Power Your Detox With The Magic of Algae Transcript

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Introduction and Guest Background

– Hello and welcome to the Environmental Toxicants Auto Immunity and Chronic Disease Summit. I'm your host, Ed Levitan. And we're very excited to have Catherine Johnston from energy bits talking with us today.

She is an expert in allergy, nutrition, wellness, thought leader, and experienced entrepreneur and a sought after speaker. And we're really excited to have her. She has her M B A and is a board certified health coach. She spent the last 10 years researching algae, writing papers, giving presentations, lectures and conferences and speaking at over 100 and 50 podcast all about algae. And I'm really excited to learn uh a biology because that's, that's not something I'm strong in.

So no one is Catharine. Welcome. I'm looking forward to this because I know I'm going to learn a lot and hopefully our viewers are going to learn some.

– Absolutely. Well, the greatest thing that I can share with people and you'll hopefully at the beginning and the end of the talk, you'll learn about how um ancient algae is. Number one.

So it's not new to you. I tell people it's just new to you. It's just, it's not new, it's just new to you. Um, and also it's a food, um, which we'll talk about in a minute. It's not a supplement, which is very important because food is better absorbed and used by your body.

And number three um, it's effortless to take because it comes in small little tablets that you can swallow or two or add to a smoothie. So, um, and the most important thing is you're gonna find out is it has amazing detox capabilities and healing benefits, which are all documented in about 100,000 studies.

So, so only 100 no, I thought we were going to like the scientific here. But okay. Alright. Well, there's about 60,000 on spirulina because there's two algae.

We're gonna talk about spirulina and chlorella 60,000 and about 40,000 on chlorella. Many people may be familiar with spirulina because very often it's offered at a smoothie store too. As a scoop in your smoothie men.

People may not know about chlorella, although it's the better detoxing algae and we'll get into that in a minute. Both of them are very cleansing because of the high chlorophyll that's in the highest chlorophyll in the world.

But yeah, it's, it's a well documented on sitting on solid scientific foundation. And in fact, NASA, we have a quote from NASA says one g of algae as you're gonna find out is that has 1000 equal to 1000 g of nutrients in vegetables.

So 1 to 1000. And then the United Nations has endorsed spirulina algae for 50 years since, as the answer to world hunger because it has the highest concentration of protein in the world.

Algae as Ancient Food and Nutrient-Dense Detox Support

And it's a complete protein with all the nine amino is your body can't make. So it's got international recognition, the Scientific foundation, it's a multibillion dollar agricultural crop in Asia.

Um And I'm gonna show you a picture of L D farms just to prove to you it's not a supplement. Here's a Spirulina farm and this is a clear L A farm. So two points.

It's, it's food, not a supplement. And number two, it's not from the ocean. Yes, there is algae in the ocean, but this is grown in, ours has grown in triple filtered spring mountain water.

So no toxins from the ocean, protecting the ocean. And we call them bits because they're, they're bits of food. – So Catharine, I'm curious because you mentioned that uh people have been eating this for thousands of years.

How like that's always curious to me, how, how have people been consuming it? – Well, um uh in fact, they still do this in Africa. They did this back in um 2, 300 years ago. The Aztecs in Mexico, they would grow it, you know, this was unsophisticated, you know, agriculture would grow it in water and then they would um and, you know, I'll show you how we do it and then we just, they would just gather all, all the algae and um, form it into patties and they actually, and this is how they eat it in Africa.

Even now they eat it like a hamburger, except it's just, it's just raw algae, spirulina, algae. The Egyptians used to wrap themselves in it. Um, and algae, by the way, has been used for oh 20 years in very expensive creams like Le Maire. That's the secret ingredient, by the way, ladies and gentlemen, especially ladies, Lemaire uses algae because of the antioxidant capabilities and the healing properties.

Um But we and in Asia it's been become a multi, as I mentioned, multi billion dollar industry is as large as the beef industry is here and, and yet you don't know about it because it doesn't, doesn't grow here.

99% of algae has grown in Asia and 99% of it is consumed in Asia. So they have no, no reason to educate you because they, The whole market is in Asia and that's where it's all grown and you don't know it because you don't, you don't see it when you're going to work, you don't see it when you're going to school and nobody has educated you about the wellness and detox benefits until now. And I've been spending, I've spent 13 years doing it. Um So again, we grow it in fresh water and so the Asians have, have created this industry, it's very sophisticated and then after it's grown, it's dried, shot up in the air and dried into a powder.

Now, what makes us different is that we do not use high heat to dry our algae. So all of our enzymes are intact, which is very important because there's one called super oxide Disney tees, which protects your mitochondria from free radical damage.

And we'll get to that when we get into more detox and non knowledge. But then after it's dried, it's pressed into these little tablets. And you can get these tablets at whole foods or Costco, but they're not going to be as high quality as ours because most other companies aren't as careful about how they grow it or dry it. And they often use binders but they grow in these little tablets, which is so amazing. This one's spirulina, which is a blue green algae. That's why it's darker.

This is chlorella which is a green algae and we're gonna talk about the two different allergies in a minute. But each of these tablets is so nutrient dense.

Using that calculation from NASA has the same nutrition as an entire plate of vegetables that you didn't have to drag home from the grocery store. Clean cook, eat, throw away when they go bad, argue with your kids to finish their vegetables, argue with your husband to finish the vegetables. Nothing.

This is effortless nutrition and it's very healing and detoxing. So I just had a plate of vegetables. While I was talking to you, each, each tablet has the same nutrition as an entire plate of vegetables.

And then, you know, the United Nations and all the Centers for Disease Control say that all Americans are not getting their requirement, daily requirement of vegetables.

Well, here's the way to do it All you have. If you just can swallow water, you can get the nourishment that you need to protect yourself from chemicals, pesticides, heavy metals, get all of the protein, all the chlorophyll, 40 vitamins and minerals effortlessly. And this is the key because that we work with you know, uh, functional medicine doctors nationwide chiropractors, um, and who are constantly trying to get their patients to incorporate more vegetables, especially organic if possible because of the cleansing and nourishment.

But it's hard work. It takes a lot of time and a lot of stuff goes bad. So this is your answer. There's so much nutrition in each one of our bags of algae tablets.

I'll just show you they come in 1,000,000 tablets in a bag. One bag has the same nutrition as 551 pounds of crazy. Right. And so if you, we recommend like 10 a day, um, you know, you could take less or you can certainly take more.

We have Olympic athletes to take like 75 before a game or whatever. But yeah, yeah, 100 just to let you know, but 10 is plenty 10 will get you. Uh, and we'll talk about the two different allergy because spirulina is very nourishing and energizing and chlorella was very detox and, and healing.

Um, but if you took 10 a day, that bag would last you three months, three months. So there's three months of vegetable nutrition, protein. Oh, sorry. Um, in each one of these bags. So it's very concentrated nutrition and I call it your health insurance and we'll talk about that in a minute because it gives your body everything it needs to perform optimally. Your brain, your mitochondria, your, your gut, your bio mom and to get rid of the things that you don't want. Like heavy metals, pesticides, chemicals.

Um, and that's through chlorella. But um, anyways there, there, it's, it's really remarkable nutrition. I'm, I consider myself the lucky one to tell people about it because it's been here since the world began. Algae was the first, the first life on earth, not just the first plant, the first life almost four billion years ago.

Spirulina: Energy, Protein, and Cellular Fuel

And you know, it's, it's actually as you're going to find out it evolved to become our mitochondria which generate the energy for its called cellular energy for everything in our body, including detoxing and cleansing in your heartbeat and your walking and your talking.

So the fact that algae evolved into mitochondria in our health and our longevity are determined by our mitochondria. Um, makes it makes complete sense to me that algae is the thing that your mitochondria need the most because they come from the same family and we'll get into the, you know, some of the interesting nuances of that in a few minutes.

– Yeah, that's pretty, I mean, so, Just to be clear because I always like to go a little deeper. Um, you said 41 vitamins and minerals that Algae has.

Yeah, it's pretty amazing. – Naturally. We don't add anything to it. It's, and so it's a raw food. It's vegan, it's ketogenic has zero carbs and we've done tests. It does not increase your glucose or decrease your ketones. As you're gonna find out in a minute.

Spirulina is a bacteria. It's called a cyanobacteria has no fiber. So older people are very often have compromised digestion. This is the safest easiest thing to get into your body.

It's bio, 99% bio available and we'll talk about that in a minute. So it's as healthy and easy for newborns, kids, teenagers, grandparents, um, no drug interactions whatsoever. It's just the most comprehensively complete food in the world, but nobody understands it. – Does it matter when you were talking about food. My, my question would be, doesn't matter if you take some supplements you want to take outside of food, some supplements you want to take with food since this is a food.

Do you get more benefit if you take it outside of food with food? Does it matter. – It absolutely doesn't matter. And you can take it on. A lot of people can't take including myself supplements on an empty stomach because those, well, so let's talk about supplements.

Briefly. Supplements are made in factories or industrial complexes. Primarily using extracts from that don't exist in nature. I mean, there are some exceptions of some really good companies but most supplement companies are just extracts and they do a mash up of these extracts using high heat which damage the nutrients and kill any enzymes.

So your body has a hard time absorbing those extracts because they don't exist like that in nature. Our bodies are

part of nature and, and so they go well, you know, there's the ascorbic acid part of vitamin C but where's the rest of it?

Where's the enzymes and co enzymes, the factors and factors algae. If you want to make a comparison, algae is like a symphony and supplements are like listening to a grade three soloist just figuring out how to do stuff, the, the harmony and the symphony of algae has been created by mother nature.

And so you get all the enzymes and co enzymes and factors and co factors. So they leverage and elevate the absorption rate of every nutrient that's already in there.

Um And you know, maybe this will be a good segue to talk about the two different algae because they do completely different things in your body. And as a result. – What are the differences? – Yeah. So spirulina is a blue green algae it was the one that was the first life on earth four billion years ago.

And it is a bacteria, it's called a cyanobacteria. Now, the reason why it's important for you to know that is that there is no cellular wall because it's a bacteria. So there's nothing for your body to have to do to get access to the nutrients. And in addition, it has the um has the highest concentration of protein in the world, all of which are in individual amino knows when you have animal protein, they're all bound up and could take hours or days to get access to the amino collagen is in clusters of peptides which are faster absorption.

Although I will tell you algae has more collagen and collagen powder. And analogy the protein is already in an individual amino knows which allow it to be absorbed, absorbed instantly. And then uh and as I mentioned, it's a complete protein has the nine amino is your body can't make and it has 18 of the 20.

Now, it also spirulina also has a very high amount of B vitamins B vitamins that will convert the amino acids into glucose that then is fed into your mitochondria that then converted into A T P energy. It also has very high in iron which carries oxygen in your blood. Um It has very high essential fatty acids like omega three which help your brain. So all in all spirulina is known as an energizing algae. We calls our spirulina energy bits for that reason because it fuels and energizes your brain, your body, your mitochondria. But I want to point out a couple of things.

First of all, this is cellular energy. We had a customer contact us today and say, well, can I take this before? Better? Will it keep me up? And the answer is no, because it's not a stimulant, the nutrients in, in both the algae but particular energy does are for cellular energy. So, if you take spirulina, we recommend generally in the morning because that's when you're hungry and tired and you're doing intermittent fasting, it doesn't interfere with your fast and you want to get out the door. So just swallow 10 and you're good to go zero carbs, 11 calorie per tablet if you're on a weight loss program, but you still get rich nourishment and it will still energize you but not with a rush or a crash. Like you would get from a, from a stimulant.

It's because it's that cellular energy. Now, if you decided you took your 10 tablets and you wanted to go have a nap, you would have a great nap because the, because this, the cellular energy that's being provided will help you sleep.

If you decide you want to go for a run or you want to lift weights or you are driving or you're writing an exam, the cellular energy will be directed to the purpose of your choice. Um The only analogy I've come up with and I was talking with my team today is, it's like oxygen. You, you take oxygen and then you, you use it for different purposes. Maybe you're working out or maybe you're trying to meditate, but you get to deploy the oxygen in whatever reason that you want.

And this is how we need to help people understand the cellular energy, piece of energy bits because it doesn't, it will not keep you up. It will just be directed to your mitochondria to function in a way that facilitates the best outcome for you. – So when will people start kind of feeling the effect? – Yeah. 20 minutes.

This isn't anything. It's not a drug. You don't have to build it up to suddenly start feeling it the more you take the better. So if, after, you know, if you chew it, you'll, you'll feel I just had some.

So I've got some of my corners of my mouth if you chew it as I do, although it's a very earthy flavor and it's very chewy because has the highest protein in the world that's loaded with its three times the protein of steak and it's a little bit central. So it's very chewy and it will stick briefly to your teeth. And so a lot of people don't like that.

If you swallow it, you get the same benefits, just takes about a few minutes longer. Um And there is no repeat. I can't take fish oil because I would, I burp it up all the time. That never happens with algae.

When it goes down, it stays down. So if you swallow it, yeah, again, about five or 10 minutes, your hunger will be gone. You'll just, you'll feel fresh that the kind of energy you get is just, you just feel really clear. Um It's not, as I said, a stimulant and if you're not feeling that, then you just need to take more.

Um, most people, we have people who are anemic, they had to spirulina energy bits tablets and they said they had the best work out of their life. But then, as I mentioned, We feel NHL teams and they put 75 of these tablets in a smoothie before a game and then they'll talk about chloral in a minute.

They put 75 of those in their, in their smoothie after the game. So it's really, and that's an elite athlete. They're quite in their own category. But if you took 20 or 30, it could be a meal replacement doctors like yourself.

You're so busy in between patients. And, you know, if you don't have a quiet, I, I can't eat and when it's really noisy and busy, it upsets my digestion. And for most of all it does the same thing too because you, you need to be present um and be able to chew properly and we're so busy that if that doesn't happen, this is your answer. This can get you through and give you the nourishment. Satisfy your hunger, give you the brain and physical energy that you need to accomplish whatever your goal is until you can have a proper meal. Or it could be a meal replacement because it is so complete with those 40 vitamins, minerals. In fact, I'm the one that found out that the profile of spirulina, especially the caminos is identical to mother's breast milk, same amino, same proportion.

And it's something called G L A which is a, an omega six technically, but because we don't use high heat, it behaves like an omega three. And just to prove to you how important G L A is the only place with more of it is mother's breast milk. And mother nature knew that this was an important omega for the baby's brain because it doubles or triples in size after birth.

So, so, you know, it's, it's very nourishing and energizing at the cellular level. So it can replace many of your supplements, definitely can replace your fish oil.

And because it's food, your body will be able to absorb it efficiently and deploy it effectively. And that can't be said about most supplements. – Interesting and yeah, a lot of people cannot tolerate fish oil. So if you can really replace that and see that change in their omega three omega six ratios. – Because one of the best things about the omega, good, healthy omegas are that it reduces inflammation.

Your cell walls are made of fats. And when you have inflammation, the cell wall becomes damage.

Chlorella: Detox, Recovery, and Sleep Support

It's called a lipid cell wall, which interferes with the proper absorption of nutrients and the removal of toxins and lots of your new require receptors and these receptors become damaged either from toxins or um and the worst defender of fats are the are the seed oils like canola oil because they are a very inflammatory and they are made with high heat, which is very damaging. But I need to point out that people that are using fish oil, where do you think the fish get the fish oil or the omega three from, they get it from algae because algae is everywhere.

It's in the oceans, the lakes, rivers and streams and they consolidated in their bodies. But there's um there's over fishing for the fish oil which is damaging the oceans.

So and fish oil quite honestly goes rancid almost immediately. Uh It's just a natural oxidative process. So I tell people save the fish safe yourself, get all the benefits that you want, but from a shelf stable earth, sustainable food based source and you will feel better and you'll know you're doing your part for the sustainability movement.

Alright. So that's yeah. So again, once again, you can see the difference in the colors. This is, I forgot to mention the two pigments in the spirulina.

One is chlorophyll which is in close to the other one is Fico Sinan, which is a blue pigment. And if you put the tablets in water, this is the beautiful blue that would come out which and that Fico sign is a water based pigment and it has healing properties. I'll just mention two of them.

One is called anti angiogenesis, which means it stops the growth of blood vessels to tumors. So anyone who either is, has a tumor or cancer, a diagnosis, this is really important, not only for that reason, but also it's very alkaline and we can, we can talk about that. Now, Clara Ella, the other benefit I want to know is that it's um it sits on top that Figo sign and sits on top of what's called your A C E two receptor cell, which is where the COVID virus enters into your body.

Most of them are in your nose and your lungs and your, your throat. Um And so it sits on top of it and it intercepts the COVID virus so that it can't get absorbed.

So that, that's pretty important. That's pretty amazing. Right? Again, all of this is documented in science in the NIH library. And on that note, the University of Pittsburgh developed a COVID virus vaccine, no spray based on algae because of the fico sign and properties.

So anyways, it's all real stuff. But chlorella, let's talk, let's switch over to chlorella, which is a green algae and it evolved a billion years after spirulina.

Now member spirulina has the highest protein in the world. chlorella has the highest chlorophyll in the world. That's why it's called chlorella which is a mouthful and you may want to know what's so important about chlorella or chlorophyll. So let me give you a couple of tips.

So your chlorophyll um cell structure is virtually identical to your blood. The difference only difference really is um your chlorophyll has um magnesium in the middle and your blood has iron in the middle of the iron atoms, what carries oxygen in your blood. So number one chlorophyll build your blood.

This is very important with to have a healthy body toxin free body. Um If you, if you have healthy blood, you're getting oxygen to your organs to your brain, you're getting nutrients. They're not um they're not, you know, clumping. Uh it helps reduce um um blood pressure, cholesterol. Very, very, very important.

Chlorophyll is very healing. It's always been used in surgeries for centuries. Um So it's, it's got and by the way, it also is used topically to kill bacteria. So, chlorophyll is very, very healing. Number two, chlorophyll is a fat based pigment.

Remember I said spiraling actually is a water based pigment which helps heal blood vessels will chlorella by the way, we call a chlorella recovery bits because it helps you heal your body the chlorophyll is a fat based pigment and this is important because remember we said healthy fats are important to have healthy cell walls.

So, chlorophyll is just as healing to your cell wall as an omega is healthy omega because it, it nourishes the cell walls which allows nutrients to get in and toxins to get out, you know, getting rid of those toxins is a very, very important thing.

So that's, that's another benefit of um of chlorophyll. Chlorophyll is also very cleansing. And of course, there's lots of chlorophyll and spirulina. Chlorophyll has been used for um to kill bacteria in your mouth. So, um it kills bad breath in your colon in your any elimination. So that, that's kind of a little bonus and chlorophyll only about five or 10% is absorbed in your body.

The rest of it travels through your liver, which is very important and through your colon. So it's been used chlorella because of the cleansing nature and the healing nature has been used for decades. Um for I B S Crohn's disease, any kind of gut or colon issue at all. So, those are a couple of top points.

– So when you talk about like Crohn's and all sort of colitis and inflammatory bowel disease, a lot of people would be concerned about. Um, a lot of times we talk about no nuts. No, nothing that's hard has I'm assuming the chlorella is there to fix and won't irritate. But I wanna, has there been any studies or anything? – Well, it's, it's no, it absolutely doesn't irritate. In fact, it's the reverse chlorophyll corella because it is a plant has fiber in it too.

It has a hard sell wall, which is the next key point about chlorella, that hard cell wall attaches to all the heavy metals, lead mercury radiation pesticides, glyphosate lyme and attaches to them and pulls them out.

Now, just like spirulina, if you took 10 a day, you'd get nourished and energized. And for wellness benefits, chlorella 10 a day would be sufficient. But for detox benefits, you need at least 20 or 30.

Um And in general, we recommend you can take either one of them any time of day together, separately with food without food, but definitely take the claw rela which we call recovery bits before bed. Spirulina is in the morning A M P M.

And the reason why we recommend it before bed is because when you sleep, that's when your body goes through a detox and repair cycle. This your brain, if you, when you get into deep sleep, for example, your brain actually shrinks a little bit.

It has its own lymphatic system. It's called a glimpse Matic system. And if you have chlorella in your body while you're sleeping, you will have a much better cleansing. A lot of Alzheimer's is due to Amyloid plaques and, and heavy metals like aluminum. This will help remove those while you're sleeping. So you have the cleanup crew in there getting rid of toxins while you're getting your beauty rest.

You don't have to do anything. And then in the morning, it also helps with bowel movements, which is a very important part of health and getting rid of toxins. You've got to get rid of them, but you do need closer to 20 or 30 of these tablets. Now, the great thing about chlorella, remember I said spirulina is very chewy and most people swallow it because although I chew mine, chlorella actually tastes pretty good, especially if you add some sea salt to it or pistachio nuts or macadamia nuts. So now you're having a little bedtime snack that is so healing and so nourishing and so detoxing.

You can't believe it when you mix macadamia nuts with some of the maybe 20 of these tablets. I swear. You think you're eating potato chips? It's that delicious. My other favorite nut is a salt, salt and vinegar. Pistachio nuts.

And man, I couldn't, I couldn't imagine life without my chlorella and my pistachio nuts. So now the other amazing thing about chlorella. Again, it's very healing and detoxing.

Let's go over it again. It says high chlorophyll which is very cleansing, build your blood uh fiber which heals your lower gut and feed your bio dome. The with the with fiber.

Um the hard sell wall attaches to the toxins and to remove them. It also has the highest glutathione in the world. Glutathione is a very important antioxidant that also pulls out toxins and it's very concentrated in your liver. Your liver is like your water treatment plant for your body. It's constantly pulling out toxins and looking after you. And so chlorella has the highest glutathione in the world, chlorella also. Yeah. And we have the lab test to prove it and we'll send you a link to a power point. So you can see what the actual numbers are.

Uh It also has the highest tryptophan in the world. Tryptophan is a precursor to melatonin which helps you sleep. So this is again why we recommend it, it won't make you sleepy during the day because the kind of uh and also has very high melatonin, the kind of melatonin and the tryptophan um are it's a different pathway they go to the mitochondria.

Recently, people know that Melatonin helps with your sleep cycle, but that's only a recent development. That was and it comes the melatonin that's used for, that is made in your pineal gland. But your pineal gland only evolved 250 million years ago. We've been the cell structures that with mitochondria have been around for four billion years.

And from the very beginning, those individual cells like spirulina always used melatonin for antioxidant purposes. And remember the algae evolved into mitochondria, they've realized that there's more melatonin in your mitochondria than in your pineal gland. Your pineal gland apparently only generates 10% of your melatonin. The rest of it is generated and you used by your mitochondria. So when you get um either of the allergy, they're very high in melatonin, but they go directly to the mitochondria.

They do not make you sleepy. But anyways, uh and the chlorella also has a very high amount of vitamin K two, which is very important for moving excess calcium out of your soft tissue, like blood vessels in your brain and into your bones.

A lot of heart diseases, arteriosclerosis, which is hardening of the arteries and it's the calcium, that's our, that's hardening. So this is very healing for that purpose.

So whether it's wanting to remove amyloid plaques or aluminum from your brain helping you with digestive, it helps digestion, helping with your gut issues.

This is very, very healing. That's why we call it recovery, but it pulls out alcohol. Lactic acid, all the heavy metals. The United Nations used it after Chernobyl to pull out radiation.

We work with biological dentists who use it to pull out mercury when they, when they take out um fillings. So just to recap, spirulina is very energizing and nourishing. So it's kind of a MLG chlorella is a recovery healing detox algae that helps you sleep and recover your health.

So it's a P MLG another way to think about it is if we get a chance to talk to me about the mitochondria, your brain has the highest mitochondria. And so chlorella or spirulina has a very important antioxidant called super mutates that heals your mitochondria. And because there's so many in your brain, spirulina is what you want for healing your brain.

Most importantly. So it's kind of an algae that works from the top down and chlorella because it heals your gut, your colon, your digestion, your liver, think of it as an algae that works from the bottom up.

So top down, bottom up AM PM. That will help you understand that. – How many I have like 10 million questions. So I okay. Alright, good, good. Now because I'm just thinking in terms of okay, you talked about sleep and K two and how for our postmenopausal women that how important would that be? Because a lot of postmenopausal women have trouble sleeping and trouble with their bones. So how important is that?

Um like we talked about the inflammatory bowel disease and people with toxins. Um So have you can you share maybe do you have any stories that you can share about any individuals in terms of uh things?

Obviously, this is not a study per se but have you had people say I took this and – Oh endless, endless, I'll just give you a couple of them. So we get them almost every day. We had an 86 year old woman write us.

She was incontinent and couldn't sleep longer than an hour. And she started taking the algae tablets and within days her incontinence was gone and uh she could sleep through the entire night. Now, this woman was so enthralled and I'll send you the actual testimonial if you want because these are real legitimate people.

Um She now does crossfit. She, she gave us a, she said, well, today I went for a three mile walk. Um I went to see my son, my grandson perform at school.

I visited my friends in the nursing home. Um I did, I cleaned out my garage. Um, and then I finally had a small meal at five PM because I hadn't been hungry all day because she had taken her, her algae tablets and she says my grocery bill has plummeted and my, my health has excelled. So that's from an 86 year old woman.

Mitochondria, Chronic Disease, and Why Algae Matters

So that was pretty cool. Um We had another woman write us and tell us that she had Alzheimer's so bad. She couldn't remember her zip code or address, couldn't uh figure out how to work the microwave. And within two days of taking the Spirulina, the other woman had been taking both them, her focus was back and she was able to function better again. And uh and that was pretty cool.

Um We've had people write us how their night sweats have uh, have disappeared. Uh Hey, headaches, hormone flashes, it stabilizes everything. Um, and, you know, so part of what I'm trying to think of some other ones. Well, we have other women who, you know, right about how they are constantly arguing with their kids to eat their vegetables and problem solve the kids. Just have a couple of tablets and now there's harmony in the family because there's not this stressful meal time discussion every, every day. And, you know, that's something you don't want to, you know, you have in your life, we've had other people tell us, you know, that we've had people that were quite ill.

Actually, cancer bedridden couldn't get up. And within days of taking the both of them, again, real testimonials, they were able to function and they live, they couldn't imagine life without, without them.

We've had people who have been on our oxygen. Um, and again, couldn't get around and now they're at parties and dancing and no oxygen tanks. You know, this is what gets me up in the morning because we know that the nourishment is that's required by your body because here's the thing, your body can't function properly anymore. Our bodies because of the world we live in are we're not getting the nutrition that we need because our soils are so damaged.

If you haven't noticed your arugula goes yellow after day three, that's because there's almost no chlorophyll in there in the beginning. And algae has 500 times more chlorophyll just 2.211 nutrient.

So we're not getting the nourishment we need and we were surrounded by toxins. I read a statistic that the average American has something like seven or 800 toxins in them and our immune systems just can't function properly.

And a lot of this damage is occurring because of the toxins at the cellular level and also at the mitochondria level. Um You may not know this, but 50% of Americans now have a chronic disease. That's one in two.

So whoever's listening to this, you or someone sitting beside you has a chronic disease or will have one very soon. And what's worse when you get over 65?

And by the way, I'm 66. So over 65 that chronic disease number goes up to 80% 80%. So women, we represent half of the population that, you know, and we're the caregivers for usually our families and we often overlook our own self care. And I'm here to help you understand why you need something like algae because it's, it's effortless, which is important because we're busy people and be it does the trick 100,000 studies of it, stopping cancer, stopping heart disease, stopping Alzheimer's stopping osteoporosis.

You can't argue with a number like that. And the problem, the only problem with algae is that until we came along, the quality was poor, it came from China. We growers in Taiwan, which is the gold standard but most importantly, no one has ever explained it to you.

No one's explained that it's not a supplement that it's food. No one's explained to you that it's the most powerful delivery of nourishment that can help your medic Andrea heal and prevent disease. And I'm going to give you a short science lesson about mitochondria. So you'll understand why algae is your answer once you are past the age of 30 certainly past 40.

Because after 40 this is when chronic disease is kicking in, in big way. Otherwise it wouldn't be 80% of people over 65 with a chronic disease. So, here's your cell.

Okay. And inside your cell, you have your nucleus, which I'm sure you've heard about. And that's where your D N A is 25,000 of them. And these little peanut shaped things are your mitochondria.

These mitochondria are what generate energy for you to live, to walk, to talk, to breathe, to think heart pump. Now, inside the way it does, that is the inside the mitochondria is where A T P is produced.

That's what generates the cell. You, what's called cellular energy. But the byproduct of A T P R free radicals. And you've heard of free radicals before, they're very damaging. They cause inflammation, reactive oxygen species and they damage your tissue and your health.

And here's the real problem. Your mitochondria have their own D N A And they are located exactly where the ATP and the free radicals are so they are constantly getting damaged and your regular DNA is safe because this way over here, but your mitochondrial DNA, and there's only 13 of them, they are damaged all the time. The average lifespan is about 10 days.

So when your mitochondria DNA get damaged because they control everything. It's like having planes. They're like, they're air controller at an airport when their mitochondrial DNA are working properly, planes take off, you know, sales work.

They communicate with one another. They defend you, they remove toxins beautifully. But when they're damaged, the cell communication crashes and this is when your health crashes.

And so what you want to do is protect your mitochondrial DNA because here's what a damage, mitochondrial DNA looks like. This is a healthy mitochondria. See all those gaps when they, when your, when your body and your mitochondria get all that glucose from the food that you're eating, they have to break it down into smaller components through a process called Krebs cycle.

Another process called the electronic transporting. But they, so it's like, it's like a relay race. You know, if you have a, someone drops the baton, you're out of the game, right? When you're on a relay race.

Well, in the damaged mitochondria, it's like dropping the baton. It can't transfer the signals, it can't transfer the energy and so damage occurs because it's the, it's damaged from the free radicals and then, then you get a downward cycle. So the key is to prevent the damage of your mitochondria. And I'll show you why it's happening in a minute. And you can do that through two ways.

One is to reduce your free radicals and one is to remove them. And this is where algae comes in handy. So the best way to reduce your free radicals is to adopt a diet with fewer carbs. Carbs create the most free radicals.

And when you do a low carb or keto diet, you have fewer free radicals, there's less damage. But algae or intermittent fasting or regular fasting has even the fewer. So this is the best way to reduce your free radicals. But let's talk about removing the free radicals because we know our blueberries and vitamin C. Yeah.

Well, that's great for the rest of your body, not your mitochondria because they can't get in those antioxidants can't get into the mitochondria because here's why your mitochondria have a second inner membrane with no little channel called poor ins, which is normally what allows other antioxidants into your, into your cells. The only ones that can get into that inner membrane are the three good news that your body makes for you.

Plus chlorophyll, the three that your body makes for you or glutathione, melatonin. And this long mouthful called super oxide didn t is also known as S O D. Those anti toxins can get into that inner membrane and stop free radical damage effectively.

What they do is they turn the free radicals into water. It's like having a fireman in there putting the fire out. Right. And, and that's great news until you hate hit the age of 30 after the age of 30 your body. So you have all those melatonin super oxygen taste from the moment you're born. God bless mother nature.

She's very smart and looking after us. So we have them, we have them, we have them until we're about 30. And bingo, Once you hit 30, 40, 50, 60, your body is virtually making none of those protective antioxidants. They're called endogenous antioxidants because your body makes them them for you. And this is exactly when we get hit

with chronic disease, it could be cancer, it could be osteoporosis, it could be Alzheimer's, it could be heart disease anything.

This is when it's happening. And here's why because I thought, well, that's crazy. We have all this protection. Mother nature is so clever. Why would she stop making those protective antioxidants at the age of 30?

And here's why We only lived till 30 for almost, you know, two billion years, we only started living past 30 in the last couple 100 years. Our body thinks our biology thinks we're gonna die at 30.

I have to think that this is why we don't have those protective antioxidants anymore because now we're living 70-80-90, possibly 100 who wants to live that long.

If you have a chronic disease, I don't know, but not me because who wants to live with pain and discomfort and limited capability. But this is what's going on when you hit that age of 30, the protection you get from the free radicals in your mitochondria plummets.

And at the same time, sadly, your amount of toxins that your body has absorbed has escalated. This is the perfect storm right here. This is when we are getting sick. And the problem is your regular food does not contain Melatonin super oxide dismutase or uh Glutathione But the good news is algae does.

It has the highest concentration of all of them plus chlorophyll, which is the other algae that nutrients can get in there and it pulls out toxins. Bingo, you've hit the, hit the lottery, right.

We just have to get you to take the stuff because it works. It will flatline inflammation. And the good thing is your mitochondrial, like all of your cells in your body will regrow every, every cell that you have in your body is 30 trillion of them are constantly dying and constantly regrowing.

And when they regrow, if you have proper nutrients in your body, it's like having a building a building, you've got good foundational materials instead of using sand. So you'll have a stronger mitochondria.

And it will start, I refer to the mitochondria as the lights that keep your building a lot open because if you don't have mitochondria don't have energy, you don't have the lights to do anything. Um So, so we can make it if you take the allergy because that is the highest concentration of everything you need and it pulls out toxins that uh you can, you can get, you can get back to where you were and get your health back.

Now, I want to explain to you why I know we're almost out of time, right? Can I just explain to you why there's that second membrane and why? Okay. So I may have mentioned at the beginning that algae was the first life on earth four billion years ago.

It was a sign of bacteria and was by itself was an anaerobic cell and and there was no oxygen on earth, but it released oxygen and after a billion years, there was oxygen on earth. So larger cells that were aerobic could start growing, but they didn't generate A T P as well as the anaerobic cell.

So the big cell absorbed a little cell and became that original cell became your mitochondria. So here's cyanobacteria like spirulina, all by itself getting absorbed by the bigger cell.

It's called endo symbiotic theory. And instead of being digested, it coexisted and became your mitochondria. So that inner cell that's in your mitochondria is left over from the original day when it was a cell by itself.

What like algae. And so this is why algae has everything that can get into the mitochondria because they come from the same genesis. And um it's got everything that you need to be to live optimally remove toxins, correct any kind of chronic disease, protect your longevity.

And it's, it's in tablet form is effortless to take. – Its awesome, I mean, this is amazing. It sounds, I feel like I can listen to you for a long time. Where can people find you?

Where can they find more about you? About energy bits about algae? I mean, this is. – It's pretty amazing and if it wasn't so scientifically documented, I wouldn't believe it either. And it's taken me 14 years to feel rock solid with my science. But come and visit us at energybits.com.

Where to Learn More and Closing Remarks

E N E R G Y B I T s And we have a 20% discount code for anybody who wants to buy anything. It doesn't matter whether it's bags with really cool canisters. The discount code is detox summit one word.

It works on everything all the time. So don't panic. We have sample packs. We also do sell on Amazon. We just want to get a single pouch for $6 to try it out and we encourage you to try them first because you know, we just want you to feel better, try to take at least 10 tablets a day. But energy bits dot com and the discount code detox summit were also very active on, on Instagram.

Our handle is at energy bits. If there's any practitioners listening, we do not, we only sell through practitioners, chiropractors, functional medicine and our website, of course, but please contact us at customer care and energy bits dot com.

If you are interested in sharing this with your community and if anyone has any questions, there's a law, a lot of science on our website energy pits dot com.

So don't feel that you have to come and buy something, come and read the blogs we write, you know, we wrote Heart Health this month because it's February.

Um So we're very eager to help people understand what L G is and why it's so critical at this juncture in our life. Um And again, I want to reinforce that it's not new, it's just new to you and just like you didn't know about CSC or macho or QR or maybe collagen powder until you maybe a few years ago. I'm algae has been around for centuries.

It's just never been explained to you. And I'm delighted to be the one to introduce you to it. – Now. Thank you and thank you for being so generous in offering our first with your time with your knowledge, offering our listeners for 20% off. That's huge.

And thank you. – So very welcome and blessings to everybody. Health does not have to be complicated if you have allergy by your side. – Awesome. So, thank you again for tuning into the Environmental Toxicants Auto Immunity and Chronic Disease Summit.

We've been talking, uh, I'm your host, Dr. Ed Levitan and we've been talking to Catharine Arnston. Thank you so much.