Introduction to Dr. Arnstein and Energy Bits

Welcome to another episode of the Medicine Autoimmune Summit. I'm Doctor Walls, your host, and our next guest is, Doctor Catherine Arnstein. Now, she has a really remarkable story.

She, founded, Energy Bits, after her sister was diagnosed with cancer and she was told to, that a alkaline diet would be the most helpful. Doctor Arnstein, did her research.

She found that algae was the most effective way to increase, your diet, the alkalinity. She, then, researched and founded, the company that would eventually become Energy Bits, based on spirulina and chlorella.

She has an amazing story. We have more about that during the interview. And again, I'm just so pleased to have Doctor Anston, with us today. Okay. Doctor Anson.

I'm just so glad that you were here, but I think it would be really interesting for listeners to hear your story of why you researched algae and why you are so excited about.

I know it's an unusual thing to be passionate about, but, for those, thank you for for having me here, doctor Wells, I'm like you, I'm eager to share my knowledge so we can help people heal or even protect them from getting sick in the first place.

And so I stumbled into algae nutrition. Gosh, almost 16, 17 years ago. I'm actually Canadian by birth, although I've lived in Boston most of the last 35 years, and I mentioned the Canada part because I have two sisters and both live still in Canada, and my younger sister.

I'm close to both of them, but particularly my younger sister. 1617 years ago, she was diagnosed with breast cancer. First of all, I want everyone to know she did completely heal.

How Algae Helped Her Sister Heal

But as she was preparing for her chemotherapy, her oncologist, which is a cancer specialist, told her that she needed to change her diet to an alkaline diet.

Now, this isn't just her neighbor or her yoga instructor. This is her oncologist. So she quickly called me because she didn't know what an alkaline diet was and said, you know, can you help me?

And I had no idea. I had an I have an MBA and was doing international business, but I love my sister and I'm a very good researcher. So I said, absolutely, we'll figure this out.

Turned out to be mostly a plant based diet because of the chlorophyl and the phytonutrients that build your immune system. And as she was going through chemo, her doctor wanted her to have a strong immune system. But also, it turns out that, foods that are alkaline, can prevent cancer from growing in cells.

And this was discovered in the 40s by a German scientist by the name of Otto Warburg, who won a Nobel Prize for this discovery. So anyways, I helped her find foods she did heal completely.

We celebrate her being cancer free, every year. But, as I learned more about alkaline diets and plant based nutrition, and this was 16 years ago and nobody was talking about, I thought, man, this is very powerful information.

Somebody should tell the world about it. So sort of like you, I took, took it into my own hands to do something about

it. I went to school and got it at the Institute for Integrative Nutrition to get a coaching certificate, a nutrition coaching certificate that gave me a base level.

And I taught new plant based nutrition for a year, which led me to algae, because as I was teaching people the importance of eating more plants and vegetables, everybody kept complaining, well, it was too much work.

Or they gave them gas or they gave they expired quickly and they had to throw it all out, or the kids wouldn't eat them or their husbands wouldn't eat them.

So I thought, okay, I've seen the science about the importance of this plant based nutrition. If I can't get people to eat more vegetables, I have to find a way to get the nutrition into them in a way that's effortless.

So I went back to everything I'd found for my sister. And when I found and I dug into algae, it turns out that it was the miracle food. And you're going to find out why it's it's important for multiple, preventing or correcting multiple sclerosis as well, because it's a the most alkaline food in the world.

B it's the most nutrient dense food in the world. It's been endorsed by NASA and United Nations for 50 years for that reason. And NASA says one gram of algae has a thousand times more nutrition than any other fruit or vegetable.

All the benefits we're going to talk about today, including other ones, are all documented in science. There's 100,000 studies documenting the benefits of spirulina and Chlorella.

The trouble is, none of the science has made its way out into the public. Certainly here in North America, it's a food crop. Algae is not a supplement. It's a food crop.

And it's a multibillion dollar agricultural crop in Asia, where they've been taking it every day for 50 or 60 years. You don't know about it because it's not grown here.

And here's the best part of it all. When you dry it, as we do without heat, it is the not only the most healing food in the world, but it's effortless.

Each one of it comes in little tiny tablets. We make them into tiny tablets we call bits because they're bits of nutrition. And each one of these tiny tablets has the same nutrition as an entire plate of vegetables.

So and you can swallow them to the mice, to the most people swallow them. So while I'm just talking to you, I had the equivalent intuition of an entire plate of vegetables.

This is the answer for people. This is fast food. This is fast, healing, nutrient dense, whole food. Whether you take it, if you can swallow water, you can get the nutrients you need for, for it to be healthy, to be to help prevent or correct health issues like multiple sclerosis and the symptoms that come with it.

And it's effortless and it's science based and it's an internationally endorsed and it's food. So this is why I'm so passionate about it, because we need to get this into people here around the world, but certainly in America.

And because it's effortless and because it's food and because ours is so pure and safe, we do third party lab tests here, and we're sold only through doctors and clinics and on our own website.

Energy bits. We make it really easy for people to get the nourishment they need to prevent virtually any chronic disease.

Spirulina, Evolution, and Mitochondria

And I'm going to talk about some of the nutrients found an allergy that aren't found in any other food in the world, and why they are so important for protecting your health, particularly your mitochondria health.

And of course, damaged mitochondria is what leads to to virtually every chronic disease, including multiple sclerosis. And I'll explain some of that later on.

So that's how I found algae. It found me actually. And I referred we I wrote a little book called The Algae Love Story because it will love your body back to health.

And I found it because I was loving my sister back to her health. So I was never planning on building a company. I just wanted to help people get healthy.

You know? And I want to remind our listeners, if we go back to the history of life, you know, about 4 billion years, and we, you know, we then had photosynthesis, which are centered back to Earth, and that, all that oxygen changed our planet, killed off a lot of life that.

Well, we had all this oxygen around, and, spirit. Why don't you tell us where spirulina fit into the evolution of life? Okay, so I think our listeners, I would really enjoy that.

It is fascinating. And again, all science based this this is called endosymbiotic theory. And it was discovered by a, woman, professor at MIT in the 60s.

She was ridiculed for about ten years until suddenly all of her colleagues realized she was right. And if you go into the history of mitochondria, it's all documented.

So what's the story? Well, the story is this, Earth has been around for about 4 billion years, and it was just gas and water. There was no oxygen, as you mentioned.

And for whatever reason, a small single cell anaerobic cells started growing. There was no oxygen. That's why it was anaerobic. And it was called a Sino bacteria.

And after a billion years of these cyanobacteria, single cell organisms growing, they released oxygen as a byproduct of ATP production, which is, we know now is cellular energy.

So now larger cells could grow that were aerobic, but they didn't create, ATP as well. So what happened is they absorbed the smaller, not anaerobic, cell.

I was looking for a I have a chart that shows this and that small anaerobic cell got absorbed and didn't disappear. It's coexisted with the larger one and became your mitochondria.

So originally that was the single cell organism called a cyanobacteria. And spirulina is a sign of bacteria, in fact. So it was literally the first life on Earth.

That's why I and I'd say to people, there's something very spiritual about the first life on earth. Nobody knows why it started or how it started, but it did.

So I and it's and spirulina is a sign of bacteria. So I now call spirulina spiritual llena. Right. You know it it we life, really began to flourish when this cyanobacteria created oxygen and then got absorbed by a larger bacterial.

Cell. And become our mitochondria. Everybody knows that I love mitochondria, and we should all love our mitochondria. And it turns out that cyanobacteria, as in spirulina, is a great way to love our mitochondria.

Absolutely. And this is why, as you'll learn, so what I do want to tell people, and this is why someone there's, there's so much inflammation and so much damage to your mitochondria, because all of your cells have a single cell, called a lipid cell.

And mitochondria have those as well. But the mitochondria have a are the only cells in your body with a second inner cell membrane. And it's impenetrable by most antioxidants, which is why I'm going to talk to you about the

ones that are found in in spirulina and chlorella, because they are able to get into this second inner membrane.

And why is that second inner membrane there? Because it's left over from when it was a single cell organism by itself and then got absorbed by the bigger cell.

It that single cell inner membrane never disappeared. It just stayed there. But what it does is it it stops other, antioxidants from getting in there.

And so as your mitochondria get damaged from free radicals and I'll explain what, how and why that happens, there's no relief because there's no antioxidants.

There is one that your body creates for you called superoxide dismutase, which works beautifully because it can get into that inner membrane.

Why Mitochondrial Damage Drives Chronic Disease

But by the time you're 30, your body slows down the production of this particular antioxidant, and by 40 you have virtually zero. So let me stop for a moment and stop for a moment.

So the listeners, you've heard me, have this conversation with many of our other guests that as we age and that cutoff really begins to happen at age 40, things are not working as well.

And so this is just another example of that aging process. And now back to you, Doctor Orenstein. Yeah. So, and the reason why it happens at 30 and then in all of these things like melatonin, estrogen, these all slow down at 30s is the perimenopause period.

And by the time you're menopausal, if you're female, you virtually have no estrogen and no superoxide dismutase. And why is that? Well, humans have been on the Earth for about 2 million years.

And up until about 150 years ago, we died at 30. Our biology has not caught up with our lifestyles. Evolution takes a very long time and it's very unlikely things are going to change anytime soon.

So your body is preparing you for death at 30, your melatonin drops. That's why you have difficulty sleeping when you're in the 40s, your estrogen drops.

And we're going to talk about how that impacts your mitochondria and this antioxidant called superoxide dismutase, which I believe is the most important antioxidant period because it protects your mitochondria and from free radical damage.

And so I know we only have about a half an hour. So I do want to dig into what's going on. In the mitochondria we took for schizo damage. And why does algae have the solution to protect it, reverse it and prevent it?

Because it is so critical for your health, so, as I explained, the mitochondria have that inner membrane that is impenetrable by most antioxidants. So the this stuff called, cellular energy, which is necessary for life.

It's consider it the electricity that keeps the lights on in your house or the lights out it on in your body, in your brain, it's very equivalent to light.

So that's what mitochondria does. It creates the cellular energy, which is like electricity. Mitochondria are not just the electricity, they are the lights, but as you get older those mitochondria get damaged or die.

And so you have literally less lights in your body to do anything. That means you have less cellular energy to protect yourself from, from anything. And why are these mitochondria getting damaged?

Well, your mitochondria are inside your cells. Okay. You have other things. But the and some and the highest

concentration of mitochondria are in the cells that require a lot of energy like your brain.

In fact your brain has the highest concentration of mitochondria 2 million mitochondria personnel. This is why multiple sclerosis, which is both an inflammatory and an autoimmune disease, it gets so affected because your mitochondria in your brain are getting damaged so quickly.

Why are they getting damaged? Well, the mitochondria, as I mentioned, creates cellular energy. It's called ATP. What most people don't understand is a byproduct of ATP.

Are free radicals. Now it's just a byproduct. You can't stop it. It's just it happens. But and the most damaging free radical is only in the mitochondria.

And it's called super oxide. Why is it so damaging? Well, if you know anything about free radicals, you know they have an unpaired electron. And so these things called antioxidants have extra electrons.

And they donate the, electrons and neutralize the free radicals. So it's not as damaging. But superoxide has three unpaired electrons, which makes it three times more damaging.

And so you need an antioxidant to neutralize it. But as I mentioned earlier, virtually no antioxidants can get in there because of that inner membrane, except this one called superoxide dismutase.

And what does it do? It converts the free radicals into harmless water and oxygen. I tell people it's like superoxide dismutase is like having a big golf umbrella.

It's in when you have a big golf umbrella and you're in the middle of a rainstorm, the rain doesn't stop, but you don't get wet because you have this big protection.

So think of superoxide in your mitochondria. Superoxide. This mutates in your mitochondria like a big golf umbrella. The free radicals are still happening because they're a byproduct of ATP, but it's neutralizing them to turn them into water and oxygen so they don't damage the mitochondria so they can keep flourishing, keep generating cellular energy.

Everything's great, but by the time you're 30, you have less of that superoxide dismutase being generated because of the these things that happen at the age of 30.

And so at that big golf umbrella is now about the size of a toad's umbrella and getting your mitochondria, getting a few hits of free radicals, but they're still relatively protected.

By the time you're 40, that big golf umbrella is the size of a cocktail umbrella, and there is no longer any protection from the free radicals. Remember, they never stopped, but that you were protected.

This is exactly when chronic disease, and I know multiple sclerosis does occur earlier. But 40s is when all these chronic diseases, whether it's Alzheimer's, multiple sclerosis, cancer kicks in because mitochondria are critical for everything that you do.

And when you have fewer of them, this is when there's more inflammation, which leads to damage. And I'll get to the thing on grosses. Doctor Ernst, I want to make a point for our listeners.

We we may be diagnosed with Ms.. Earlier in life, even as children, we have relapses and remissions and, as children, as young adults in our 20s and our 30s, but beginning sometime around age 40 to 50, we stop having those relapses.

And instead we have this slow progression of disability.

How Spirulina and Chlorella Support MS

And what I tell my listeners is that that's when our mitochondria are failing. That's when our hormones are failing. And, with Doctor Arts is telling us is that the, superoxide.

Because it is, and we don't have enough, sod superoxide dismutase. And so our mitochondria are failing, and that is part of what has been accelerating the accumulation of disability.

And what I think I'm hearing is that algae will help us restore the superoxide dismutase and help us repair our mitochondria. It not only restores it, it provides it.

And this is what most scientists don't know. And this is why it's so remarkable. It turns out that spirulina and Chlorella, to a lesser degree, has the highest concentration of superoxide in the world.

In the world. And the reason why I encourage people to take the spirulina chlorella has other benefits for multiple sclerosis and other chronic diseases.

Because spirulina, remember, is a bacteria. It's a sign of bacteria. And why is that important now? Because there's no cellulose wall for your body to have to break down to get access to all the nutrients, including the superoxide dismutase.

So when you take spirulina, I chew mine. It gets into your body within seconds. Most people do swallow the spirulina because it's a little chewy because of the high protein, and it only takes about ten minutes to be fully absorbed.

So there's no degradation through the stomach in digestion. Now, Chlorella does have fiber, and it's really a gut health algae. But I call spirulina brain food because the heart.

It's so helpful to restore and protect and renew your mitochondria. And your brain has the most mitochondria. So it's definitely brain food. It's also loaded with central fatty acids.

And it has other nutrients that also help your brain. So but most important is that it has the highest concentration superoxide dismutase that is absorbed and going directly to the mitochondria.

And the great thing to know is that your body is constantly regenerating itself. All your cells are regenerating itself. And so whether that's good news and bad news, because if you're healthy, it's not a guarantee that you're always going to be healthy because it's what you're putting into your body and what you're doing to your body and your mitochondria that will, predict what's going to happen next.

So if you have a chronic condition like multiple sclerosis, this can help correct your mitochondria. So the deterioration can be reduced and possibly stopped because your mitochondria are starting to be active again and, working again and getting that cellular energy again.

And I wanted to tell you specifically what it does in the brain to help with my mom multiple sclerosis and symptoms. But before we do that, I think I've got people excited about spirulina.

They're like, oh my God, I want to, I want to take a whole bucket full because I, I'm bad. So how many should they be taking here? These beautiful little tiny tablets?

Is it one a day? Two a day? How many? It's a lot more than that, actually. So, but the good news is you may be taking it to help with your symptoms of multiple sclerosis, but it also satisfies your hunger.

It gives you energy. It improves your hair, your skin, your digestion, your sleep. So there's two types of algae, that we sell and that you probably may be familiar with spirulina, which I already mentioned.

The other one is Chlorella. Spirulina. We generally recommend in the morning, as a meal replacement in the afternoon, because that's when you're tired and hungry and it will resolve all those issues.

And chlorella is a wellness algae. We call ours recovery bits because it's a detox. Algae cleansing algae and has the highest chlorophyl in the world.

And it helps your body repair when you sleep. That's when your body is repairing and cleansing. So we generally recommend chlorella at night, although you can take it during the day.

So we call it a, your health insurance and I call it spirulina. Your nutritional insurance. So if you were healthy and you just wanted to fill nutritional gaps, we suggest ten tablets a day of spirulina and ten tablets of Chlorella for the immune health support.

However, if you are, wanting to protect your immune system or protect your health or recover, therapeutic amount would be 3030 tablets of spirulina is either throughout the in the morning or any time if you take them all at once, you'll get more energy.

And it's natural energy. It's not a stimulant. This is cellular energy because it's at this at the mitochondria level. And then again, 30 of the Chlorella before bed, which also is healing to the brain because it pulls out toxins including aluminum.

And some of these toxins could be what's causing damage to the myelin sheath or your microalgae or whatever. So 30 would be a therapeutic amount for any purpose, whether it's preventing or correcting heart disease, cancer, M. S., it any condition.

And you can also take many more. I take over 100 and have over 100 a day myself and have for almost 15 years. We have NHL players who put 75 of these in their smoothie before a game, because it gives their energy, and they put 75 in their in their smoothie after game.

Because remember, it's food. This is a whole food. This is not a supplement. And this will replace many of your supplements. You can get rid of your motivator and your fish oil, your CoQ10, your biotin, your collagen powder.

So it will save you money in time. And we do have a discount code for you, that we'll share at the end of the, at the end of the call. And when you use the discount code and if you did take ten a day and you bought the large bag, which is a thousand tablets, it works out to a dollar a day, your health is worth a dollar a day.

And even if you were taking it for preventative purposes or corrective purposes, that's $3 a day. That's less than a coffee at Starbucks. And, you know, we need to help people get back on track or protect them from what is happening because of the environmental, the toxicity, the the poisons that are in our food supply.

This will help nourish your body from the inside. And the chlorella will pull the toxins out. It's like giving your body a shower on the inside. So this is nourishing brain food.

This is protective, detoxing food for your gut biome. And of course, your gut biome affects your brain, so the two of them work beautifully together. Brain food, gut food.

Okay. Spirulina in the morning, Chlorella in the evening. And we could chew them. You know, they're delightful with, pistachios, by the way. We could just, take them into a handful, a cup of water, and we have athletes adding them to their smoothies before and after games.

I'm curious, do you have powders as well, or. They. So we don't. Yeah. We don't have powders, but you can grind them up in a coffee grinder into a powder and then put them into your smoothie.

Dosage, Usage, and Product Benefits

So, because we as a small company, I had to make a choice. And this way, you know, when you travel, there's so great for traveling. We do have them in these little small pouches.

So if you know, the pouch opened up, it's it's it's so big. They're picking up nuts. You know, they're like nuts. But if your powder opened up. Your. Suitcase to a dry cleaner. Yeah. Yeah, too.

So it's not messy. It's very portable. By the way. They last three. The expiry date is three years, so, I tell people what vegetable last three years.

It's worth. It's it's it's worth anything. So. So this. You could have this forever. Actually, technically never goes bad, but but, very, very portable.

Very, very easy. They're good for every age group. Your newborns, children, teenagers, your, grandparents, your pets. This is. There are no drug interactions of any kind.

Nothing. And it's, the new safely daily in Asia for 60 years where they know all about the benefits. And I'm here to help you understand the benefits because nobody's told you about it.

LG isn't new. It's been around for 4 billion years. But, it's not grown here. And this is why most people don't know about it. And nobody's explained it to you, or certainly not the science about how it has protective healing properties.

But I do want to point out a very important thing. Not all spirulina or chlorella will have the protective capabilities that ours has. Why is that? Because that superoxide dismutase that I talked about, and also there's a blue pigment in here called viscose iron.

And that's also very protective to your brain. The superoxide dismutase is deactivated and so is the by cosign and by high heat. Because superoxide dismutase is also an enzyme and all the lesser expensive algaes that you find out there, whether it's at Trader Joe's or, or, target, they they're less expensive.

So they have to sell more. So they cut corners when they to get to market quickly. And one of those corners they cut is they use high heat to dry it. And that deactivates the superoxide dismutase.

So I tell people it's like getting a great deal on a fabulous car. But then you after you buy it and you lift the hood, there's no engine in it. So you can buy your less expensive algae.

But if you lift the hood, there's no superoxide dismutase that's going to protect you. I will say you could buy fresh or frozen spirulina, and it will do the same thing that ours does because it's also not heated.

So ours is a raw food. Spirulina in fact, is a live food. If you put it in water, it would start growing again. So but all those other algae that have been using high heat to dry them with your lower carbon will not have these, these active ingredients, because that's just what he does.

Also, if you dry, if you buy, powdered greens, they're not going to have active superoxide dismutase either because they have to use high heat to blend those powders.

So this is a raw food. It's a whole food. It's good for paleo carnivores. Carnivores I know lots of people go carnivore because the lectins and oxalates in many plants like spinach and kale, which are sharp proteins, puncture their stomach lining and can lead to autoimmune well.

There aren't any lectins or oxalates in algae. And why is that? Because algae came from the ocean. The plants are land. Plants. They had to develop these lectins and oxalates to protect themselves from bugs and predators.

But algae came from the sea, so it's never had to do that. So whether you're paleo, carnivore, vegan, keto, fasting, it has zero carb. So if you're fasting and I do intermittent fasting every day, it does not break your fast.

So it works with every lifestyle, every food, choice of lifestyle. And it's effective, efficient, easy, portable. Ours is safe, pure and doctor endorsed.

So and you know, it's slow moving. I do want to get to the brain part for sure. Tell the audience that. Yes, and I, like the energy bits as well. Travel with them because, it's really hard for me to get the amount of green leaves when I travel that I used to, consuming and I discovered that if I travel with the energy.

But, traveling goes much more effectively for me, so I completely endorse that. Now we're sort of, getting on our 30 minutes. Could I just have you touch on, the benefits specifically for the brain?

Yes, absolutely. So the thing with because your mitochondria are responsible for keeping you healthy and because your brain has the most mitochondria, they are the most susceptible to damage.

Also, your brain is very highly concentrated with fats, and facts have a tendency to oxidize, and oxidation leads to inflammation. But in the brain itself, you have neurons that, are your thoughts and they travel along pathways that are protected by these things called myelin sheaths.

Now your brain has its own immune system, that protects it from different things, like plaques that aggregate on the neurons and all of these components, your neurons, your myelin sheath, and the protective, immune health part, which are called microglia, are loaded with my with mitochondria.

So when your mitochondria get damaged, the first area that gets damaged is your brain, the mitochondria in your brain. Think of your neurons as a vehicle.

Let's say you're you're a mom and you're driving, and you have very important you have your kids in the car that their neurons contain very important content as well, but their thoughts and their muscle movements, just like you have your children in your car, they're very important.

Your thoughts and your muscle activities that are contained in the neurons are very, very, very critical.

Brain Health, MS, and Where to Buy

Now they need a, pathway to to get to where they need to go. And so think of the myelin sheath as the road that the car is driving on. But to keep the road working, you have to have people filling in potholes and, and make and paving it over.

And maybe if there's a storm or snow or debris from a tree, they have to be there to clean it up. That's what your immune system does. But it requires mitochondria to do all that.

So when your mitochondria are damaged, the myelin sheath, which is your road gets damaged and there are potholes and there's there's debris and the neuron can't get where it needs to go.

And this is one of the things that happens with multiple sclerosis. The myelin sheath does get damaged. And the and the group that are clearing it up, which are called your microglia, they get damaged too.

And they're going, I can't do it anymore because I don't have gas in my car to clean up. Nothing is working. The damage isn't being cleared up. The road gets more deteriorated.

You're very important, content in your neurons, which are like, your children can't get where they need to go. Then this is what happens when the mitochondria get damaged.

Because there's damage everywhere. But the good news is, once you start feeding the mitochondria, the superoxide dismutase or the vocal sign in which we didn't talk about it starts to be protected because it no longer has damage from the free radicals that are a byproduct of ATP.

So now the road gets fixed, the debris gets cleared, the myelin sheath gets that gets grown again. The the microalgae start picking off all the the Tao proteins that are been gathering on the neurons and your row and your car, your vehicle will your children can get to where they need to go. Maybe they need to go to school.

Maybe they need to go to soccer. Practice doesn't matter where they need to go, they get where they need to go because the road is working again. And that's what happens when you get superoxide dismutase into the mitochondria in your brain.

And all of these components that have been causing and leading to symptoms with multiple sclerosis start to dissipate. And it's only because now you have this particular, this particular, protection.

And for women, it's doubly damaging and difficult because estrogen drops at the same time, superoxide dismutase drops. And nobody's talking about the fact that estrogen acts as a protector, as an antioxidant for your mitochondria.

This is why women suffer twice as much from multiple sclerosis. They have more Alzheimer's. They have more depression. They have more brain issues than men.

Because when you hit 50, 40 and 50, you have twice the amount of damage of your mitochondria because you're no longer of the body and you no longer have the protective nature of of estrogen.

We can't get you back the estrogen from the algae, but we can get you back the protective, attributes that estrogen had been providing. So it's a very happy ending.

And this is why I'm so passionate about helping people get the superoxide dismutase that they are missing back into their body by having raw spirulina like our energy gets.

There's some in also in the chlorella, but spirulina gets in there faster and gets to work faster. Okay, grandson. This has been amazing. We could we we could go on for hours, obviously.

But what can you tell our listeners where to find energy bits, and how they could obtain it? I'm sure they're all fired up. Like, you know what? I do want this girl, and I do want that.

Kara, how would they go get that? Absolutely. Our website is energy bits.com e and erg y bytes. And we have a 20% discount code M as S that works on all the products, all the brands.

We have fun canisters and little bags of the thousand tablets are the best value. If you did take ten a day again, it works. Up to a dollar a day would last you three months.

I would recommend 30 though if you have multiple sclerosis to see better improvement. And just to let you know, the work it does in your brain is for all attributes in your brain.

Brain fog will go away. Focus will improve. And as proof of that, I got my PhD just last year at the ripe old age of 68. I'm 69 now, so, clearly my brain's working, and I want it to work as well for you as well.

So whatever condition or situation, whether you have children and they have ADHD or they're on the spectrum or you have multiple sclerosis, we want to help you improve your life.

And algae is the easiest and most effective, scientifically proven way to do it if it's raw and unheated. So come and see us at Energy bits.com and, hopefully will help you get, back on track.

Thank you so much, Doctor Einstein.