Welcome and Sponsor Introduction

Hello. Welcome back to Mastering the Menopause Transition Summit 4.0, our fourth year and lots of new and exciting information 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 we have one of our sponsors and I always like to balance say thank you because without our sponsors, we wouldn't be able to bring you all this free information.

So we're always so grateful and appreciate sponsors who see the importance of talking about menopause and training, changing the conversation around menopause and perimenopause and hormones and women's health in general.

So we are very grateful. And today our special guest is Catherine Ernst, and she's the founder, CEO, Chief Scientific Officer of Energy Bits, which is a premium brand of algae tablets that is sold nationwide through wellness professionals and she is having a love affair with algae.

I got to meet her. I know, I know and run a little booklet called The Old Story I am in love as well as I know 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 now, 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. 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, you know, when 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, 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 you're going to learn about the extraordinary benefits that are offered by spirulina and chlorella algae. And they should, be on every single woman's countertop.

As your go to SOS, you know, get me through menopause and keep me happy. And, we we're going to try and do that, and I'll explain the science about why it works.

Okay. When we love science around here. So I have to just ask, you know, how did this happen?

How Algae Became a Mission

How did you become the queen of algae? I know they call me the algae gal and the queen, but like, because the girl next door is that, you know, on every you talk to an algae is for everyone.

So I, actually, I'm Canadian by birth, although I've lived in Boston, Massachusetts for 35 years, recently relocated to

Miami where it's warmer. And I only mention that because I had a corporate career.

I had an MBA, which is me, 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 didn't 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 journey has made me even more curious. And I want to be sure people feel confident in my knowledge.

So anyway, 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 photo. Nutrients. By the way, algae has the highest concentration of chlorophyl phytonutrients 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 a German scientist by the name of Otto 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 your cells 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 alkaline 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 virtually 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, but 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.

I'm like, I'm on algae. Like, I can feel your enthusiasm. And it's like, it's really beautiful. And I'm glad your sister is doing okay. 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.

Absolutely. Anyone who knows me knows that this is my mission. And and we hear from all of our customers, a large number of women who in large number aren't for 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. You are? I'm turning 70 next year. Like seven, seven zero. Oh, I have to prove it. Yeah. So. All right, we all want algae.

We want we want to look like you and yourself when we're 70. That's like, I just got my PhD last year. So, ladies, when people, society tells us there's a expiry date on us, 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 need. What to do to do that.

I tell people you're 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 can 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 there, but we grow it.

And whether you buy spirulina or chlorella at Wholefoods or Walmart, it's this is how it's grown. It's grown in freshwater. 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 chlorella algae tablets, we sell them in tiny tablets. So about the size of a baby aspirin, it's grown hydroponically.

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.

Spirulina and Chlorella Basics

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

Nothing. They're 100% spirulina, 100% chlorella. 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? Yeah. Each tablet 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 medical 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 you used to be in vegetables 50 years ago. So there is nothing in the world with more nutrition than spirulina and chlorella 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 to 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, they give you energy mentally and physically.

They do a lot of other things like healing your mitochondria, which is important for menopausal 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 either. But size of a baby aspirin because they're very chewy. They have 64% protein.

They have three times the amount of 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 and it's bioavailable.

It's a complete protein, has 18 of the 20 aminos, including the nine your body can't mate. So most people do. Most people do swallow them, but you can chew them.

I chew mine or add them to a smoothie, grind them up and then chlorella, which we'll talk about in a minute. It's a green algae that builds your immune system and pulls out toxins, and it tastes more like a soy.

Not so. And it's delicious with sea salt or pistachio nuts. So half the people to this one and half people swallow 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 put any or 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, 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 could start with ten to get you started because it's very, very nutritionally dense.

And you, it's probably more nutrition anybody's ever had. A week in 1 in 1 serving of 10 or 15 tablets. But we want you to get the best benefits, so. 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, like the energy you 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, sort of 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's 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. So this does not cause stimulants.

If 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 ketogenic.

It's, So it has zero 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 that a pause because your metabolism as 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. And it 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 it's same with chlorella. If you take ten a day, it will build your immune system and give you a 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 chlorophyl. Right? So, but for detox, you do need the 30 tablets. So, and most people take this before bed because your body goes through a 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 is. So you would need as much as we after to help with digestion.

This is a spirulina is a pre-workout for athletes with your NHL teams, Olympic teams, NFL teams. And 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 molds.

It's also really great for, it stimulates peristalsis. Lots of people, as you get older, have difficulty digesting and B, 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 night time. So ten in the morning, is it 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 you 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, And I'm, like, writing down notes because I want to start taking this like. Yeah. Oh, yeah, yeah, yeah, we have to send it. 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? Yeah, well, two, I can take it because it's food.

I mean, you can give kids one egg or three eggs just like algae. You can give them the same adult dose.

How Algae Supports Menopause Health

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 clear 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 are go out. Right. So when your lights go out, who do 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.

So 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 can turn your your your brain back on and literally in minutes. It's that fast. It's it's amazing. So, it works for Alzheimer's, okay?

It improves your mood. It improves your neurotransmitters. And, women suffer more than men on all mental health issues, whether it's, particularly, in perimenopause and menopause.

And it's because we suffer more mitochondria damage and because there's so much, so many mitochondria in our brain, this is 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 let let's do it. Let's take our little spiraling a menopause masterclass.

All right. Here we 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 has 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 perimenopause and 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 till 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 it 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 electron. And nature loves balance. So an unpaired electron will steal an electron from a neighboring molecule so it can reach.

So it can be balanced. But 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 anti oxidants. 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.

And 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 are 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 and 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. I'm going to tell you why. So you know that I just talked about ATP and cell 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 mighty energy healthy and plentiful, it 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 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 electron that needs to be neutralized. Well, superoxide is the free radical only found in the mitochondria.

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

It's called superoxide 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 mitochondria. DNA. It doesn't stop the 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 and 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 and 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 in the few that you have aren't working very well.

And for women, this happens at exactly the same time as we lose estrogen. And estrogen also acts as an antioxidant in your mitochondria. So we get double the whammy that men have.

They lose their their superoxide dismutase too. But because we lose it and we lose estrogen, this is what's causing us to have these symptoms that aren't properly prevalent in men.

And one of them is brain fog, fatigue. Well, brain fog and, loss of, you know, dysfunction in 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 in your body. Stops making it, after the age of 35 or 40. The good news is the highest concentration of super oxygen species 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.

Mitochondria, Detox, and Cellular Energy

I tell people it's like, buy a great get getting a great deal on a car, and then you lift a 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 before you got into menopause.

So it's very, very important. You could also, you know, buy, 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 ours works so well. We've done clinical trials on it as. Because I think, the, the purity of the superoxide dismutase and the concentration is so high.

So this is the number one answer to helping you and your mitochondria get restored because your body's constantly regenerating itself. Your skin's 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 need to take it every day. And when you take it every day, you can eliminate, like I mentioned, a lot of the cell, 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 a 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 phyto sign. And I'm going to spell that for you. It's y c o c y a and I n. And the reason I want to mention it is because psilocybin and is proven to kill cancer cells.

The chemotherapy companies even use it in their treatments. Now this is a showing you a picture of a, a scientific paper. They took cancer cells and dyed them purple and then they put five cosine in in the Petri dish.

Sorry. And 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, 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 into and become a chronic disease.

But most people do not have either of those. And 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 five cosine 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, 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 and, you know, when I started my company, like I said, I just want 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 a hundred thousand studies, by the way, there's 25,000 just on superoxide dismutase preventing Alzheimer's, preventing inflammation, and 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 growing as a agricultural crop for 60 years, six zero.

Everybody in Japan, they don't leave their house without spirulina chlorella. 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 QR 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 Aztecs used. The Egyptians used it 2000 years ago. The Aztecs used it 200 years ago. 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.

Science, Benefits, and How to Buy

But, my particular focus is women. I'm a, you know, because I'm a woman. My entire company is pretty much all women. I started the company as 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, energy Boots.com, and read our blogs.

And 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.

Yeah. It's it's it's amazing. And and I promise you, it will help you with whatever symptom symptoms you are experiencing. We can minimize them and get you 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 LG. Yes, I love it, I love it.

So just say the website again where they can learn more. Yes. And we have a discount code, a 20% discount code. It's the letter M m t s, which of course stands for Mastering Menopause Transition Summit.

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 into your into your hands.

And we also have large bags, by the way, when you use that discount code empties and you buy the best value are the large bags. There's a thousand 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 lot lasting three years. So, good a no brainer.

Yeah. Energy bits. Any guy bits. Dot 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 an inch, a minute and a half.

So you can watch them on Instagram. They're on our website. I've been on 350 podcast. 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 it doesn'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. It will get your brain working again as well. Thank you. You're 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. I'm sending you all love and go to energy bits.com.

Thank you.