Recover From Trauma With A Powerful Antioxidant Transcript

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Introduction to Trauma Biology and C60

Welcome to this interview on the Biology of Trauma Summit 3.0, talking about the trauma disease connection. And this interview is super special to me because it will be sharing a very practical tool for addressing the biology of trauma.

So what do I mean by that? Many people are thinking of different therapies for trauma, so they think of going to talk to a therapist. Or they maybe you will do EMDR or tapping or psychedelics.

There's different options for trauma therapy. But what I do is I bring this idea of, Hey, we got to address the biology, because the biology is what will keep our bodies stuck in the trauma response.

If you're not clear on the trauma response again, go to my website, traumahealingaccelerated.com. You're going to look for the guide, the essential sequence, and there will be the layout of the actual response inside of our body.

That is the trauma response. But what I want to share with you is this idea that the biology is what will hold us back. So, for example, if you are having a trauma response in your body, I teach that this is an energy problem.

Well, you need energy. And what if you have toxins? What if you have inflammation? And like in this interview, we're going to talk a lot about inflammation and specifically oxidative stress as well.

What if you have those things in your body and that's what's draining your energy? You're not going to have the energy for trauma therapy. You're not going to have the energy for neuroplasticity or the ability of the nervous system to change the way it's wired.

And so you're going to continue to do the same things that you've always done because you don't have the energy for neuroplasticity. And this is not just a symbolic type of energy I'm talking about.

I'm talking about the actual ATP energy. Does your body have the energy to even come out of the trauma response? So this is why when I talk about there being three essential, essential, essential ingredients, pillars to reaching our fullest potential and healing, there are three of them.

One of them being biology. But let me review that with you, and then we'll jump into this specific tool addressing the biology piece. So we have the body.

I refer to the body as we need to connect with the body. And I do that through somatic work. So I've been trained with somatic experience and I've been trained in neuro affective touch.

These are two modalities that help us learn how to connect with the different sensations of our body. Rather than ignore our body or just push our body to perform or not feel things, actually feeling our body, but doing so in a safe way.

So that's what I mean by the body. And then we have the thoughts and beliefs. So for me, this is the narratives that we tell ourselves about ourselves.

These are the different parts of us and how we can have thoughts and beliefs that keep us stuck in the past. And we need to look at those. But we have this third essential ingredient, which is that biology.

And this is what most people neglect, because they haven't known there are tools for the biology. They haven't even known what they need those tools for.

So that's what we're here learning at this summit especially, is a big focus on the biology, even though there are definitely talks and interviews on this summit, talking about the somatic work and talking about the parts word.

But here this is going to be a very practical tool for the biology. And what you will find in this interview specifically is that this tool is being applied to those in the military with PTSD, and it's doing something remarkable.

What C60 Is and How It Was Discovered

I consider it magical because it really highlights that there is this biology piece that will hold us back so that whatever therapy modalities you are doing, they will not work as well if you have a biology that's keeping you stuck.

And this is a tool to help with that biology. Now for this conversation, I have my good friend, Dr. Ken Swartz, and he is going to lead us talking about C60 and this specific tool.

He is known as the Ken the Sciences. He is a bio geochemist and the founder and chief science officer of C60 Purple Power, a health and wellness company committed to delivering the highest quality C60 products available.

I take this product every day myself. Ken earned a master of science degree from the University of Colorado at Denver and a Bachelor of Science in Economics from Arizona State University.

He spent the early part of his career as a secondary school teacher and is passionate about helping and educating people. However, he then started working in the lab and in this interview we jump in with his story of what happened with C60 that completely changed his career.

And now he wanted to share this amazing tool to address the biology of trauma with you. And with that, let's jump into this interview with Dr. Ken Swartz.

Dr. Ken, thank you so much for coming. And I would love just to give an overview of what is C60, because it's a powerful tool. We're going to go into the details of what exactly it does.

But for that listener who's like C60, I've never heard of C60. What is a big picture overview of what it is? Okay, well, C60 is a carbon molecule. Six carbon atoms shaped exactly like a little soccer ball in the background behind me.

And it was discovered in 1985. It solved a mystery in astronomy, but then it's got a Nobel Prize in 1996 in chemistry because it's sort of a unique molecule.

You know, it's like a closed sphere of all of the same elements. And it was it was kind of hard to make. It wasn't until the early 2000s that people were testing it.

And of course, here is this molecule was found on earth in like lightning strikes and the wicked were candles like 0.25% C60. But you know, this weird molecule is a toxic.

So like in the first study is the famous battery study. They're testing it basically to see if it's toxic. And it actually ended up increasing animal lifespans by 90%, which was a surprising result.

And also beyond that, what happened is on my IRA, I found out I was a fusion reactor scientist and I was working on the metal oxygen fusion reactor project.

And I had read research about what we call its scientific name is Buckminster Fuller, named after the famous polymath. Buckminster. And I did a study where, you know, one set of rats got C60, the other didn't they hit them with a fatal dose of radiation.

You know, pretty much all the C60 rats live were the control rats, of course, immediately died. So when I learned about that, I said, Well, that's the stuff for my crew and myself because, you know, I didn't want to become the late Dr.

This or the dead professor that. So and but it was, you know, even after the experiment was over, you were still all around, by the way. I kept taking it because I just had more energy.

I had better mental clarity, like the afternoon blahs you get, you know, after you eat lunch, like often 30 in the afternoon, you want to go to sleep.

Well, that kind of went away, but it really was happened. After seven months, I went in and my to my optometrist and my Drewes or dry macular degeneration had completely disappeared and my optometrist had never seen that before.

And by the way, it's still completely gone today, not even a trace. But, you know, one thing's just a fluke, right? I'm a scientist. One thing's a fluke.

But in the meantime, my electrical engineer in the project, Gary Rodriguez. Rodriguez type two diabetes that had brought on severe wet macular degeneration.

And we used to be able to post the before and after pictures. But basically he had all kinds of heinous lesions inside of his eyeball. And after taking C60 and MCT oil for one year, his wet macular degeneration completely disappeared and his type two diabetes went subclinical.

So that's kind of where and then I started making C60 products for friends, family and myself. And, you know, one thing led to another, and here I am talking to you.

That must have been pretty surprising to see the effects that it had on you. But then again, what's one person? And then to see that happen in Gary. What? Wow.

Right. Like it was because I was afraid of losing. Yeah, I was afraid of losing my vision because, you know, Gary was going to lose his and I was, you know, usually start with Dru's and then it just progresses as you get older.

Gary's a few years older now and but no, I don't have to worry about that anymore. So it's like that freedom from fear and that you get with C60. But really, you know, how does that work?

Well, C60 is a powerful antioxidant. That's basically what they found out. And but it only oxidizes it only works on two oxidative radicals.

Antioxidant Action and Inflammation Relief

And one of them is called Super oxide. And that's like an oxygen with an extra electron. So if anything was to cause oxidative damage, that would do it.

And it's the number one most damaging oxidative radical in the body. And your mitochondria make a lot of it. And the other is the hydroxyl ion. That's the second most damaging oxidative radical in the body and radiation makes a lot of that.

And so but the key thing about that's all C60 interacts with just those two oxidative radicals. But the key thing is that those two oxidative radicals are not used by your body as signaling molecules.

Now you've got to have a little bit of oxidative radicals for, you know, because with, you know, reduction, redox reactions, it's a balance there because your body uses oxidative radicals for various things and signaling molecules is one of them.

Like there's nitrogen oxides, they make your capillaries dilate or contract that soup. Borton For help, right? You don't want to mess with that. There's hydrogen peroxide that's also used as a signal signaling molecules.

There's others based around sulfur, iron and zinc, and they're just used by the body of different things. And that's

why a lot of times if you take like antioxidants.

Right. But if you take too much antioxidants, you can have a bad result because if you have too many, it starts interfering with those signaling molecules in and it doesn't work.

That's why they've never like they've done multi studies with vitamin E and vitamin C, which are too common and very well known antioxidants. And neither of them will increase athletic performance because if you take too much athletic performance goes down.

And so but that's what but C60 because C60 doesn't interfere with any of the body's signaling molecules, it's it's it is the only antioxidant that can increase athletic performance and mental performance and pretty much any other performance that your body has there.

That's pretty fascinating because as I think about the big picture of trauma and I and I imagine someone who's going through life and they're getting hit by different life events that could take someone down and put them into that place where it's just like, I can't I can't do this anymore.

I, I'm just going to get through my life. But I've lost my joy. I've lost my meaning. And you're saying that C60 could actually help improve our performance, which for me means our ability to weather life's storms.

Well, yeah, well, that's part of that is C60 is known to increase dopamine production, but it's not always through, but it's done through an anti-inflammatory process.

First off, there's different types of inflammation. There is like acute inflammation. That's when you sprain your ankle, right? You sprain your ankle swells up.

There's all that, you know, the heat or warmth. But one of the things that people a lot of people don't know is when you have an injury like that, it also suppresses dopamine production because dopamine is the molecule that get you out of bed in the morning.

Right. That you want to run out. Well, if you're injured, your body doesn't want you running around on that injured ankle. So your body just naturally reduces dopamine level.

So you just want to lie around on the couch until you get better, right? That's a natural, healthy thing for your body. Problem is, is chronic inflammation, which can come from a variety of sources.

I mean, a lot of chronic inflammation is in the gut. People in arthritis, in the joints, in in all the toxins in the environment. So all of these create this chronic inflammation and it has the same result of suppressing dopamine.

And so people just get into a state where, you know, they do kind of feel bad, they just don't have any energy. And that's the dopamine suppression. And so when people take C60, C60 gets rid of the inflammation at the source, it gets rid of those super oxides, those hydroxyl ions, which are which trigger the whole inflammatory response.

And so the inflammation goes down, dopamine levels increase. And, you know, one of the side effects of people that take C60 is they have an insane desire to go out and clean the house or and but a lot of other people go back to doing like hobbies that they used to do or just going out and meeting with friends.

They just that energy comes back and you can start living your life again instead of lying on around the couch. What about just, you know, feeling bad?

Which is amazing because you're right. As we think of dopamine, we think of that person who's just kind of sitting on the couch in a in a state of just low motivation.

I just don't feel like I want to do anything. I don't feel like I have the energy to do anything. And so being able to come in and help with dopamine levels, and you're saying that is through an anti-inflammatory pathway, but we

also know that C60 acts directly on mitochondrial health.

So tell us about that. Yeah, well, the C60 is known as quote, an S. So do you mimic that super oxide just B taste and that takes care of superoxide, which is the main pollution or you know, because the mitochondria little powerhouses of your cells and they're making ATP which does you know 95% plus of all the cellular metabolism.

But they also make like any power plant, they make a little pollution, which is super oxide and occasional hydroxyl. Well, so D and catalase take care of that.

But as we get older, our so d levels drop. They're provided by the bigger solvent powerhouses, the the mitochondria. And that just naturally happens. And so as it drops, because mitochondria have their own little DNA, they kind of just turn down the thermostat, the production thermostat.

And so you're not getting as much ATP Well, when you take C60, C60 is taken, it goes past your gut barrier. It's taken into your cells by endo psychosis and and then is the mitochondria by and also ptosis and then they the mitochondria use it as an S so do you mimic and so they can reduce the levels of Asadi and that allows them to turn their furnace back on.

And so now you got increased mitochondria metabolism, which makes the mitochondria healthy there. There's more ATP, that's another energy source. And another great thing about mitochondria is they make Treg Nino Law, which is the precursor molecules for all the hormones.

Mitochondrial Support and Energy Production

And so your hormone levels will rise but everywhere. So people you get better sleep because you got more melatonin, you're getting more human growth hormone in the pituitary hypothalamus complex.

And there's a dozens of other master hormones that come out of that. People get more T three and t four and in the adrenals also restart, which is one of the counter indications I need to talk.

If you're on a blood thinner, you need to make sure if you're going to be taking C60, consult with your doctor before you take blood thinners, because what makes your blood thin or thick is actually mineralocorticoid cortical and they're produced in your adrenal glands.

And so if your mineralocorticoid production goes back up your blood, if you have to think of blood, it's not too thick anymore. And if you're taking a blood thinner now, it's too thin.

So that's why you need to consult with your doctor does test on. Yes, but there's other effects too. Probably not as dramatic. Like, for instance, it erases the adrenals also make the androgens and an increase in libido is a common side effect of C60.

And we had for instance, earlier we had a this is pretty common a 70 year old guy. He goes into his doctor, he's got testosterone at 350, which is kind of low.

So he's taken he's taking his doctor gives him creams. Now he's up to like the low seven hundreds bouncing around there. And then he takes our product and the C60 purple power or shops he 60 there and and then he goes into the doctor after two or three months and his testosterone is 1200.

So let's talk to take some of the creams and so that happens with that happens with both men and women and a side effect. But it's really just the average increase in your hormone levels.

So so it's not just, you know, the sleep, it just everything increases. So it's not like it's not like replacement therapy where one single hormone is.

What you're making is preg needle on the precursor and then your body decides what hormones it needs and

where it needs them. And so that's a totally different situation.

And what I hear you describing is this aspect that you're really looking at the root cause of what drives so many symptoms and health conditions. And so that's why when you're addressing that root cause with the C60, you're going to see all these different effects rather than, Oh, this is just going to improve your thyroid, this is just going to improve your sleep, this is just going to do this.

You're looking at no like the root cause. It's driving so many of these health symptoms. Is this oxidative stress, is this chronic inflammation? Is this poor mitochondrial health?

And C60 seems to help all of those. Yeah, it's it's kind of like one of the fundamental things, you know, it's like if you imagine, you know, your body was a car, C60 would be like the coolant in the radiator system, right, to keeping it cool and all that.

But that doesn't mean. So you still got to you know, you still got to have oil and gasoline. So, you know, proper nutrition is really important. C60 is not a magic pill.

You got to get the sleep. You've got to get, you know, get rid of toxic environmental situations. I mean, all proper supplementation and all of those things are really important to do as long as C60.

So it's not a magic pill, but it's really a good toolkit. It's one tool in the toolkit for better health. So C60 won't make you not need to sleep. C60 won't make you not need to eat healthy.

Yes, those things still have to go. But I mean, and really and when we look at like some of the causes inflammation, I mean, the gut is the number one probably that causes it.

And you and you just have, you know, in today's environment, you have just so many toxins in the food that that you have to be really, you know, really careful.

You have to read those like, you know, when you go in the supermarket, you know, basically if you read the label and of ingredients and you can't pronounce the word, you probably shouldn't be eating it.

So let's go back to the mitochondrial health, because that fascinates me and here's why. Because as we look at what happens in the body when it goes into a trauma response, it's an energy problem.

And it's the mitochondria not being able to keep up with the amount of ATP that's needed for this high energy stress response. And so there is different mechanisms that happen in the body, but essentially it signals to the autonomic nervous system, hey, this is unsustainable and we need to shut down to match the level of energy production that our mitochondria can do right now.

And so when you are saying that the mitochondria are able to regulate themselves and when they see that there's too much pollution being made, in essence, then they actually turn their own production of ATP down a notch.

So it's the equivalent of just turning down the heat so that the car doesn't overheat. And that tells me that, wait a second, the mitochondria again, there's that mechanism for why the body might be going into more of a hey, let's let's go into more of shutting things down rather than let's amp things up in terms of our energy and our movement and and taking action.

But C60 then could be one of those tools that people could use in order to help with the energy production that their body needs in order to not continue to be going into this trauma response.

That is an energy deficiency, though, if I understand that correctly. Yes, that is correct. Because, you know, in the mitochondria, there's like really four key antioxidants that kind of work there.

One is Cocu chair, right. We can supplement for that. Another is glue to thigh on. There's kind of some

supplements for that, but there's nothing for the two key ones, which is S. O.

D Catalyst, which work together to take care of to take care of superoxide. Well, C60 does the job of both of those. And so that fills that little gap that before C60 came along, you could never really, you know, sod and catalase have to be made inside the cells.

You can't supplement for them. So C60 as an SRT mimic is the first thing that's ever been able to do that, and that's why it's so incredibly useful for increasing mitochondria function because it does something that's never been available before in and SCADA is really the key.

Tadley So the key to Antioch oxidants that make mitochondria function happen. And if you can take care of that then then that's what really raises the mitochondria.

And that's really the the secret, secret of Cisco's amazing ability. And then I mean, people you'll just notice it the first thing because, you know, your nerve cells have the most mitochondria up in the cell type in your body.

You know, your brain's 2% of your body weight uses 20% the energy. So it's just packed with the nerve cells.

Hormones, Dosing, and Practical Use

And by the way, the retina for macular degeneration is actually part of the brain. It's nerve cells. And so so that's why it works so well. So any cell type with with a lot of mitochondria is so neurons are number one.

And that's the first thing you notice. People get like more mental clarity and just that more energy when they take C60. And yet it's probably not just going to be the oxygen radicals inside the mitochondria, but also I'm assuming outside of the cells.

Yeah, they're not. Really the plasma of the cells, I'm assuming also perhaps in the nucleus, because one of the things that we look at with the trauma response is the accumulation of oxidative stress inside the nucleus, which then will trigger epigenetic conditions.

Oh, yeah. And so tell us about the role of that. Well, they found that in scientific research. Now you can't really test people, but you can test cells.

And so they've tested human nerve cells, human liver cells. Also, they've done animal studies on the side of these things and skin cells. And they found that like, for instance, when you give when they have their cells, have C60 neurotoxins don't destroy the nerve cells like they do the controls.

If they have C60, if you got the if you got C60, the skin cells don't get the don't get damaged by the UV radiation. If you got C60, the liver cells don't get damaged by nasty toxins like carbon tetrachloride.

So all of these things have been have been found to, you know, super protective against the toxins in the environment. What C60 really does, it lifts the oxidative burden your cells are under so they can function the way that they used to when you were much younger.

Everything work better as we, many of us can remember it. And so C60 is really that tool that can come in and say, Let me clean out the garbage, let me take away these things that are draining your energy, impacting your ability to do your job so that every cell can just do what it does better.

Yes, that's that's what C60 does. And so it's just it's a really good one of those really important tools in the toolkit for good health. So how would someone start taking C60?

Well, we have a couple things. You know, traditionally a lot of people have taken C60 and in oil like here, it has by the way, we call it Purple Power because C60 dissolved in the Clear Act, coconut oil is is purple.

But we also and usually what it is is people would take like I say, you in your thirties £160 like a cheap a teaspoon would probably work fine. Right.

But if you get older, you have gray hair, you probably double it up to two teaspoons. For me, I'm 180 and I take about a tablespoon a day, a little bit more than that.

But we also have something new that just came out. And that's our gummies. We have we have got regular gummies and sugar free gummies, and they both taste just incredibly good.

And each gummy is about two thirds or more, depending on who you are of a of a daily dose. And so you can if you if you just want to take it, you can just take it in the gummy, you know, put one of these in your purse or wherever.

And when you're feeling in the morning, some people just take this as breakfast and and with the coffee and then the other. We also have a couple of things that people do.

We have a few flavor types that people put in their coffee. Usually the flavors are mosquito oil. We have it in mosquito, we have C60 in Cocoa Msi2 coconut oil, M. S.

T stands for medium chain triglycerides. They're turned into ketones by your liver, so it's ketosis. And then that ketones can be used by your cells as flex fuel instead of glucose, which is really important for people with glucose processing issues.

And we have it in olive oil, the traditional olive oil. So any of the ones ones are really good, but we also have it in the whole coconut oil and the gummies.

And so basically a day or maybe two in the morning is is really all you need. And they taste really great. It's just part just eat too. So you have to control yourself there.

It tastes good. Are you telling on yourself skin? Yes, I do. I do occasionally. Too much. I actually had a gummy this morning and I put C60 in my decaf coffee bean oil.

So and I have to admit that what I do, I don't mess it out any more. I just kind of dump. I'm like, Yeah, that looks about right. Yeah, well, you get to do that.

And now the first thing like it also it's important if you've never taken oil straight before, like in your coffee, you, you probably need to, you might want to start taking it with food originally because you're your Dodi and that's a little regulator down there in your intestine.

It'll eventually learn how to take oil straight, but if you've never done it before, take it with food. And then you can gradually you want your your your body adjust to it, then you can take it straight.

And is this something that people should plan on taking just for the rest of their life, or is this a no? This is only a temporary thing. And eventually you take so much that you don't need it.

Well, it's probably one of those take for life, but, you know, just some C60 stays in your body somewhere between 4 to 10 days before it kind of washes out.

That's this. How so? It's so if you miss a day, it's not a big thing. They just make it up the next hour. Just go start, take it the next day. But you know, they did like this battery study.

After the last of the control rats died, they stopped giving all of oil and C60 to all the rest of the rats. And the C60 rats just kept living and living and living, you know, past the past.

The rats that only got all the oil so that the last two rats had a few rats, had a terrible accident because been five and a half years and they live waste longer than many rats has a right to do.

And so they had an accident so they could publish the paper, but so it probably would have just doubled the test animals lifespan. So that's and these by the way.

Wistar rats they're kind of wimpy rats. They usually die of cancers and cognitive decline and other diseases associated with aging and rats and humans.

But they had none of those at all. And that's why they live so long. They just love really, really long, healthy rat lifespans. And and that's really what you see 60 just kind of because, you know, what's the use of living long if you're not going to have like a high quality of life and C60 can, you know, a little bit for the rats and can do for people too, but you know, C60 has been around a long time but but probably ten years or so in really in the in available to the public.

So we got a few more decades to go before we get to see the sea, those super long live people, the C60. It is exciting to have tools that we can use for these things that we've we've known are happening inside of our body, but we can't really do anything about it.

And now we have tools that can be very precise, you know, like we have we can target this superoxide, we can target these specific things that are causing us to decline, having that brain fog and and hurting us.

And I'm wondering if there are times in people's life when they should increase the dose a little bit? What if someone is traveling and so they're exposed to more radiation?

Or what if they're going through a really stressful period of time in their life?

PTSD, Oxidative Stress, and Therapy Support

Are there times in which you would say, Hey, your body's making more oxidative stress or there is more radiation or there's there's more damage happening and you might want to adjust the dose of C60 that you're taking.

Oh, yeah, I would definitely double it up. We have a lot of people, especially before surgery. People have incredible results that they take like double up a bunch of C60 before surgery than right after.

They have incredibly great outcomes. If you're under stress, you have sicknesses or anything like that. Yeah. And or if you're facing a health challenge, you definitely double it up or more beyond a certain level.

They found they did tested C60 for toxicity. They took it up to like 10,000 times what a health beneficial dose would be. And which is that, you know, that's that was like a gram per kilogram of body weight, just an insane amount.

And even at that level, C60 had no toxicity. So because C60 doesn't interfere with any of the body's signaling molecules, it virtually has no toxicity beyond a certain level.

It's not going to bring any benefits. But more than a tablespoon or tablespoon and a half, probably, you don't need to go. And so but it just it just yeah, you can you definitely can.

Can it kind of ramp you up, too? If you take a little bit much? It's because everything you know, once your mitochondria are fully functional are really getting it out, you know, your brain kind of reboots and you're you get the zoom easier kind of like just going to want to do things and that's another side effect.

And have there been any studies done in addictions and detox off of substances with C60? I would be fascinated to see any studies on that. I haven't seen any, but then I can't see that I've looked recently.

Do you know. What they we know there's some studies undergoing in the in the South on post-traumatic stress syndrome with soldiers. It's been found very useful and then and now it's in now there's some testing.

I haven't seen the any published results yet but we know that's kind of how because it had so many a lot of people

were we had soldiers with had post-traumatic stress and stuff wasn't working.

They take C60 and now the treatments that they have actually start working. So they kind of. Way way, way, way, way like this is huge. Yeah. They had to fix their brains before the treatments would work and C60 fix the brains just like it fixed my retina.

C60 fix the brains and then there's post-traumatic stress, things going and that and that because there is so much of this that led to the research out in the Carolinas there.

But it hasn't been published and I can't say much more about that. Oh, you're going to leave us hanging. I. I know but it's no it's well that's worked its works with customers anecdotally and that's why then they, it was like a small group that was doing this and had great results and they communicated with these other people and now they started to test in, back in the Carolinas.

And so well someday I hope hopefully it will be published. But I'm not directly involved with that. Well, what's fascinating to me is that the research, enough research has been published to strongly suggest that the amount of oxidative stress intracellular really is what drives PTSD symptoms.

Oh, yes. Well, that yeah, that's that is true. And so C60 definitely reduces oxidative stress and. Which from what you're telling me and this study that you're not going to tell us more about.

But I know your numbers are all all I'll stay on top of you. Yeah. The by reducing their oxidative stress using C60, it makes their system more accessible to the different therapies that they're trying to do, whereas without that, just the oxidative stress, it just makes everything be inaccessible.

And so you can do all the therapies and you'll just have a blunted effect until you clear out the biology. Oh yeah. If you don't make an ATP, if you're not, you don't have the pregnant alone, you know, because if you're under stress, your cortisol levels can go up like ten, 100 times higher.

Right. And you need you need the pregnant women to make that happen. Otherwise, you know what? You what happens is you'll get all all the pregnant Lola going to cortisol and you get like a pregnant alone still.

And you're not getting you're not making your mineralocorticoid. You're not making your adrenals, your your androgens, you're not making whatever because it's all going to cortisol response.

Yeah, well see you get that stress, you get the levels those go up besides the ATP because both of those work together, ATP more energy pregnant alone.

You get your, you have the precursors for hormones. And so working that's it's really just really synergetic and another thing the mitochondria make is precursors for RNA and DNA synthesis, which is critical for basically protein production.

So it just helps in just a whole range of areas in the cell. It's just like a basic sort of. Yeah, nutrient. Well, it's not a nutrient, but it's kind of just makes everything work better.

I mean, with what just gives me so much hope, right. And when I, when I see the life changing effect that something like C60 can have on someone's life, where they've struggled with physical health conditions, or maybe they've struggled with the anxiety or the low motivation, they've struggled with stress and trauma.

And here is a tool that no, it won't take away all their problems, but it will make the other things that they're doing that much more receptive to their system.

Yeah, and that also happens. Yeah. We've also had great things with adult AIDS burgers because the sixties of personal choice was not approved by the FDA.

It's you know, we can't really encourage children, but, you know, but we've had with adult burgers, they say, you know, they take C60 and they say, like, for the first time in my life, I feel normal because their social anxiety goes away.

And so they can go out to a party and they can just, you know, have a life. Well, they're taking the C60, so. You're changing the world.

Hope, Healing, and Summit Closing

Can what would be the final the final thought, the final word that you would like to share with the audience about C60? Well, C60 has all wonderful benefits.

But, you know, the thing is, I mean, on the path to better health, it takes a lot of work and effort. It's not going to happen overnight. And it's and you have to do a whole bunch of things, you know.

But we talked about that the nutrition, the sleep, avoiding toxins. So it's it's kind of but you can get there it's just it's going to take time. It's going to take effort.

But yes, you can return to good health and C60 is part of that. And that's really, you know, the message of hope, I guess, that you can you can heal yourself.

It is so exciting to be on the cutting edge of trauma therapy and being able to apply tools that are normally not even relevant to trauma work. And yet here we already are seeing C60 being applied to those with PTSD.

Exciting, exciting and exciting. Then to think about what it might do for you. So this is something that I take myself every day. It's something that for everyone coming through the 21 day journey, I mentioned it to them at least once because even the somatic work and even the parts work and whatever other modalities you are using, your system will be more accessible, more open to the work and to the transformation that is possible with the work when you are dealing with the oxidative stress that your body is having to deal with.

So being and have the hope that there are tools to address the biology of trauma. Now, I know that this is a lot and I know that this interview specifically was very science heavy, and you may have felt like some of that went over your head.

Not to worry. Not to worry the that the tools are there and the principles are there so that you can come back, you can listen to this interview again.

And I guarantee you that you will get more out of it every time, especially as you listen to some of the other interviews on this summit where we're talking about epigenetics, we're talking about mitochondria, where we're talking about inflammation and oxidative stress.

And so as you listen to those other interviews, then come back to this interview and you will get so much more out of it. And I think that you will be even more inspired to start your daily dose of C60 and be doing lots of good nurturing for your body.

Now remember that you can purchase all of these interviews so that you can come back and watch them as many times as you want. Not feel rushed, not feel overwhelmed by any of this, but be resourced and have everything that you need to know the tools, know, have the knowledge and the tools for you to have the change in your life that you want.

And with that, thank you for listening to this interview. I am your host for this summit, Dr. Aimie and I will see you on the next interview.