Slowing Down Aging: The Science Behind ESS60 And Longevity Transcript

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Introduction to Chris Burris and C60

Welcome to the next interview, with, Mr. Chris Burris. Now, he is the published author of the Lived Longer and Better. He's the host of the Live Beyond the Norms, and he is a patent holder, and he is a visionary scientist, and he has a master's in comedy improv.

He's the founder and chief scientist at My Vital C, where he manufactures a Nobel Prize winning molecule responsible for the single longest experimental, in history, a 90% extension of life, in rats.

He's at the intersection where health beats laughter and his life's mission to help people live longer, healthier, happier lives using science. So. Welcome, Chris.

Okay, Chris, I'm so glad to be here to talk about, this really interesting molecule. Also known as C60, which is a sphere. So I thought it might be interesting to start with.

Oh, perfect. So let's explain what this sphere is and why it is so magical. Yeah. So, I some people may end up just hearing this, so I'm holding up a model of a molecule.

If you're listening, just imagine a, a soccer ball where the lines on the soccer ball represent the bonds between carbon atoms. So there's 60 carbon atoms in this, the molecule was discovered in 1985 here in Houston.

That's where we're based at Rice University. And the three scientists who discovered this molecule actually won the Nobel Prize for that discovery in 1996.

So a short 11 years from discovery to being awarded the Nobel Prize. My business partner and I started manufacturing this molecule in 1991. So a full five years before they were awarded the Nobel Prize.

Discovery, Nobel Prize, and Molecular Structure

I don't think it's, you know, being braggadocious to suggest that us delivering commercial quantities of this material to research institutions around the world allowed them to understand how amazing this molecule was and ultimately led to that Nobel Prize being awarded to those three scientists.

So very proud of of that. And, you know, the reality is, is a lot of it is serendipitous. I was in college, I was good friends with Robert Long, my business partner, and he was working separating the material for one of his professors.

And one day he came in that professor, Professor Paul Chu, he's kind of famous and super in the superconductivity area. He came in and said, hey, you guys are young guys.

This molecule is selling for $6,000 a gram. You should go start a business. And my business partners from an entrepreneurial background, did some, you know, back of napkin calculations were which probably looked like $6,000 per gram, because that's an amazing amount.

And off, off and running. And I joined him and we built what is still today, the best, instrument, the best reactor for manufacturing, this molecule, you know what's so special about the molecule?

I like to describe it as well. One, it's the first closed cage molecule. So you think about this, by the way, when we think about it for, consumption, for health purposes, we call this SC 60.

So elemental safe spheres with 60 atoms in it. So when you think about this S60 molecule, this soccer ball shaped

molecule, it's closed cage. So it's one of the very first molecules ever discovered.

They have discovered some other ones that are closed cage. But it was the first one that doesn't have any dangly ends on it. Right. Most molecules have ends that are out there available for bonding or whatever.

We also know from very early on, that this can hold because of the carbon carbon double bonds in this soccer ball cage. It can hold up to six negatively charged particles, which will, come and become valuable.

Now, people would ask, you know, what's the material good for? The way I describe it is it performs as well or better than the current best material and almost every application.

So it makes better inks, better batteries, better tires, better photo cells. And that's when people get uncomfortable because they're like, I thought we were talking about a health product.

I've never looked at my car and thought about my car battery, which components of that car battery should I be consuming on a daily basis? And the story actually gets a little bit worse.

Because the exterior of this cage has this one shape that looks like benzene and benzene, as important as it is, and modern society, and basically we don't have modern society without the benzene ring.

When benzene is on its own, it's known to be toxic and known to be a carcinogen. So they assumed this S60 molecule would be toxic. They put it in a toxicity study, instead of being toxic.

The test subjects given really the My vital C formula lived in 90% longer than the control group. So that's the single longest longevity experimental result on mammals in history.

It's peer reviewed published research I'm very proud to share. Our lab provided the material for that study, were mentioned in that study, and I'll just kind of wrap up this piece with the most consistent testimonial that we get from our customers is that they take it in the morning.

They report mental focus and energy during the day, and then better sleep that night. Well, and for the listeners, problems with sleep very, very common for people with M. S.

and, systemic autoimmune disease, problems with anxiety, depression, very, very common. And I'll certainly admit that I have difficulty with sleep, and I've had difficulty with sleep ever since I was a adolescent.

And I like to think it's because there's so much going on. I have so many ideas. It's hard to quiet my mind. It's hard to calm down because there's a lot I want to be doing.

From Toxicity Concerns to Longevity Results

And so, yes, I found this to be, really quite, quite helpful. I invite you to hold that structure up again. Chris, so there's no double bonds here. These are all single bonds?

No, there are some double double bonds in here. Right. So this particular bond is a double double bond. Okay. Not that everyone is a double double bond.

It's that most of them are single bonds. And from time to time, you will have a double double bond. Okay. Okay. And so, I believe this is also a very potent antioxidant.

Yeah. So let's talk about that. What that does for cellular function. Yeah. So, I'll just share kind of my experience. This study came out, the test subjects, instead of the molecule being toxic, the test subjects lived 90% longer than the control group.

And we started getting phone calls from this crazy, wacky group of people called Biohackers. And I can say that

affectionately now because I'm a biohacker and I'm doing all sorts of biohacking.

But they were saying, hey, how much of this stuff should I consume? And my business partner and I were, you know, very conservative carbon nanomaterial scientists.

And our first thought was, well, you should probably consume zero like the same thought process about your car. And what should I consume out of the battery? Right.

We're selling it to research institutions around the world for inks, batteries, tires and photo cells. We actually added not for human consumption to our labeling in 1991.

Yeah. 19. No, excuse me, 2013. So the study came out in 2012. In mid 2013, we start getting these phone calls and think about that from 1991 all the way until mid 2013.

We don't have to put not for human consumption on our labeling. It's just that we started getting these phone calls. And I want to be very clear in the literature, it was understood that this was safe.

We just were ultra conservative carbon nanomaterials scientists, and it just didn't resonate with us at the time. And around that time, you know, we're getting these calls from Biohackers and these calls sound like this.

Hey, my knee pain is gone. And then we would say, you mean the knee pain of your rat, right? Because it literally says not for human consumption on the labeling.

And they say, yeah, yeah, yeah. So if my rat weighs 275 pounds and does hit training on Tuesdays and Thursdays, how much should my rat be taking, right?

Like so. So we know that we know that what's actually going on, my business partner would and I would get together about every quarter was like, do we want to get into the supplement industry and you're in the space?

I think it's fair to say that the supplement industry is challenged, right? There's challenges with the industry, and it's very different than delivering commercial quantities of carbon nanomaterials to research institutions.

And so we just continued to say no until about 2007 to the latter part of 2017. In that time frame, I actually found a peer reviewed, published research paper that said 50% of the supplements that this research group had purchased did not have in them what they said they had in them.

Right. And this was for for my business partner. And this was just further confirmation. We don't want to be in this industry. It is not an industry that really kind of has the reputation that we're used to dealing with.

Finally, in the latter part of 2017, a guy with a big YouTube following started talking about all the benefits he was getting, taking it on a daily basis, and our phone went from ringing 2 to 3 times a week to ten times per day.

So now it's a bigger entrepreneurial opportunity. Then my business partner and I realized and one of the things we thought is, you know, that that research paper where 50% of the supplements on the market don't have in them what they say they have in them.

That's going to happen to this industry, right? This kind of industrial carbon 60 industry. And we're in a very unique position because we have a lab where we've been working with this molecule longer than anybody.

I mean, we have some guys who actually were at the original lab who are good friends of ours, but we're one of the we're certainly the company that has been working with this molecule longer than any other company on the planet.

And we sat down and we asked ourselves two questions. The first one is a moral question. Are we comfortable selling this product? And so, I take it my wife takes it.

Everybody on our team takes it. By the way, it's not a requirement to work on our team. Everyone here takes it. And then we ask the legal question right here in the States, we've got the FDA and the FTC.

You got to cross the T's, you got to dot the i's. And so in 2017, we decided to bring this to market and and to get to answering your question, one of my first roles was to figure out what might the method of action be here.

Antioxidant Effects and the Boss Theory

And I mentioned our most consistent testimonial. People take it in the morning. They report mental focus and energy during the day and then better sleep at night.

We all know that sleep is good for our mental, physical and emotional well-being, right? And you've talked about challenges with sleep. There's an amazing book, by Doctor Matthew Walker called Why We Sleep.

He got into the sleep field because he was trying to, kind of investigate late Alzheimer's. So it's definitely something that causes detrimental health effects.

So if we just improved health, sleep, we would be improving mental and physical and emotional well-being. But then I let me I thought, let me dig deeper.

What does the medical community tend to think? Right. Because we have about aging, because we have this study where the rats live 90% longer. And the medical community, like they don't all agree, but tend to think of aging as an oxidation and an inflammation process.

Right? We even have, inflammation as a word because of how tied inflammation is with aging. We check both of these boxes, right. So first, from an antioxidant perspective, we there's an ad hoc study out on the web where 172 times more powerful than vitamin C, there's peer reviewed, published research that shows us to be 125 times more powerful than vitamin C, so certainly checking off that box, and I'm going to come back to vitamin and to to antioxidant because of its impact, in our kind of current theory, next is inflammation.

The FDA has decided that to talk about inflammation is to talk about the diseases of inflammation, which are the diseases of aging. Right. So if I were to claim that we reduce inflammation, then I'm claiming that we cure cancer, cardiovascular disease, arthritis, all of these things.

And obviously there is so much work that would need to be done in order to make those claims. So we have to be careful when we talk about inflammation.

What we can say with the FDA allows us to say is that we address inflammation that's caused by exercise. Right? So we've all had a tough workout, maybe walked farther than we normally do, woke up that next day and felt that inflammation in our body.

We absolutely take care of that, type. And I'm going to, I'm going to share one more thing, because this is pretty spectacular. You and I got to meet at, at a 4 a.m..

Longevity fest is great. We got to sit down. I, I may have shared this with you, or it may have happened a little bit later. Doctor Lane Young came up to me.

I had met him at the biohacking conference, Dave Aspirates biohacking conference. He had been giving our product to a number of his clients, and he shared this with me, and I actually took a video of it because I felt it was so profound.

He said, Chris, I don't care if you're male or female, pre-surgery post-surgery, cardiovascular disease, diabetic cancer, your product reduces crh, CRP.

So C-reactive protein, but high sensitivity C-reactive protein dramatically in 4 to 6 weeks, he said. I actually have

one client who is sitting at about nine, and we weren't able to move the needle on him.

We put him on your product in 4 to 6 weeks. He was down to 0.9. Now I'm not on CRP expert, so I've got to lean on other people. I've had conversations with oncologists and and people who focus on cancer and they say nine typically means that well, means we assume you have cancer unless we prove otherwise.

And so for him to be stuck at nine and then the product to bring him down to 0.9 is a pretty dramatic one. It's a dramatic change. And it's in a, in a very important area.

And then I'll lead that lead that into because I think what's driving that is this an outcropping of our final our current theory, which we call the boss theory.

So Boss stands for buffering oxidative stress system. So we know from peer reviewed published research that this S60 molecule gets into the mitochondria.

And we know remember I mentioned that even back when it was discovered that it can hold up to six negatively charged particles on the exterior of the cage.

So I'm sure a lot of your audience knows, but, you know, allow indulge me. I'll do a little refresher. Mitochondria is the powerhouse of every cell. There's between 50 and 5000 mitochondria in every cell in our body, except for blood cells, which have zero and no brain, and nerve cells which have 2 million.

That's how much energy our nervous system uses compared to other systems. As as we know, the mitochondria is the powerhouse of every cell. And just like every powerhouse, we know, there's a negative byproduct.

So you can think about your car going down the road. There's exhaust, you can think about a power plant, there's a smokestack and smoke coming out. So you've got these negative byproducts.

In the case of mitochondria, the negative byproducts are reactive oxygen species. Now these are things the way I describe them. They're little bumper cars of oxidation.

So they run around and everything they bump into, they're causing oxidative stress, oxidative damage. They're kind of rusting. Everything they slam into in a healthy, unstressed mitochondria.

There are two antioxidants present that manage those reactive oxygen species, and those are glutathione and melatonin. Now remember our most consistent testimonials sleep.

We know melatonin as the sleep hormone. There's a lot of parallels here. So when a healthy unstressed mitochondria is producing these reactive oxygen species, the glutathione and melatonin manage them.

But when that mitochondria get stressed now that could be the tough workout we've already mentioned. That could be, you know, just, smog. It could be smoking, it could be drinking, it could be just the stress of a of an email or a phone call that will stress out our mitochondria.

And now they start producing more reactive oxygen species. Then the glutathione and melatonin can manage. And when that happens, we believe that this S60 molecule holds on to those reactive oxygen species and prevents them from doing damage until the mitochondria can replenish the glutathione in melatonin and then manage those reactive oxygen species properly.

Now, I have a fun analogy. My analogy is, imagine it's Mardi Gras, the end of Mardi Gras, by the way. That's the beginning of every fun analogy. And it's bourbon Street, and you've got these drunk reactive oxygen species running around doing damage, smashing up cars and windows.

And you've got the New Orleans Police Department, the glutathione and melatonin coming in and attaching themselves to those reactive oxygen species and getting them off of Bourbon Street.

But what does the New Orleans Police Department do when they get overwhelmed? And will they take those reactive oxygen species and they stick them in a paddy wagon, right.

So they can't do any damage. So they get attached to this S60 molecule. And then when the New Orleans Police Department can replenish the glutathione and melatonin, they can then handcuff themselves to these reactive oxygen species and get them off of Bourbon Street.

And that's why we say that this S60 molecule is the boss, a buffering oxidative stress system. Lovely. Lovely, lovely. Now, let's talk a little bit about how, the IRS gets into the mitochondria.

So, I have, just had had it in my, morning, cup of tea. And so how does it get from my tea into our mitochondria? Can you walk our listeners to that? Yeah.

Well, I think we can start with, something that's a little bit counterintuitive when you think about supplements, which is this is not a water soluble molecule.

How C60 Is Absorbed and Reaches Cells

So if you imagine a pile of this S60 molecule, right, it's a black powder crystal and powder and it's hydrophobic, so it does not dissolve in water. So if you were to consume it you would be safe.

And you would just excrete it out with very little bioavailability by dissolving it in an olive oil. And we used, by the way, a high quality extra virgin olive oil.

I think there's enough press about olive oil now. It's an amazing oil. And in fact, a high quality one will leave a peppery flavor at the back of your throat.

Which is true of ours, because we do use a high quality extra virgin olive oil. When you put this, this S60 powder in olive oil and then mix it in our case, as you get to bigger containers, you actually have to mix it for three weeks.

You actually dissolve that S60, those SS 60 crystals. And now you're down to the mono molecular layer. Right. So you're down to end S60 molecules floating around interacting in solution in this olive oil.

And that makes it significantly more bioavailable. So it tends to go one. It's attached to this lipid. Our cell walls are lipids. And so getting through the cell wall it makes perfect sense.

And then getting into the mitochondria you have a similar situation. But part of it is just because this molecule is so small. Just to give you a little bit of perspective, one drop of our product has more than 475 times as many of these molecules.

So one drop has 475 times more molecules. Then you have cells in your body, right? That's how small. Right. It's it's okay. So, so, I've, consumed this in the morning.

My gut, it comes down into my gut. Lipids. Do any of my digestive enzymes have any impact, or. This is just going to diffuse into my, bloodstream? Well, I think like any sort of, oil soluble, say, a vitamin D or vitamin E, so, yeah, your digestive system, turning it, emulsifying it effectively so that it can get into the bloodstream right now, it can be transported around the body.

So we probably need a little bit of bile, in order to absorb it. It'll, get into the bloodstream, and then, in the bloodstream, it's going to get into the cell.

And then from the cell, it's going to have to get into the mitochondria. And then presumably, in it. This is so we need to get into the inner membrane, but once it's in the mitochondria and in the cell, it can, calm the oxidative stress that's happened in the mitochondria and in the cell.

Yeah. So it creates this buffer, right. And I think a great way to think about this is, you know, we have different levels of stress throughout the day.

And if we could just buffer right. These reactive oxygen species when we're stressed that would be a huge advantage. So you know somebody who likes to train for marathons, they've got this one hour period a day where their stressing their body.

And if they could just shift when the reactive oxygen species are managed to later in the day to when the mitochondria is now less stressed. Then that's actually the advantage, I think of it this way.

So if you've got a, a stream of water impinging on Earth, it's going to make a hole right in the mud. Right? If you stick a beaker in front of it, it's going to fill up that beaker and eventually it's going to overflow.

Right? So if we think about that stream as that stress period where we just would make so much that, so much of these reactive oxygen species that they would start to bore a hole in the mud if we could stick a beaker there.

Right. The S60 molecule to manage to hold on to, to buffer those, those reactive oxygen species, then later, your, your normal methods. Right.

Mitochondrial Stress, Inflammation, and MS

The glutathione and melatonin could come and manage those without that water ever getting to the mud, without it ever boring that hole. Now, you know, for the listeners, some, key points, that I want to highlight for all of us, I think the progression of our disability is tied to mitochondrial strain and oxidative stress.

The S molecule can help, resuscitate our mitochondria, reduce the oxidative stress. And so that leaves me feeling very optimistic. That. And for anyone with a neurologic issue, such as multiple sclerosis or a systemic autoimmune disease with, pain, mental health symptoms probably has mitochondrial strain and will benefit from this antioxidant support.

And then I also want to highlight that there is growing evidence that for people with M. S. and systemic autoimmune disease, these are diseases of accelerated aging, that the disability is because of accelerated aging.

And so some of those early comments that Chris made about, the research that shows adding SS into the food supply lengthened, the lifespan by 90%. Now, I don't think it's going to lengthen our lifespan by 90%, but I predict that for most of us, it was slow.

That accelerated aging, that is part of the disease process. And so that's certainly part of why, I'm taking it. And I also I'm going to confess that I put a few drops, of the SS on my hand, and I'm using that, on my face, as a moisturizer around my eyes, to use in my face, and have me, age. Well, now for everyone, listening, I did an earlier interview, and they highlighted the fact.

Well, doctor, was you turning 70 this year? And so we're reflecting on how great I look for, being 70 and how much energy and vitality I have traveling the world doing all that I do now, even though I'm about to turn 70.

Yeah. So it's good that I can do all that for being almost 70. But for the vast majority of people with M. S., because we have a disease of accelerated aging, most, Ms..

People are very frail, because they haven't been coached on all the things that we can do to to prevent that accelerated aging from happening. Well, and I can interject, you know, where this, by the way, where we're at the theoretical stage.

And let me go ahead and throw you probably have an FDA disclaimer somewhere. But I'll go ahead and say that the FDA has not evaluated our product. It is not intended to treat, diagnose, cure, or prevent any disease.

My brother has M. S., and so I have a little bit of understanding that it tends to come in stages right, where everything's good, and then you end up in a stage where things decline.

Right. And then you can, can, you can reverse some of that decline, but you end up at a lower point and please correct me at any point. So I imagine that these are high stress periods, that these are periods where you have a lot of reactive oxygen species, not only just running around doing damage, but those same reactive oxygen species actually cause inflammation.

And if we could just bucket some of those and prevent them from doing damage until we're on an off cycle, and then it could be managed with our, at that point, unstressed mitochondria, I think that would have benefits.

And so that's, that's the theory that I would propose on why this might be beneficial. Yeah. I think this is super, super helpful. Again, you know, we do use a controlled amount of reactive, oxygen species to communicate within the cell, but when it becomes excessive, and that is part of what's happening for people with M. S.

and systemic autoimmune disease. It's no longer that controlled, oxidative stress. It's uncontrolled, damaging the mitochondria, damaging the cells, accelerating, our aging, and so very powerful, very powerful.

I'll let me add one more thing, because I usually don't get this far down. The theory, which is we believe that this S60 molecule, molecules holding on to those reactive oxygen species, we believe it's also possible that it's just holding onto them.

So those reactive oxygen species can still serve as signaling molecules. Right. So it's not dampening the signaling. It's just preventing the damage that they could do.

And we've got some kind of really this is word of mouth. You know, one example. And it's not a perfect fit, but is a, a bodybuilder. Right. And one of the things that bodybuilders and people who stress their body and actually want a positive, hermetic response out of that, they're concerned about taking too many antioxidants because antioxidants can dampen that hermetic response.

And we've gotten great feedback on this is not dampening that hermetic response. That hermetic response is going to come from the signaling of those over expressed reactive oxygen species.

And that's why we think that it can not only hold on to them, prevent them from doing damage, but still serve as the signaling molecule. Brilliant, brilliant.

Well, Chris, this has been wonderful.

Where to Buy, Discounts, and Charity Book Offer

We could chat, much, much longer. However, we should, wrap this up. I, invite you to tell our listeners where to find, you and your company. So we'll make a URL for you.

Let's say it's my vital SI.com forward slash, and we'll just use your last name. Or what would you prefer? Walls. Walls. So my vital c c as in carbon.com/walls, when they go to that page, they will be they'll will be a $15 off discount.

There's a code there. So you need to go to that URL to get that code. I'm just going to make a couple of recommendations. One, we have our product in olive oil, avocado oil and MCT oil.

People ask which one they should try. We always recommend the olive oil first for two reasons. The first is were a research based organization. And all of the research is on this S60 molecule in olive oil.

Second, you actually have the highest concentration in the olive oil. So those are the two reasons we recommend that. Two more notes. You get a 25% discount for going on subscription, even if you just want to try the product

once, go on subscription.

You can cancel at any time. In fact, our customer service department has like 1005 star reviews. They are not trained to talk you out of canceling your subscription.

They're there to help you. So please take advantage of that discount. And I do want to. I've got one charity piece that I do want to add. So I do have a book that talks about this story.

It's called Live Longer and Better, talks about the story of the discovery of becoming a health product, and a lot of the the longevity learnings that I've had over the last number of years.

That book is available on Amazon for 20 bucks or on our website for 20 bucks, and we're doing a special charity piece. You can get a signed copy, so I'll sign your copy for ten extra dollars.

The whole $10 goes to Operation Underground Railroad. You may remember a movie called The Sound of Freedom, which dealt with child sex trafficking. Obviously, something that we want to eliminate from this planet.

Operation Underground Railroad is the exact organization who that movie is made about. So the entire signature fee goes directly to Operation Underground Railroad.

Wonderful. Thank you so much, Chris, and we'll look forward to seeing you again soon. Thank you, Doctor Wells.