Is Algae the Missing Link in Hashimoto's? Spirulina & Chlorella Breakthrough Transcript

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Introduction to Algae for Thyroid Health

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorder Summit. I am your host, Dr. Anshul Gupta, world's Hashimoto's expert. And today again, we are coming up with a great discussion.

Nobody can ever think about that a natural algae can be a solution to healing your thyroid health. So today we have an expert you know who have formulated and studied and you know researched different parts of algae and have produced these products which are amazing because they have nutrient dense, help in improving your energy as well as can be detoxifying for your body.

So stay tuned because we have a great discussion coming, very unique angle to helping your thyroid. But let me introduce the speaker first before we delve into the discussion.

So Katherine Anston is an expert in algae nutrition, a wellness thought leader, experienced entrepreneur and a sought after speaker. Katherine has a PhD MBA, BA honors and is a board certified health coach.

Katherine has spent the last 15 years research in ALGI, writing papers, giving presentations, lecturing at conferences and speaking on more than 300 podcasts to explain the benefits of ALGI.

Her efforts have led to algae being understood by educators, consumers, doctors, and wellness practitioners. And even the United Nations and NASA endorses algae as the most nutrient-dense food in the world and the answer to the world hunger.

Kanthri's extensive knowledge and playful personality is both entertaining and educating, and her speaking style leaves the audience informed, uplifted, and hopeful.

Katherine, welcome over here. Dr. Gupta, thank you so much for that kind introduction. And it is my joy to share my now almost 16 years of research. We say it here in North America, algae.

I know in Europe they refer to it as algae, but it's the same. It's like potato, potato, tomato, tomato. We're talking about the same thing. And in case you are wondering what this algae, algae stuff is, you're probably already familiar with it, but you just didn't realize it.

I'm talking about spirulina. and the other algae is chlorella. A lot of people know about spirulina. They often put it in their smoothies. They know it's a superfood.

They're not probably really sure what makes it super and I'll tell you what makes it super. In fact, I call it a super duper food. because it's so incredible.

And the other algae is chlorella, which is a green algae. Many people are not as familiar with chlorella, but we'll help you with that by the end of the lecture today.

But they are both algae. Algae is its own food category. within algae as a category you have macroalgae which are seaweeds and microalgae which are two examples are spirulina and chlorella.

So what we're talking about today are what's called microalgae and they have completely different effects on the body and and how they will help you with your thyroid help is what we're going to dig into today.

Now you may wonder, how does a blonde woman, I live in Miami, although I've lived in Boston, Massachusetts for

35 years, and to complicate things even more, I'm Canadian.

How does a Canadian girl become an algae expert? And you are right to ask such a question. And I asked myself the same question.

How Spirulina and Chlorella Support the Body

But it wasn't that I chose algae as my career, because I had an international business career earlier. I tell people, algae chose me. And it was because of a health issue.

you're on this summit because you have a health like many of us and certainly you because you're on the summit we often have something unexpected happen to either our health or someone in our family that propels us to start investigating causes and possibly new solutions and so that's what happened to me it wasn't thyroid but I did my younger sister in Canada develop breast cancer and And she was quite young.

She had two young children and she was very healthy. So it was very disturbing. But the good news is she completely healed. And the other good news is that her oncologist, which is a cancer specialist, recommended she change her diet to an alkaline diet because it would be important for her healing.

She didn't tell her what it was, so my younger sister called me. I didn't know what it was either. I was an MBA doing international business, but I love my sister.

I dug in deep and found out an alkaline diet was a plant-based diet. and the phytonutrients and the chlorophyll build your immune system and she wanted her to have a strong immune system during chemo and also I found out that thanks to some research In the 30s and 40s, a German scientist by the name of Otto Warburg discovered that cancer cannot exist in cells that are alkaline.

So an alkaline diet was going to be important to prevent the cancer from growing. Anyways, long story short, I helped her figure out what the foods she should eat, which led me to algae, which is the most alkaline nutrient dense food in the world.

So build your immune system. It's the most alkaline, so it prevents cancer from growing into other cells and has other nutrients that are helpful in all health conditions, helpful for everything from heart disease, metabolic health, and yes, thyroid health.

So I'm here to help you understand what took me 15 years of deep research to understand why algae could be the secret ingredient to helping you correct any health conditions that you have like a thyroid, like Hashimoto's, or preventing you from getting it.

Because as I like to tell people, algae, it was the first life on earth, not just the first plant, the first life. And that was almost four billion years ago.

And it's all documented in science. And nobody knows why it started growing. It was a cyanobacteria like spirulina. Spirulina is a bacteria. It's not even a plant.

So I say there's something spiritual about algae, especially spirulina algae, because it was the first life on earth. And algae is literally Mother Nature's original pharmacy.

It contains over 40 vitamins and minerals, including ones that are critical for thyroid health. And it also has nutrients that you're gonna learn that help you if you have a thyroid condition.

Because when you have a thyroid health condition, you're fatigued, you don't have energy. Spirulina gives you energy at the cellular level, which is why we call our spirulina energy bits, because it gives you energy And the other thing is when you have a thyroid condition, it's very often because you have so many toxins that have caused damage to your cell membranes.

So nutrients can't get in and cells aren't communicating properly. And so there's another algae called chlorella. We're going to go deeper into that. And it helps remove toxins and helps you recover from toxins.

which is why we call ours recovery bits. So there's two algae and yes, they're both spirulina and chlorella are both algae. And what we're going to tell you more about how these help you both from energizing you, getting rid of toxins and having the nutrients that your thyroid needs to recover or to prevent any thyroid conditions.

And here's the great thing, it's all from food. You may think spirulina and chlorella algae tablets, and they're very tiny, they're about the size of a baby aspirin.

The dark one is spirulina. It's a blue-green algae. The lighter one is chlorella, which is a green algae. You may think they look like supplements or a pill, but they're not.

We call them bits because they're bits of food. There is nothing else in there. They're like a nut. So you actually need a handful at a time. And they're harvested like vegetables.

And yes, there's algae in the ocean, but spirulina and chlorella algae, which as I mentioned earlier, are microalgae. They are harvested as a food crop.

In fresh water, spirulina is in long narrow farms, chlorella is in round ones. So it's called hydroponic farming. So when you have spirulina or chlorella algae tablets, you aren't taking a supplement.

You aren't taking a pill. You're having food and it is the most nutrient dense food in the world. And that's why it's good for everyone of any age. Your children, your pets, If you're pregnant, if you're lactating, if you're a teenager, adult, if you're older like me, it's safe for everybody.

No drug interactions and yet it has so many healing properties and so many nutrients that have healing properties that you're going to want to know about them.

Absolutely. So thank you so much, you know, like, you know, for doing all this research and coming up with this thing, you know, especially like, you know, Sputum and Cholera, which a lot of people are using now these days.

And most of them are not even aware of that, you know, how important it can be for the thyroid health and everything that you mentioned, including nutrients, you know, providing the right nutrients, you know, with detoxification as well as supporting the immune function and also their energy is most people with thyroid wants to know that.

So why don't we delve deep into that and why don't we first break it down, you know, so that it's easier for people to understand it.

Key Nutrients for Thyroid Function

So why don't we start with the nutrients, okay. So like, you know, what nutrients you're specifically talking about, which is more important for thyroid patients, which these spirulina and chlorella can provide to them.

Yes. Well, there are over 40 vitamins and minerals in spirulina, only one ingredient. So here's the nutrient chart and you can see the long list of things.

And there's even more than that. And for thyroid, one of the key nutrients is something called selenium, which is a micro mineral, I guess you would call it, a trace mineral.

And the thyroid is where the most selenium is stored in your body. And what's so important about selenium? It is necessary for iodine to be converted into your thyroid hormones.

So if you have a health condition like Hashimoto's, you may think, oh, I need more iodine. But you need selenium

too, because just having the iodine is not sufficient.

And chlorella, which is the healing algae, it's the recovery algae, it has your required amount of selenium. So number one, selenium is critical. Number two, you need to have a lot of other nutrients like B12.

B12 is what converts glucose and protein into energy. And spirulina has the highest, first of all, has the highest protein in the world. It has 64% protein, which is three times the amount of steak.

So this is great news for if you're a vegan, you're not eating animal protein. And the protein is already in amino acid form. And the reason why I mentioned that is because when you eat animal protein, all the protein is bound up.

in things called amino acids. And it can take days for your body to break it down. Here's animal protein all bound up. It can take two or three days to break it down into the minos.

Then you have collagen, which are smaller clusters of minos called peptides. Well, algae protein is already in the individual aminos. So it's instantly bioavailable.

And it's 18 of the 20 aminos, including the nine-year body protein. It has all these B vitamins, including B12, which converts the aminos into energy.

So you need the B12 to very often to support your energy needs and particularly because when you have Hashimoto's or any thyroid condition, you are fatigued.

So you will get instant energy from the spirulina because of the high B vitamins and the high protein that are converted into glucose and energy. Now, it's not like a stimulant, caffeine, chemical, or sugar, where you get a rush and then a crash, which is sort of like putting paper on a fire.

The energy you get from spirulina is at the cellular level. So it's more like putting a log on the fire. So it's a very steady amount of energy, which leads me to another nutrient that's found in spirulina in very high amounts and also chlorella.

is an antioxidant called superoxide dismutase. Now, you may not be familiar with this antioxidant, it's also known as SOD, but this particular antioxidant protects your mitochondria from free radical damage.

Now, you may say, well, what has mitochondria got to do with fatigue and energy or my thyroid? Well, I'm going to tell you. The mitochondria generate all of the energy, it's called cellular energy, also known as ATP, for everything.

For your lymphatic system, for your neurotransmitters, for your lung, for your digestion, and yes, for your thyroid. So think of it like lights in a building.

You can't do any work in a building if your electricity goes out, if you have a power outage, or your light bulbs in your office go out. And so in that case, you call maintenance, and they come and replace the power or the light bulbs.

Well, in your body, the power source and the light bulbs are your mitochondria. However, they get damaged particularly after the age of 40 because your mitochondria are located right where the ATP is produced and a byproduct of ATP is free radicals and free radicals are very damaging.

And so this stuff called superoxide dismutase, here's a picture of your cell, and the ATP is produced inside the cell, but your mitochondria have their own DNA and it byproducts free radicals.

So the problem is the mitochondria are constantly exposed to free radicals, which normally would kill them. And when you have less mitochondria, it's like the lights in your building going out.

They go out and they go out and they go out. And when you have less mitochondria, you have less and less

energy to think, to move, to breathe, to heal.

We want more mitochondria because we want So the dismutase, which your body normally makes for you, but slows down after the age of 30. And by the way, most thyroid conditions like Hashimoto's affect women and is mostly between the ages of 30 and 50, which is exactly when your body slows down the production of this stuff called SOD, superoxydismutase.

Now the good news, and what does actually SOD do? Well, those free radicals, which are damaging. What it does is it converts them to water and oxygen.

It's like having a big golf umbrella. If you've ever been golfing or shopping and you got caught in a rainstorm, and I live in southern Florida, so that happens a lot in the summertime, if you have one of those big golf umbrellas and you pop that up, You don't stop the rain, but you stop getting wet, right?

Super Oxid Disney Taste does not stop the free radicals. They are a natural byproduct of generating your cellular energy, but they act like a big Gulf umbrella because they protect the mitochondria by converting the free radical into oxygen and water, which are harmless to the mitochondria.

So after the age of 30, which is exactly when A lot of thyroid conditions start manifesting, whether it's Heshimoto's or anything else. This is when exactly when you have your mitochondria starting to die.

And this is when with fewer mitochondria, you have less and less energy, which affects your, it makes you more fatigued. Spirulina has the highest concentration of superoxidized mutase in the world.

So as soon as you start taking spirulina, and Chlorella has some as well, you start getting back that superoxydismutase. We give you back that golf umbrella.

We give you back the opportunity to protect your mitochondria from free radical damage. So now your lights come back on. The lights in your brain, the lights in your thyroid, the lights everywhere in your body because now your mitochondria are chugging along and they're making cellular energy.

So now you're not fatigued and it does it from food. There is a catch though. This stuff called superoxydismutase is also an enzyme. And a lot of the lower quality algae companies to cut corners, they use high heat to dry their algae.

Now, high heat over the 114 Fahrenheit kills all enzymes, whether you're cooking broccoli or drying spirulina or chlorella. So a lot of the algae, if they use high heat, they have deactivated this particular superoxide dismutase.

Energy bits, we have never used high heat. So the superoxide dismutase is alive and well. It can turn your lights back on. help you get rid of your energy, and you're still getting energy from all the B vitamins that are converting the rich amino acids from the protein into instant energy too.

So number two, in addition to the selenium, you have your high protein, which converts through the B vitamins into energy, and you have the superoxidizing taste, which at the cellular level gets you back your energy.

So that's really two great things about your energy. The other reason why you get energy from spirulina, mostly from spirulina, but also chlorella, is it has a very high concentration of iron.

Now this is what's called organic iron, which means it's live. Inorganic iron would be iron rocks. Please don't take an iron supplement, because you can get to a toxicity situation.

But when it comes from plants, like it is in spirulina and chlorella, you get natural iron. Now what is iron important for? Well, during those ages of 30 and 50, it's important for two things.

We menstruate women, we menstruate between 30 or earlier, but certainly up to about 50 or perimenopause and

menopause. And so we're constantly losing blood.

And in the blood is iron. And iron is necessary in your bloodstream, because that's what carries oxygen. Oxygen is delivered to your cells and to your body and to your thyroid through your bloodstream.

And so it's very important that you have enough iron especially during these childbearing years. So spirulina and chlorella have very high iron to do that.

Now since we're talking about blood, I also want to mention another important nutrient, which you're probably familiar with, which is chlorophyll. Chlorophyll is a green pigment.

Now chlorella is called a green algae because it only has one pigment, which is chlorophyll. Spirulina has two pigments and it's called the blue green algae because it has the green one that's found in in chlorella, but it has another one called phycocyanin, which is spelled with P-H-Y, but it also has the chlorophyll.

Now, why is chlorophyll so important? And why am I mentioning it when we're talking about iron that carries oxygen in your blood?

Detoxification, Gut Health, and Chlorella

Well, chlorophyll and your hemoglobin are virtually the same chemical composition. The only difference is that your blood has iron in the middle, which we just talked about, and chlorophyll has magnesium.

Now, the reason why I'm showing you this is because when you have a lot of chlorophyll, You are building your blood. So you're going to have more ability to carry more oxygen and healthy blood makes a healthy body.

It delivers more nutrients. It delivers more nutrients to your thyroid and to everything. And you need oxygen to live. So having rich chlorophyll and chlorella has the highest chlorophyll in the world.

It's called chlorella because it has the highest chlorophyll. It has 25 times more chlorophyll than liquid chlorophyll and 25 times more than arugula.

Our food supply is so damaged. Our soils are so over cropped. Our vegetables do not have enough if any virtually any chlorophyll in them anymore. I still eat arugula, and I hope you do too, but it goes yellow after three days because there's virtually no chlorophyll in there.

So we want to get more chlorophyll into your body so it can bring you back, restore your blood and bring you back to life and get those mitochondria working again and get your energy back.

So chlorophyll does that in a way that most people would not even think about. By the way, chlorophyll is a fat-based, that's important, fats, your cell membranes, they're called lipids.

And things like omega-3, vitamin E, vitamin D are all fat vitamins, fat-based, well sort of chlorophyll. So when you take something like chlorella, which has high chlorophyll, you're also healing your cell walls.

And this is important because all these great nutrients that you find in spirulina can't get in if your cell wall is damaged. And chlorella, which we'll get to in a minute, also pulls out toxins so it heals the cell wall with the fats and it pulls out toxins.

So just to recap, we've talked about selenium, we've talked about B12, high protein, superoxide dismutase, chlorophyll, and another one that I want to iron, another one I want to mention is vitamin A.

You need vitamin A because it really helps with hormonal conversion. Now the type of vitamin A that's in both spirulina and chlorella is beta carotene, which is a precursor to vitamin A, which is actually, I believe, a healthier version because you could get into toxicity if you took straight vitamin A.

But with beta carotene, because again, it's a carotenoid, so it's like a pigment and your body will only absorb whatever you need. So it's very, very important for that.

Now you also need magnesium and both spirulina and chlorella are loaded with magnesium and it converts inactive T4 to active T3 hormone, which is very important for your thyroid.

So here's the other cool thing. These are just a highlight of some of the nutrients found in spirulina or chlorella. You didn't have to have a counter top full of magnesium, vitamin A, vitamin B, vitamin D, and I didn't mention even those, you know, protein supplements, chlorophylls, none of that.

It's all in one area, algae, spirulina or chlorella. Mother Nature is the pharmacy. She put this all together. I can't take credit for algae, although I can take credit for growing it so carefully that we preserve all the nutrients.

So we're trying to help you protect your health or regain what you've lost. But we also want to make it easy and we want to make it safe because we also are the only algae that's sold through doctor's offices.

We don't sell through chain stores. And we do third party lab tests here in the United States. because the doctors require nutritional profiles. We test for toxins, heavy metals, all the key nutrients.

So you know that you're getting exactly what we tell you is in there, which is unusual these days because you can't trust anybody on social media anymore.

But we spend tens of thousands of dollars because we want to be sure that you are protected and given absolutely the best chance to protect your health from the very best food that's been provided us by Mother Nature.

So you may have thought algae was pond scum, but it's actually a nutritional rock star if it comes from a safe source like energy bits. But you can see all these crazy nutrients that are in there and there's more.

And you don't have to buy a thousand different bottles of things or powders or whatever and wonder when to take them and do they counteract things. This is food.

It doesn't counteract any of your thyroid medication, none. zero drug interactions and that's that alone is pretty powerful stuff. It is. I mean, I'm just wowed, you know, by the power packed information that you have shared right now.

There is no doubt that 15 years of you researching is showing up here, that you were just able to lay down in front of people of all the benefits it has.

And as you shared, it has much more than that. So if nobody's convinced right now, then I don't know what will convince them. absolutely a nutrient dense entity for thyroid patients plus helping in multiple ways you know as you mentioned conversion of thyroid hormones improving your detoxification potential improving the mitochondrial health you know improving a lot of nutritional status which a lot of thyroid patients are low into and this is so much important because it is coming through a natural source as you mentioned yes and sometimes again challenges are taking different kinds of supplements which can interact with each other while you are getting one super food which can provide you with all of these things so I think that's very well put up over here so I think you know you already mentioned about detoxification and things tell us more about detoxification and then I will like to talk a little bit more about let's say if a person you know like who has a thyroid or Hashimoto's and who is she considering you know like you know starting on spirulina or chlorella, you know, what is the best way of doing it?

You know, like start slow, increasing it, is it a minimum dosage or like what is the best time to taking it? So share those practical tips also. Okay.

Okay. Terrific. So as just a summary, spirulina is very energizing, very nourishing, heals the mitochondria, has all these fabulous nutrients that will give you energy in the moment and also long-term.

Chlorella is very much an immune health building algae and detoxing algae. And how does it do that? Well, a number of ways. First of all, the average adult has over 700 toxins in their bodies now.

Even children are being born with toxins in them. So doing a detox once a year, once a quarter, once a month is not enough. You have to detox literally every day.

And I tell everybody, well, we take a shower every day when we go to work. Taking chlorella every day is like giving your body a shower from the inside.

And the toxins it pulls out are all the things that shouldn't be there. Heavy metals, lead, mercury, radiation, aluminum, and then pesticides, glyphosate.

mold spores, alcohol, lactic acid. It only pulls out the things that your body doesn't want and it leaves the important minerals like magnesium, potassium, selenese, boron, calcium, copper, all the good stuff.

So it's not like doing an activated charcoal which can pull out all minerals including the good ones. This has 40 vitamins and minerals and it only pulls out the bad stuff.

So and it does it with the hard cell wall. The other interesting thing about chlorella is it has the highest glutathione in the world. Glutathione is very much a very important detoxing algae or detoxing nutrient, particularly for the liver.

The liver is sort of like your water treatment plant, and it is the first line of defense for pulling out toxins. And very often, if you have too much toxicity, this is what can lead to health issues like with your thyroid.

Chlorella, as I mentioned earlier, has the highest chlorophyll. I did talk about building your blood, but what I didn't tell you is that it kills bad bacteria.

in your mouth, in your colon, wherever they are. So it's very much and very often you may see an algae bloom on showing up and closing your favorite beach and you might get angry at the algae.

Don't get angry at the algae because algae is just Mother Nature's cleanup crew. The algae showed up because there were toxins and bacteria in the water which you couldn't see and so algae absorbs it and and it doesn't seem does it a lot with through chlorophyll.

So a very very high concentrated chlorophyll with chlorella. Chlorella also has very high concentration of things like tryptophan which is a precursor to melatonin which helps you sleep.

Why is that important? Because when you are sleeping that's when your body goes through a detox and repair cycle. So if you aren't getting proper sleep it's very difficult for your body to protect itself from things like thyroid and Hashimoto's or recover from it.

So the high tryptophan won't make you sleepy but it will help you get into that deep sleep and then while you're sleeping it's like having the cleanup crew in there pulling out the aluminum from your brain and the toxins from your thyroid and getting rid of it which is the other part of what Chlorella does.

How to Take Spirulina and Chlorella

It stimulates what's called Peristalsis which is a fancy way of saying a bowel movement because one of the ways you get use four ways of getting rid of toxins breath sweat urine and bowel movements now those are all very very important and on the bowel movement chlorella helps with that because it does everything that fiber would do a lot of people can't eat fiber because it gives them gas and they get bloated Well, what does fiber do it?

It does help with bowel movements and has phytonutrients and chlorophyll Well, chlorella has phytonutrients and chlorophyll and helps with bowel movements.

So if you don't like vegetables or you can't eat them, chlorella is your answer because it will help you with a very gentle bowel movement. By the way, a completely side note to help you with bowel movements if this is an issue for you is fresh pineapple.

The bromelain in pineapple is unbelievable. It has loaded with enzymes. And it's like a pro and prebiotic. So it will help you with that as well. So there's your twofer helping with bowel movement.

So chlorella, very cleansing to the colon, of course. You don't want what I call the junk in your trunk staying there. Because if you aren't having regular bowel movements, the stuff that's in your colon are things your body didn't want.

But you have blood that circulates the colon. And so if there's toxins there and you aren't having a bowel movement, the blood picks up the toxins and recirculates them.

right to the thyroid, right to your brain. I say it's like having a garbage truck parked in front of your house permanently, and we don't want that. So chlorella really helps with that removal.

So, which leads me to, and we covered the sleep, it's also, the tryptophan is a precursor to what's called serotonin, which is a neurotransmitter, which by the way, affects your brain.

But here's the cool thing, 80% of it is made in your gut, in your immune system. 80% of your immune system is in your gut. This is why chlorella is a gut health algae.

And you say, well, why is that so important for my thyroid? because your gut is connected. It has a communication line directly to the brain called the vagus nerve.

It's like two parents talking about their kids, like they have to be in connection with one another to be sure stuff is working properly. Say your gut and your brain are connected and everything that goes on in your gut affects your health, whether it's your brain, your thyroid, So chlorella is very much a gut health issue, algae, which is quite different from spirulina, which gives you energy and brain focus.

And so it's brain food. Now you asked me about protocols. Generally people want energy and focus and their hunger satisfied in the morning, in the afternoon, or before a workout.

So we generally recommend spirulina in the morning for lunch, in the afternoon, or before a workout. You can have it any time of day. and take at least 10 tablets just for filling nutritional gaps.

And we have a discount code for your community. I'll tell you now it's RHTDS, which of course stands for Reversing Hashimoto's Thyroid Summit. But I want to mention that discount code because if you took 10 tablets a day, a bag, there's a thousand tablets, will last you three months.

And it will cost you, drum roll, a dollar a day. a dollar a day to protect your health, protect your thyroid, protect your brain, get your energy back.

I'd say that was worth it. However, if you have a thyroid condition like Hashimoto's and you want a therapeutic dose amount, we recommend 30. Now don't be horrified when I tell you 30 because they're very tiny.

They're about the size of baby aspirin. Again, this one's spirulina and you can either swallow them You can add them, I put sea salt on them and add them to pistachio nuts.

You can grind them up and add them to a smoothie. If you swallow them, there is no flavor, no repeat. It's not like fish oil, by the way, it replaces fish oil.

So it's very, very easy. And you could take, you know, 15 in the morning and 15 in the afternoon or if you wanted it for lunch. There's one calorie, by the way.

So if anyone's on a GLP-1 or they're on a weight loss program, this will protect your muscle and your mitochondria, which of course are a high concentration in your muscle and give you the energy you need, particularly if you're suffering right now from a thyroid condition.

So 10 is an entry level, 30 is therapeutic. Children could take whatever their age or up to their age. So if they're 10, give them up to 10 a day, or if they're eight, give them up to eight a day.

You know, they might want fewer. They think it's fun to chew them because it turns their tongue screen. They think that's really funny. So morning, afternoon, before a workout, 10 to 30. You could have more if you want.

NHL players take 75 before a game because they need lots of energy and lots of focus on the ice. But, you know, unless you're a NHL player, you probably don't need that much.

By the way, I will point out that when you take spirulina every day, you can eliminate at least five or six supplements. You don't need a multivitamin, a fish oil, a collagen powder, a CoQ10, a biotin.

and you probably won't need as much food because you're not gonna be as hungry. So that's pretty cool. So that's spirulina and the gametolic energy bits.

Chlorella, which is the healing algae, detoxing algae. We recommend, you can have it any time of day, but we do recommend it before bed because that, as I mentioned earlier, is when your body goes through a detox repair cycle and the tryptophan will help you get into that deeper sleep so your body can repair.

That's to say, you can take it any time of day. And same thing, 10 tablets will give you the chlorophyll and the phytonutrient benefits. But for a detox, you really need closer to 20 for sure, preferably 30, or again, for therapeutic amounts.

So that's where we would recommend people. So to make it easy for people, just think of spirulina as your AMLG, chlorella as your PMLG, And I have another funny analogy.

I travel a lot and I speak at a lot of conferences and stay at hotels and sometimes I have room service. And so room service comes in and I'm fully nourished.

I'm ready for the day. And I thought, oh, wow, that's sort of like Sterlina. You're fully nourished and ready for the day. And then I come back to my room later on and the bed is made and the garbage is taken out and it's all cleaned up.

And I thought, wow, that's sort of like Chlorella. So think of Chlorella as housekeeping. And of course, it's later in the day. So Sterlina is your room service.

and chlorella is housekeeping. Or another way is think of spirulina as brain food and chlorella as gut food. And together they talk to one another through the vagus nerve.

They're really amazing. They work so well together. That is great. Yes. You know, like definitely like, you know, thank you for sharing that exact protocol so that people know exactly how they can use it and what time to take it and how much.

So that was wonderful. So I think, you know, like we, you have shared so much information that I think people have enough to chew on and know all the benefits.

So thank you for doing that. Yes, absolutely. So tell a little bit more people about like, you know, energy bits, you know, your company as well as where they can find more information about you or, you know, the products.

Yeah, well, our main website is energybits.com, E-N-E-R-G-Y-B-I-T-S. We write a blog every month, so you just come and learn. I didn't mention this earlier, but there are 100,000 studies on spirulina and chlorella, and it's been

used daily in Asia for 60 years.

It's a multi-billion dollar agricultural crop in Asia.

Energy Bits, Research, and Where to Learn More

why should the asians be the only ones enjoying the benefits of spirulina corolla my joy is helping people understand this you don't know about it because it's not grown here although i plan to grow in florida and also i dug through all the science so that you didn't have to do it and we put some of the science and some of that information on our website at energybits.com we're very active on social media so you can Facebook, our Facebook handle is Facebook Energy Bits.

Instagram, same thing, Energy Bits. But we're a small company. We're now 16 years old. I started by myself. I was by myself for five years. But when I saw the science and saw United Nations has endorsed spirulina as the answer to world hunger for 50 years, And I read that NASA has been feeding it to the astronauts for 50 years.

And we have a quote from NASA saying, one gram of algae has the same nutrition as a thousand grams of fruits or vegetables, one to a thousand. There is nothing in the world with more nutrition than spirulina chlorella and its food.

And I'll show you this little image. One tablet has the same nutrition as an entire plate of vegetables, using that quote from NASA. It's very powerful.

We can get your health back on track. We can get your mitochondria getting their lights back on. We can help you restore the level of activity of your thyroid and it's not from drugs.

It's all from food that Mother Nature has provided to us and we've at Energy Bits make so clean and pure and safe for you so that you can feel good about giving it to your family.

It's three year expiry date. I mean, what vegetable has three years and we're required to put our expiry date on it by the FDA, but literally it never goes bad.

So I'm the voice of algae. My nickname is the algae gal, cause I love talking about it. And my brands are kind of like my children. We do have a brand called Vitality Bits, which is a blend of the two algae, but I do encourage you to take them first separately.

Cause some people like the spirulina better than the chlorella. And you won't know if you take the brand, the blended one. And if you're in America, we do sell through Amazon and we sell them in little pouches.

So if you, There are 30 tablets in a pouch. They're $6 each. So if you're not sure whether you want to go, you know, buy a bag, because a bag is normally $130, but with your discount code, R-H-T-D-S, it's only $104. And remember, it only costs you a dollar a day if you take the 10. But you could always try them on Amazon and then come back to Energy Bits and use the RHTDS discount code.

We have canisters and bags, and we're going to have some fun swag. But we're very committed to this community. I speak at medical functional medicine conferences nationwide.

I've recorded 300 teaching videos. You can find some of them on our Instagram. They're only about a minute and a half, so not a big commitment. You can just learn about, I don't know if I've done one for Hashimoto's.

For the next one, I'll certainly do a recording for Hashimoto's. And I'm launching my own podcast coming up called The Arnston Effect, which talks about doing small things to have big outcomes in your health and your life.

So we're here for you. And I started this because I had a health condition in my family, my sister. So I understand what it's like to have a health condition and be confused and concerned.

But I give you my word, you will not go wrong if you start adding spirulina or chlorella to your daily routine. But you do need to take it daily to see those benefits.

By the way, I'll mention to you, I'm almost 70, seven zero. I take no medications, no supplements. I only take spirulina and chlorella every day. And I got my PhD last year in natural health and so my brain's working.

And I just want the same for all of you. So give it a try. You've got nothing to lose. It's not a trend. It's been here for four billion years. So I think it's worth taking a look at.

Absolutely, totally agreed with that, you know, great products, you know, and Spulina and Chloridina, tons of research behind it. So it's not that, you know, we are talking in thing near so and so many good benefits as you mentioned for the thyroid patients.

So I will encourage people to kind of go check it out, definitely learn more about it and then include that, you know, as one more thing that you would like to do to help improve your thyroid.

So thank you Catherine for coming over here and sharing all that great information. I'm sure people are overwhelmed in terms of knowing about it, but you know, this is great information that everybody should be knowing about it.

So I'm so thankful that you came over here and shared it. Well, thank you, Dr. Gupta and best of luck to everybody. You can recover from whatever condition you have.

so it's never too late to feel great that's what I say absolutely that thank you so much for those parting words so thank you guys this is it for me for now we will see you again in the next time okay take care now bye