Introduction to the Restore Your Mitochondria Summit

Welcome back to the Restore Your Mitochondria matrix discussion. I'm your host, Laura Frontrow, and I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today, my guest is Ken Schwartz. Hi, Ken. Welcome to the summit. Glad to be on Laura. Yeah, I wanted to bring you on here because, you know, we're talking about solutions on this summit to restoring cellular health and mitochondria health and building energy and resolving chronic health issues.

And really, you are a man behind one of the big solutions. So that's what we're going to talk about today. We're going to talk about C60. This is C60 everyone.

And we're going to get into what this is and how this helps you. But Ken, you're the founder and chief science officer of C60 Purple Power. It's a health and wellness company committed to delivering the highest quality C60 products available.

We're going to talk about what that means, what what high quality means, and what you're looking for. And in your background, you've run several research science laboratories over the course of your career and discovered that C60 helped with the.

And you discovered that C60 was awesome while you were developing the Moxie fusion reactor. So you have to tell me what that is. And, and during your research, you became aware of the powerful free radical neutralizing properties of it.

And that's really, critical for mitochondrial health, which is why I wanted to have you on here. So welcome, welcome. Can you share with us a little bit about to start off your personal transformation with C60, how you stumbled on this, and then what happened to you?

Yes.

Ken Schwartz and the Discovery of C60

Well, C60 is a little molecule with 60 carbon atoms shaped like a little soccer ball. And you can probably see it behind me there. And, well, I was working on a, fusion reactor project, and we're going to be exposed to, deadly, you know, potentially radiation.

And so one of the things that, there's a I went out looking for it is that, you know, a lot of the people that done the same thing they'd had, you know, as the late doctor, this the late doctor that I didn't want to be in that category, so I didn't want to die.

You don't want to die while you were so let me get this straight. You were working on a nuclear reactor, so you're going to be exposed to bad stuff? Yeah. So what?

And so I just want to say, on a side note here, sorry to interrupt you, but I really want to set this up so people get the importance of this. Everyone we have radioactive elements in our water.

So don't think because you're not working on a nuclear reactor like Ken that you aren't exposed to radioactive elements. So I'm just going to let you go from there, okay.

Yeah. So I, you know, so I went out looking for something to protect my crew and myself against radiation. And I came across this stuff called carbon 60.

And, you know, they did an experiment. They did several of them actually, where they give one set of rats would get the C60. And then they had the control group, which didn't get any.

They exposed them both to like a deadly dose of radiation. And like all the C60 rats, would live where the control ones would immediately die. And so I said, that's the stuff for us.

So I found a couple sources, and we were taking it during the, during the experimentation. And by the way, we're still all around. And after the experimentation, I kept taking it because it got, you know, kind of had more energy.

The afternoon blahs, you get like after you eat lunch, you want to take a nap. That kind of went away. And, but the real thing happened about seven months after I started taking it.

I went into my eye doctor and my Drewes, or dry macular degeneration had completely disappeared. And which is the my. Yeah. My eye doctor had never seen that happen before.

And, you know, one thing's just a fluke. You know, I'm a scientist. So in the meantime, when my electrical engineer on the project, Gary Rodriguez, had developed, extreme wet macular degeneration, we used to be able to post his before and after pictures.

Now we can see they had kind of all kinds of heinous lesions on the inside of his eyeball. And, so he took, C60 about a tablespoon of C60 and MCT oil for a year and his, wet macular degeneration completely disappeared.

And, one of the things you want to talk about is that, like, for instance, the the retina, it's a macular degeneration is a retina disease, and the retina is part of the brain and brain cells actually have the highest level of mitochondria in the body.

You know, it's like two, two, you know, it's 2% the way to the body. And it uses 20% of the energy. And so and so that's the later we found that C60 is really an S-u-v mimic superoxide.

Just be Jake and it just you taste and it's really it really kind of restarts your mitochondria.

How C60 Supports Mitochondria and Oxidative Stress

Well so yeah, it's very relevant that we're having you on this summit and discussing this. So we know that oxidative stress is, a big damage of mitochondria.

So if you can give us the, CliffsNotes on what is oxidative stress and then how that impacts mitochondrial function. Well, oxidative stress is basically your body resting.

You've got these oxidative radicals out there. And just like oxygen will turn rust, you know, turn iron and the rest, the same thing would happen inside your cells.

You know, these oxidative radicals were cross-linked proteins. So they don't work the punch holes in your cell membrane. So things leak out or leak in. That shouldn't.

Then of course they can damage your RNA and DNA, and the mitochondria in your cell actually produce 65% of all the oxidative radicals that they face. And and of course, the body produces anti natural antioxidants to neutralize that.

You know, because the mitochondria are a little furnace of the cell, they're making 95% and making ATP, which is 95% of the energy that your cell uses.

And as we get older. So some of the key antioxidants that can only be produced here. So like so being superoxide I just just and catalase and and just Bluetooth ion tend to go down.

And so your mitochondria because they got their own little DNA. You have to like tune down themselves so they don't burn themselves out because they're a bit self-regulatory.

And then of course you don't have all the ATP you get and then you get all the problems of like low mitochondria dysfunction. Okay. So clearly oxidative stress is a problem.

We've had a lot of speakers on this summit. So go back and watch the interviews. You know where we talk about what's going on with mitochondria decline.

And and it really drops biogenesis and reproducing of mitochondria growing of mitochondria. And and then chronic disease is the end result. So what is what is C60 exactly.

And how can it support mitochondrial function. Well see 60 is a little molecule, 60 carbon atoms shaped like a, a soccer ball. And, it's one of the most powerful antioxidants known.

And it's basically a it's what's called an soddy catalase mimic. That means it can do the most powerful, most damaging oxidative radical that your mitochondria make is super oxide.

And that's an oxygen with an extra electron. And that's extremely rust causing, damaging. And and so, usually your body has catalase or has, soddy, which neutrons superoxide into hydrogen peroxide.

Then catalase turns it into turns the hydrogen peroxide into water and then oxygen. And that's kind of how. But as we age that goes down. And so the mitochondria have to go down.

What do you take C60 C60 does the job of soda and catalase in one step. And it actually C60 will actually unlike other molecules it actually releasing electron into the environment to get a positive charge which negatively charge oxidative radicals are attracted to.

It actually pulls hydrogen ions from the environment inside itself, especially inside the mitochondria, goes to the outer membrane wall and the mitochondria, which are positively charged because they have lots of hydrogen ions.

So it kind of fills up there and then it becomes positively charged and it heads toward the inner membrane, which is negatively charged. And also in between you've got all superoxide and the hydroxyl ion.

The second most damaging oxidative radical in the body. And C60 will what kind of attract those? And it just takes the electron off super oxide and contributes to a hydrogen ion, neutralizing it back to oxygen so it can go back in the Krebs cycle.

And for the hydroxyl ion, it just basically releases one of those hydrogen ions and turns the hydroxyl radical back into water. And then eventually it runs out of those positive hydrogen ions, a few, oxidative radicals stick to it.

Then it heads back to the outer membrane and where it fills up again, neutralizes and fills up again. And so you can have hundreds of thousands of these little, C60 molecules bouncing back and forth between the membranes in your mitochondria, neutralizing oxidative radicals and such.

Yeah. And something really critical that I heard you say and other speakers have talked about this on the summit, is the importance of hydrogen getting into the cell?

But, hydrogen is is quite healing. It helps with cellular regeneration. You know, there's a lot of companies out there that sell hydrogen products, right, like molecular hydrogen that you have, you know, that evaporates in the air and you have to drink it down really quick and, you know, and then there's, hydrogenated water.

There's there's all different types of it, but this helps drive that hydrogen in. That's what I heard you hear, which is really, you know. Oh, yeah. Exactly. And.

Yeah, C60 is a hydrogen sponge. So usually if you do a hydrogen gas therapy within 11 minutes, all the hydrogen is out of your body, or C60, it can, it can it has this affinity for hydrogen, part of the carbon bonding that it is.

And so it can hold up to 56, hydrogen atoms and six on the inside. Okay. So so instead of letting you know that instead of it just going away in 11 minutes, it's going to stick to your C60 molecules, the C60 is going to use it to neutralize oxidative radicals.

So you get so much more benefit out of hydrogen gas therapy if you're also using C60 with it. It kind of supercharges hydrogen gas simultaneous. Yeah. If you're going to do that, make it make it last.

So let's talk about the benefits. We can see when someone's using C60. I mean obviously it's lifting the oxidative burden on the cells. So what happens when we lift that.

Well what's you're going to do is is well C60 free radicals spun. So it just kind of sucks up those, free radicals.

Benefits, Testimonials, and Who May Benefit

And so the first thing that you're going to notice is, is probably an increase in, in mental energy, because that's because the first thing C60 helps is any parts, cells in your body that have a lot of mitochondria.

And the number one cells that do that are our brain cells, basically. So you get that increase in energy and mental clarity. You know, the brain fog goes away.

It's just you're more focused. Your ability to focus goes way up. And and also of course, it's it's an antioxidant goes everywhere. So you also get a decrease in inflammation.

And, and that's one of the benefits because, you know, there's two types of inflammation. There's, there's a cute inflammation when you sprain wrinkle, right.

You're kind of swells up. It's, puffs up. But and so it doesn't move. But one thing people don't know is inflammation also causes a suppression of dopamine, which is the motivation molecule, because they don't want you to get up and walk around on your ankle.

So there's a natural process that suppresses that. And that's great with acute inflammation. But with chronic inflammation, which so many people have because of basically of, oxidative radical production that causes this chronic inflammation, it just permanently suppresses your dopamine.

So you just feel like you don't have any energy. You don't want to do anything. Well, C60 gets in there, gets rid of that to chronic inflammation, reduces it.

And then that whole process allows when it's when it's blocked allows the dopamine production to restore. So another thing people noticed was like an increase in motivation.

They want to get off the couch and start doing the things that they love to do before, you know, they'll start, it's a lot of people, if it takes up, they'll go start cleaning the house.

That's a common side effect, or they'll get up and start doing exercise routines. So you get that motivation back. And, and a lot of the aches and pains and things that you've been having just kind of go away. Yeah.

Anything works better. Let's talk about some stories about what your what your clients have experienced. You had this macular degeneration miracle. You're just mentioning it helps with dopamine and helps with motivation, helps with aches and pains.

But I know that it even helps with some other things. So, you know who might want to take this? Well, I'll give you an example of a well, anybody? Basically, if you're in the gray haired crowd, you want C60 because because as

you get older, that sod and catalase can do the thing goes way down and C60 can take the place of that.

And really it's the only thing, but there's really not. When you have mitochondria dysfunction, there is very few treatments. You have because, you know, it's there's ones where you can do supplementation to, to build like the sod and the glutathione and the catalase.

But it takes a long time and it's very ineffective. Whereas C60 it's almost immediate there. And I'll give you an example. This is one it's a little bit much, but but this is this is actually kind of typical.

I'm seven years old and been in poor health. However, after one year of taking C60 purple power, my high blood pressure is gone. My eyesight is markedly improved, my aches and pains have disappeared, my high frequency hearing loss since I was 18 years old has disappeared.

My hair is browner and my energy level is much, much better. I've also lost 50 pounds. I was diagnosed with by an endocrinologist as being overweight due to a genetic problem with my liver, which runs in my family.

So the only explanation for the weight loss is that was what I would call a miraculous or historic restoration of my liver function. Bless you and all the good people that make this wonderful supplement available.

And finally, my whole family and many friends are now on board. And if that's what you get, or here's another one. I have, faithfully taken C60 purple power for better than a year now at age 52.

I feel great and my energy levels are awesome. I've been stuffing arthritis in my lower joint since I was 48 years old. Now, one year later, after taking C60 purple power, I have no arthritic joint pain at all, you know.

Thank you. And so that's kind of the things that we get all the time. We get love letters, like every day. Kind of describing that. Yeah. Now let's, thank you for sharing that.

And let's talk about what to look for as a consumer, because there's a couple C60 products out there. It's not proprietary to you, right? I mean, yeah, people can make this.

So what are they need to be on the lookout for. And what sets this aside. So I'll just say on a side note, I'm part of a functional medicine, you know, mastermind.

And we many of us use this product. This is really been endorsed by many of the, specialists that I know in my community. So explain to people why we like this, why we love it, and why we go towards this particular product.

Well, there's a you know, this one C60 was small, a few producers were making it. Everybody made a good product. And, you know, because they and their their families were using it. Right.

But it became popular. And so we have all these fly by nighters which and so which maybe have low quality C60, no C60.

What to Look for in a Quality C60 Product

So there's basically three things you want to look for. First, you want to look for purity. You want 99.99% pure C60. And that's the purest on the market.

And the reason for that is is kind of the way that it's purified. And that's why you want sublimated C60. And if you remember from let's say chemistry class, high school chemistry class, sublimate is the cousin of evaporation.

It's when a solid turns into a vapor, then condenses back into a solid. And that's all of our C60 is that they basically put it in the sublimate or heat it up to 400 Celsius, and it turns the C60 into a gas for the production ashes, and that gas will float across and then condense on the other side of the sublimated, where it's cooler.

And that's how you get 99.99% pure C60, because a lot of C60 producers use C60. That's that's, purified using methyl benzene, thulium, which is actually a toxic, industrial solvent.

And so like if, see, oven baked or 99.9% pure, you're looking at basically a solvent based, C60 that was purified. And so there's, you know, no matter how much they purify it, there's always a little bit of solvent left in it.

So that's why you I that's concerning to me, Ken. I mean, I spend a large part of my practice helping people remove environmental and industrial toxins from their body.

And this is something that people don't realize. You can actually be adding to your toxic load by the supplements you're taking, because not all supplements are created equal impurity and quality.

So I'm really glad we're talking about this. Yeah. So that's what you want to. Yeah. So always look for sublimated C60. And there's I'm not the only producer out there.

There's there's several other producers that make sublimated C60 because we use it in our families use it and we really don't want to be, you know, taking totally medical benzene into our diet.

And then the third thing is, we use kind of like the Goldilocks of oils because, you know, there's some oils out there that have that, you know, have a long shelf life, but they got a really high level of omega six is in our inflammatory, which is, you know, kind of what you're using C60 to get rid of inflammation, things like canola oil, canola oil, soybean oil, cottonseed oil, sunflower oil, safflower oil, all of these oils have such high levels of omega six.

They're actually inflammatory for you. And frankly, you shouldn't be eating them at all in your diet anyway, let alone in your C60 product. And then on the other side, there's some oils that are really great for you, like flaxseed oil and hemp seed oil.

And, and fish oil, krill oil. And those are because they have a really high level of omega threes in them. Right? Only problem is they go rancid really quickly.

In fact, any of those oils flax fish or hemp seed oil, you should always buy out of the refrigerated section of your grocery store or your health food store, because if you buy them off the shelf, chances are the rancid and rancid oils really that.

So what we do is we pick, like the Goldilocks of oils, oils that have a really nice omega three six balance. So they're anti-inflammatory and healthy for you.

Like for instance, avocado oil. Right. Extra virgin all. We have 100% organic oils by the way. So obviously organic avocado oil. Everybody knows about the Mediterranean diet and how people have been using avocado oil for thousands of years.

And we all know how healthy it is. And then also when when it first came out, you know, the first C60 products I could get, I could only find it and extra virgin olive oil because that's what a lot of the research was and everybody imitated that.

But I have a sensitive digestive system. So a lot of times if I take too much olive oil, it'll go right through me. So I started putting it in, 100% organic, avocado oil, which has a really good mix of omega three and six, just like, olive oil.

But it's a little it's a lot easier to digest. So that's of the oil that I really like. And then the other oil we put in is we also use MCT coconut oil.

And I don't know if you've, if you're from people are familiar with MCT stands for medium chain triglycerides. And those MCTs can be taken by your liver and turned into ketones, which your cells can use for immediate flex fuel.

Those are like Gary Rodriguez, my engineer. He had type two diabetes. Rodriguez right. And it runs there. And so he he needed like that extra because if because when you have to take MCTs it turns into ketones.

So if you don't have glucose available those cells can just take the ketones and run off fat. So it's like flex fuel for your for your cells. And by the way, his type two diabetes went away after a year besides getting rid of his macular degeneration.

So so those are kind of the three Goldilocks oils olive oil avocado oil and MCT oil. And which are the best, healthiest for you? And, so, you know, which.

And if you got a good post-processing issue, you probably want to do MCT oil. And this is best, delivered to the body in an oil, I'm assuming, because, yeah, there's no C60, has no solubility in water.

Okay. And so so basically you and so you want to do it, you want to make sure you yeah. You take it in a healthy oil because there's really there's really there's a poly hydrogenated, but that's many times more expensive.

It's only used in like certain experiments. And it doesn't matter whether it's poly hydroxide or oil it once it the oils will take you past the gut barrier and then went into your blood.

The C60 will pass the blood brain barrier. And so, you know, you go everywhere in your body. It just won't absorb without the oil now taking it should be with a meal on an empty stomach.

How to Take C60 and Lifestyle Best Practices

How do you recommend doing it? Well, that matters on a per people's personal, preference. If you've never digested oil straight before, it should. It's best taking an empty stomach in the morning, because it does.

When it ramps up your mitochondria, you get like an energy boost. And you'll notice that immediately. And so, so if you've never does digested oil before, it's fine to take it with, let's say, food in the morning at breakfast.

That would be fine. Okay. So just a teaspoon. Just. Yeah. Somewhere it's between a teaspoon and a tablespoon if you're like in your you're mid 30s or 40s and you know you're moderate weight right.

A teaspoon is fine. Now if you get a little older you got some gray hair and a few years on. Yeah. So then it's probably about a tablespoon. We double up on our website which is shop c60.com.

If you go there, we actually have a dose indicator, you know, where you can kind of find out what it is. But usually it's about if you're older it's about a tablespoon and heavier it's a tablespoon.

And for most people younger and lighter it's just a teaspoon a day in the morning. Yeah. Perfect. Okay, so, thank you for describing this, for explaining how it works.

Now, I'm sure you agree this in combination with healthy lifestyle is your sweet spot. So what do you have to say can about healthy lifestyle in combination with the supplement?

Because we all know that supplements alone cannot solve the problem. You must walk the walk and talk the talk. So share with us some of the best practices to really amplify the results of this.

Oh yes. Yeah, C60 is not some magic pill that's going to take and fix your things. Like if you you've got to you go. First off it's like old vets. What's the best for animal health. Same for people.

It's diet diet, diet. So eating healthy is probably one of your number one things. You know organic foods if you can. They found just two weeks of organic fruits and vegetables, got rid of 90% of the pesticide herbicide burden that's in a person's body.

Right. So eating organic and healthy foods for you and staying away for like the seed oils, which I talked a little bit about earlier, that's really key.

Clean water and supplementation. A lot of the foods today simply don't have the vitamins and minerals that they did in the past. So a good process of getting supplementation would be do and also avoiding toxic, situations, you know, before you get out of the bad, you're out of your house in the morning.

You've been exposed to 3 to 500 toxic chemicals, right, in everyday products in your house. And there's a, there's actually, there's, things you go online like, I think, think dirty.

It's actually a, program online where you can actually type in whatever, you know, products you have in your house and tell you, is this a good product or is it like, has toxic substance?

It's a that's an excellent resource, by the way. It is think dirty. And there is an app you can put on your phone, and it's a barcode scanner. And you can literally scan the barcodes of probably over 100,000 products.

It's growing all the time. And if you scan a product, it's not in there. You could suggest to them to add it, and then they'll go and rate it. And you can come back and see if they've put it in later on.

Yeah. Excellent. Reference. And, and also there's also there's like for instance, electromagnetic, pollution. Yeah. A lot of people don't think about that.

But, you know, we're being exposed to billions of times more electromagnetic radiation. Their ancestors were. So, you know, you got routers and everything else.

And so that can actually and people, you know, they used to say, oh, it doesn't heat the brain up. You know, they did the thermal, but they found now that a lot of those electromagnetic frequencies will actually jam open voltage gated channels in your cell.

So like calcium will leak in and there's all kinds of damage because and so if you can reduce your electromagnetic, pollution levels, that's huge. And there's, there's lots of things, there's clothing that you can buy or you can just, you know, you can instead of running or, you know, running a router, you can just, use Ethernet, right?

Wire directly wiring your computer so you don't have we've got a couple really good talks about that on the summit. So make sure you look for those talks about emfs and dirty electricity and all the damage that does to your cellular health.

So excellent. Yes. Yeah. And so all of those things working together. So you know, C60 is just one tool in the toolkit for better health, but you got to put some effort into it.

And the other one let's think about it is exercise. You got to get off your ass and get out the door and do exercise. That's number one. And I know the corona thing.

Let me I had my corona roll too. I've been out, but I've been out walking and and, you know, getting getting that weight off because of, you know, because we were so inactive during that period.

So that's another key one, you know, good food, good water, exercise, good mental attitude. There's a lot of toxic people in your life. And, getting rid of toxic people in your life can make it so much better.

And, it's just that's those things that just happened and my, some of my personal things that I do, obviously, I do supplementation of and micronutrients as well.

But, I also actually practice intermittent fasting with occasional periodic fasting. And believe me, I try, but I, I gained a little bit of weight in the past.

And, you know, I do the diets, you know, there's all kinds of different diets. And I go down to a certain level and I just get stuck there. But when I did intermittent fasting, I punched right through those levels and I went back to the weights I was when I was in high school.

Excellent. So we've got talks on intermittent fasting on this. Oh yes. That is you're hitting all the big points because that is really, really a great way to help restore your mitochondrial function.

And restore your, your biology. So thank you, Ken, for all the tips. Again. We can find you at shop c60.com. Is that right? Yes. Okay. Fantastic. Thank you so much for being here and outlining this really great solution for our audience.

Glad to be on and, help give them some information about C60. Okay. You take good care now. Bye bye.