Super Algae Secrets: How Chlorella And Spirulina Boost Your Heart Transcript

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Summit Welcome and Sponsor Introduction

Hey, everyone. Doctor Eric Slansky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event that has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, hard, healthy life.

This is the information your doctor will not be telling you about. So please clear away distractions and get ready to take lots of notes. No joke. You will not find this collection of practical, natural solutions anywhere else online.

From avoiding hidden toxins in your home that are damaging your heart to easy natural product swaps to simple lifestyle habits, each expert will empower you with simple, money saving tips that put your heart health back in your hands.

And remember to keep this life changing knowledge at your fingertips. Be sure to grab the summit recordings and bonus materials for ongoing support in your journey to a heart healthy, abundant life.

And today, I'm absolutely thrilled to introduce you to one of our sponsors because without their support, this event would not be possible. Doctor Katherine Anstead, founder, CEO and Chief Science Officer of energy, builds the premium brand of LG tablets sold nationwide through functional medicine practitioners, heart specialists, wellness and longevity clinics, and biohacking centers.

Katherine has spent 15 years researching the heart health, mitochondrial health, longevity, nutritional benefits of algae, all of which are documented by more than 100,000 scientific and clinical studies.

The depth and breadth of this research is stunning, provocative and plentiful, but virtually unknown outside of Asia. And Katherine is changing that. And you are in for a treat with today's interview.

Improving your heart health doesn't have to be complicated, and thanks to energy bits LG tablets, there is an effortless, affordable scientific solution that is not a drug.

It's a food energy beat. Tablets are 100% spiraling in Chlorella algae. You may be surprised to learn that algae is a food crop, not a supplement. Energy bits grow their algae in fresh water and dries the algae into tiny tablets called bits, because they are bits of food you swallow or chew daily to lower blood pressure, reduce cholesterol inflammation, protect your heart, satisfy hunger, and keep you healthy.

All of these benefits are due to 40 vitamins and minerals and high protein found in their tablets. And there's so much nutrition and energy bits they replace most of your other supplements.

Best part when you take their suggested ten tablets a day and use the discount code Heart Health for 20% off, it ends up being a $1 a day. So please, everyone needs to protect their heart health and energy but makes it effortless and affordable.

Go visit Energy bits.com and use the discount code Heart Health and get 20% off so you can begin your journey to a healthier heart today. Now let's get ready and start the interview.

Katherine Ansteadu2019s Algae Origin Story

I, doctor Katherine, thank you again for joining me today. I'm just really, really excited to be able to share just the wonderful benefits of your special passion.

Thank you for being. Yes. Well, thank you. And, I'm going to thank Mother Nature for creating algae for us. And,

because I tell people I, I can't take credit for algae.

That was Mother Nature's invention. But I can take credit for growing it carefully and, to protect you, from toxins and to ensure you get all the nutrient benefits, of algae.

So we grow very, very carefully. But, getting ahead of myself because, the algae story is quite, quite, rich with content, science and benefits. I love that Doctor Catherine.

Whenever I'm on the other side of the microphone, people ask me like, well, I need to get started. How did you get started in essential oils? And it's in this world where we have this influence online through podcasts and documentaries and things.

I kind of see us all having like a superpower, like I'm the essential oil guy, you're the algae gal and someone over here is doing whatever over there.

The origin story of the superhero seems to be the big thing most popular movies that they have, and I, I want to hear a little bit about your origin story in the sense like, when did you have your moment that you really wanted to commit your life to algae?

Because that is not necessarily probably something that was on your radar when you were maybe 7 or 8 years old. Right? Or in college. So like, why algae?

Like, why did you put your life to this? I know, well, I tell people I didn't pick algae at picked me and the story is actually interesting and, and truthful.

So I'm Canadian by birth, although I've lived in Boston for 35 years and all my family still in Canada, I only have two sisters, who are still alive, and I'm very close to them.

And I mention that because, and I have an MBA and I was doing international business. Nothing to do with nutrition. But 15, 16 years ago, my younger sister, who I'm very close to, who lives in Canada, developed breast cancer.

Now, first of all, I want people to know she completely healed. And I we celebrate her being cancer free every year. But 16 years ago, it was a shock to the system.

And fortunately, her oncologist happened to be a woman. I mention that because women tend to be more open to nutritional, interventions. And her her oncologist told her as she was preparing for her chemotherapy to change her diet to an alkaline diet, it was important for her.

Now, they didn't tell her why or what exactly an alkaline diet was. So my baby sister called me. Not that I knew anything about nutrition, but I'm a very good researcher and I had a masters at that point.

So I said, I have no idea what this alkaline diet stuff is, but I will find out. And I did, and it turned out to be mostly a plant based diet because of the phytonutrients in the chlorophyl, which have been proven for centuries to build your immune system.

And as she was going through chemo, she wanted her to have the strongest immune system. But I also found out that back in the 40s, there was a German scientist by the name of Otto Warburg.

We are, I think, xG, who got a Nobel Prize for discovering that cancer cannot exist in cells that are alkaline. So I have to believe that this was the other reason why my sister's oncologist wanted her to have an alkaline diet, so I found out it was basically a plant based diet.

She did change her diet. She did go through chemo. She completely healed and is still cancer free. But in the process of helping her, I started learning about plant based nutrition.

Now you have to remember this was 15 years ago. Nobody was talking about plant based nutrition 15 years ago. So when I started seeing all the science and there's 100,000 studies as we'll get to it in a minute about the health benefits of algae.

As I was reading about the benefits of plant based nutrition, I thought, man, somebody has to tell the world about this. And I'm just a very passionate, progressive individual.

I don't sit on the sidelines very well. I thought, well, I have no background, but I'm going to do whatever I can. The first thing I did was go to school.

I went to the Institute for Integrative Intuition, got a health coaching certificate that gave me a little bit of nutrition knowledge. I created my own curriculum, teaching plant based nutrition at corporations and hospitals for free.

Just anybody who would let me get in there to help people understand the importance of this. But what what truly led me to Lgi was, and I'm sure moms who are listening to this will understand this.

I found out that most people have a hard time eating vegetables. They take a long time to clean and cook. They they're heavy to carry home from the grocery store.

They go bad quickly. Your kids, your husbands generally don't like them. Some people get gas from them. Like, the list was endless. So I thought, okay, I have seen the nutrient benefits of green nutrition.

If I can't get vegetables into people, I need to find a way to get them the green nutrition in a way that's effortless, never goes bad, doesn't taste blah blah blah blah.

Back to the drawing board. Everything I'd found for my sister and when I got to algae, that's when the miracle happened. First of all, it's the most alkaline food in the world.

That box was checked. It's the most nutrient dense food in the world. NASA says one gram of algae has the same nutrition as 1000g of fruits. Vegetables. That box was checked.

It's been spirulina algae, which is one of the algae we'll talk about today, has been endorsed by the United Nations for 50 years as the answer to world hunger, because it has the highest protein in the world.

Yes, LG has three times more protein then steak. So that box was checked on top of that. Algae is a food. It is not a supplement. And in fact it is an agricultural crop in Asia, a multi-billion dollar agricultural crop.

It's as big as the beef industry is here, and they have taken it safely every day for almost 60 years. And it is the most studied food in the world. There are almost 100,000 studies documenting the different health benefits of spirulina and Chlorella, including heart health, brain health, gut health, sleep health, endless, endless health.

And here's the best part of all. Remember I said people are having a hard time eating, digesting vegetables, getting their kids to eat them. Their husbands read them.

Algae comes in tiny tablets. They're about the size of a baby aspirin. And one tablet has the same nutrition as an entire plate of vegetables. Mothers, listen up.

You can't get your kids to eat vegetables. This is the solution. Well, I'm talking to you right now. They're about the size of a baby aspirin. These tablets.

I just had to play the vegetables. How easy is that? Now I chew mine. Not everybody likes the taste. So you can swallow. And when you swallow them, there is no repeat.

No flavor. They're good for children, newborns, pets, grandparents, teenagers. Every single person in the world should be taking spirulina. We'll talk about the different benefits of spirulina and chlorella.

Spirulina is a nourishing algae. Chlorella is a wellness detoxing algae. So with all of this great pedicure endorsed by international agencies used safely for 60 years, studied by scientists, and comes in the most effortless, sustainable, concentrated absorbable shape these little tablets.

And that's it. I'm going to devote the rest of my life to helping algae get into the world, because we desperately need it. Our food has no nutrition anymore.

Even if you eat organic, there's no minerals left in the soil. So you're getting fiber and calories, not nutrition. And we're surrounded by toxins which are interfering with our ability to live well, think well, be healthy.

Chlorella pulls out toxins and spirulina fills all your nutritional gaps. So these two algae are give you back your super powers and will get you and your family back on track effortlessly.

I can't say that enough. Oh, and it's affordable. We recommend ten tablets of spirulina and then more in that during the day or the morning, and ten chlorella at night.

We have a discount code for you, but when you take ten tablets a day and use a discount code, it costs you a dollar a day. Everybody can afford a $1 a day to protect, regain their health and nourish their body and brains and heart so that there's no no issue and that you can sustain and maintain your health.

Pretty sweet, right? A man, a man is someone who has devoted his life to biblical health and ancient nutrition for 20 years. I'm. I'm very much familiar with algae, and it's been on my radar for a long time.

And the thing that I want to just to even take a step back, doc, is, is okay that a man. Thank you. And just thank you for rising up and being like like I'm going to be the one doing this. Right?

Because there's very few people as passionate about algae. I mean, it's not sexy. Let's be real. It's not like, you know what I mean, but the benefits of it.

Guys, we're going to talk about GLP one antagonists. We're going to be talking about stroke. We're going to be talking about heart attack. We're going to be talking about mitochondrial health.

What Algae Is and Why It Matters

There's so much that we're going to talk about. But first when you go to the store and I'm envisioning anyone going to any natural health food store, you could go to Whole Foods.

Just imagine, last time you been to Whole Foods or Trader Joe's and you walk and then you just see like cereal with spirulina in it, or they have chips, they have powders, they have liquid tinctures.

I take a step back and explain to us, like the different like what is algae? Where does it come from, the different types and mainly what kind of therapeutic dose do I need to take?

Because I imagine the stuff that like a half a maybe millimeter version of powder and cereal doesn't do anything for me, but it makes it green. And I think, wow, I just bought green stuff.

It's good for me. And my kids, so I don't want to waste my money. People are going to want to waste their money. So kind of like take us back to the 101 and how to really make this applicable for us.

Absolutely. And there's so many marketing gimmicks. It's why I'm not a big fan of a lot of these, powder greens powders because they pound their chests saying, oh, we've got 75 ingredients.

You know, this is the well, if there's 75 ingredients, I can almost promise you there's a minuscule amount of anything in there. It's a marketing ploy.

Algae tablets have one ingredient algae. That's it. It's. And ours is raw and it's unprocessed. So, but let's get let's go back to the story of what is algae and where did it come from?

Well, first of all, you'll be delighted to know that algae, especially spirulina, which is a bacteria, it's is even belong to the plant kingdom, was the first life on Earth 4 billion years ago, and it's still here.

So it's obviously doing something right. And it spawned all other life. All life, including ourselves, came from spirulina algae. Its oils came from cyanobacteria.

Now within algae, as it is its own food category. So let me establish that as well. It's doesn't belong technically to the plant kingdom, and it's certainly not an animal.

And there are two main categories of algae macroalgae and microalgae. We're talking mostly about microalgae. But let me tell you what macroalgae is so you can put it in context.

It's that stringy stuff that washes up on shore, also known as seaweed, dulse or kelp. Now it's good for you because it has high fiber and and the ocean.

It's only grown in the ocean. That's why they call it seaweed only from the ocean. So it's high fiber, but it has virtually zero nutrition. Microalgae, which is what we're talking about today, is completely opposite.

It either has zero fiber like spirulina, zero fiber and spirulina, or a little bit of spiral of fiber like chlorella. And it's everywhere. Not just the ocean.

It's in the lakes, the rivers, the streams, the soil. And it is the most nutrient dense food in the universe. Remember it? Even NASA says one gram of algae has a thousand times more nutrition than anything else.

And the reason is it's called microalgae because it's microscopic in size. You can get almost a million of these cells on the head of a pin. So when you consolidate it, as we do into these little tablets, you start to understand why there's so much nutrition.

So microalgae, unlike macroalgae, is only a few strains. There's red, blue, green microalgae, tens of thousands of strains. There's blue green, there's green.

And only two are well known. Spirulina is one strain of blue green and Chlorella is one strain of green. And the reason why spirulina is called a blue green algae is because it has two pigments in it.

It is a blue one which is called viscose sign-in, which I'm sure you've never heard of before. And it doesn't exist anywhere else in the universe except spirulina.

And it has amazing healing properties that we'll talk about. And the other pigment is chlorophyl. Chlorella only has chlorophyl. The chlorophyl is what makes plants green now eats algae.

Spirulina and Chlorella have remarkable healing benefits that we're going to go into in some detail today, particularly your heart for heart health. But you need to understand that there's this food category, that's broken into macroalgae and microalgae, and microalgae is where the action is.

This is where the healing properties are. This is where the nutrients are. And as I mentioned, algae is everywhere. But we grow it in, in fresh plant water.

It's called hydroponic. This is a spirulina farm. This is a Chlorella farm. They grow vegetables in water, tomatoes, lettuce. So what's very unique about our growing techniques is the way we grow it in the way we dry it.

Growing algae isn't like growing broccoli. It's more like making wine. So. And the reason why I tell you that is because, first of all, it's the angle of the sun that affects the quality of the algae.

We grow ours and Taiwan, which is known as the gold standard for algae. And by the way, I'm planning to grow it in Florida because I drew a line across from Taiwan, across America, and got to the middle of Florida and so I do.

My goal is to grow. You have huge farms, farms growing this for you here in America, but give me another five years to do that. So we grow it. Hydroponically in water.

And here's the most important thing that you need to know. We dry it after we've grown into a powder and we dry it without high heat. And then we press them into these little tablets that we affectionately called bits because they're bits of food.

There is nothing else in there 100% spirulina or 100% chlorella. No additives, no extras, no sugar, no caffeine, no chemicals, no pesticides, no lectins, no oxalates.

Just a 100% food. And the reason why you need to be using our algae over many of the other brands is because of this issue. We do not use high heat. We got to dry it because high heat deactivates many nutrients, including enzymes.

We're going to talk about a very important enzyme that's an antioxidant that stops damage of your mitochondria and your heart has the third highest concentration of mitochondria in your entire body.

And so much of heart disease is due to damaged mitochondria. And you need to get this nutrient into your mitochondria to protect you and your heart and your health from any kind of chronic disease.

So it's very, very efficient. But even just as a meal or just as a nutritional add on to your family, one tablet has the same nutrition as an entire plate of vegetables.

Moms, listen up. We know that you try to get your kids and your husbands to eat this, and we know it's not easy. This is effortless, but if they can swallow water, they can get the same nutrition that they need in seconds.

And it's food. There's no upper limit. We have NHL players that put 75 of the spirulina in their smoothie before a game, because they want energy and focus on the ice, and we'll talk about that in a minute.

And they took 75 chlorella in their smoothie after a game to pull out the lactic acid in the toxins. So same with you and your family. I call spirulina health insurance nutritional insurance because it gives your body and your brain and your heart and your kids every nutrition.

There's 40 vitamins and minerals in every single tablet. Plus the highest protein in the world. Ladies, listen up. As you get older, you need more protein, to protect your health.

If you're on a GLP one, you need protein so you don't get lose that muscle. So you get 40 volumes of minerals, the highest protein in the world, the highest chlorophyl in the world in seconds.

Sweet. Right. Let's go back. Let's go back to the discussion of heart health and mitochondrial. This is discuss that, unpack that or you've mentioned that a few times.

So I think now's would be a great time to transition to that and like really unpack that for everybody because, most people have never heard of that before.

And I want to remind y'all, this is information your doctor is not going to tell you. And this is this could be and I don't want to overdramatize everything, but it's hard not to sometimes when you encounter real science and real results, that this literally could be life saving for people.

Yeah. And we're talking about heart attack and stroke prevention and recovery. So doc, just kind of explain how an athlete is using for prevention and recovery of a very, very intense experience like being on the ice.

And that's life threatening for some people. I mean, NHL hockey is no joke if I'm from the North, I know what that's like. But what if something does happen to somebody and they're now at a risk for heart attack or stroke, or they have heart attack and stroke.

So kind of let's so take a step back and I, ask everyone to prayerfully consider, like taking this really seriously because this is unlike other things that you're going to encounter.

Because this is affordable, this is easy.

Heart Health, Mitochondria, and Superoxide Dismutase

And like she said, I mean, anyone have who said anyone that could swallow water? I love that because it actually has an effect that we could show by science. So, explain to us a little bit why.

And we just did a clinical trial about that. So here's the situation. Heart attacks are the main killer, the main source of deaths in North America. And I believe the world, and so much so many of this, of us are, experiencing these issues in our 40s and so, it's getting earlier, but certainly 40 is the marker.

When it starts, it starts to be elevated. What's going on when we cross that threshold of 40? Well, I'm going to tell you what's going on. So when you are younger, Mother nature's very smart.

She gives us all sorts of cool things like hormones, that help us grow, melatonin that helps us sleep. And Mother Nature also gave us this very fantastic, powerful antioxidant that protects our mitochondria from free radical damage.

Well, let me back up a minute. And by the way, all of those things slow down and literally stop after the age of 40. So let's talk about what the mitochondria are for.

So you know, what, how important they are, particularly for your heart health. So there are these very small they're called organelles that are inside your cells.

And what they do is they generate what's called cellular energy. What is cellular energy? Well, it's more than what you need just to run the grocery store, to run an errand or to have a great, run on the on the river or something.

Cellular energy is the electricity that keeps you alive. It's what your brain needs to think. Your heart needs to pump. Your lymphatic system needs to move.

Your digestion needs to date. It fuels absolutely everything. Electricity is cellular energy. And where does that electricity come from? It's generated by something called mitochondria.

Think of the mitochondria as what's keeping the lights on in your. If your body was a building, it's what's keeping the lights on in your building. But it's more important.

So it's not just the light bulbs, it's the electricity. And so if you have fewer light bulbs in a building, it gets dimmer and dimmer and you can't do any work.

That's what happens in your body as well. And your mitochondria get damaged and decrease in quantity. After the age of 30, it starts to slow down after 30 and after 40 it's really prevalent because by the time you're 40, you there's been so many toxic insults to the mitochondria.

They say, I'm out of here. And so they shut down or they send wrong signals, which reduces your cellular energy so that your brain isn't working as well.

Your heart isn't working as well. You can't defend your health from the immune system. Nothing now, up until the age of 40, there those beautiful mitochondria have been protected from free radical damage.

Because free radicals are a byproduct of this stuff called cellular energy, which is also known as ATP. Some of you may have heard of what ATP is. So you want the electricity.

Well, a byproduct is free radicals. It just like if you want to cook a great meal, a byproduct is the is the clean of the garbage. You can't avoid having leftovers. It's just the way it is.

You want energy, you get free radicals. So your mitochondria are protected from these free radicals until the age of 30, and then by a, and then by 40.

None from using an antioxidant that your body makes for you called superoxide dismutase. Now, the problem is and think of superoxide dismutase as a big golf umbrella.

We've all seen those big golf umbrellas. I mean, you could be standing in the middle of a huge a tornado and it protects you. Your family, everybody around you.

That's what superoxide dismutase. It's like a it's like a golf umbrella protecting your mitochondria from the free radicals, which are always going to be a byproduct of cellular energy.

So they don't get damaged. They're laughing. By the time you're 30, that big golf umbrella has been reduced because your body's not making as much of this antioxidant.

So it's about the size of a toad's umbrella. So you might get a little few drops on your shoulder, but you got a little protection by the time you're 40.

That golf umbrella is the size of a cocktail umbrella. It's gone. It's useless. The free radicals never stopped being produced, but now you don't have the protection any longer.

And this is exactly when heart disease kicks in. Inflammation, weight gain. Dying, beatings, Alzheimer's, dementia. This is exactly when all these chronic diseases kick in.

And my belief is it's because your mitochondria are no longer being protected by all these free radicals by this antioxidant called superoxide dismutase.

And if you had any doubt about the about the truth of this, there are 25,000 studies, scientific studies proving that superoxide dismutase protects you from heart disease, inflammation, diabete is you know, the list is endless.

But I have a good I have a happy ending for you. Spirulina algae, if it's raw like ours, is not exposed to high heat, has the highest concentration of superoxide dismutase in the universe.

And because, spirulina is a bacteria, no cellulose wall, so it gets absorbed instantly. So all that superoxide dismutase can get into your body and into your your mitochondria instantly.

It's like getting your golf umbrella back. It starts protecting your mitochondria again so they can start generating all that cellular energy for you.

So you can start healing from whatever is bothering you, or you will never get sick from what could have bothered you. It's it's turning your lights back on.

This is what the superoxide dismutase does. And I know it's a big mouthful of a of a word. It's also known as sod. This is very powerful, scientifically proven information that isn't out there.

But it's been in the scientific world for 75 years. So I'm so delighted to share with you. You don't have to go through these chronic disease issues. And by the way, why does our body stop making melatonin hormone superoxide dismutase by the time we're 40 or 30?

Because up until we've been on Earth for 2 million years and until the last 150 years, we died at 30, it's just our evolution, our biology has not caught up with our lifestyle.

We're now living to 70, 80, 90. But who's going to tell Mother Nature? Oh, by the way, would you keep making that stuff for us? This is when menopause kicks in and all the attributes of your, sweats and not sleeping well.

And weight gain, you got get your mitochondria back in shape and you will with superoxide dismutase. But it's not available from any other food source except algae, spirulina mostly.

Also Chlorella. This is this is a life saver for every age group, but particularly women and particularly in perimenopause and menopause. And and this helps people.

And so I'm postmenopausal. If anyone's watching this I am 68, 68. I just got my PhD. My brain works, my body works, I sleep well, I poop well, my skin is great.

This is all my own hair. No hair extensions. Ladies, I am the poster child for algae. I have been taking it every single day for 15 years. I don't know what I would do without it, and I want you to feel the same kind of energy, mental acuity, heart health.

I just had a liver test that my, My liver is so happy with me. And it's available effortlessly. Just swallow these ten tablets a day for, maintenance.

30 tablets a day for, for, any kind of, healing benefits to protect or recover. So you covered the mitochondrial aspect of, heart attack and stroke, heart disease.

There are other things, though, that algae can help with the risk factors, right? I mean, can it help with can they help with, blood pressure, unbalanced cholesterol?

Well, I would imagine chronic inflammation that that tears the your overall walls. Can you explain a little bit of those benefits as well? Absolutely.

So, a number of and I'll talk about chlorella because it also complements spirulina. So a lot of what happens that the clogging of your arteries, happens from a number of things, but usually it's due to inflammation, which stimulates the immune system to patch up.

Sort of like if you think of a road, you know, sometimes there's a hole that they patch it up and now there's a bump and then that, you know, gets patched again, there's a bigger bump.

So the same thing happens in your, your arteries. The inflammation could be caused from insulin spikes. It could be caused from toxins. It could be caused from stress, could be cause from, excess free radicals.

And so spirulina is loaded with antioxidants that, help reduce that inflammation. It's loaded with, essential fatty acids that, also reduce inflammation.

We know that omega three reduces inflammation. Spirulina has, omega three. It also has a, it's technically an omega six. It's called GLA, but it behaves like an omega three because in ours, because, an omega six becomes inflammatory when it's exposed to heat, but because we don't use high heat to dry ours, this GLA gamma linear acid behaves like a to make it three.

So it also reduces inflammation.

Inflammation, Cholesterol, and Blood Vessel Support

If you ever questioned whether the stuff called GLA was useful, the only place that has more of it is mother's breast milk. And the reason why isn't mother's breast milk is because it's an important, essential fatty acid to help the

baby's brain develop.

So spirulina has is second only to mother's breast milk. And of course, it's not exposed to high heat either. So so we know that it does all these great things.

Now the other thing I want you to know is that in your, bloodstream, the thing that carries, your blood needs to be slightly alkaline. Remember I mentioned at the very beginning, my sister's oncologist was, I have to believe, was aware of this doctor, her, doctor, Otto Warburg, who discovered that cancer can exist in cells that are slightly alkaline.

Now, your blood needs to be a little bit more alkaline than your cells. 7.34 specifically. And why is that important? Well, with your your hemoglobin, which is what carries your oxygen in your blood, they all have a negative charge on them.

And why is that important? Well, if you've ever held up magnets, you know how they repel one another. So when your hemoglobin has the negative charge on it, they repel one another.

This is important because this prevents them from clumping. And when they clump, they are distorted in shape and they can't carry oxygen. So that means your heart isn't getting proper oxygen, your brain isn't getting proper oxygen.

And this happens when you eat too much acidic food, processed foods, sugar, carbs, and processed carbs. You're stressed. Who hasn't stressed? It strips off the negative charge and causes your chemo glommed to clump.

Now your body knows that that's not good for it. So to to restore the alkalinity, it will pull out minerals calcium, magnesium, potassium from your bones and from your organs and from your tissue immediately into your bloodstream to bring it back to alkalinity so that it can, you know, have that negative charge again and deliver oxygen properly.

Well, algae is the most alkaline food in the world because it has the highest chlorophyl in the world, particularly Chlorella. Chlorella is the other algae is the green algae and mostly talking about spirulina.

Chlorella is has the highest chlorophyl in the world. It's called Chlorella because of the chlorophyl. And if you ever were, wondering about that, let me show you this.

Here's a chemical composition of your hemoglobin, and here's the chemical composition of chlorophyl. Notice that they're virtually identical. So not only does the the chlorophyl restore the alkalinity in your blood so that your heart doesn't suffer and have a heart attack, it balances out the oxygen capability and it reduces the inflammation in the blood vessels because it's so alkaline.

And so we don't have any chlorophyl in our in our foods anymore. My arugula goes yellow after the third day because there wasn't much, chlorophyl there in the first place.

So we are all deficit of chlorophyl and yet it is so, so important. Chlorella has 500 times more chlorophyl than arugula and 25 times more than liquid chlorophyl.

So when you take those ten tablets in the morning or 30 if you want the medicinal quantity man you are, your heart is just going, thank you, thank you, thank you.

Your blood, your blood pressure reduces your, chlorophyl is reduced. The combination is the alkalinity, the reduction of the inflammation from the antioxidants that great essential fatty acids like the GLA and omega three all goes to work for you instantly without you having to do anything.

And remember, it's food. We call them bits because they are bits of food. But keep in mind all these benefits don't accrue to you if you are using a lesser quality algae, because all these lower algae tablet companies, they they sell

for cheaper.

So they have to get to market quickly. So to sell more stuff. And what do they do? They use high heat so they can get to market faster. That deactivates these, nutrients that I've just talked about, the superoxide dismutase.

It reduces the quality of the chlorophyl. So you're only getting it's like buying a car with no with no engine. You're getting stuff, but you're not getting all the goodies.

You could get live or frozen spirulina. Instead of Rs or Chlorella, but most people don't like the taste of that. It goes, it goes, expires quickly, and it, you it's really hard to find.

It's even more expensive. So this the fact that ours is raw, untouched by by heat and no lectins or oxalates for anyone who's paleo or carnivore. A lot of people go paleo carnivore because, there are lectins and oxalates in some plants, like, kale and spinach, which can cause punctures in your stomach lining because they are sharp proteins.

And the plants develop these things to protect themselves from predators, bugs, animals, because they do the same thing to their tummies, too. But algae evolved from the ocean, so it didn't have to protect itself from land predators.

So that's why there's no lectins or oxalates in spirulina or Chlorella. So that's pretty cool. And there's one more nutrient I want to talk to you about that's in the both algae a little higher in the chlorella and something called vitamin K2.

Now many of you are probably familiar with K1, which is in anything that's green. Which is good. Now there's this, but there's this vitamin called K2.

And why is it so important and why do you need it from algae? Well, first of all, you need it because it's firstly not available in any of our food except grass fed animal protein.

And up until the 60s, we had plenty of K2, because animals have an extra bacteria in their gut that allows them to convert the K1 that from grass or anything green into K2.

So then when we eat the animal protein, we get the K2 because they've already done the hard work for us. Well, in the 70s, the farmers realized if they fed the animals corn and put them into, you know, clothing enclosures, they would get fat a lot faster and they would make a lot more money instantly.

The supply of K2 in our dairy and our daily diet disappeared and they have started. This is exactly when heart disease started escalating, when the animals were moved off the pasture.

And why did that happen? This thing called vitamin K2 moves excess calcium out of soft tissue like our blood vessels, our heart, our skin into the bones, our organs into your bones, where it's carefully stored.

Your bones are where the most calcium is kept. You don't want excess calcium in your arteries. You know what that is? Arteriosclerosis, hardening of the arteries.

Part of it is not just that white blood cell buildup, but it's also calcium. And so spirulina and mostly Chlorella algae have your daily requirement of vitamin K2.

So maybe you're taking the algae for nourishment to fill the nutritional gaps for protein, for your skin. Because also chlorella and spirulina help boost your skin.

They have more, more, collagen than collagen powder. But you're going to get this other benefit. You'll get rid of all that extra calcium that could be damaging your heart, your heart vessels, or your blood, your blood vessels and your heart.

So, it's kind of like the gift that keeps on giving. It's a one stop shop. And remember, it's food. You can eliminate a multivitamin, a fish oil. Please stop taking fish oil. Also stop.

Stop taking kale. It's it's really got too many lectins and oxalates in it. You can eliminate, CoQ10. So you're going to save money by eating these little bits of food that have all the nourishment that you need and are safe for you, your family, your pets, your grandparents, and is, proven in science to do all these amazing things.

Doctor Kaplan's just been an absolute master class of algae, and anyone who wanted to learn even a bit pun intended of all about algae. You just got a mouthful.

There are potential concerns for people that might be thinking while I'm on heart disease medications, I'm. My doctor told me I can't have grapefruit or other any kind of contraindications that people need to be aware of, especially if they are taking any sort of medications, any warnings that we can get people.

Nothing for spirulina. It has been used safely for almost. Well, the Aztecs used it 250 years ago, and the Egyptians used it 2000 years ago. But in terms of scientific documentation, nothing.

Again, it's food. And it will heal your, cell walls. And you'll you can go to your doctor, but I promise you, they won't know anything about spirulina.

They won't know anything about this superoxide dismutase, because, unfortunately, the medical traditional medical community does not know anything about nutrition.

We do work with cardiologists who recommend this product have seen amazing results from people taking the product. So zero with spirulina, now with Chlorella, which is the green package, spirulina.

We we, we call it we call ours energy bits because it generates cellular energy for you. And just to put this in context, this is not a stimulant. A stimulant is like caffeine, chemicals or sugar.

And it gives you a burst of energy and then a crash. This gives you energy at the cellular level.

Chlorella Detox, Absorption, and Daily Use

And so think of a stimulant as putting paper on a fire. This is like putting a log on the fire. Very steady energy. You might not even notice it unless you went for a workout.

But it's working and you'll have more cellular energy to help you. You know, your brain, your body, your heart heal. But we call it energy bits. And it's in a blue package because it's a blue green algae.

And you see a little bit of water in here because it came from the ocean and chlorella. So this is your, I call this year nutritional insurance because everything you eat afterwards is just bonus.

This gives your body everything it needs to keep the lights on, to bring your lights back on so that your your body is working effortlessly. And so are you.

The other algae is Chlorella, which we call recovery beds because this is a health and wellness algae. This build your immune system. This pulls out toxins.

This is the higher vitamin K2. This has the highest tryptophan in the world which is a precursor to melatonin. So it helps you sleep. And it's in a green package because it does belong to the plant kingdom.

It does have fiber. So it heals your gut biome. It's like a prebiotic, which so you can get rid of that if you want to as well. And it is so healing. And also, the highest chlorophyl kills bacteria in your mouth, in your colon, everywhere.

It has a hard cell wall which has fiber in it. And that hard cell wall pulls out all heavy metals lead, Berkey radiation,

glyphosate, pesticides, alcohol, yes.

Alcohol. But it if your medications have any metals in them, it might pull those out. Now I don't I know vaccines have, metals and that could be a good thing to take after the vaccine, but if you have any doubt or concerns if this will interact with your drugs, just take it two hours before or after.

Because spirulina, because there's no cellulose wall is absorbed within seconds if you chew it, minutes if you swallow it Chlorella, because it has a hard cell wall, takes a good full hour and a half to be fully absorbed.

So a two hour window is a very good window. If you're on chemotherapy, take this the day after you've had chemotherapy. This will pull up the excess chemo so you're not as sick.

You will need 30 for a therapeutic dose but ten tablets. And we recommend spirulina in the morning or afternoon because that's when you're tired hungry.

If you're on a GLP one, please take this in the morning. This will keep your body nourished because your cells are constantly growing, will protect your your, muscle mass from being eaten away.

And we generally recommend chlorella at night. You can take it any time of day, but definitely take it before bed. Why? Your body goes through a detox repair cycle when you're sleeping, so this will help the detox repair.

It has something called Chlorella growth factor, which speeds up the growth of your cells. It stimulates stem cells. And here's the beautiful thing. It also stimulates something called peristalsis, also known as a bowel movement.

If you are eating dairy processed foods, if you're stressed, if you're traveling, if you're on medication, I can almost promise you you are constipated.

We need to get rid of what I call the junk in your trunk. If you don't get rid of what's sitting in your colon, it's like having a garbage truck sitting in front of your house permanently.

Because it's smelly, it's stinky, and your bloodstream is picking up those toxins and circulating them around. This is an effortless, seamless, easy way to exit that stuff.

That junk in your trunk out. You have a nice bowel movement in the morning. I do every day. I know that's probably too much information, but this is why you don't need you don't need vegetables if you take chlorella every day because it's giving you the same benefit.

The chlorophyl, the phytonutrients and the bowel movements. So this is why I say these are your superpowers. Think of spirulina as your Am superpower and Chlorella as your superpower.

And also, this heals your mitochondria in your brain, and your heart have the highest concentration of mitochondria. So think of as brain food, heart food.

And this, heals your gut and your, biome. So this is sort of your lower intestinal immune health builder. So they work really well together. I'm really glad that you mentioned the absorption rate.

And we see that in the same thing in the aromatherapy world, folks. So I want to give you a recommendation that I give to people that I we help with essential oils as well as if you are taking a blood pressure medication or any anything at all.

And regarding medication, consider, dosing because that's what we're doing here. It's a culinary dose of food dosing your spouse Aleena and your chlorella, two hours before or after you actually take your medicine.

So that would even decrease any risk of any potential, interaction at all. And be careful. Watch your blood pressure because might happen. God willing, you'll find that you might not need your pharmaceuticals, at least at the dose

that you're at.

So monitor your blood pressure. Let your doctor know, hey, things are getting better. I want to decrease my dose and work with your physician because, God willing, you can get off of medication to prevent and help you avoid heart attack and stroke and speed recovery afterwards.

So just keep, keep a lookout because you're physiology will change. Doc, this has been absolutely amazing. I just appreciate and thank you for your time and expertise.

I have one last thing I want to ask you. Because this is cutting edge research. Everyone is talking about the GLP ones and everyone's thinking about essentially ozempic now.

And all the GLP ones are the cure for everything but death right now. And this recent study fresh off the shelf. I know a couple quotes here. Because right now this is from a recent major news article talking about GLP one drugs could help prevent 34,000 heart attacks and strokes in the US alone each year.

And they've found that GLP one drugs, lower risk of heart attack and stroke by 15 to 20%. And here's the kicker the US, FDA, Food and Drug Administration just approved a change that added heart disease benefits to Gavi's label, making it the first weight loss drug to be cleared to reduce the risk of heart attack and stroke.

Here's why. And I now should say, and, research has found that GLP one drugs could serve. This is a key, folks, to primary prevention, significantly reducing people with moderate or, mild cardiovascular disease or who have never had a cardiac event.

And as I'm looking through this and preparing for this talk, guess what I found can help with GLP one? So there is some very good research to suggest that Chlorella specific lean spirulina can help with that.

So I'm just wondering if you could talk a little bit to that. Not that I'm saying that people can use this instead of using epic, but again, what my goal is to I'd much rather you be dependent on nature than dependent on a pharmaceutical to the point where you don't need to be dependent on anything because you are just you're living in your health, in in your regenerating and healing.

GLP-1 Support and Final Takeaways

But talk to us a little bit about the GLP one discussion, because this was mind blowing for me and maybe for other people. Well, absolutely. And thank you for asking.

So most most people initially are aware of and are taking the GLP one for weight loss. Well, spirulina helps with weight loss. Why? Because it is so loaded with protein and essential fatty acids and 40 vitamins minerals.

You're not hungry and it's one calorie per tablet. You could have 30. We sell them in little pouches. You could have 30 for lunch 30 calories. You won't have any cravings because you're getting a lot of cravings are due to, mineral or vitamin deficiencies.

A lot of people crave chocolate because they're missing magnesium, so this can help. Does help. We've had endless numbers of people tell us that they've lost so much weight.

We had someone who was, obese. They lost 40 pounds. That's excessive in a month. But this will nurture your body because your body's regenerate cells satisfy your hunger.

And it's food. The most converted food in the world. So number one, if you are taking it for weight loss purposes, you should either take this try this first, or absolutely add it to your, protocol with the GLP one.

Because as if you're not eating on the GLP one, that doesn't you're not nourishing your body. Your body is constantly making cells, has over 30 trillion cells in our body.

And every day 30 trillion dying, 30 trillion go back. But if you aren't giving, it's like building a building. If you are using sand instead of a solid structure, eventually you're going to lose something important like your muscle and other, attributes.

So this will prevent that because of the high concentration nutrition. So either use it instead of the GLP one. You can have as much as you want. And I tell players take 75 of this daily, I won't even tell you how much I have, but so that's it either in instead of or with with the GLP one.

The other reason why GLP one is getting so much attention, as you pointed out, what it's doing is reducing inflammation. Inflammation is called the silent killer.

It can go on for decades without any symptoms showing up. By the time the symptoms start showing up, that's when your mitochondria have been so damaged they can't take it anymore, and they don't have enough cellular energy to protect you.

So that's when you're waking or brain fog. You're, you're, you know, heart attack. You're all these symptoms start showing up, but they're just symptoms that have been going on, possibly for a long time.

Once again, spirulina and chlorella have been proven to reduce inflammation. But if you want to double up and really get the to the heart of it all, add this to your GLP one protocol.

So now you're again nourishing your body. So if you're not eating other foods, this is why I call this your nutritional insurance and go chlorella. Your health insurance.

You're building your cells and you're up leveling that reduced inflammation so much that it's it's almost, impossible to imagine how effective this will be.

So on its own or with the GLP one. These are your gold standards. Spirulina is the only one that will satisfy your hunger. I just want to be sure you're clear about that.

So morale is very important, but it will not satisfy your hunger will not give you energy. It does other things like pull out the junk in your trunk and, the toxins that you don't want that interfere with good, strong, capability of, generation of energy.

So these are, should be in every single person's house. And again, this is so great for all of your children, any age group, anybody whose parents, grandparents and nursing homes, assisted living homes.

I can almost promise you there's more nutrition in one tablet than they're probably getting all week. My mother was in a nursing home towards the end of her life, and everything they fed her was white and mushy, and it just broke my heart.

So, I couldn't I couldn't save her. But maybe I can say to you and your family the anguish, we've had people tell us after 24 hours, their brain was working again.

We've had people at, doctors. Cardiologists are telling us they're getting their patients off of their medication. Do it with your in consultant consultation with your physician.

But people have gotten off their heart attack, their depression medication, their allergy medication. This stuff works because it's natural. It was provided to us by Mother Nature.

By the way, your mitochondria, remember, I'm talking about how much important your mitochondria, are. They evolved directly from algae. It's all proven in science.

They were started as a sign of bacteria like spirulina. After a billion years, it released oxygen, was absorbed by the larger cells. And that cyanobacteria called like spirulina became your mitochondria.

Everything that's in algae gets into your mitochondria. You. That's why there's two membranes and your mitochondria is left over from the original day.

But nobody's telling you this. So I am. And if you're wondering, well, if algae so great, why don't I know about it? It's just because nobody's told you we didn't know about tea or matcha or bone broth or kua or collagen powder, even though those have been around for centuries and used by indigenous peoples forever.

So same with algae. It's been around forever. First life on Earth. But, it's it's not grown here. So nobody it's nobody grew up with it like they do in Asia.

And it's not patentable. So the food companies or biotechs aren't going to do it. So that's what I'm doing. I'm bringing you into the fold. Why should the Asians be the only ones knowing about this?

Benefiting from this? It's your turn. Your turn. So get yourself some spirulina and chlorella. Visit us at Energy bits.com. It's we got indoor. We have endorsements from cardiologists, nutritionist, neuro neuro physicians.

We do third party lab test. So you know for sure it's clean and clear and free of toxins. And the nutrients are exactly what we say they are. It's the best nutrient dense food in the world that will perform literally miracles.

And you wouldn't believe it if it wasn't all proven in science on that. Not and said, thank you so much for sharing expertise and passion, folks. This is one of those things that I'm going to ask you to strongly consider.

It's not only backed by science, but it's simple. And I really appreciate the comparisons of the things that maybe you don't need to take anymore. Right?

I imagine what your life would look like if you were to not take a lot of the other supplements that you think are helping, and you can have one that we know can help.

And that's what I love about this. And that's what I love about your work. So thank you so much for helping make spider Lena and algae and chlorella and everything healthy famous in America because we need it.

And folks, thanks for joining us. It's just been an awesome conversation. And as always, the doctor Eric Zelensky, my hope and prayers that you and your family truly experience and abundant life.

And yes, algae can help. So we'll talk to you soon. Bye bye. Thank you.