Recover With Algae: A Heart Health Must Transcript

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Introduction and guest background

Well. Hello, everybody. Welcome back. Another Summit interview for Reversing Heart Disease Naturally 2.0. And this is really good. Pay attention. Take notes.

You don't want to have any distractions. You probably want to watch this a few different times. We have a superstar. We did not cover this topic last year.

This is fresh fresh, fresh. This is a long time friend and really knowledgeable health expert Catharine Arnston come to us from Boston or Boston asking we're there.

And she's going to tell us about nutrition and micronutrients and getting healthy and doing it in a way that doesn't involve pharmaceuticals. And thank you for being with us today, Catharine.

Well, thank you, Dr. Kahn. You know, we've been friends for a long time, so I'm so honored to be on your summit. Yeah. Actually, I love the backdrop we have now because these are all the things that are in my house, in my office and all over the place and everything I'm going to talk to you about is authentic because I've been gobbling down your product for about a decade now.

As soon as I found out about it, and it has enhanced my health and I know everybody listening and this is just from my heart that I was listening. It's going to help, too.

So tell us, why are you the world's expert in terms of talking about algae as a food and the specific types, Chlorella and spirulina and, you know, kind of how you got interested in I don't need.

Yeah, yeah. It's kind of a funny story. So the company is called ENERGYbits energybits.com And if anyone's on the course, you're on your computer while you're listening to this, if you want to check us out.

So we do sell spirulina and coral algae, as Dr. Kahn pointed out. And algae, you think, how does somebody become an algae expert? Because I've been at this now almost 15 years and I tell people I didn't choose algae.

It chose me. I do live in Boston, but I'm Canadian. And 15 years ago, my younger sister had breast cancer. She's fine now, but her oncologist told her to change her diet to an alkaline diet as she was preparing for chemotherapy.

But they didn't tell her what it was or why it was good for her. So my baby sister called me, who loves her, and I just happened to be a good researcher.

And it turned out an alkaline diet was a plant based diet because of the chlorophyll and the phytonutrients that build your immune system. And as you're going to hear more today, they also protect your hard.

They do protect your brain. They do all sorts of great things. So so I helped her. She did heal completely.

How algae became a nutrition focus

I learned about plant based nutrition 15 years ago, got on the plant based train because I, I got I left my corporate career, went back to school, studied nutrition, taught plant based nutrition for about a year at hospitals and corporations have found out and I'm sure a lot of you feel this way, that it's hard work getting vegetables into your diet.

And a lot of people gave me pushback that, you know, the vegetables were heavy to carry home from the grocery store. They took a long time to clean, to cook, to eat.

They went bad quickly. Husbands and children wouldn't eat them. So I decided I would try to find a way to get plant based nutrition to people in a way that was effortless.

And ultimately, I discovered algae, which is the most effortless way to get your plant based nutrition because the algae, spirulina and Chlorella is sold in.

We sell them in tiny little tablets. They're both sides of a baby aspirin. This this blue darker one is spirulina. This is a blue green algae. The lighter one is Corella, which is a green algae.

And and not only are they effortless because one one tablet will equal the same nutrition as an entire plate of vegetables. And this is based on a quote that we have from now.

So that says one gram of algae, one gram has the same nutrition as a thousand grams of fruits, vegetables, so a thousand times more nutrient dense than anything else.

And that's stunning. Right. And it's not only that, but it's science based. There's almost 100,000 studies documenting all of the health benefits, including the ones we're going to talk about today from Spirulina and Chlorella.

So it's on solid scientific foundation, and it's been used in Asia daily for almost 60 years. They use it for longevity, for health, for nourishment, for their skin, for beauty.

It's endorsed by United Nations as the answer to world hunger because it has the highest concentration of protein in the world, three times the amount of protein as steak.

So 13 years ago, I decided I would help people understand algae. I would I would grow it very carefully because unfortunately, most of the algae on the market comes from China.

They don't grow it as carefully as we do. They use high heat to dry it, which kills some of the critical enzymes. We're going to talk about a couple, one that Dr. Kahn knows for sure very carefully is superoxide dismutase, which has been proven to stop, help, stop heart disease, articular sclerosis, all sorts of things.

And it's not in the other allergies because it's an enzyme and everybody else except us uses high heat to dry their algae and that high heat kills that superoxide dismutase.

So, so anyways, I got into this just helping my sister and then I thought I could help some more people. And lo and behold, almost 15 years later, here I am and I am I am an algae nutrition expert.

I was on 275 podcast in the last couple of years. I'm pursuing a Ph. D. on this. So, so I'm just getting started. So, so just to even back up, we don't spend a lot of time that I remember in previous interviews.

I just that word alkaline diet alkaline, alkaline, alkaline. We had a baseball player in Detroit. Alkaline, he's very famous, but I think we. Want to.

Spend more time talking about alkaline diet. So we're talking about acid and base and allergies that are slightly above 7.4 alkaline and veggies that are slightly below some point more acidic.

And sugar. Addiction and sugar of the body. Then to go on and plants promote alkaline ization. There's a word that's even hard to say at the moment. So you were looking forward and this is such a constant rated source of plant based phytonutrients that it will help colonize the body to use Chlorella and Spirulina, right?

Yes. Yes. And on that note, there was a German scientist by the name of Otto Warburg who won a Nobel Prize back in the 30's for discovering that cancer cannot exist in an alkaline environment.

So your cells need to be just slightly alkaline. 7.1 And this and all diseases actually are acidic. So and when you

have slightly alkaline cells, that's indicative that there's a sufficient oxygen that the cell membrane is working properly, nutrients can get in and toxins can get out.

And once you start getting too acidic, this changes the balance of minerals and causes. It makes it difficult for toxins to be removed and it changes the metabolic health of your mitochondria and it's a slide down downhill.

So the key to health is maintaining a 7.1 alkalinity in the cells. And by the way, your blood needs to be even more alkaline. 7.34 And if you do not, you eat a very acidic diet.

Your body is so intelligent.

Alkalinity, chlorophyll, and plant-based nutrition

What it does is it pulls minerals, magnesium, calcium, potassium out of your bones, out of your cells, out of your organs and app, and automatically neutralizes the acidity in your blood because otherwise you would die.

But if that happens over and over again, it depresses your immune system. And I think this is why my sister's oncologist wanted her to have an alkaline diet, because she wanted her to have the strongest immune system, both to maintain the alkalinity of the blood in the cell.

But also when you have an alkaline environment, the cell, things are working better and preventing cancer. So yeah, algae is the most alkaline food in the world.

And a large part of that comes from Chlorophyll, which is, by the way, chemical structures almost identical to hemoglobin. So we've established this is the most concentrated source of protein.

We've talked about the most alkaline food. Which are you on its own? Amazing. We haven't mentioned minerals, vitamins and nutrients. And I know you've got some data about how packed these algae are, so share that with us a bit.

Yeah, well, first I if it's okay, I just want to help people understand what algae is. It was the first life on earth 4 billion years ago, and we only showed up a few million years ago.

So it predates us by a long shot and it's still here. So it must be doing something right and why do you think you may only think of algae as those algae blooms that close your favorite bit?

I want to assure you that that's not the kind of algae we're talking about. Yes, there is algae in the ocean and the rivers and you're probably aquarium and swimming pool.

But there are tens of thousands of strains of algae. And the two that we're talking about today, Spirulina and Chlorella, are not found in the ocean. They are harvested in freshwater farms.

Here is a spirulina farmer and this is a Chlorella farm. And it's important that you know this for a couple of reasons. A the oops the the the the now I'm on the moon.

That's too funny. The where was the algae that we're talking about? Spirulina and Chlorella are very, very concentrated, but growing very carefully because the because the water is freshwater not from the ocean.

The ocean is full of toxins, as you know. So we don't want toxic algae because it will absorb whatever is in the water. And when the algae shows up in one of those blooms, it's only there because there's already toxins and bacteria there.

Algae is the cleanup crew. It gets the blame because it's visible, but it's the cleanup crew in your body, too. It will pull out toxins. It will help get rid of bacteria.

So, A, it's not from the ocean, although there is algae in the ocean and B, it's carefully grown. And then we we grow it into in in in the. There you go you to take off the.

Yeah. And then you dry it into a powder and then we press them into little tablets that we call or. Why don't we use glass bleached glass beads to break the coral open?

Because I know we need to have plural to open, to be functional. So why don't we just use glass beads and break them? Well, Spirulina and Lorella, as I mentioned, are quite different.

Spirulina is a is actually technically a bacteria does not have a cellulose wall. And the reason why that's important is because it gets absorbed so quickly into your body, because there's nothing for your body to break down and you get access to all the 18 of the 20 amino is including the nine your body can't make, but ROA is different.

It has the hardest cell wall in the plant kingdom and in order for your body to get access to the nutrients that are in there, it has to be cracked. So the FDA has regulated that all Corella sold in North America must be what's called crack cell wall.

But the way that it's cracked differs depending on the company. Almost all other algae companies use the original technique, which is to tumble it with glass beads.

But the glass heats up and led from the glass leaks into the corella. And, you know, corella is known for being a detoxing algae. It pulls out all the heavy metals, pesticides, molds, glyphosate and aluminum.

But so when you when you tumble it with glass beads and lead is leaking into it, this sort of thing. Well, that's not very intelligent, is it? So when I started the company, I didn't want lead in our in our corella.

So we found a, a new technique, which is what we use. And we passed the corella through a sound chamber, which is so the vibrations are what, crack the corella so there's no lead and it is able to pull out toxins.

Spirulina: energy, mitochondria, and heart support

But I think before I go any further on the two algae, I do want to emphasize the to the difference between the two of them, because they do completely different things in your body and but you need both of them.

And that's why if you understand what they do and what they are, you'll maybe you'll be able to understand how to apply them to your own situation. Is that would that be a good segue way?

Yeah, yeah. Tell us how to apply them to our own situation. Absolutely. Yeah. Yeah. So spirulina is and we cause energy bits because it's very energizing for your mind and for your body, sort of scrub it against it.

So you may say to yourself, well, how does that happen? Well, it happens in a couple of ways. You get energy in the moment, but you also get it long term.

The way you get it in the moment is because, as I mentioned, it does not have a cellular wall. So it gets absorbed into your bloodstream almost instantly.

And with all those rich aminos, they're all individual aminos, they get converted to glucose by the high amounts of B vitamins, and also that's loaded with a set of three acids which help your brain.

It's loaded with iron that carries oxygen. And so you understand the importance of these individual aminos animal proteins all bound up. And it could take 2 to 3 days for your body to release it as aminos collagen powder are in peptides and they get absorbed quicker.

But algae are all individual aminos, so you get the energy from the aminos instantly because they are able to be used by your body very quickly. Now, on the long term, what happens with the spirulina algae is it has nutrients in it

that protect your mitochondria.

And as you learn more about your mitochondria, you're going to find out that they determine everything about your health. Good or bad. But the problem is your mitochondria get damaged by free radicals, and these free radicals are produced in the process of making ATP, which is what is cellular energy.

And the good news is spirulina contains all of these critical nutrients, including that one enzyme I mentioned, superoxide dismutase, which is a antioxidant, and it gets into the inner membrane of the mitochondria and stops free radical damage.

Free radical damage. The most damaging one is called superoxide, which is has three unpaired electrons is three times as damaging as your regular free radical and superoxide dismutase basically neutralizes that antioxidant so your mitochondria are saved.

It's like having the fireman in there too. Putting putting out the fire. So spirulina and also chloro. I have the highest concentration of this superoxide dismutase in the world.

You can't get it from any other food. Your body stops making it for you. After the age of 30 and almost all the other algae companies use high heat to dry their algae, which deactivates the superoxide dismutase.

This is why our algae work so well. And what's one of the most important things that superoxide dismutase does? It prevents heart disease. Heart disease is a one of the main killers in our society, and it hits people predominantly after the age of 40.

Why is because your body isn't making superoxide dismutase any longer to protect your mitochondria from free radical damage? So. So this is like having the fireman, the fire crew show up at your house and hose down all of those free radicals to protect you, your mitochondria, and your heart.

There's also a lot of essential fatty acids that are essential for your heart health. So it also protects you from from other heart damage. So but the main thing you need to know is that spirulina has these high concentration of aminos that give you energy in the moment and also long term ATP, which is cellular energy, so that your cellular energy can protect you from whatever issue is going on in your health.

And the way I describe it is, you know, imagine think of your cell, your energy, because you don't have enough of it. And most people don't because they have damaged mitochondria.

It's like having one pie and a thousand people want a slice of that pie, but nobody's going to be happy with whatever slice they get because it's going to be so tiny. One, five, 4000 people.

When you increase your cellular energy, your ATP, by using spirulina to protect your mitochondria, suddenly now you have more ATP, you have more energy.

So like having a thousand pies. So now everybody gets a nice big helping of pie, your brain, your heart, your immune system, your gut, your lymphatic system, your heart.

Everybody gets what they need. And when you have more cellular energy, that means your heart can function better. Your brain can function better, everything works better.

So so that's what spirulina does is it protects your mitochondria from damage and that protects your heart. And I just we're going to say goodbye to some of the audience because they are so full of education and information and excitement.

I'm excited, but I just want to make. Something bigger before they go. I want to share. We have a 20% discount code for you. Going. Yeah, to go to our Web site energy bits dot com.

The code is is heart doc H. E. R t D. O. C. all one word heart doc and you'll get 20% off anything at energy boots.com and if we sell them in bags and canisters and sample packs, so do not deprive yourself of this natural nutrient, this fabulous food provided us by Mother Nature.

And just so you know, when you use that discount code and you buy a large bag of a thousand tablets it works out to and you take ten tablets a day. That's what we recommend as a starting point.

It works out to a dollar a day, a dollar a day to protect you and your heart from disease, your brain from disease. And you can turn it around if you already have it.

So a dollar a day is all it takes. Don't delay. Give your body and your mitochondria what they need to perform optimally for you.

Chlorella: detox, sleep, and recovery

And I promise you won't be disappointed. Oh, thank you. And I just want to make the point I'm very familiar with is very lean and energy beds. But some of the listeners I just want to go back when you held up those tablets, a lot of people listening are plant based or vegan and they're eating spinach and kale and bok choy and arugula and salads and beans and peas.

You can add this on. You will see the benefit of adding this on. You will up your nutrition, even more. You'll be getting vitamins and minerals and nutrients and superoxide dismutase and omega three.

And I just want to share before we go to our short break that my 91 year old mother takes a handful of energy bits koirala before bed and nice been the single most effective sleep aid and it is a well known sleep aid that she has found.

So there are so many uses and that's why I include them. Even though I would call my diet nearly textbook perfect, I still wouldn't go a day without taking my supplemental energy bit.

Spirulina and Lorella. Let's go a little deeper. We didn't we didn't get to omega three minerals and vitamins. I think you briefly said, if I heard it, 18 of the 20 amino acids.

Yes, 18 of the 20, including the nine your body, does it does it make so it's a complete protein. And both of the algae and I do I want to help people understand the corella as well. And both do have high protein and they're both ketogenic.

They're they're they're vegan, they're raw. And this is very, very important. They're raw. So this is in this in the raw because we do not use high heat to dry them.

So we preserve all the nutrients. So you get everything that your body needs because you may not know this, but when you use high heat to dry any any supplements or any food, it kills the enzymes.

And so you're you're missing a lot of the critical nutrients if you use high heat that most companies do. But we do not. But yes, there's a lot of really powerful.

All the electrolytes that you need are in both the algae, but they as I said, they do different things in your body. Right. Well, wonderful. Tell us a little bit about third party testing, why people should be.

I'll give you an example. Very famous podcaster, author Michael Gregor, M. D., does not educate people to be concerned about spirulina and a toxin. I'm not recalling the name of right now, and I'm sure you know it.

Tell us about your third party testing. Well, you definitely need to be careful, and I don't think anybody else does third party testing here in the United States, any of the other algae companies.

But we do because we've been selling through doctor's offices like Doctor Con for, you know, seven or eight years naturopaths, homeopaths, physicians.

And so they need to know for sure and without a doubt that there are no toxins, no metals, no pesticides in our algae because they are recommending it to their patients.

So we've always done third party lab testing here in the United States. We get tests from our but the company that grows the for us in Taiwan but we do our own set and it's not just the nutrition and it's not just the metals.

We also test for micro toxins. Micro toxins are very hard to detect. It took me two years to find a lab to test for it. And micro toxins are in all natural bodies of water.

So oceans and lakes and you can't keep them out of the algae. We don't have them in ours because we grow ours in triple filtered spring mountain water.

And then we, as I mentioned, we test for them. So there aren't any micro toxins are very damaging to your brain, to your cells. The symptoms manifest as fatigue, brain fog, gut issues, just the list is endless.

But because you don't have any injuries, you're you're absolutely safe. Our our algae tablets are so safe, you can give them to your newborns, your pets, your grandparents, as you do Dr.

Khan or your parents. So they're safe for everybody. And Spirulina is the one that is for nourishment and for your mitochondria health and particularly for brain health and heart health.

Why is that? Because your brain has the highest concentration of mitochondria in in your entire body. Women's eggs are the next second highest and your heart is the third highest.

So when you have mitochondria that aren't functioning properly, you need it. You need to find a way to get them back on track because if you can't protect them, they will die or mutate.

And when they're dead or mutated, they send the wrong signals and they cause you to have less ATP. And when you have less ATP, you are not you and all of your body parts cannot function properly.

Your heart cannot beat properly, your lymphatic system cannot work properly. So because spirulina as they are, antioxidants that protect your heart. This is very much a heart food and a brain food, but it's different from Lorella, which we call our recovery.

That's we call it recovery best because it helps you recover from your health. It pulls out toxins, led mercury, radiation of aluminum, pesticides, glyphosate, mold, and it eliminates them.

Spirulina is cleansing, but not detoxing chlorophyl is it detoxing algae and it has the highest chlorophyl in the world, which is very cleansing to your blood, as we mentioned earlier, and also to your cell walls.

Your cell walls need to be healthy with fat, like healthy fats, like omega three and in this case, chlorophyl, because it's a fat based pigment. But Clairol also, as you mentioned, has the highest tryptophan in the world.

Tryptophan is the precursor to melatonin. And so what it does is it helps you get into a deep sleep. It won't make you sleepy, but it will help you sleep.

And what is so important about sleep? Well, it's when your body goes through a detox repair cycle. So while you're sleeping, that's when your cells in your heart or your brain or your entire body are being repaired.

You're getting a autophagy, getting rid of all the cells that shouldn't be working, and chloro will pull all of those out. So it's like having the cleanup crew while you're sleeping.

You're getting your beauty rest. Lorella is pulling out all the junk in your trunk, and it has a very important nutrients called vitamin K to almost everybody is deficit of vitamin K2.

Lorella has your daily requirement. And what does vitamin K2 do? Well, it pulls out excess calcium from soft tissue, like your skin, your brain and yes, your heart.

And it moves it into your bones because if you have too much calcium, for example, in your blood vessels, it classifies this is an indication of arterial sclerosis, hardening of the arteries.

And what is hardening, very often it's calcium. So you don't want excess calcium in your blood vessels. This is why K2 is so important for some in the spirulina, but mostly in the Chlorella.

And it will move all that that excess calcium into your bones, out of your brain, out of and out of your organs and into your bones where it's safe. So this is why it's such a cleansing, healing algae.

How to use both algae products

It also has the highest glutathione bone in the world, which is also very detoxing, and that is very important to the all the processes in your body. So I came up with a fine analogy to help people understand the two different algae because spirulina so nourishing and gives you everything that you need.

Most people take it in the morning when they're hungry and tired because they want to get out for the day. It occurred to me that sort of like room service at a hotel, you get everything you need for the day.

You get fed, you get nourished, you get energized and boom, you're at the door. And then Lorella, because it pulls out all the junk in your trunk and cleans up everything in your body.

It's sort of like housekeeping at a hotel, right? So think of spirulina, which we call energy beds like room service and Lorella, which we call recovery.

But it's like housekeeping. The two of them work completely differently, but together to make sure that you and your body and your heart are functioning optimally are are being protected.

And if you have a health condition, you can unwind it. Because, as Dr. Kahn, I'm sure, tells all his patients, our bodies are constantly regenerating themselves.

We have over 30 trillion cells in every day, 30 trillion die and 30 trillion new ones grow. So let algae help you grow back healthy cells so that you can have a firmer structure here to bring back your health.

And if you are have a health condition, you definitely want to take more than the ten tablets of each algae. So if you're healthy, ten spirulina in the morning or throughout the day is great.

If you if you have a health condition, you want to take probably 30 or more and ten Chlorella at night will maintain your wellness. But if you want detox, you definitely need the 30 tablets.

Okay. Well, I think we have so much to contemplate. And again, we have a lot of the audience are healthy and a lot of the audience have heart disease.

And we've talked about, even if you're healthy, you know, you're plant based. And certainly we have heart disease and other chronic conditions. I mean, literally, you just ran through so many exciting concepts, superoxide dismutase.

So antioxidants, high glutathione, antioxidants, high protein, high complete amino acids. A lot of us eat anatto beans to get vitamin K2, and frankly, they're sticky, fairly unpalatable choice.

But we can get used to them. And this is so easy. I mean, you can actually chew the Koirala tablets. They have a nice little green flavor, but your teeth will be little green after, so you can just swallow them down.

What other? You know, just the tryptophan. So you take chloral before bed and you get a natural conversion of melatonin and a deeper, more restful sleep.

And everybody needs that. And now know protein, protein, such a common topic. You do not need animal protein. You can get plant proteins and you can build muscle.

You just got to live weight. But here we got this should be, you know, the perfect boost in the gym. You're doing a weight routine and strength routine and bands and barbells.

And, you know, you just take a handful of these wonderful items. So gather. I think you have really made this summit so practical for so many people. Repeat, you did mention in the beginning you have a special offer for people that.

Yes, yes. So if you're listening, we have a 20% discount code. The code is HEARTDOC all one word and just come to energybits.com You'll find that when you get to the checkout you'll find a little coupon box.

You can just put the HEARTDOC code in there and you'll get 20% off. And now I don't want people to have sticker shock because a large bag of a thousand tablets is normally 130.

But with your discount code, it brings it down to about $100. And if you are taking ten tablets a day that works out to a dollar a day. It's very efficient nutrition.

And I also want to let you know that algae isn't new. It's may just be new to you. It's a multibillion dollar agricultural crop in Asia, where they've been taking it every day for 60 years.

And the Japanese are one of the blue zones and they eat algae every single day. And, you know, why should they be the only ones enjoying the longevity benefits, the health benefits, the skin benefits?

Everybody should be taking this every single day. And but you want to get the highest quality because you'll miss out on some of the critical nutrients that protect your heart, your brain and everything else in your body.

If you use the lower priced algae that uses high heat, you could get frozen spirulina. That's the only other thing I can recommend. Other than our own spirulina, which is raw, because again, it would not have been exposed to high heat.

So you'll get all the glucose, iron and the superoxide dismutase that you need to protect yourself. So the key to remember is that our bodies make so many of these antioxidants for us since the moment we're born.

But the trouble is, once you hit 30, it stops. And so this is exactly when chronic disease kicks in, is when we're about 40. Right. You're protected until about year.

And then this is when you don't have those antioxidants any longer and you can't get things like superoxide dismutase from food. So you may take algae because you want to get a better workout, the spirulina, and you'll definitely get a better workout, but you'll end up protecting your heart.

Or maybe you'll take the Chlorella because you want the vitamin K2 to again protect your heart. But maybe. But you'll end up with a better sleep and better detox.

By the way, it also helps with bowel movements. So you can't go wrong with either one of them. And they work very beautifully together and they're a gift to us from Mother Nature.

We just grow it and dry it to preserve the nutrients so that you get maximum value and and safety and purity. So

come and check us out at energybits.com algae is is a gift that keeps on giving.

You for your passion, your knowledge and sharing it with us. And we'll say thank you from Reversing Heart Disease Naturally Summit 2.0 and I'm sure you're going to be so popular.

We're going to have to have you back next year. That'd be terrific. Thank you, Dr. Kahn. Bye bye.