Introduction and Guest Welcome

Hello. Welcome back coming your way with me, your host doctor, Sharon Stills, and all my amazing guests and conversations you get to listen in on. And today our special guest is Catharine Arnston.

She's the founder, CEO, Chief Scientific officer of Energy Bits, which is a premium brand of algae tablets that are sold nationwide through wellness professionals.

And she is having a love affair with algae. I got to meet her. Oh yeah, I know it was wrote a little booklet called the sorry. I am on that. I was like, oh my God.

And I just love when someone is so passionate about what they do. She spent 12 years researching 15, 15, 15 oh, okay. And you know, it's contagious. So it's like you're all getting ready to go on your own little love journey.

And I'm excited to go on it with you because this is my first time interviewing you. So welcome to the summit. It's really my honor. And I'm so excited you're here.

Well, thank you, Doctor Sharon. And I'm so pleased to be able to speak on behalf of other women because just like you, I've gone through menopause. I popped out the other end.

And I'm here to help everyone be healthier, naturally, but particularly women. And we struggle with menopause and have been ignored for decades of pretending we were told our symptoms weren't real.

And of course, we know they are. And I want to help you understand what's happening to your body and how algae can help mitigate or even prevent some of these symptoms that that manifest, whether it's brain fog, weight gain, fatigue, there's a whole list of them.

So and we're going to learn about the extraordinary benefits that are offered by spirulina and algae. And they should be on every single woman's countertop as your go to SOS.

You'll get me through menopause and keep me happy.

How Algae Became a Mission

And we're going to try to do that. And I'll explain the science about why it works. Okay, well, we love science around here, so I have to just ask, you know, how did this happen?

How did you become the queen of algae? I know they call me the algae gals. And the other one queen. But because the gal that stores that you know, someone you talk to.

And algae is for everyone. So I actually am Canadian by birth. Although I've lived in Boston, Massachusetts for 35 years, recently relocated to Miami where it's warmer.

And I only mentioned that because I had a corporate career. I had an MBA, which is international business, minding my own world, and my younger sister, who I'm very close to up in Canada.

She developed breast cancer now, first of all, and she was just starting menopause. Actually, she she did completely heal, so that's the best news of all.

But as she was preparing for her chemotherapy, her oncologist, which is a cancer specialist, told her she should change her diet to an alkaline diet because it wouldn't be important for her healing.

Now, they didn't tell her what exactly an alkaline diet was or what exactly it did. So I my I love my sister and I'm a good researcher. I can just find I can find out anything.

And in fact, I recently got my PhD in natural health because this whole algae journey has made me even more curious. And I want to be sure people feel confident in my knowledge.

So anyways, long story short, I said I don't know what it is. Turned out it was a plant based diet because of the chlorophyl in the final nutrients. By the way, algae has the highest concentration of chlorophyl and fire nutrients in the entire universe that build your immune system.

And also, it turned out that cancer cannot exist in cells that are slightly alkaline. There's a range of 0 to 14 in alkalinity and acidity. And so as long as your cells are slightly alkaline, the cancer cells can't grow there.

And this was proven by German scientists by the name of Warburg, who won a Nobel Prize in the 30s for discovering this. So it turns out algae is the most alkaline food in the world.

So number two, if you want to protect your health or regain your health, keeping yourself slightly alkaline, even in menopause is very, very important, is very critical.

So algae does that. So helping my sister launched me into this world of elderly diets, plant based nutrition and ultimately algae, which is the most nutrient dense food in the world, the most alkaline food in the world.

Healing properties known by in Asia and documented in 100,000 studies but unknown outside of Asia. So I'm here to help you understand what algae is, why it's so critical for you at any age, but particularly as you enter perimenopause and menopause and should be on your speed dial for keeping you alert, radiant, healthy and avoid any of those chronic illnesses and symptoms that often are part of menopause.

So that's how I got started. I would just wanted to help my sister, and then I decided I could help more people, and I just kept going. And here I am 15 years later, and I'm still as committed and enthusiastic as ever I can be.

I'm like, I want LG. Like, I can feel your busy ism. It's like, it's really beautiful and I'm glad your sister is doing. Yes, yes. So. And I love people like you who like have a problem and they go fix it and then they like, you know, turn it into their mission and passion in the world.

Anyone who knows me knows that this is my mission. And we hear from all of our, you know, customers, a large number of women, a large number aren't perimenopause and menopause.

And and this stuff does work. And I'll share with you I'm going to turn 70 next year. And so that's seven zero. And I have perfect health, perfect skin, perfect digestion.

I poop well, I sleep well, I have endless energy, and I want the same for you. And it's possible. And it's only from taking algae. Honestly, I don't do anything, you know, really unique.

Maybe the first thing I could do is just walk. These your word? I'm turning 17 next year. Like seven. Devon. Zero. I have to, you know, to prove it. Yeah. So.

All right. We all want algae. We want to. We want to look like you and your shepherd when we're separating. And, like, I just got my PhD last year. So, ladies, when people, society tells us there's a expiry date on us.

Spirulina and Chlorella Basics

Absolutely not. Don't let anyone convince you of that. However, you do have to look after yourself because it takes energy to live. It takes energy to be vibrant and you need to take charge.

I want you to take charge of your life because it's rewarding when you look after yourself. But you need to know

what you what to do to do that. I tell people you know, living well through your menopausal and beyond years is sort of like following a recipe.

I don't cook very much, so when I do cook, I need a recipe, and the recipe tells me exactly what my ingredients are. And as long as I get the ingredients and I follow the recipe, I can create a pretty nice meal.

You could do the same thing for your health and your body and and get you through menopause and beyond. But you need a roadmap, you need a recipe, and you need to know what that roadmap and that recipe requires.

And I'm going to help you understand why algae absolutely must be one of your ingredients. And it's food. Number one, I want you to know algae is not a supplement.

In fact, I'm going to show you we grow it. It is in the ocean and the rivers and but we grow it. And whether you buy spirulina or chlorella at Whole Foods or Walmart, it's this is how it's grown.

It's grown in fresh water. So this is a spirulina farm. This is a Chlorella farm. So yes, there is algae in the ocean. But when you buy spirulina and algae tablets, we sell them in.

Tiny tablets are about the size of a baby aspirin. It's grown hydroponic, okay, not from the ocean. And then what we do is we we grow. It takes about six weeks to grow.

Then we air dry it into a powder, okay, into a powder. And then we press it into these little tablets that we call bits because they're just bits of nutrition.

There is nothing else in there. It's sort of like eating nuts or kale chips. Everybody thinks algae tablets are supplement. They're not. They're little bits of food.

Nothing there 100%. Spirulina 100%. So I need you to know why they're so good for you, and that the fact that there's their food and we have a quote from NASA, it says one gram of algae has the same nutrition as 1000g of fruits and vegetables.

1 to 1000. That's crazy right? That means Kaplan has the same nutrition as an entire plate of vegetables. So this is like a pound of vegetables comes from that, that little tiny tablet.

So whether you're if you're menopausal this is really important. We'll talk about the science about why. But even for your families we know kids and your husbands or boyfriends probably aren't eating vegetables.

And even if they are, they don't have the nutrients that used to be in vegetables 50 years ago. So there is nothing in the world with more nutrition than spirulina and algae.

So I just have two quick questions, and then I'm going to let you take us on the scientific journey one. Do you chew them the little bits like food or do you swallow them or does it not matter?

You can do either, I will tell you. So we have two, the two main algae or spirulina which and we'll talk about what they give you energy mentally and physically.

And they do a lot of other things like heal your mitochondria, which is important for mana pausa women. And then the other algae is Chlorella, which we call recovery bits because it helps you build your immune system and pull out toxins.

So most people do swallow the spirulina. They're very, very tiny. But the size of the baby aspirin, because they're very chewy. They have 64% protein.

They have three times a protein is steak or chicken. There is nothing in the world with more protein than spirulina. Even the United Nations endorsed spirulina 50 years ago as the answer to world hunger, because it has the

highest protein in the world as bioavailable.

It's a complete protein, has 18 to 20 amenities, including the nine your body can't make. So most people do. Most people do swallow them, but you can do them I to mine or add them to a smoothie, grind them up and then chlorella, which we'll talk about.

It's a green algae that builds your immune system and pulls out toxins, and it tastes more like a sore nut. So and it's delicious with sea salt or pistachio nuts.

So half the people to this one and half people follow them, but you get the same benefits. It's just faster if you chew them because it goes into your bloodstream through your mouth.

If you are, you like, how many do you how many of those little bits do you need to take a day? Right. So generally a starter amount would be 10 or 15 tablets of the spirulina.

And that will fill all nutritional gaps because it has 40 vitamins and minerals, you can eliminate about 5 or 6 of your other supplements. You can eliminate a multivitamin, a CoQ10, a collagen powder, a fish oil, a biotin because it's all in the it's all in the algae, but for therapeutic amounts.

So if you're having some issues with menopause and who isn't, we would recommend 30. But you did start with ten to get you started because it's very, very nutritionally dense and it's probably more nutritional than your body's ever had all week in 1 in 1 serving of 10 or 15 tablets.

But we want you to get the best benefits. So it's but remember, it's food. Some people have one egg for breakfast, some have three. So you just kind of gauge how how you're feeling now.

The energy you get from spirulina is not like a a the energy get from a stimulant. A stimulant is like caffeine chemicals or sugar. Right. And you get a burst of energy and then you get a crash.

Some are like putting paper on a fire. Spirulina is not like that. The energy you get is at the cellular level. And we'll talk about that in a minute.

It's in the mitochondria. It increases the generation of what's called ATP, which is your cellular energy. It's very steady, very quiet, no rush, no crash.

It's like putting a log on the fire. Very different from a stimulant.

Menopause, Mitochondria, and Energy

So this does not cause stimulants. You could take it before bed if you want it. Although most people have it in the morning, they wake up, they're tired, they're hungry.

It's kyogen. It's so. It has no carbs, one calorie per tablet. It doesn't interfere with your fast. You could have 30 for lunch and not be hungry for hours.

So this also helps with a lot of issues women have with weight gain during during menopause. Because your metabolism has been well, it's actually not slowing down, but we'll explain that in a minute.

But this will keep you satisfied, nourished, and you will not be hungry. It's great for losing weight. If you're on a GLP one, please take this because it will give you all the protein and all the nourishment you need.

So. And same with chlorella. If you take ten a day, it will build your immune system and give you proper alkalinity and chlorophyl. This has 500 times more chlorophyl than liquid than arugula, 25 times more than liquid chlorophyl.

There is nothing in the world with more chlorophyl than chlorella. It's why it's called Chlorella because of the aura

fill. Right? So. But for detox you do need the 30 tablets. So.

And most people take this before bed because your body goes through detox repair cycle when you're sleeping. Now you can take it any time of day. You can take it with the spirulina after.

This might be before a meal so you wouldn't eat as much as we after to help with digestion. This is a lean as a pre-workout for athletes. We feel NHL teams, Olympic teams, NFL teams.

They take this before they take like 30 to 70 before a game in their smoothie, and then this one they take afterwards. Because this pulls out lactic acid.

Chlorella is a detoxing algae. It pulls out all heavy metals lead, mercury radiation, aluminum pesticides, glyphosate spores from mold. It's also really great for stimulates peristalsis.

Lots of people, as you get older have difficulty aid and be having bowel movements. This is your answer. This is it. This will help you get rid of that junk in your trunk, because you don't want stuff sitting in your colon, because what's there is stuff your body didn't want, right?

And if it sits there, it's like having a garbage truck parked in front of your house permanently. So this removes that effortlessly because it stimulates peristalsis.

So this is kind of your nighttime. So ten in the morning is an entry level ten in the evening of Chlorella. Is your entry level your recovery bits. But for therapeutic amounts it would be 30 and 3030 in the morning or throughout the day.

You could spread them out if you want, but to get the most if you want energy and what what who doesn't want more energy? Taking more at one time will give you that energy, that lift.

And again, it's not a rush, it's quiet energy. You know how I describe how you feel. You feel fresh. That's it. No drama, nothing else. Just fresh. And then chlorella, you feel clean.

This is like giving your body a shower from the inside so you feel fresh and clean. I love it, I love it, all right? I'm. I'm like, writing down notes because I want to start taking this like.

Yes. Oh, yeah, yeah, yeah. We have to send these boots, so I do. I want to ask just a real quick question and then I want you to get into the menopause stuff.

I just want to know because, you know, I have my granddaughters and you said for kids. So what's the dosing for kids? Well, until we can take it because it's food.

I mean, you could give kids one egg or three eggs, just like algae to give them the same adult those. But generally people give the children half of the adult amount or or half of their age.

So if they're ten, give them five spirulina and five chlorella, but they could easily take ten. If your kids are playing, you know, sports, give them 5 or 10 before the game.

Honestly their focus. We have parents with children who have ADHD or other on the spectrum. They have autism. This Claire clears up their focus. Why? Because as we're going to talk about next, this heals the mitochondria and your brain has the most mitochondria.

It has 2 million mitochondria per cell. So the mitochondria are like the lights in your body. They're like the lights in a building in an office tower.

You can't do any work if your lights if your lights go out. Right. So when your lights go out you call maintenance and they come and replace the lights.

But in your body, when the lights go out, you don't have maintenance to call. There is a nutrient that turns your lights back on for you because it feels the mitochondria, and it's an antioxidant called superoxide dismutase. And I'm going to talk about that.

But it doesn't take long because it gets into your body quickly. Spirulina is not even a plant. It's a bacteria. No cellulose wall. So it gets absorbed into your body instantly.

You could turn your your your brain back on in literally in minutes. It's that fast. It's it's amazing. So it works for Alzheimer's, improves your mood.

It improves your neurotransmitters. And women suffer more than men on all mental health issues, whether it's particular in menopause and menopause. And it's because we suffer more mitochondrial damage and because there's so much, so many mitochondria, our brain.

This is when where one of the areas is that we're suffering the most. It's not your imagination, it's pure biology. And I'm going to I'm going to explain that for you in a minute.

All right. Well, let's let's do it. Let's say our little spirulina menopause masterclass. All right. Here you go. Well, we all know that as we get older and we get into perimenopause, which can be anywhere around 40 ish or even 30s, and then into menopause, our hormonal, particularly estrogen levels plummet.

And to a point where they're not being produced any longer, we get a little bit out of produce from our fat. And you may say to yourself, well, why is that even happening?

I said that to myself, why is this even happening? Well, here's why. We have been on Earth for 2 million years, and until the last 150 years, we died at 30.

We just that's just that was our lifespan. 30. So evolutionarily, our bodies after the age of 30 start preparing us for death. And nature is always so efficient.

So it says it figured out, well, if you're going to die at 30, you're clearly not going to have any more children. So we're going to slow down the production of things that allow that to happen, like estrogen.

So as you get into Perryman menopause, your estrogen levels plummet, drop and never come back. Well, unless you're on hormone replacement therapy, other things in your body also start to decrease as you get into the perimenopause 30, 40 and 50 years of age.

Because again, your body says, I'm preparing you for your death. That's imminent. Of course, it doesn't know that it's not imminent anymore because we're living until 70, 80, 90, 100.

But we don't have all these protective hormones and nutrients that we had when we were younger, because our body is reducing them for it just. And there's no way we can change that.

It's been like this evolutionarily, one of those other nutrients that you start to lose is melatonin. Melatonin helps you sleep, and sleep is one of the most important things for everybody, but particularly as you get older, because this is when your body repairs itself.

This is when it detoxes itself. And as you get older, you have more cellular damage and you have more toxins. So sleep becomes even more critical because that's when you know you're going to get all that action.

So as you're going to find out, chlorella has the highest amount of something called tryptophan, which is a precursor to melatonin. So this helps you get into a deep sleep.

And we need you to get that sleep because that's when you're going to repair the other. So melatonin drops estrogen drops and another nutrient that drops that I'm sure you're not familiar with.

It's an antioxidant. And it's called superoxide dismutase also known as Sod. And here's what's going on. This stuff called Sod is an antioxidant that protects your mitochondria from free radical damage.

Now, you're probably familiar with the term free radicals. These are molecules that have an unpaired electrons. And nature loves balance. So an unpaired electrons will steal an electron from a neighboring molecule so it can reach.

So it can be balanced that that causes damage. And now that one's unpaired. And so it steals from another molecule. So this is how tissue damage occurs.

The good news is there's things called antioxidants. And they have extra electrons that they donate to these free radicals to calm them down. So they neutralize and they won't steal anybody else's electrons like someone stealing someone's lunch when you're in high school.

The problem is so you can use these antioxidants are used throughout your body everywhere. But the problem is, most antioxidants can't get into the mitochondria because your mitochondria have a second membrane.

Here's a cell, okay? And here's these little peanut shaped things or your mitochondria. And they have a second membrane inside that prevents virtually all antioxidants from getting in there to stop free radical damage.

Things like chlorophyl can get in there, glutathione can get in there, and so can superoxide dismutase. These three antioxidants are found in the highest concentration in algae spirulina and Chlorella.

Superoxide dismutase is the most important one. And I'm going to tell you why. So you know that I just talked about ATP and and creating cellular energy.

And that's what gets that keeps everything in your body working your brain, your neurotransmitters, your lymphatic system, your heartbeat. Everything requires cellular energy.

It's not just energy to run the store. This is what helps your body function properly. And if you don't have enough cellular energy, nothing works. Nothing. It's a downward spiral.

So keeping your mitochondria healthy and plentiful should be your number one goal, because this is what generates cellular energy for you. So the problem is the process of generating cellular energy called ATP.

A byproduct are free radicals. So what I'm trying to do this and they are and they are thrown off at the same time. And your mitochondria have DNA of their own, which are exactly located where the free radicals are.

The most damaging free radical is called superoxide. Because remember I said a free radical has an unpaired electrons that needs to be neutralized. Well, superoxide is the free radical only found in the myocardium.

And it has three unpaired electrons. So it's the Re times as damaging. So it's three times as more important to neutralize it. However, like I said almost no idea oxygens can get in there to neutralize it, except one in particular that is a superhero.

It's called superoxide and dismutase. And what it does is it turns the free radical into harmless water and oxygen. It acts like a big golf umbrella. You know, if you've ever gone out and got caught in a rainstorm, if you had one of those big golf umbrellas, you know it will protect you.

It doesn't stop the rain, right? But it protects you from getting wet in the rain. That's what superoxide dismutase does for your mitochondrial DNA. It doesn't stop the free radicals, but it converts them into water and oxygen, which protects the mitochondria DNA.

And you have this stuff, superoxide dismutase. From the moment you're born, just like you have melatonin, then estrogen. Except as you enter perimenopause in the 30s and 40s, your body slows down the production of it until

you have zero.

By the time you're 4045, you have zero. Now, your mitochondria, which have been protected by this big golf umbrella called superoxide dismutase, have no protection.

It's like you got stuck in that rainstorm and you're being drenched. And this kills your mitochondria, damages your mitochondria. Now you have fewer of them.

Detox, Immune Support, and Practical Use

And the few that you have aren't working very well. And for women, this happens exactly the same time as we lose estrogen. An estrogen also acts as an antioxidant in your mitochondria.

So we get double the whammy that men have. They lose their their superoxide dismutase two. But because we lose it and we lose estrogen, this is what's causing us to have these symptoms that aren't prevalent in men.

And one of them is brain fog. Fatigue. Well, brain fog and loss of, you know, dysfunction, brain function. And that's because you're you have the highest concentration of mitochondria in your brain.

We also have fatigue. We have weight gain. We have problems sleeping. All of these things will start to correct themselves if you can get your mitochondria working again.

But there's no food source of superoxide dismutase, and your body stops making it after the age of 35 or 40. The good news is the highest concentration of super oxygenase in the world, and the only source of it is in spirulina algae.

Spirulina algae. Okay. However, it can't be just any spirulina algae. And here's why. This particular antioxidant is also an enzyme. And enzymes are deactivated by high heat.

And virtually all the other algae tablet companies use high heat to dry their algae because they're lower price, lower quality, and they need to get to market quickly.

And what does that do? It deactivates the superoxide. I tell people it's like buying a great getting a great deal on a car, and then you lift the hood and there's no there's no engine in it so you can get cheaper.

Spirulina. Absolutely. But it will not have this capability of restoring your mitochondria back to health. And when your mitochondria are functioning better, your symptoms, these menopausal symptoms will decrease, possibly just go away completely because everything is functioning like it used to be for you got into menopause.

So it's very, very important. You could also, you know, by fresh spirulina or frozen spirulina because it too had not been exposed to high heat. We've never used high heat to dry algae.

So our this is why hours worked so well. We've done clinical trials on it. It's because I think the purity of the superoxide and the concentration is so high.

So this is the number one answer to helping you and your mitochondria get restored because your body is constantly regenerating itself, your skin cells, your organ cells, your brain cells and your mitochondria.

But if they don't get protected from the free radicals, they never have a chance to to be reactivated. Or and if you start, once you start taking this, they will just be protected forever again.

But you do not need to take it every day. And when you take it every day, you can eliminate, like I mentioned, a lot of those antioxidants. So this is really a number one for for getting you through these this period, this transitional period.

I do also want to point out that spirulina is called the blue green algae because it has two pigments in it. One pigment is chlorophyl that we talked about earlier.

And Chlorella has the highest concentration of chlorophyl. And it's a green algae because it only has the one pigment called chlorophyl. Spirulina has two pigments, it has chlorophyl, but it also has a blue one, a blue pigment that's not found in any other place in the entire universe.

And it's called Fico. Sinon, I'm going to spell that for you. It's y cocci a and I n. And the reason I want to mention it is because Fico sinon is proven to kill cancer cells.

The chemotherapy companies even use it in their treatments. Now, this is showing you a picture of a a scientific paper. They took cancer cells and died them purple.

And then they put fecal sign in the petri dish. Sorry. And then after 24 hours the cancer cells were basically gone. And this and I mentioned this because in the period when you are menopausal, it seems to be a period when cancer is showing up more frequently.

And again, this is because of the lack of immune health. We have cancer cells in us at all times. And if you have a strong immune system and strong mitochondria, you can your body manages that and keeps it down at a level that doesn't spread and become a chronic disease.

But most people do not have either of those. In this day and age that we live in, they have compromised immune systems and they have compromised mitochondria.

Chlorella will build your immune system to help with that. But spirulina because of the blue sign and is proven to kill those cancer cells. And if we had more time, I would be able to walk you through the actual pathway that that that this is occurring.

It's quite remarkable. Mother nature has provided us with everything that we need to look after ourselves and restore ourselves, whether we're menopausal or not.

And these are when you're making me think, you know, I always say, you know, there's no magic bullet to getting healthy, but I think I'm going to have to, like, rethink that after listening to your talk, because I think you're talking about the magic bullet I've been saying doesn't exist.

So I know, and you know what? I started my company. Like I said, I just wanted to help my sister, and I was by myself for literally five the first five years because I couldn't believe that something so powerful, so proven.

I mean, you can't argue with 100,000 studies, by the way, there's 25,000 just on superoxide dismutase, preventing all times we preventing inflammation, preventing heart disease.

These are all things that we are getting hit with as women, particularly once we are in these menopausal ages. And so it does sound almost too good to be true.

But the science is there. The knowledge has not been spread to you. Scientists know about it in small little pockets. And they know all about this in Asia, where it's been grown as a cultural crop for 60 years, six zero.

Everybody in Japan, they don't leave their house without. And so that's what I do, is I've taken the science. I can go deeper if anyone wants it, but I my message is to let you know you can get through this period in your life with fewer negative symptoms and pop up the other end stronger, with more energy, better skin, better digestion, better sleep, and all it takes, you know, is this little tiny food which I, you know, we call bits because they're cute and they're bits of nutrition, but you've not been exposed to before.

And so I also tell people algae isn't new, it's just new to you. And you didn't know about collagen powder or kiwi or matcha or bone broth, even though those things have been used for centuries in other countries.

Same with algae. It's 4 billion years old. The aspect is the Egyptians used in 2000 years ago. The Aztecs used it to invidious ago. The Asians have been using it for the last 60 years.

But nobody's explained it to you here in North America. So that's what I do. That's what we do at Energy Bits, because we want people to be healthy of all ages.

But my particular focus is women. I'm a, you know, because I'm a women. My entire company is pretty much all women. I started the company because my sister, Mother Nature, is one of us gals, so we just have to if we take a look, I'll ask you to do is just take a look at this.

You can visit our website. Energybits.com and read our blogs. We write lots of scientific papers every single month and hopefully try it, because there's nothing like experiencing this for yourself.

And it's so there's no drug interactions at all. I mean, it's food so your newborns can take it. Your kids, your teenagers, your grandparents, your pets, pets love this stuff. Oh my God.

Yes, it's amazing. And I promise you, it will help you with whatever symptom symptoms you are experiencing. We can minimize them and get to on the other side with much greater ease, less weight gain, more mental focus.

Because these are supposed to be our best years. So I want them for you. And so does algae. Yes, I love it, I love it. So just say the website again where they can learn more. Yes.

And you can use it on any products. We have these cool canisters that have a little opening. They come with a bag inside and you just shape it the tablets out through your into your hands.

And we also have large bags by the way, and you buy the best value are the large bags. There's 1000 tablets in the bag. If you took ten tablets a day, a bag will last you three months and cost you a dollar a day.

A dollar a day. Now for therapeutic amounts, you probably want closer to 20 to 30 tablets, but your food bill will go down. You'll need fewer supplements.

But it's this has the same nutrition as 551 pounds of vegetables. Crazy, right? So. And. Last three years. So the no brainer. Yeah. Energy bits energybits.com visit our Instagram handle which is energy bits.

We have I've done I've recorded 200 teaching videos. They're only like an minute and a half. So you can watch them on Instagram. They're on our website.

I've been on 350 podcasts. I've spoken at 30 medical summits. This is the real. This is the real deal. I promise you, I absolutely promise you. And I'm living proof of it. Right?

So don't get any better than that. You're an inspiration and a gift. So thank you so much for gifting us with your presence and your knowledge and your product.

I mean, I don't say this very often, but like it's a no brainer. We'll get your brain working again. Exactly. Well thank you. Very welcome. Thank you everybody.

And thank you ladies. We're here to support each of us. Right. We that's what we do. We're a tribe. All right. We'll be back with another talk. So you know I'll love and go to energybits. com.

Thank you.