out all the junk in your trunk while you're sleeping, so it's like housekeeping.

So think of spirulina as room service and chlorella as housekeeping. And the two of them, it may be the same team, but they they work together beautifully to, to bring harmony and, and health back to you.

Okay. And I know you already said this, but if I was listening to this, I think I would have this question. Which one was the one that you said helps more with digestion and bowel movements?

Because I get that complain a lot from my patients. Which one is that? That's chlorella. Okay. That's what I thought. But yeah. So think of the energy bits which is spirulina.

Think of it as brain food. And the way to help you remember that is we know that fatty fish are referred to as brain food. And part of the reason is because they're loaded with omega three.

And I tell people what, where do you think the fish get the omega three from? They get it from algae. It's algae. Algae is everywhere. It's in the oceans, the lakes, rivers and streams.

We we grow ours in freshwater, but it's in the oceans. So. But the trouble is, a lot and a lot of people buy fish oil to, to get the omega three. But the fish oil is usually rancid.

By the time you get it, people are buying it for anti-inflammatory purposes. So algae has high omega three high essential fatty acids, just like the fatty fish do.

So think of spirulina as brain food and the other main part of your, body, other than the mitochondria that are everywhere, is your gut. Gut health is really important, and your colon, your digestion.

And that's what Chlorella does. But also most of your immune system is in your gut, 80% of your immune system. And Chlorella builds your immune system.

So think of spirulina as brain food and chlorella as gut food. And they're joined, by the way, by something called the vagus nerve, which communicates back and forth between the two of them.

So when you improve one you'll always improve the. Other I love it. Thank you for explaining all of that. Yeah, you've mentioned mitochondria a couple of times.

Can you explain what a mitochondria is and the role between algae and mitochondria. Sure. So mitochondria they're they're called the powerhouse of the cell.

And I have a couple of pictures. So I love all your pictures. By the way if you love. Science lesson, all. The algae is grown. Yeah. So this is a cell.

And inside your cell you have a bunch of things. You have your nucleus, and you have these little peanut shaped things that are the mitochondria, and they're the they're so numerous.

You have 2 million of these little mitochondria per cell in your brain. The next highest is women's eggs. But 800,000 per cell. The next after that is your heart.

And then your muscles. They generate all the energy for living. Think of them as electricity. In fact, I often compare

people.

Mitochondria, Energy, and Cellular Health

I tell people, think of your body like a building. In a building you have offices. Well, in your body. Those offices would be like your cells. And in the offices.

That's where all the work gets done in your body, in the cells. That's where all the work gets done. But what helps the work get done in a building are lights.

Without lights, you can't get any work done. And in your body, what helps your body, your cells in your body to get the work done are the mitochondria.

Now in a building, when the lights go out, maintenance comes and replaces them. Easy peasy in your body. As you age, your mitochondria get damaged. They mutate, they die.

No maintenance people coming in there to fix them. Now there's an antioxidant called superoxide dismutase, and it protects your mitochondria from free radical damage.

Because what I didn't show you and I'll have a closeup of that picture. Remember I showed you the mitochondria. Well, inside the mitochondria is where all that ATP is produced.

That's what your cellular energy is. But a byproduct of ATP are free radicals. And the problem is your your mitochondria have their own DNA, and they're located exactly where the ATP and the free radicals are.

So your mitochondria DNA are constantly being reined on by free radicals. Now, we all know that a free radical or maybe we don't, is a molecule with an unpaired electron.

Nature does not like things that are unbalanced and on a free radical it needs to be balanced out. And so what it does, it will steal another electron from another molecule to balance itself out.

Except if there are antioxidants around there, like the kid who had who brought three lunches to give away to everybody. An antioxidant gives away extra electrons to a free radical to neutralize it, to harmonize it, so it won't bother anybody else's tissue.

So the problem is the mitochondria has an inner membrane, and most antioxidants can't get in there to neutralize those free radicals that are produced as part of your cellular energy.

There is one in particular that is very powerful that can do it. And it's that long word called superoxide dismutase. Now, the good news is your body makes this antioxidant from the moment you're born.

But it slows down after the age of 30. And by the age of 40, you have virtually none. So now, while your mitochondria had been protected by this fruit from free radicals, think of it like it was like a big umbrella protecting your fruit mitochondria from the reign of free radicals.

But by the time you're 30, that big golf umbrella is reduced. So it's about the size of a totes umbrella. And by the time you're 40 or 50, which, by the way, was when weight gain, chronic disease hits, that umbrella is now.

But the size of a cocktail umbrella doesn't offer you any benefit at all. This is why I believe there's so much chronic illness. There's so much weight gain, there's so much brain fog after the age of 40, because you might have can't you aren't protected any longer from all these free radicals.

I have good news for you. Aldi has the highest concentration of this particular antioxidant, which is called superoxide dismutase, particularly spirulina.

So when you start taking spirulina, you're getting this antioxidant right into your mitochondria and poof, that little, that little cocktail umbrella has suddenly popped up and is now the size of a golf umbrella.

You're still getting free radicals, but now your mitochondria are protected. And what does superoxide does? Mutates do it converts that free radical into harmless water. Can, Wow, my car is saved.

Right? And when your mitochondria are functioning properly, you have better metabolic health. When you have better metabolic health, this allows you to lose weight.

Better, easier. You don't have, such hormonal fluctuations. Everything works better when you have proper metabolic health. And good metabolic health is determined by enough mitochondria that are functioning properly.

So think of spirulina as your big golf umbrella to protect your your free radical, your mitochondria from free radical. I love how you explain all this and I think what people are probably hearing over and over in this summit is this relationship between weight and metabolic health, right?

They are completely intertwined and they kind of snowball in a negative way, and they can snowball in a positive way, right? So when we start losing weight, our metabolic health improves.

And when we improve our metabolic health, we now can lose weight. And it's really hard to do one without the other. And if I'm completely honest, the whole reason I care about weight is to improve metabolic health, right?

Yeah. People come to me because they want to lose weight. But the reason I know that weight loss is important is it improves metabolic health. And so we are usually starting with improving that metabolic health to get the weight loss to occur.

Because they are just they're so interconnected. They're really thing. Correct. And when you have improved metabolic health, your leptin, is going to kick in better.

Your sleep is going to kick in better, your melatonin will start, improving everything improves because everything works better. Think again about that building.

You can't do any work in your office without lights, and your body can't properly function without the cellular energy it needs to to do everything. So that's what the mitochondria do.

They create that cellular energy. And another analogy is like think of cellular energy as like money. When you have money, you can do more things and you have more choices.

When you have more cellular energy, your body can do more things and has more choices. So if you don't have enough cellular energy, there's a small amount of energy that has to be shared amongst so many things in your body, whether it's your neurotransmitters, your digestion, your elimination, and your inflammation.

And so nothing gets done properly. It's it's like, I say, like if you have a dinner party and you have 100 guests and you had one, one cupcake to share with 100 guests, nobody's going to get a happy, you know, satisfied dessert.

But if you have 100 cupcakes, everyone's going to get a little piece of the action. Same with cellular energy. Once you start getting those mitochondria generating more energy, not being mutated, now you have more cellular energy that can be, you know, shared amongst you, different body parts.

And maybe you go to a work, you do a workout, you'll have the best work out of your life because you've just had some spirulina, which got more cellular energy to, to your body.

Or maybe you're just going to sit on the sofa, but you're going to your your body will be calm because, in fact, I've I've done some research and found that when your brain functions, remember, it has the most mitochondria in your, in your, in your body.

When your brain is functioning better, you absorb 30% more of your nutrition. How crazy is that? And I think that's because of the connection between the brain and the vagus nerve.

It's all connected. Yes, yes. That's why you it. But it is like not one thing you can do, right?

Who Can Take Algae and Final Recommendations

Like this all works together. So okay, what I'm hearing here, protein source improves energy is, can suppress appetite. Hunger. Source of, you know, like the nutrients can replace a lot of the vegetables that you may be trying to get in helps with energy, which is going to help hopefully get you off the couch and be able to do more movement, which is going to help all of this.

So what an amazing tool to add to all the other things people are doing to to lose weight and improve metabolic health. So I think kind of final question, because I can tell you have the energy to talk about this all day.

Oh yeah. But is there anyone who this is not good for? Is there anyone who can't take algae or that would not be a fit for. This is why, in fact, I've created a new name for myself, the algae gal.

Because algae is for everyone. Sort of like the gal next door is for everyone. Algae was the first life. Not just the first plant, but the first life on Earth almost 4 billion years ago.

And it's been it's still here and it's just and it's been used safely for 65 years in Asia. They take it every single day. They're for health, longevity, energy focused skin.

And I'm here to help you understand the value of it, because why should they be the only ones benefiting from it? Nobody's educated you about it. Just like you didn't know about chia seed or matcha or QR, collagen powder or bone broth.

Algae has been around for centuries. It's just that it's not grown here, so no one's explained it to you. And it's for everyone. If you're pregnant, if you're nursing, if you have teenage years, pets, children, for children, we say give them one or half a tablet for their age.

Of their four, give them two a day. If they're ten, give them five a day. But you could. You could give them as much as you want because it's food. Think of it as, as as, you know, a salad or but it's got more nutrition.

There's no concentrated little salad. Exactly. There's a little concerned salad. It's not like a vitamin where you can take too much of it or you know.

There's no toxicity, period. So in Japan, if babies can't digest mother's breast milk, spirulina and water is the only thing that keeps them alive. And I did the nutritional profile of mothers breast milk compared to spirulina.

And they're virtually identical in their amino acid profile and the same proportions. So we know that mother's breast milk is the is the perfect food.

Well, spirulina is number two and chlorella is number three. So, does a recap. If you had to choose between the two of them, I would start you with spirulina because it has, some other additional goodies in there that protect your mitochondria and your health.

But if you could take both of them, because this will also help with, detox bowel movements, immune health. Spirulina in the morning, afternoon, anytime you're tired, hungry, doing a workout, try to take at least ten at a time.

30 would be a snack. Chlorella. Same thing. Ten would be for wellness. 20 or 30 would be for detox. And we have a 20% discount code. MWLS, which stands for Medical Weight Loss Summit.

So and I mention that because when you come to our website, energybits.com and you use your discount code

MWLS, it brings a large bag which normally is 130 down to 104.

And if you took ten tablets a day, that's a dollar a day, a dollar a day. You can't get a meal. Vegetables, by the way, the expiry date is three years.

What vegetable lasts three years, right? Nothing. Pickle. So, so very efficient. Time consuming. We have little pouches. I don't have any in front of me, but you can travel with it.

Put in your gym bag, handbag, lunch bag, travel bag. This will change your life. By the way, I'm almost 68. I know, but is all my own hair? No extensions.

This is all my own skin, no Botox. I have my brains on fire, I sleep well, I poop well, I take this every single day and have for 14 years. I just want you to feel the same, benefits that I have. I'm.

I'm pretty much my my ideal weight and size for clothing. Clothing. It's the same size I've been for 40 years. 40 years. I'm the same. I wore a dress.

I was at Dave Asprey's, biohacking conference last week, and I wore a dress to our team dinner. 40 year old dress. I still had it, and I still fit in it.

That's the problem with never changing sizes, is you end. Up with it, right? Okay. It's bear to throw this thing out because I like it so much. But I don't get to go partying very much anymore.

But I just want to let you know this is effortless. It's food. It's safe. No contraindications. You can take as much of it or as little as you want. Please give it to your family.

Your grandparents, who I know for sure are not eating properly. Children also, it's hard to get nourishment into. If you're on a GLP-1, you will please do yourself a favor and take this to protect your muscle.

So yeah, it's good stuff, but all allergy is not equal, so don't go to target and buy some cheaper version because I didn't get into the depths of, the mitochondria health.

But there's some nutrients in here that are deactivated by high heat. And most of the other algae companies use high heat to dry their algae. And we don't. So so it's it's good stuff.

Amazing. Well, thank you so much. And, I like I know, I feel like I need to run out and try some of this because it sounds like it's really, you know, it's what everyone's been asking for, like, how do I just get my nutrition into, like, I almost years ago?

Yeah. Tiny bite. So yeah. Thank you so much. You're very welcome. And good luck to everybody. Thank you for having me on the show.