Introduction to Lyme, Inflammation, and Mitochondria

Hi and welcome to another episode of the Healing Lyme Summit 3.0. Now, when we're talking about Lyme and other vector borne diseases, we're not just talking about infection.

We're talking about what those infections do to the body. As you all know, they drive persistent inflammation, generate excessive oxidative stress, and impair mitochondrial function at a cellular level.

And when that happens, the body loses its ability to produce energy, regulate the immune system, and ultimately to heal. This episode's conversation is focused on targeting that deeper layer of dysfunction cooling, oxidative stress, and restoring mitochondrial function.

And joining us for this conversation is Chris Furze, founder and chief scientist at my vital C. Additionally, Chris is an author, a podcast host, a longevity expert, and he's known for his work with a Nobel Prize recognized molecule designed to support cellular health and longevity.

Welcome, Chris. Thank you so much for joining us. Doctor Moriah, thank you so much for having me. I'm excited. I'm glad we got to meet in New York at IHS.

And then if we ended up putting this together with the amazing Christie. So thank you so much for having me. Thank you again for being here. So let's jump right in.

I know we don't have a lot of time, but I want to start with discussing how inflammation, oxidative stress and mitochondrial dysfunction are responsible for many of the core symptoms and negative effects of alignment function.

Yeah. Well, so I've actually put together a presentation. So I'll hop into that if that makes sense. That would be great. All right. So great Lyme recovery.

Blue planet is kind of like a rough title that we have here. I was always told, well, one to have some sort of kind of design of how much of what we're going to do together.

So a little disclaimer. Of course, there'll be a little bit about me, the downstream effects of, say, Lyme disease or vector borne diseases. The molecule that I've been working with since 1991.

So a full 34 years, pretty amazing how it works. And then kind of put all of this together. Anything, anytime I'm talking, you know, I'll be talking about this molecule.

And ultimately this molecule is in a product that we have. The FDA has not evaluated our product. It is not intended to treat, diagnose, cure or prevent any disease.

I like to say I'll probably share a couple anecdotes and I just share. Hey, this assume this won't happen for you. Dig into the research and you know we'll probably have a link for you at the end of the presentation if you're interested.

Just a little bit about me. I as I mentioned, I've been working with this molecule S6. You can see this beautiful molecule. There's actually a book called The Most Beautiful Molecule written about this molecule.

We'll get into what that is here in a second. I did write the book, Live Longer and Better Your Journey to Living Longer and Better has never been more achievable than today.

The story of this molecule and kind of my journey into the longevity space. I have a podcast called Live Beyond the

Norms. I'm excited you're going to be on my podcast soon.

So I'm excited about getting that recorded. And I'm putting stuff out on on Instagram and YouTube. I did do an Uncovering the Secrets of Longevity Summit, so I know how much work you're putting into the summit.

So anybody listening just understand. Doctor Moriah has put a lot of effort into this. It is a lot of work, and it's great to kind of give that information back to people.

I was recently on Dave Astra's podcast, so that was a super exciting experience. For those of you who don't know, he's considered the father of biohacking, the founder of Bulletproof Coffee and now Danger Coffee.

So a pretty spectacular opportunity. Now, when we think about Lyme disease and vector borne diseases, they're really kind of three kings. And you already you already touched on these, by the way, I put this presentation together and haven't run it by you.

So if there's anything that you need to tweak because you are more of the Lyme expert, I'm talking about how S60 might play a role. We've got chronic inflammation. Right.

Chris Furze and the S60 Molecule Background

So one of the things these vector borne diseases are good at as being a master of disguise, your immune system knows that they're there but can't really resolve them in a lot of cases.

Like that's where where you come into play. And this ultimately ends up in a in a immune system that's reactive in creating what's called a cytokine storm.

This is the thing in the middle of Covid, the cytokine storm was the thing that was actually causing the most damage as the body was trying to defend itself.

So that's really kind of this persistent inflammation, joint inflammation, neuroinflammation, all of the things that you kind of get feedback on on a regular basis.

This kind of ties into this cytokine storm kind of also drives oxidative stress. This ongoing oxidative stress and really starts depleting your glutathione.

So glutathione is a master antioxidant. It's good for detoxing, immune support, cellular repair, auto mitochondrial function. You can see we'll be talking about that in a second.

And so that is the oxidative stress that we see. And then in terms of mitochondrial dysfunction the mitochondria is the most sensitive part of your cell.

And when they break the lights go out right. Like thing the cells don't operate. If you can imagine if you take the engine out of your car there is no running car.

It's just something that sits there and does nothing. The bacteria doesn't just damage right? These through this inflammation, this oxidative stress. But it also takes some of the components that your mitochondria need to generate energy like manganese and lipids.

It has this hunger and is stealing nutrients for them. And we'll be talking about S60. We believe it's involved in membrane stabilization. Free radicals sponge.

We actually know it can hold up to six negatively charged particles. And then really kind of lowering that cytokine storm. So I don't I don't know if all this makes sense.

All this checks anything to add to that. No. It all makes perfect sense. And honestly Crispr is what I talk about all

the time when I'm presenting to other medical professionals with all, all of the things that we have to be looking at and the actual changes in the terrain that need to be addressed and why, we need to just stop focusing on killing, killing, killing all the time.

It's got to be support there. Like, because there are so many things that are going going wrong. So this of course begs the question, what is this S60 molecule again?

I've been working with it since 1991. The molecule was discovered in 1985 at Rice University here in Houston. That's where our lab is based. And the three scientists who discovered the molecule, Doctor Smalley, Doctor Curl, and Doctor Kroto went on to win the Nobel Prize for the discovery in 1996.

And you'll notice here that my lab actually started producing it in 1991, a full five years before the Nobel Prize was awarded. I am not a very braggadocious person.

So this is this is as is. This is the biggest braggart you're going to hear from me. It is not unreasonable to suggest that because we were delivering commercial quantities of this carbon nanomaterial S60 to research institutions around the world, scientists actually had the material, could actually run studies and tests and experiments and could understand how valuable the material was.

And that led to them getting the Nobel Prize. So that says as kind of braggadocious as I'll get now, this molecule is amazing. The way I describe it is it performs as well or better than the current best material.

And almost every application it makes better inks, better batteries, better tires, better photo cells. This is often where people get nervous. It's like, wait a second, did I just like switch?

Switch gears, right? Nobody who's reached out to you is and is, you know, struggling with Lyme or some other vector borne bacteria is like, hey, I wonder what part of my car battery I should be taking on a daily basis for my health, right?

So, and I'll be honest, the story gets a little worse first. So this shape right here, front and center, is the same shape as benzene. It's not the same chemical formula, but the same shape.

And in fact, you can see it occurs a lot of times in this photo. That's seven times it actually occurs 20 times in this full cage. The soccer ball like cage and benzene is ubiquitous in our society and necessary for modern society.

And if you have any doubts, just kind of glance around you and think of anything that's plastic or notice anything that's plastic gone. Because the benzene ring is the foundational molecule.

Many medications have the benzene ring as a foundational molecule, including aspirin. So we don't have modern society without it. It's everywhere. And that's great.

Except when benzene is on its own. It's known to be toxic and known to be carcinogenic. So this shape occurs 20 times on the exterior of this SS 60 molecule.

They thought it would be toxic and they put it in a toxicity study. This is I promise that's the worst. Now the story starts getting a lot better. It actually starts getting a whole lot better.

Three pieces came out of this toxicity study. First off, the test subjects that they gave it to, in this case, Wistar rats lived 90% longer than the control group.

So the single longest longevity experimental result on mammals in history, peer reviewed published research is because of this S60 molecule dissolved in olive oil.

And I'm very proud to share. My lab provided the material and my lab is mentioned in that original study. That's amazing. Let me interrupt you. I have one question. Yeah.

What ever made someone think here's something that appears almost to be a toxin, right? Like benzene is a very significant carcinogenic toxin. What would ever make you think to give it to an animal like a to a mammal?

To a rat, to anything living. So because it's great and inks batteries, tires and photo cells. Right. They thought we might be we as a man might be working with it on a regular basis.

I would love it. Kind of a nickname of this is a buckyball. It would be very cool to have a Bucky battery. I don't know, that just sounds really cool.

So they thought man would be working with it on a regular basis. And if you think you're going to be working with that on a regular basis and you suspect that it might be toxic, you need to understand is it toxic?

So remember, this study was a toxicity study that I missed, that I missed okay. They were convinced these rats were going to die, right. Like and then they're going to like write a report.

Actually, this is a great time to interject. I love to give credit to these researchers because yeah, let me skip ahead to this start. So we'll do this because this is a great point to interject three groups of rats.

Right. One group was given water a control group. Another group was given olive oil a semi control group and then another group given the S60 molecule with olive oil.

And that's the group that lived out 90% longer. Remember this is supposed to be a toxicity study, right? So if anything is ever true, especially about a toxicity study, when all of your water control rats are dead and all of your quote unquote toxic rats are alive, the molecule is not toxic, right?

There are zero doubts at that point. So instead of ending the test here right at about the 32 month mark, that's that's an average. So there's a little bell curve around it.

They kept doing the animal husbandry for about two and a half more years to keep these rats alive. Right. They're like when are they going to die? When in reality they were down to two more rats.

One of them died. They euthanized the last one so they could finally publish their results. Right. So it's pretty fantastic. Another thing I like to point out, right.

Olive oil is kind of all the rage. You've got Doctor Steven Gundry talking about olive oil. You got Brian Johnson selling an olive oil. In fact, I love what Doctor Gundry says.

He says the purpose of food is to get more olive oil into your mouth, right in that great. So here's an 18% extension of life in Wistar rats because of olive oil.

Longevity Research, Safety, and Early Test Results

I would agree the purpose of food is to get more olive oil into your mouth. Now, this is already a fantastic result. We're the other piece that's really pretty amazing is a typical Wistar rat.

Lives out to 32 months, right. And has a known amount of tumor mass in its body. And here you can see in this graph, the tumor mass is growing as time goes on.

Even though the S60 rats lived out the 62 months, none of them had any tumors. Right? So if you were to project this graph, like there should have been a mass of tumors in these rats and there was zero mass, none of them had any tumors.

Now, I've told that story and people said, oh, cure for cancer. And my immediate response is nope. And then I follow that with another no. There's a big difference between dealing with a cancer that has metastasized, and potentially being like this suggests a cancer preventative.

We know things as simple as good exercise, good nutrition, good sleep. Our cancer preventative is that this piece of this study just throws this S60 molecule into that arena.

I will add and and it is a petri dish study that I'm going to talk about. Petri dish studies are the lowest possible study. Right. But it is relevant I think.

So in a petri dish they have cancer cells and healthy cells. And they introduce an anti-cancer agent which is a poison. Right. You're hoping to poison the cancer cells before the healthy cells and the presence of the S60 molecule.

There's increased efficacy against the cancer cells and a protective effect for the healthy cells. So what that means is in the presence of S60, more cancer cells die, less healthy cells die.

And we we have a kind of a rough idea of the of why that might be going on. And it's related to the mitochondria and what we believe the S60 molecule is doing in the mitochondria.

So pretty profound results so far. I want to talk a little bit about this kind of cool transition. So that study came out in 2012 mid 2013. We start getting phone calls from this crazy wacky group of people called Biohackers.

And I can say that affectionately now because I am a biomarker. And they were like, hey, how much of this should I take? And my business partner and I were, you know, conservative carbon nanomaterial scientists.

And what we heard is, Chris, how much of that stuff that you sell to research institutions around the world to put into batteries, tires and photo cells?

How much of that stuff should we take? And we thought the answer was zero. We actually added not for human consumption to our labeling in mid 2013. So think about that.

From 1991 all the way to mid 2013. We don't have to have not for human consumption on the labeling. Now we add it. Now this created a very unique situation where we were getting 2 to 3 phone calls a week that sounded kind of like this.

Hey Chris, my knee pain is gone. And I'm like, Joe, you mean the knee pain of your ad? Because it literally says not for human consumption on the labeling.

And Joe was like, yeah, hey, if my rat weighs 275 pounds and does hit training on Wednesdays and Fridays, should my rat take more on Wednesdays and Fridays?

So we knew what was going on. And the reason we allowed it is because it was clear in the literature that this material is safe, including this very particular study, toxicity study, quote unquote, where the rats live 90% longer than the control group, quarter after quarter.

My business partner and I are getting together. Do we want to get into the supplement industry? A I think, generously described the supplement industry as challenged.

Right. Like you're in the space, so challenged might be generous. And so quarter after quarter, we're like, we don't want to get into this space. And in fact, it wasn't until 2017 and I'll talk about this kind of YouTuber that changed everything.

But in that interim period, I found a peer reviewed, published research paper that showed that 50% of the supplements that were on the market this research group purchased didn't have in them what they said they had in them.

Right. That challenged again, is being generous. So we're used to delivering commercial quantities of carbon nanomaterials to research institutions around the world.

Highest level. Right. They have the equipment to test it. They know we shipped, you know, how to test what we shipped them and confirmed that what we promised is what we shipped.

And so we just kept saying no quarter after quarter. And then finally in 2017, a guy with a big YouTube follower and following, he was actually in the Bitcoin space, but he started talking about all the benefits he was getting, taking it on a daily basis.

And our phone went from those 2 to 3 calls a week to ten calls a day. Wow. So now we look back at that quarterly meeting and we look back at that research paper where 50% of the supplements didn't have in them what they said they had in them.

We knew that was going to happen in this space. We're the oldest and longest manufacturer of this molecule on the planet. We have the lab. We've then been delivering lab quality materials.

So we decided, well, we asked ourselves two questions before we decided to get into the industry. The first one is, a moral question. Are we comfortable selling it?

I take it my wife takes it. Everybody on our team here takes it. By the way. Not a requirement like you don't. You don't clock in and take your shot of my body. I'll see.

And then that is your work production, right? It actually, it actually does. I'm about to share a testimonial video. Video from a Doctor Young, where he says they believe the product should just be in their breakroom for their employees.

Like that's how important it is to them. So. So yes, I'm comfortable selling it. And then the next is legal the FDA and the FTC. You got to cross the T's, you got to dot the I's and you'll hear me crossing and dotting I's throughout this presentation because we have to be really careful.

So then we did bring this to market. Now I do have this presentation. Doctor Lane Young, at our booth at a forum which is in Las Vegas. A forum stands for the American Academy of Anti-Aging.

Unfortunately, I can't set it up so that you can hear it, but here's what he said. And I obviously I've listened to this video a number of times. In fact, he told me this and then I was like, Doctor Young, I have to record this video.

And he said, Chris, I don't care if you're male, female, pre-surgery, post-surgery, cardiovascular disease or otherwise healthy, your product is reducing elevated CRP numbers.

That stands for high sensitivity C-reactive protein. I'm sure you deal with that regularly. I'll talk a little bit more about it. He not in this video, subsequent conversations said from nine an HCP of nine down to point nine, which is in normal ranges in 4 to 8 weeks.

He also says that they're seeing improvements between 20 and 60% and b so heart rate variability and sleep all of these incredibly important. And as I mentioned already, he said, we believe it should just be something that we keep in the break room for employees.

Now it's CRP often associated with cardiovascular disease. I had a conversation with an oncologist after kind of this happened, and he shared that if you have an CRP of nine, we assume you have cancer until we prove otherwise, I don't know.

Is that a marker that you track and and is elevated? Yeah, absolutely. And we we see it elevated in a lot of patients that have vector borne disease because of the significant inflammatory nature of these diseases.

And actually on like if you get it done somewhere like quest, you'll see under like the the description of what the numbers mean. If it's greater than ten, it actually says that this number could suggest a chronic infection or an active infection I should say.

Yeah. Yeah. So we're in fact, I'll talk a little bit about this later, but we're working on doing a clinical trial on CRP. That's not only do we have Doctor Young's testimonial, there is in fact peer reviewed published research showing reductions in CRP in beagles.

Right. So a pretty large mammal, you know, compared to a rat. So yeah, like this is this is we're excited to be going down that path. I will share kind of one other testimonial.

When is a our largest distributor in Houston. She originally purchased the product for her dog with no intention of taking it, noticed such a profound difference in her dog that she decided to start taking it.

And I like to point out like this is new. This is I know this probably the second time your doctor Maria, hearing about this, you should have like, oh, I wonder what part of this is placebo?

Because the reality is placebo affects everything. It affects the medications that your doctor prescribes. Do you believe in them? That makes a difference.

The supplements, your workout routines, your whatever daily routine. All of it matters. And we're subject to the principle. But dogs aren't, right. Ironically, they're not smart enough to have this placebo of I got my dropper, so I should have more energy today and I should be free and feisty or whatever.

They just act the way they feel. So when starts taking the product and I'm going to share, this is probably the worst testimonial about a supplement you're ever going to hear.

But but, she said, I did a video with her and she shared that at the three month mark, didn't really notice anything until she stopped and kind of took stock of her life.

And she's like, well, I, I'm, I'm working later, I'm waking up earlier. I was never a morning person. And here's the worst testimonial about a supplement ever.

I cleaned my garage. So we don't use that in any marketing literature, but it means something like a cleaning your garage is potentially hot and sweaty, or you're in Connecticut right now cold and miserable like it is a big deal.

And so she shared that one last. I'll blow through this one. Kyle's a Gruevski. He's a owner of Osteo Strong, which is a global franchise that helps women with osteopenia and osteoporosis.

So build bone density. His son brought home a dog you can kind of see here.

How S60 Supports Oxidative Stress and Mitochondria

They took it to the bed. It was showing the signs of retention on the surface of its brain. Its balance was off. It was dizzy. It could barely eat. Three days after he got the dog, he got our product.

He was giving the dog 2 to 3 doses per day. And at the time that he wrote this, it was 80% better. Really? The vet was like, it seems like a miracle. The other quote that I like, kind of similar to Doctor Young's.

We just believe we should provide it to our employees. Kyle shared that he will never not take our product. Right. So he's in the health space. So I think that that is important.

Now, how might this be working? I don't know if I've mentioned, but our most consistent testimonial is people take the product in the morning, report mental focus and energy during the day, and then better sleep that night.

We all know that sleep is good for your mental, physical and emotional well-being. So that was as a as I'm stepping into this role, this new role of being the chief scientist of a health and wellness company.

And that was the first place I landed. The next I was trying to figure out why might these rats have lived longer? So

let's look at the medical community and let's look at what they think about aging.

And they don't all agree, but they tend to think of it as an oxidation and an inflammation process. Oxidation and inflammation. Two of the three key things that that we're seeing as outcomes of these vector borne diseases.

So in terms of antioxidant, there's an ad hoc study showing our product to be 172 times more powerful than vitamin C, and there's peer reviewed, published research showing it to be 125 times more powerful than vitamin C.

So I'm in Texas. We put a big old checkmark on antioxidant in terms of inflammation. Here's some of the crossing the T's and dotting the I's. We have to be really careful when we talk about inflammation, because the FDA equates conversations of inflammation with the diseases of inflammation, which are also the diseases of aging.

So like arthritis, Alzheimer's, cardiovascular disease, cancer. So if I come here and say we address inflammation, the FDA hears me claiming weaker cancer or weaker cardiovascular disease.

We are not claiming that there is so much research that would need to go into that. And frankly, really expensive research in order for us to claim that the FDA does allow us to say that we address exercise induced inflammation.

So we've all had a tough workout or maybe just walked farther than normal and woken up that next day and felt that sense of inflammation in our body. The FDA allows us to say that we address that type of inflammation.

And then we finally landed. And this is going to pull all things together on the boss theory. So buffering oxidative stress system. Let me change slides here.

Buffering oxidative stress system. Here's what drives it. We know from peer reviewed published research that this S60 molecule gets into the mitochondria.

We also know from way back in the 90s that it can hold up to six negatively charged particles on the exterior of this cage and what that looks like. Right. So I know you know this.

The mitochondria is the powerhouse of every cell. There's between 50 and 5000 mitochondria and every cell in our body except for our blood cells, which have zero, and our brain and neurons, which have 2 million.

I it's fascinating how much energy our nervous system uses relative to our other systems. Now, like any energy source powerhouse of every cell, like any energy source, there is a negative byproduct.

You think about a car going down the road, it's got exhaust. You think about a power plant, it's got a smokestack. In the case of mitochondria, it's reactive oxygen species.

Now, the way I picture these, they're like little bumper cars. And if they're left to their own devices, they're running around the body and everything they smack into, they cause oxidative stress, oxidative damage, ultimately inflammation.

Right. Which sounds horrible. And it is. And like so many biological systems, a mitochondria has a way to manage this. And that is with the antioxidants glutathione and melatonin.

Right. These are key antioxidants inside the mitochondria. I like to pause here because melatonin is the sleep hormone. Remember one of our most consistent testimonials is about involve sleep.

There's some nice parallels here. So in a healthy mitochondria that's not overproducing you can see that these reactive oxygen species, there's this beautiful tranquil blue color because they're bonded with glutathione or melatonin.

So they can't run around and do any damage. But what happens when you stress the mitochondria? We don't need to be. First off, how do you stress the mitochondria?

We don't have to belabor it with your audience, right. What they're dealing with is stressing their mitochondria. But even if you're not dealing with a vector borne disease, you know, it's smoking, drinking pollution, it's EMF exposure. It's stressful like you have if you live in modern society of stress, mitochondria.

And at that point the mitochondria starts producing more reactive oxygen species than can be managed internally. So you see here that there's some that are this blue color that are being managed by the glutathione melatonin, but it's just producing more than can be managed.

And now they have the opportunity to run around and cause oxidative stress, oxidative damage. And that's where the SS 60 molecule comes in. We know from peer reviewed published research that's in there.

And then we believe it's holding on to up to six of these negatively charged particles. So they can't run around on their own and do damage. And then when that mitochondria replenishes the glutathione replenishes the melatonin, then it can manage those reactive oxygen species appropriately.

And that's why we say that this molecule is the boss buffering oxidative stress system. And the summary is we believe are reducing the negative impact of stressed mitochondria.

And if you reduce the negative impact of stress mitochondria, you should have systemic benefits. And you should have what we have which are head to toe.

Testimonials I've been talking a lot. I have a fun analogy of this to maybe break it down, but it would not surprise me if you had any questions or something to interject here.

No, I really don't. It makes perfect sense. I think maybe using your analogy might be helpful for our listeners to understand it a little bit better. So I have to ask you this.

I think that all biological analogies should start with Mardi Gras. What do you think? Oh, go with it. A lot of biology happens at Mardi Gras, so like, that's that's the real.

So it's the end of Mardi Gras, and you have these drunk reactive oxygen species running around on Bourbon Street, right? Causing this rasterize spray painting the walls, smashing windows.

And you have the New Orleans Police Department, the glutathione and the melatonin coming on to Bourbon Street, handcuffing 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? They take those reactive oxygen species and they put them in a paddy wagon.

They attach them to the exterior of the SS 60 molecule so they can't run around and do any damage. And then when the New Orleans Police Department replenishes the good of town, replenishes the melatonin, then they can handcuff themselves to those reactive oxygen species and get them off of Bourbon Street.

And again, that's why we say the SS 60 molecule is the boss. A buffering oxidative stress system? It's a great analogy. It's fun right. And it's fun. Yeah.

And it is fun. So I do have a couple examples that are kind of in the realm of inflammation really related to my biological age. So there's a lot of biological age tests I took one called ESR which stands for your retro site sedimentation rate.

It is the rate at which. So basically you take a drop of blood into a capillary tube. You hold it vertically so gravity acts on it. And the rate that the plasma separates from the blood cells is an indication of your inflammatory status.

Right? Your overall inflammatory status. When I took this study, it had me at 20 plus years younger than my chronological age. I'm happy about that. Right.

And next one is glycan age. You may have heard this. It's based on glycans. Glycans are sugar molecules and they attach to two molecules in your body a very specific way, and they map as you age in a very specific direction.

And this is really an indication of inflammation. Also, when I took this test, I was 34 years younger biologically than I was chronologically at the time I was 21.

I kind of joke it like, if you're younger biologically than 21, can you still drink like that? I don't know, I mean, we shouldn't be drinking, but, you know, it's nice to have the opportunity, right?

And then this last test, I got to be honest, I, I'm not still not happy with the numbers, but I am happy with the direction. So this is DNA age. It's looking at methylation.

And when I first took this test, it had me. I was, 51, had me at 59. So I was very, like, not happy about this, right. I'm doing lots of stuff. I'm taking my product.

But I took the test three years later. So when I was 54, it had me at 58. So in the course of three chronological years, I reverted it one biological year.

Biological Age, Sleep, and Ongoing Clinical Studies

So a pretty fantastic result. I want to talk a little bit about some of the testing that we're doing. Of course, we provided the material in that original bottle study where the rats lived 90% longer than the control group.

It's called the bowtie study because the grad student who did all the work was bowtie. But the research, professor, was Doctor Fathi Moussa. We've published with him in 2024, 2025.

We will be publishing with him in 2026. And I do want to point out we're a very weird supplement company. Most supplement companies don't do research, and even fewer published that research.

Or continuing to do that stuff, including what's about to happen. A sleep study. We did do an ad hoc sleep study. I've got a graph of that here. This was a crossover study.

So we were asking the survey questions where things like rate your sleep. How easy was it to fall asleep? How restless was your sleep? We ask those questions for ten days prior to them taking the product, ten days while they were on the product, ten days back off the product, and then ten days back on the product.

You can see, and this is the aggregate of the data that everybody reported improvements in sleep when they were on the product. Not only is that true of the aggregate of the data, it's actually true on the individual basis.

Everyone reported improvements in sleep when they were on the product, which is again is not surprising. Giving our most consistent testimonial take it in the morning mental focus and energy during the day, and then better sleep at night.

So this is we're actually going to do clinical trials. We should start these four clinical trials before the end of the year. One of them is on. So it's on sleep.

You know it's on headaches, frequent headaches. And the reason is because we have just testimonials, including my own. I won't get into it, but I did used to track my migraines back to 2014.

When I started taking this, I went I was getting 4 to 5 a year. When I started taking this product. I went, 18 months without a single migraine. Well, I joined our sleep study, so I went off the product, and that's when I got my first migraine in in over 18 months.

So. Wow. So I was actually going to ask you, so what year did you start taking this product? And you had said it was 2014. Well, no, that's when I started my migraine.

My migraine, like I was getting migraines. And I'm trying to figure out what caused them. I really started taking this earnestly in 2018. So so that's when I started.

And and so while doing that study and in fact, this is kind of a screenshot of the study, then we're doing an CRP study. So high sensitivity C-reactive protein a more rigorous study.

Right. So our study this one is kind of an ad hoc study with a small cohort. And we're working to do a much bigger one. And then we do have a cosmetic product. So you know again if you're improving mitochondria everything should be improving.

So we are going to start a wrinkle. And age spot study moving forward. That's great. And then to kind of tie remember we saw this in the beginning I kind of wanted to go in and tie these things together.

So chronic inflammation that's that false alarm. We do believe that S60 has the ability to dampen that down. If you think about what it's doing I mean really this false alarm is probably all driven by the mitochondria and mitochondrial dysfunction.

You're probably talking about that on a regular basis. And again, we have to be careful about talking about chronic inflammation. So we are not making any claims about chronic inflammation, oxidative stress.

We talked about what it's doing actually in the mitochondria, which is incredibly powerful. You want to suppress that oxidative stress. You know, prevent those reactive oxygen species from running around like little bumper cars and causing, and wreaking all sorts of havoc.

And then in the mitochondria, you know, the advantage that we saw in the boss theory is dampening that reactive oxygen species. And again, I like to describe it as reducing the negative impact of stressed mitochondria.

And and that's the overall benefit. Now one last slide before I share. If anybody wants to connect people ask what does it look like to take the product?

We think of it in terms of a three month timeline, and it has parallels with our most consistent testimonial. Take the product, the morning report, mental focus and energy during the day, and then better sleep that night.

So month one we're looking at focus and energy. The testimonial that I lean on here or I will share here, is we got some product to an influencer. She took it.

She recorded her video that night and she pointed out that she didn't finish her cup of coffee. Now, I don't know if you're a coffee drinker, but if you are a coffee drinker, not finishing it is a big deal.

Noticing that you didn't finish it is a potentially even a bigger deal. And I will share. I used to be a 2 to 3 cup of coffee per day person. I'm now more like a one, maybe even a half.

It's about the ritual for me, right? I come to work, I make my cup of coffee. By the way, I'm. I'm a little bit apprehensive of even dropping the habit because that's actually when I take my product.

When I didn't have it as part of my routine, I could get to 2 or 3 in the afternoon. I could be, oh, do I need a nap? Do I need another cup of coffee?

And I could look back and I hadn't taken the product that morning. So that's I'm down to a half. We'll say half a cup of coffee. There are some potential weight loss benefits.

It's well-documented that if you reduce saturated fats, if you replace saturated fats with an oil like olive oil, then there are weight loss benefits.

The next is month two, and we lean on it for deeper sleep. The reality is, I think that the improvements in sleep are

happening sooner, but everybody gets a little bit more or less sleep every night, right?

Nobody's like Brian Johnson getting the exact same amount of sleep every single night. And so it can be hard to pinpoint, oh, I started taking my vitals.

See, now I noticed that I'm getting that better sleep. And what I lean on here is my business coach. He shares that for 50 years, he needed an alarm clock to wake up.

When he started taking the product, he wakes up before the alarm clock. I like to point out he's a business coach, right? So he's got late night mixers, late night dinners.

None of that matters unless he goes without the product for about ten days, and then he starts to need the alarm clock again to wake up. So that's sleep.

And then finally on month three, we're talking about reducing the negative impact of stress mitochondria, which should have systemic benefits. And frankly, we have a lot of testimonials.

And I'm sure you appreciate this. And we just can't share. The FDA wants us to do a lot more research. And I've kind of mentioned extensive research in order to be able to share those testimonials I will share.

My father in law was walking with a cane at about the three month mark. He started walking without the cane and therefore started walking more. Right? Right.

No brainer here. And of course when you're walking more, you're losing weight. So it had this kind of systemic benefit. And that's the testimonial that I can share kind of on month three.

That's great. And and I don't know if you have any questions or anything. Well, I was just going to say and I mean, if I remember what you told me in New York when we met is that this is really you're taking this just once a day, right?

It's not like we're taking multiple doses all day long. It's like that dose that you're taking in the morning is increasing energy focus and enhancing sleep.

But you've only taken that once a day dose. It's it's really profound to take something in the morning and positively impact sleep at night. I mean, that's one of the biggest kind of pieces of evidence that the boss theory is. Right, right.

Because the boss theory is working at the level of mitochondria. I mean, think about 2 million mitochondria in every brain cell, every neuron. Right. Well, you should have an outsized impact.

And I'm sharing our most consistent testimony are all brain related. Focus on energy and then better sleep at night. So yeah, it's it's absolutely profound that it has the impact on sleep from something that you take in the morning.

I will also point out, remember in the testimonial from Kyle where he was giving because the dog was in such bad shape, he was giving three servings to the dog.

And I'll share this. So we've got a two time US ultra running champion who loves our product. And my conversations with him were pretty, pretty awesome.

The first one was, Hey Chris, I was taking one serving of your product. I didn't really notice anything. And then I joke like all good biohackers he tripled the servings.

And by the way, there are some things you should definitely not triple. So like be careful, but ours is okay. And he said when he tripled the serving he was blown away.

He said, wow, I think your product could be the difference between somebody having rabbit running as a hobby and running as a career. He went on to say, I don't believe that your product speeds up exercise recovery.

I believe it prevents damage in the first place. And the reason he said it was because on the last five miles of a 50 mile run, which is a phrase you will probably never hear again, anywhere but on the last five miles of a 50 mile run, where strength and stability used to be a problem, there are no longer a problem.

And if you think about this, yes, a 60 molecule holding on to the oxidative stress that this, you know, ultra runner is clearly doing to his body. And then at giving the body the time, the space, the bandwidth to do what it's supposed to do, that makes perfect sense.

So yeah. Yeah. I was going to ask you, is there any sort of like, dose dependent, you know, study that you've done where you really didn't see any more benefit doing a higher dose?

That's a great question. We do have people who will take our recommended serving is one teaspoon or five mils in the morning. There are people who take a tablespoon as an example, Anthony Kunkel, who's a two time US ultrarunning champion, he actually starts we have an MCT product and he starts the MCT because there's some weight loss benefits for MCT or hunger management.

And you know, he's running for, you know, a long time 50 miles. So he need every ounce of anything that he can not have on his body. Like that's a goal.

And so we'll start with that.

Usage, Dosing, and Product Offerings

But our MCT has a lower concentration of the S60 molecule. So as he's getting closer to competition he ramps up into the olive oil. And he literally just like drinks it out of the bottle.

Thank you. The target may be three servings, but it's more, a more accurate answer. We haven't done dose specific. Right. We're we're working on really I'm working on how do I get this into more people's hands because of the testimonials that we get on a regular basis.

And from there we're doing this research. So this research will allow me to talk about things that really are impactful to people. Now, if you start thinking about frequent headaches, you start thinking about crp, actual sleep, like I saw a clinical quality trial on sleep and of course wrinkle and age spot.

When we can, we can more concretely crossing the T's and dotting the eyes, talk about those. Then we can start investing in kind of the next level of research, which I'd be very interested. What is the dose dependance on it?

Good to hear all of the research that you're doing. And I mean, everything that we're talking about applies so much to our complex chronic illness audience.

Yeah. So I have made a special link for your complex illness audience. So it's my vital SI.com forward slash healing line so they can go there. A couple things I'll share.

Like the plan of action when you go there. So I did a longevity summit. I think I briefly mentioned it at the beginning. I got to interview like Dave Asprey, Ben Greenfield, doctor Stephen Gundry, many, many others, and I, I asked all of them like, what are 2 to 3 habits or shortcuts that you would share for longevity?

And I compiled those down into 18 biohacking tips. So you can go to that link and you can get those 18 biohacking tips for free to give you the email and your name.

And we'll get those biohacking tips to you. I have a special offer for your audience, as much as a 40% discount for your audience. I really want people to try this.

If they scroll down on that page, they'll see an offer for two or 3 or 6 bottles. And the six the concept. That's where the biggest discount is a 40% discount.

The concept is, hey, it's a three month kind of trial, right? That's what I mapped out. Maybe keep three bottles for yourself, give three bottles to somebody who might need them, or you might be selfish like I would and just keep all six for yourself.

So on each of these, there is a an additional discount on subscription. Go ahead and take even if you just want to order one batch or whatever, take advantage of that subscription.

Our customer service team has 1005 star reviews on Google. They are not trained to talk you out of canceling your subscription. They're trained to help you and they do do an amazing job.

It just seems most people don't cancel their subscription. There is a coupon code on that page. I'm not going to give it to you here. You got to go to that page to get the coupon code for $30 off.

That $30 off does apply to just those deals. On that page, I'm going to mention one other thing. We didn't talk much about it. So this is our four ounce bottle.

This is our red duo what's called our red duo set. We actually get more amazing testimonials about this. It's a cosmetic. Basically in the taller bottle is a peptide we called UT 29 which stands for youth 29.

Kind of cool. And then my director of research said, hey, I found this peptide. It's got 30 years of skin and hair improvement. I looked at it, I was like, we need to have this product with ours.

But our s, a 60 molecule is oil soluble, the peptide is water soluble. We could have shoved these together with an emulsifier. I don't like how I'm all Safire sounds.

There are no health benefits to emulsifier, so we wanted to spew as those as possible. So basically it's separate. You do one squirt of the UT 29 activator in your palm.

And then for every squirt you do two drops of the s, a 60 activator. So you ate UT 29 lotion and S 60 activator, you activate it right in your hand and apply it to everything that might show aging.

And yeah, we're that's the one that we're going to do a study on. That is a little bit further down the page. You can get the inside out set. And I have one last thing that I want to talk about.

I'm so proud of it. My book, Live Longer and Better is available on Amazon 1999. It's available on this landing page. Same price for ten extra dollars.

I will autograph that book for you. 100% of that $10 goes to Operation Underground Railroad. You may remember a movie called The Sound of Freedom, right?

An amazing movie about a horrible topic, which is child, child exploitation operation underground. The movie is about Operation Underground Railroad. And they're doing a great job of getting that off of our planet.

So 100% of that signature fee goes to Operation Underground Railroad. That is awesome, cross. Thank you. Cool. And that's that's my presentation. I thank you for bringing me on.

Thank you for exposing this molecule to your audience. And, you know, if you've got any questions, I'm still here. I don't think I have any questions.

I'm excited about all of this. I did grab a sample from you at IHS, and I did take it, and I, you know, I swear I did feel different on it. I felt better, I felt clearer throughout the day.

Those were really long days and late nights and, I swear I felt the difference. I am definitely going to take advantage here of some of these links that you have, and I'm going to give it a good three month try and see how it goes.

I'm one of those people where even though I don't really have any issues, it's like, I think we could all feel better. Yeah, yeah, we could all be a little bit better for sure.

And I doing the right I want to prevent I don't want to have to try to treat, I want to prevent everything in my life. If we're doing the right things, we should be stressing our body.

The reality of stress is right. Like you should have tough workouts, right? You should maybe do a little intermittent fasting here. Again, your audience is probably has enough kind of physiological stress as it is, so don't push yourself.

But yeah, it's it's good to have something that can really sop up those and hold on to. Right. Because remember we're not replacing glutathione. We're not replacing the body's natural processes.

We're just giving it some buffer so that it can do its job. Right. You know what I think a good ending note might be? I mean, obviously this isn't the only thing, but I think it's a key piece to the puzzle.

What are your like, let's say top three favorite things to use conjunct tively with this. Yeah. Well, so I'll share things that I'm on. One is eating an anti-inflammatory diet is just really important.

Yeah, you can cheat every now and then again. You know, with your audience probably, you know, having a lot of physiological challenges. Don't even cheat like keep stick hard to that either.

I, I think Doctor Gundry has even a little bit more aggressive than the AP autoimmune protocol. Yeah. So so so stick with that. I think that's really valuable.

I take creatine every day. I take vitamin D acne, like the basics. And then of course my product on a regular basis and and exercise. Right. And if it's again if you don't need to be you may not need to be in a position or be in a good position to overstress.

But put some stress. If it's a walk and it maybe a little bit longer or a little bit faster, like you need to have motion that blood flow adds value allows your body do it like we were designed to move.

We weren't designed to do what most of us do these days. Like, as enjoyable as this has been right to be on this broadcast with you, we are helping our health.

Other than by getting good information. Our head movement is so important and our listeners, we talk about this, we talk about a lot of lifestyle things.

So, you know, circulating the lymph and the blood and, you know, just oiling the joints. All of those things are so, so important. So thank you. Ordering the joints.

That reminds me, my dentist, the way he described taking this product. Right. Because he's bent over patients all day. Whatever. Because I feel like the Tin Man after he's been oiled, right.

Because of our product. So it's funny that you mention that. Yeah. No. And a lot of our listeners are dealing with significant chronic pain, stiffness, etc..

So anyway, I would challenge all of you listening to try it, try it and give it a 90 day try and see if you feel better. Because it's not just a Band-Aid.

It's not something that's just managing. It's actually getting to the heart of the issue and helping your body to repair

on a cellular level, which is literally what we've been talking about for a lot of the summit. So thank you, Chris, for being here with us.

Thank you for sharing all of this with us. And to the listeners at home, if this was helpful, please share it with someone that you think it can help as well because together we all heal stronger.

We'll see you next time. Bye bye.