Introduction to Ken Swartz and C60

Hi, everyone. Welcome to the Reversing Type 2 Diabetes Summit. I'm your host, Dr. Beverly Yates, ND is my distinct honor and privilege to interview Ken Swartz.

He is a wonderful researcher and scientist known for his rigor. He had a prior fascinating background with nuclear physics and is now the founder and chief science officer of C60 Purple Power, a health and wellness company committed to delivering that highest quality.

C60 products that are available. He earned his MS from the University of Colorado at Denver and a Bachelor of Science in Economics from Arizona State University.

And in his career, he's always been passionate about helping and educating people. He's run several research science laboratories, too. And in addition to that, he discovers C60 while developing the Moxie fusion reactor.

During the research, he became aware of the powerful free radical neutralizing properties of C60. And we welcome C60 as a sponsor here at this summit, because when we're talking about reversing type 2 diabetes and how people can be healthy for a lifetime, we always have to talk about the impact of antioxidants.

Oxidative stress inflammation and things that address it. He's going to talk to us about optimizing mitochondrial function and how you can handle free radicals and say goodbye to that brain fog that often really, I think, haunts people who have blood sugar regulation issues.

Okay, so welcome to our summit, Ken. Oh, glad to be here and sharing what I know about C60. Excellent. Excellent. We look forward to hearing from you.

So we know that C60 can work best in conjunction with healthy lifestyle choices. Everything that we're offering here at the summit always includes healthy lifestyle choices, right?

I hope people get that message loud and clear. So how can C60 support people who have diabetes? Well, in my case, it got rid of my molecule regeneration.

The thing about C60, it's an antioxidant, but it's very specialized. It only gets rid of superoxide that's the most damaging oxidative radical in the body.

And then it also gets rid of the hydroxyl ions the second most damaging oxidative radical in the body. And and that's all that's all it interacts with.

Right. It doesn't interact with any of the body's signaling molecules. So it's the only antioxidant going to actually increase athletic performance. But you know, probably most people here aren't for athletic performance.

They're getting better health. And C60 can help there, too, because the superoxide and to a certain extent the hydroxyl ion they they there that's found in the mitochondria and C60 is actively uptake and by passes the gut barrier the blood brain barrier.

So I've taken by the cells through endocytosis and then I'll take itinto the mitochondria through endocytosis so and it's one of the very few antioxidants can actually get into the energy, into the mitochondria.

The little mitochondria are the energy powerhouses of the cell and they produce the ATP and they also produce things like pregnenolone, which is the precursor molecule for all the hormones.

And so when your ATP, your energy ATP levels rise and your pregnenolone, the precursor for the hormones rise, then your hormones rise as well. And that just that all drives toward a better ball.

That makes sense. That's a powerful synergy. You know, anything we can do that will optimize and boost people's performance and how their enzyme systems, how their body is handling nutrients, how they're processing their energy, especially at the mitochondrial level inside each of the cells is going to be a helpful partner.

So thanks for letting us know about that. So how is it that C60 destroys free radicals?

How C60 Works as a Targeted Antioxidant

Well, it's very interesting. Let me grab it earlier. It's behind me and it's a little little model here. And basically it's a 60 carbon atoms haped exactly like a little soccer ball.

But it's kind of unique in the world in in chemistry because, you know, most things I understand a little chemistry on most things that I like to have a positive charge, give an electron out to the environment.

But C60 actually pulls hydrogen ions from the environment, positively charged hydrogen ions and about inside of itself. And so it's again, that's how it gets a positive charge.

And so let's say when a superoxide, which is an oxygen with an extra electron and, you know, oxygen radicals are free in oxygen, it's it's basically your body rusted, that's what got your body is rusting.

And so you can imagine something oxygen with an extra electron. Well that's going to cause super rust and so it has a negative charge. Well, it's attracted to the C60, which has a positive charge.

And C60 will just steal the electron off that superoxide, turn it back into oxygen, and then the electrons get into one of those hydrogen ions, which turns it into hydrogen gas, and it resets itself again and again and again, you know, hundreds of times a second, if necessary.

And so you can have hundreds of thousands thousand. These guys will get bouncing around inside your mitochondria, neutralizing that superoxide, which is really deadly damaging and especially it gets out of mitochondria into the general cell.

You're going to you know, it's it's oxidizing it's going to cause cross-linking approaching so they don't work. It can punch holes in your memory cell membrane so things leak out or come in that shouldn't and of course it can destroy RNA and DNA, the blueprint of your cells.

And so, you know, any of that is bad. So if you have lots of C60 in there, it protects it. And also one of the things your body usually provides sodium catalase and to a certain extent glutathione to deal with these oxidative radicals.

But as we get older, those those the cells, production of those antioxidants goes down. And so the mitochondria have to like tune down their energy. So they're not making as much ATP, they're not making as much pregnant, they're not making much precursors for RNA and DNA synthesis.

And and that's one of the the problems, you know, with aging. So when you take C60, it replaces the missing sodium catalase. And so now your cells and mitochondria can function the way they used to when you were younger.

Absolutely right. So when we were younger, things functioned probably better and more easily. And then as we age, that may or may not change. We're not doomed.

But we need to be savvy about how we support ourselves. And if someone is struggling with their blood sugar control, if they've got glycemic regulation issues, you know, pre-diabetes, type 2 diabetes, other forms of blood sugar problems, they may need to really have a more robust toolbox, I think, to to call upon.

So then how can C60 help with blood sugar issues? Okay. Well, one of the things is once you're yeah, it really helps with gut inflammation. And because it's you know, it's taken internally and it goes in there and it produced, it increases the number of stem cells.

Well, your gut turns over every day. So if you have more stem cells, then your gut can turn over without having gaps and holes in it. That's why it's leaking out.

And also a healthy gut, you know, secretes certain enzymes and chemicals, which healthy bacteria, good bacteria like. So you get like another layer of bacteria in your intestine.

And also one thing most people don't know is the small intestine is actually a hormone producing organ, and it's key to blood sugar regulation. They didn't know that till, you know, a few years ago.

And so when you strengthen that, everything else strengthens in the body. And that's super critical because a healthy gut is really the key to health.

It is the key to health. I agree with you. And part of that key then is how your gut is responding to the things that we eat, the things that we drink, our sleep, all that goodness.

Right? So if we're helping it with dealing with the free radicals, that's going to be a win. So let's look at another aspect of this, because this is often a very common issue for people who have diabetes, which is this How does C60 help with brain fog and low energy?

Well, the thing is, C60, of course, is getting rid of the superoxide and hydroxyl ions, which are bad everywhere, but it also restarts the mitochondria in the mitochondria, the nerve cells in the brain have the most mitochondria of any tissue type in the body.

It really hundreds of them. And you know, because the brain is like 2% of the body mass but it uses up 20% of the energy. So it's just packed full of mitochondria.

And on my stories I used be C60 in a research study on a moxie fusion reactor in my dry drusen macular degeneration. I completely awake and then I made it for my friend Gary Rodriguez.

He was our electrical engineer. And by the way, we call it Purple Power, because C60 in MCT Oil, I made it an MCT coconut oil, MCT stands for medium-chain triglycerides.

And if you're on a glucose processing issues, medium chain triglycerides can be turned into ketones by your liver very quickly. And so now your body has flex fuel where your cells in fact, even if you don't have seasickness, you should be taking MCT oil because it'll it's way better than doing a candy bar.

Or if you go crash because your cells can pull that the ketones right out of the blood, they don't they go bypass the whole glucose processing and uptake system and so it's flex fuel for your cells and so you don't get that crash that you get which can really damage cells.

So that's why I put in MCT. And here's what macular degeneration, what completely away and has type 2 diabetes went subclinical and so he got off the medicine and but you know you're never you're still going to have to do and that's one thing I want to say too.

C60 is not the magic pill You're going to have to eat, right? You're going to have to exercise. You're going to have to stay away from toxins like those horrible glyphosate in our grains, which kill the good bacteria in your intestines and just jack it up.

I mean, if you had intestinal problemsgetting rid of the glyphosate out of your diet is probably one of the number one things you can do for better digestion.

And then of course, that leads to better health everywhere. So but with the brain cells having all those mitochondria, when those mitochondria get back, they produce that ATP, which is the energy molecule for cell.

Now your brain nerve cells now have the energy they need to function and that's what makes the brain fog going.

Gut Health, Brain Fog, and Energy Support

Totally makes sense. Right. Is supported with the root cause issue, address it, give the body the nutrients it needs in a digestible functional form, and it knows what to do with that.

It's just so interesting. Today's world, we just have so much more exposure to environmental toxins. It's kind of crazy. There's so many more new chemicals.

And you know, realistically, if a chemical was developed, say, five years ago and then it was deemed safe, it hasn't had a 50 year study like we're all I feel.

Tell me if you agree, Ken. I feel like we're all in the midst of a giant experiment whose outcome is unknown. Yeah, and it's going badly, actually. You can see this is.

Yeah, there's 40,000, 60,000, whatever it is. Industrial chemicals. Nobody knows what they actually do. I mean, we have those estrogen imitators. We got the forever chemicals they began breaking down.

I mean, it's just it's just a cornucopia of it. I mean, and it's not I mean, you could do your best and but one of the things is C60, they did in the Sprague-Dawley study, they also did a study where they gave rats carbon tetrachloride, and that's a carbon with four chlorine.

So it's one of the most nasty chemicals ever. And C60 thereafter got C60 completely prevented damage. So C60 can get there in your liver and protect against a lot of the damage because it's not the chemicals that are actually causing the damages.

As those chemicals break down, they produce these really hot oxidative radicals and those oxidative radicals go out and help and tear it up. Of course, the thing we would like to do, the ideal thing, is to prevent those chemicals from getting into you in the first place.

And like so when you go to the grocery store, you know, read the labels and if you can't pronounce the word, you shouldn't be eating the product. I agree.

I've been telling my patients that for decades. If you can't pronounce it, you can't spell it. You don't know what it is. It's probably not actually a food.

All right. So what kind of health benefits can people who take C60 come to look forward to if this is something that's going to be a great match for them?

Well, first thing you notice is, is mental clarity. The brain fog goes away, you have more energy and that's the mitochondria ramping up, make it more ATP and all that.

And then there are some other things that happen maybe in the 2, three weeks on. And one of those is as you get as the inflammation levels drop down, dopamine production goes up and that's when people don't know, like if you have a, let's say acute inflammation, that's when you sprain rainfall, right?

It swells up, it hurts. It's all that One thing that's also going on that you don't really know is there's a whole pathway in your body that shutting down dopamine production and dopamine is the motivation molecule.

That's the molecule that gets you out of bed in the morning. They get you up doing things. And of course, if you've got a damaged ankle or something else, the body doesn't want you doing things and causing more damage.

So it's part of the whole healing process to suppress dopamine and that's great. And natural problem is a lot of people have chronic inflammation. It's in the gut, it's in the joints, wherever it is in the brain, wherever it is.

And that chronic inflammation, it also shut down the dopamine production thing. And that's why you just kind of like sitting around the couch. You just don't have the energy quote to get out of.

Do something. Well, that's dopamine suppression. So when you take C 60, the inflammation levels go down, dopamine production goes up, and that's what people notice.

With C60, you get like the insane urge to like, go clean the house or the garage or or go out and start doing things, you know, like maybe exercise routines or other hobbies and things you just do when you were healthier.

And that's that's part of that return of dopamine production. That makes sense because one of the side effects that I noticed for so many people who have diabetes and other kinds of glycemic control issues is that they often have this sense of fatigue that's profound.

And it gets in the way of, say, cooking healthy food and making those consistent choices that gets in the way of exercise. It gets in the way of getting really deep restorative sleep and all the other things that matter when we talk about blood sugar control.

Right? Okay. Okay. So then how long it's I heard you say a few weeks. So I want to be sure I'm clear about this. How long does it take before someone will typically notice the benefits of C60?

Well, probably within two weeks you'll get the the brain fog and the mental clarity comes in. And then maybe about around a month you start getting the dopamine uptake.

And so you're starting to see that. But then there's things that go longer because one of the things that C60 prevents, of course, is that oxidative damage.

So now your cells can actually make proteins that don't get damaged. And because C60 likes to hang out in the ribosomes, that's where proteins are manufactured.

And so, so so now you're getting proteins that are being manufactured, they aren't being damaged. They can go to wherever they need to go and do the job.

But also we have these things, bicycles, and they're really like the garbage cans in the cells. And when your body's overwhelmed, it just kind of stuffs everything in these vessels because it doesn't have an energy.

So once you start getting enough ATP, the body starts, the cells start processing those vesicles, you know, pulling out the nutrients that are useful and then dumping the rest in the bloodstream.

And so the kind of it's kind of the cells start cleaning themselves up right into the garbage out in the proteins, kind of like just fixing up your house or your engine, you know, your car.

So everything works better and that takes two or three or four months. So it's it takes a while. And and those are the other benefits. It's like for me, it took it was seven months.

I started taking C60 for the research reactor project and it was seven months later I went and I doctored my Druze or Dry Macular degeneration. One way, again, for Gary, it was a year and we've had people like 33 and 84 CAT levels go up.

And because what C60 also does, it wipes out senescent cells. And these are like zombie cells. Their DNA is damage. They can't really reproduce, but they're hanging around and usually they go into this thing called the fermentation mode where they're they're fermenting, right, just like yeast in there.

And they're putting in all kinds of toxins to poison the cells around them. And they're using a bunch of energy because fermentation was like 1/20 efficient as the Krebs cycle, the oxygen burning.

Well, C60 goes in there, those cells will up take the C60, they'll restart the mitochondria. The mitochondria will so little messages, the nuclear DNA, which is damaged and they won't get the right message is back and the mitochondria will actually cause apoptosis, which is programed cell death.

And so your body gets cleaned out of these over time, your body gets cleaned out of these, these zombie cells, which then stimulate stem cell production, which are like little baby cells which come in and replace the now missing senescent cells.

And so like people that had like return of T three and four function, they've Hashimoto's zero production, they're like off half their medicines, then they're off of two thirds their medicine.

But that took like two years, two and a half years. And so that's that whole slow rebuilding of your body because your body rebuilds up once every seven years.

And so if you're if you can protect your body from the oxidative damage, then your body can rebuild itself correctly. And and that's that's like the long term benefits of C 64 help.

That's great to know. Thank you so much for sharing that. All right. So let's look at this through a different lens. What's the most common side effect of taking C 60?

Well, the first thing when you first take it, especially if you have a mouth metal, you know, mercury among all the fillings, which you shouldn't have anyway.

Inflammation, Dopamine, and Long-Term Benefits

But yo, you may notice a little bit of a little bit of metallic taste because C60 actually it'll turn mercury hydroxide into mercury oxide, which your body can grab and also just dislodges inorganic mercury Pantaleon and a few other like plus two metals.

So it flushes out those metals and then the first thing you notice increased metal, clarity better, more energy then all those other things that I, I said that went along and, and those are the, those are kind of like the first things you notice.

But one of the other things is because the mitochondria make preg needle out, you're going to get an increase of your hormones. So you get like better sleep, you're going to get more melatonin on your pineal gland, you'll get more, you're going to get more human growth hormone and a dozen other master molecules from your pituitary hypothalamus complex, more g three and four.

And also in your adrenals you get more androgens. So an increase in libido is a side effect of C60, and also they'll make mineral oil and also make glucocorticoids, which helps balance the blood sugar levels, which is probably part of the reason why Gary got rid of his type 2 days.

But also one thing this is a counter indication which I need to put in there, because the adrenals also make mineral cortical mineralocorticoid which kind of regulate post your blood thickness.

If you're taking C60 and you're on a blood thinner, you need to consult with your doctor because the underlying condition making your blood's thick could go away.

Now your blood's more normal. And if you're taking blood thinner now, you're blood stupid. So you need to tie. If you're on a blood thinner, you need to talk to your doctor before you use C60.

Just and explain that to him. And also, he can also call us with the company. I can connect with me directly. I'm

always happy to talk to doctors and explain C60 to them if they have any questions.

That's good to know. That's great. But, you know, when folks write these things down, take notes and just be aware, write different things, interact, and you know, if it helps you to have better blood flow, that's great.

But if you're taking medication, please don't blow this off. Listen to what Ken just told you. This is an important distinction to note. Thank you for bringing that out.

Okay. So let's talk about some other things. You know, when we talk about hormonal health and housing, the interacts with the body, what are some things that would be supportive, let's say, for men as they age and what would be supportive for women as they age?

What is a typical thing for women? It's we've had similar reports, guys. And so a little bit we had a guy seven years old, right? He's he's gone to the doctor.

He had like 350 on testosterone, which is kind of low. So the doctor gives him creams. He's off to like the low seven hundreds. And then he starts taking our product.

He goes into his biannual testing and he's now 1200, which is kind of high for chest Osburn at his age. And so the doctor takes him off creams. So that's one of the things. And also libido increased.

Libido was a common side effect for both men and women because it raises all the hormone levels. So everything goes up all the place. It's like when you were younger and that's really what C60 does.

What C60 really doesn't treat or prevent or cure any disease. What it does, it lifts the oxidative burden your cells are under. So the cells could function the way that they used to.

And that's what's that's the key thing about C60. And but it doesn't it won't replace your nutrients, will replace your supplements or your medicines for other things.

It's it has a very specific job, which is important. It's kind of like if you think of the car, it's like the the coolant in your car, right? You got to have the coolant to make everything run, but you're still going to have the gasoline.

You still got to have the good oil and all those other things to make everything run. It's it's one tool and toolkit for good help, but it's only one tool.

You need all the rest of those things as well. Well said. I appreciate that. You know, sometimes people decide that there's going to be one magic bullet.

And no, this is a fabulous tool and you still have to do the rest of the thing. So thank you for making that really clear. Okay. So when consumers are out there and they're shopping and they're looking for C60, they're looking for a brand, what do they need to be on the lookout for?

Okay, there's three things. And we're not the only company that really has these three things You want to look for. First, you want to look for sublimated C60, and and usually Sublimated comes out like 99.99% or 99.98%.

You know, it's because of the nature of sublimation. And if you were sleeping in chemistry class back in high school, sublimation is the cousin of evaporation.

It's when a solid turns into a gas and then back into the solid. So they take like C60 and the production out, as they put it in the summer. Later, the C60 turns into a gas, goes to the other side, to someone there where condenses.

And that's why you get super purity 60 because a lot of C60 products out there, they use solvent, solvent, purified C60 and then the solvent they use is methyl benzene, a known carcinogen.

And, you know, you kind of want to prevent like toxins, like methyl benzene out of your diet right in the first place. That's why you're taking C60 or anything else.

So you always want to look for sublimated C60 We're not the only one that puts out sublimated C60, but there are that we're we're in the minority. Okay. In that case.

And then the other thing you want is also you want healthy oils, because, look, one of the problems that you probably heard from other speakers, this is the pufas, right?

Polyunsaturated fatty are the basically the seed oils. They're really high in omega six is because bad inflammation. You know, our bodies should be doing 1 to 1 with omega three omega six list and most people have like 20 to 1 50 to 1 on the omega six side that causes massive inflammation and that's a huge problem.

And so you really have to watch what you do. Basically, you have to give up fried foods unless you buy yourself them like lard or something. Right. You got to step up to that.

And and so that's so that's one of the things. So we put it in healthy olives. We have it in olive oil, which is what the scientists originally used for it, because olive oil is the Mediterranean diet.

Everybody knows about it, well-characterized from us. I'm kind of a sensitive digestive system. If I took like an ounce of olive oil, I might have to go this in the bathroom, right?

And then my C60 doesn't work. So I put it in avocado oil, which is super easy to digest. And then the other oil, I put it in and we put it into his m.a.c t coconut oil, because that is, of course, for diabetics, anybody with glucose processing issues, those MSI, medium chain, triglycerides, amputees can be turned to ketones, which is a flex fuel for your body.

And if you have a diabetic problem, you should be taking heat, you should be taking msi2 anyway. And we also have now we also have a sugar and sugar free gummies and that's thank.

You for that. I know your company worked really hard to get that. In two years. Thank you for that. That's a pain. That's a commitment. Thank you for that. Yeah.

Because C60 is a water soluble and it's usually they just turn into gooey, you know, when you're signing off. But finally we figured it out so and so those are that those are kind of things.

And then the final thing you want to look into is, is all of our products have a QR code on the end on the side of it, and you can scan in there and you can scan to see that we really do have organic olive oil or organic avocado oil or embassy tile, right?

That's in there. We have the certificate of analysis, but also we send it to third party testing after we're finished. So they tested for purity, microbiological and and concentration.

So you just go in there so, you know, your product is safe and effective because we just had so many people who are, you know, it was like, you know, when the C60 market was small, pretty money, pretty much everybody made like a quality product for their customers because they and their families were using it right.

But then C60 became popular and just like kind of like the CBD business, all these fly by nighters came in where they they have products with no C60 in them.

Side Effects, Hormones, and Safety Considerations

They have products with low concentration of C60 or they have products with like low quality C60 There's, you know, a lot of people, they buy the stuff from China for 99.9% or 99.5%.

Well, another point 1% or 2.5%. Well, that's methyl benzene. You know, we don't want to have that in your diet. Really done to you. So so those are really the three things sublimated C60 99.9, 9% healthy oil, you know, avocado oil, olive oil, MCT oil, coconut oil.

You know, there's avoiding the seed oils. And then finally, you know, something sweet. You know, it's safe and effective. So those and we're not the only company out there that does this, by the way.

But but those are the three things you should be looking for. Okay, great. Thank you for that checklist. That's really helpful. So people can be savvy consumers now, in addition to that, I'm well aware that in the world of supplements, quality and quality control are something that some companies are great at and some don't even bother.

And often price is a factor because you do have to pay these lab tests and the companies who do the quality assurance and do the analysis and testing for purity.

So why does C60 cost so much? Well, actually, high purity sublimated C60 costs way more than gold, by the way, and we are working on a method to make it cheaper.

But, you know, that's years out. And so and that's basically one C60 is really well it's it's not more expensive than Cbd's It's a lot more expensive than regular pharmaceuticals, but it's still, you know, it's it's pricey.

But you know what? How what is the value of your health? And there are other C60 products out there that cost less. Well, of course, they government knows they don't have enough C60 alone.

And so if you're looking at a C60 producer, whether it's us or somebody else, if it isn't up to a certain cost level, it's probably just because there's a reason for that, because these 60 is more valuable by weight than gold.

You have to do a whole bunch of manufacturing processes to produce the things. And so, you know, there's no really water soluble. C60, C60 strips are another thing because the only type of C60 that works is C60 It's dissolved in oil, right?

Particles of C60 don't work right. And like in oil products, if you look at our product or anybody else's, it can you can see that it's like a purple that's a msi2 oil.

And it's clear there's people that's selling stuff out there that are just like black as as ink. Well, what they're doing is they're just selling. You activated charcoal.

And you know, in the wake of your candle, there is about 0.25% C60 So in that activated charcoal, there's maybe 0.1%. C60 not 99.99%. So, you know, Oh, yes, it is.

But but you're not getting any effective amount like it does. And it's so so it's just it's it's got crazy like the CBD business. So you just have to be, you know, buyer beware and do your research.

That's true for so many things. I'll tell you. But people are always looking for shortcuts and cheats and, you know, they're consumer lines of suffering, right?

So we always want to bring quality forward and make sure people are well-informed so they know what is going on behind the scenes and can make discerning, intelligent choices for their health.

Okay, so here we are reversing type 2 diabetes summit. And we all know that people with diabetes definitely will have issues with immune system and proper function.

Unfortunately, because of the changes that go on with the glycation, the production of advanced glycation end products, the damage from the free radicals and the lack of antioxidants that many people diabetes have, C60 is a helpful partner for them.

And I'd like for you to specifically tell us what it can do that might be helpful for promoting a balanced, effective immune system. Well, one of the things that the key thing I think is that we found well, first of all, C60 is going to get in all your cells, so it's in your immune cells.

So now that the mitochondria are working in your immune cells, so they're being optimized. But the other thing is C60 really increases stem cell lines.

Like I mentioned before, that guy, a guy goes off about all this. We have some other seven year old out on the front range where we live in Colorado, lots of stem cell treatment centers.

Guy's been getting his regular stem cell treatment. So he goes in, I have it here somewhere, and he's appointment to receive stem cell therapy, 71 years old.

After surgery, the stem cells, they were counted and the sample being discovered. I had over 73 million cells. The two doctors process, the cells came rushing in.

Remember saying I had one of the highest counts they've ever seen, especially for my age, where I wondered what I was doing does get so high. Such a high stem cell count.

Of course. You know, when I told them C60 Purple Power. Well, besides that little pitch, the key thing is that your stem cells are like baby cells. They're standing there.

And so when your immune system gets a challenge, it sends out a message and says, we need more TB, whatever type of immune cells, macrophages, and then those stem cells can be converted into those immune cells very rapidly.

So it's like you have a standing army just sitting there, privates, and then when the call goes out, they can all become whatever specialty they need to go like help your immune system.

And we get a lot of reports, especially doctors love C60. We're like pre operation and post operation because there's so many stem cells around. The healing is really fast.

And so when it's healing from a surgery operation or it's healing from, you know, the damage was caused by diabetes, type 2 diabetes, it's the same thing.

So it just gives you this huge army of stem cells that can be converted to immune cells to do whatever job it is. And actually, in one of the scientific studies of human mass cells, in vitro at the test tube there, they found that C60 moderated the release of Histamines, which are kind of what causes inflammation, allergies.

Product Quality, Oils, and Buying C60

They they just made them work better. And that was taken to animal studies, which they found that C60 percent of the cytoplasm stopped. So helpful thing to know because a lot of people struggle with Mass L activation syndrome.

People are getting a lot more good information about that reality with histamine problems. Yeah. So C60 will a moderate release of the histamines from the mast cells and and so just everything just runs better your immune system is more functional, everything runs better.

And the other thing is, of course when you're pregnant, the levels rise you now have is one of the things there's a thing called peg needle in steel and usually happens in adrenals.

What's happening is most people today look, we all used to live on the farm, every one of us, 99% of us out there came from farmers. Right? It doesn't matter where you come from.

We're just farmers, right? We're out there. And life was a whole lot simpler and calmer. Okay. Today people are

super stressed. And what happens is that uses up the pregnancy bone in your adrenals too, goes to make cortisol or other stress hormones, and there's none left over for the androgens or the mineral quarter quads or the glucocorticoid.

So that's one of the big problems. You take C60, you got plenty of prednisolone, so now you can still make the cortisol, but you have some left over for the rest of these hormones that are super key and that's another way that really helps with diabetes and other sorts of disease conditions.

Cool, super cool. So as we talk about immune function and does all of this lipid C60 is providing, I know people will be thinking, how does this compare to vitamin C?

Well, well, it's it's a first off, it's it's totally different. Vitamin C, it's not only an antioxidant, it's also a nutrient and super critical for a lot of things.

It's like a building block, right? It's like the gasoline in your car and you still got to take your vitamin C as supercritical and people need it. But C60 is more like the radiator fluid, right?

It gets rid of those oxidative radicals, lifts it so your chemistry can work. And C60, vitamin C won't take care of the superoxide, Vitamin C won't take care of the hydroxyl ion.

C60 takes care of those. And so the vitamin C you have basically can go to where it needs to go because if the machine isn't running, you're not going to you're not going to be able to use that vitamin C just so everything works better.

So it's not like, yeah, it's I mean, don't stop taking your vitamin C. I mean, all people also say, you know, people should be taking vitamin D and vitamin K, They don't get enough of that in the American diet.

Another thing is magnesium. People don't get enough magnesium. And then finally, the last is iodine and micronutrients. I mean, you probably have other speakers who talk to a whole lot about that.

But those are like just the problem is the American diet sucks because our food is our food has been I mean, our croplands have been mined there, all these these hyper fertilizers and pesticides and herbicides.

And so the essential nutrients that used to be in the ground, I mean, really, if you can if you were to go out and you had a choice, go out and buy your vegetables from the Amish.

Right. They'd still do it. They still do like organic, you know, agriculture or the Mennonites, Right? That's all they do, right? They're really good at it.

And so if you can get that or a local farmer so that you can get organic food, that's why people always tell you get organic food because it's got those minerals, it's got those nutrients.

So a lot of them are using heritage plants. We have plants now that look wonderful, the grocery store shelves, but they just don't have the nutrients that you know, our grandparents made.

So they. Don't have the flavor either. So. Or flavor. Yeah. You go buy that apple, right? No flavor. You know, this is what's why the organic food is so much better.

And I mean, and actually today's food insecurity world, I mean, a lot of places people know you can get you can like adopt a farmer where you buy like a farm share.

And then as the crops come in, they deliver to your house or you go pick up, depending on how it is. The same way they can get a cow share, get the raw the raw, the raw milk if you if you go at that. So for you.

But so so I mean, that that's just like something I have. I mean, we have lots around here. We have lots of farmers

that do that. So I could go down to the farmer's market and get all that good stuff.

And I don't have to I don't have to buy it. You know, the taste will stop at the supermarket, which is, you know, when they have these sprays they put on them, they make a beautiful, you know, real vegetables are beautiful, but it is good.

I love that you said that in talking about the heirloom varieties and all. You know, I grew up in Philadelphia and I remember people coming in from the Amish country west of the city of Philadelphia.

They come into South Philly where I grew up, and I remember the horse and buggies, and they'd come in with the freshly churned butter and the milk and eggs and the vegetables and all. And that's how what I ate growing up.

And I'm so grateful. I say, lucky me, because we have that kind of food access. And I'm sad that so many people don't have access to quality food very readily.

It's actually become hard in a way that is just very strange. And so we're talking about some pretty fundamental things here around nutrition and nutrient density, right?

So seafood is a helpful partner just boost up whatever you got going on now. And the thing is, I mean, good health takes a lot of effort and more effort as you get older.

And a lot of that is research. I mean, now like the good foods, because the Amish are still out there, you know, maybe they're not in your supermarket, but there is, you know, places you can find their food.

And and it's just it's just yeah, I mean, the whole situation, all the chemicals, the food and all, you know, the electromagnetic radiation, which I'm sure other people have talked about and all these you're just so many toxins.

And, you know, C60 helps you deal with a lot of them. And I mean, you still they work really hard to get them out of your thing. But C60 is, you know, like one of the things, C60 also, if you take some, it's like a hangover cure, right?

So you take it before drinking, after drinking, and you don't wake up with a hangover, you know? So it does have some moral hazard there. And I don't encourage excessive drinking up to hangovers.

But, you know, it's still there. It's still there as well. And it's just a I mean, it's an adventure. And I mean, most of us when we were growing up, you know, we'd listen to the television.

I mean, when I was growing up, my mom my mom fed us margarine, those retarded, horrible, horrible cereals that, you know, they got at the supermarket, right?

So we didn't have all the healthy food, you know, growing up. It's just but, you know, now we know that stuff, right? We didn't know about margarine. It was just it was advertised very well, you know?

Well, you know, they used to advertise, you know, three out of four doctors, like two small camels know. So it's just, you know, you can't always believe, you know, you're you're the authorities, the television.

Immune Support, Vitamin C Comparison, and Dosing

You got to like, think for yourself and make sure you got to be your your best second opinion. You know, the doctor can tell you something. Go out and do your own research because just go on.

Sometimes just go to another standard. Doctor is not going to do it. You have to go out and research it and think about it and then and make those decisions.

Because when you make the decision that all you kind of buy into it, so you it gives motivation to actually fulfill the thing. If you just do what other people tell you, there's no you going to buy it.

And you got to have skin in the game right? To to to take for that better health. And so making your own health decisions is is a key part of that. Absolutely.

We all have to take personal responsibility for our health outcomes and be our advocate and make sure we understand what's going on. And if we aren't comfortable or we aren't clear, get to a point where you can work with your practitioner, where that's true, that's reasonable to expect, you know, so I've got two more questions for you before we wrap up our session here.

I'm enjoying very much hearing your information in the exchange and just getting more detailed behind the scenes of what goes on with C60. Right. So how much C60 should somebody take?

What are your recommendations? Okay, we have actually have a dose calculator, but for most people that are midway and, you know, maybe in their thirties, forties or fifties, it's like a teaspoon a day.

Like for me I'm a little bit heavier and also gray here. So it's basically a tablespoon. So somewhere between as if you've got gray hair and you're bigger, it's a tablespoon a day if you're a little bit younger and lighter, it's six feet tall, it's a teaspoon a day.

So somewhere between a teaspoon, a tablespoon. You really don't need to take more than that because at some point it's just, you know, I mean, they've done things where they gave in like one gram per kilogram of body weight, which is like 10,000 times that dose.

Right. And and there is still no toxicity which you weren't getting anywhere benefits. So somewhere between a teaspoon and a tablespoon and, and that's all you need and take it in the morning because it does kind of wrap everything up.

It's a little bit like coffee. A lot of people we have it in like you know MCT oil that people put it in their coffee, you know, the keto coffee. You can put it right in your coffee in the morning and get you going.

I personally do intermittent fasting, by the way, and I really encourage people to explore the concept of Intermittent fasting because I had I had like excessive weight and I tried everything, you know, the three products, no sugar, no flour, no milk.

Right. And all these other things and I could name my weight were down the list. It would just stick there. But when I did, intermittent fasting punched through and for a while there I was.

I was on my way to high school. Now I'm into the too many, too many restaurant excursions and other things. I'm a little bit higher than that, but I go back down, you know. But but I mean, I'm in that range, which is so much better than where I was before.

And I really attribute to intermittent fasting for bringing. That is the only thing that I found that worked for me for weight control. Thanks for bringing that up.

We do have speakers, a number of them on there. This summit talking about intermittent fasting and different aspects. And it's one of those things where we're looking for blood sugar control improving and reversing type 2 diabetes pre-diabetes making that difference on that metabolic front for some of us.

You know, that's going to be the answer. And everybody has to figure out the mix that makes sense for them. But it's part of our tool kit Right. So you've mentioned this a few times here, Ken, and I want to be sure that people understand what makes the C60 Purple Power special. Why?

C60 Purple Power? Well, first off, you know, we have sublimated C60 99.9%. It's we've got the healthy organic oils. We got. You know, QR, you know, look at that.

We also make it in a good manufacturing facility and we make it we love like we're there. Jess, our CEO and I,

we're on the production line every time it comes out.

So we're actually, you know, checking the bottles, doing it. We actually hands on on every production and so we're right there just to make sure that quality because we take it, our families take it, and we just want to make the really the best product, you know, that we can for for our customers and ourselves.

And that's just kind of and it's, you know, and it's actually a wonderful business to be in because, you know, we get love letters from people where you can actually make a living and give people great health.

And that's so fulfilling. Absolutely. I understand that. I do. I do. Thank you so much for being a sponsor and a partner with us hereat Reversing Type 2 Diabetes Summit.

Can if people want to learn more about C60, where can they go? Can you tell us where they can find you on the Internet? Yes. You want to go to shopC60.com, and that's the basic website.

You can go there. We have research studies. There's another place you can go besides shopC60.com, and that is whatisC60.org And that is like a nonprofit organization that we support because on our website or anybody else's website, we can only post human studies, right?

Why C60 Purple Power and Where to Learn More

Like the first human study, you know, it found C60 applied topically, got rid of lines and wrinkles in Japanese women and a whole bunch of others. But a lot of most of the studies are actually animal studies, so we can't post that.

So but what is whatisC60.org? They have the the animal, the human studies, the animal studies and little synopses. So you don't have to read the paper if.

You don't want to it'll tell you what it is. And there are some industry hit pieces because one of the things, you know, dissolves. C60 is the only C60 works particles of C60 suspended in whatever or taken straight.

They have no health benefits. So you got to know the type of C60 to take, you know, and there's a few industry hit pieces, though they can't go. They really are afraid of C60 But the cancer they can actually see found in C60 is now is they've taken a lot of patents out of the tens of millions of dollars worth of patents as C60 as an HCL replacer.

Like a lot of times you read your medicine, there's an HCL on itthat allows it to get through the digestive system, or they found C60 can do the same thing.

So probably most of your pharmaceuticals here in the future are going to be having C60 in them as the eight instead of HCL. But so we're kind of in a special place.

But yeah, we had C60 at shopC60.com, we we, we think we have the best C60 product on on the market. We know we have the best customer service. And and and so you can call in me on the call center, you know, you can text us or, you know, right on the Internet.

So and we'll get you answers. So that's one of our key things is great customer service and the best products around. All right, great. Thank you so much for being here with us on the Reversing Type 2 Diabetes Summit.

We appreciate you.