Podcast Introduction and Guest Welcome

the bioflow isn't working then we're going to get dump those toxins in the bloodstream and create more health problems. So then it's being sure we are moving the the bioflow and and also what helps in detoxification like in phase one is going be all those enzymes that cause it that allow that to happen well that requires energy meaning that it requires protons and oxygen, which all come from the fluency humics.

Symptoms are only part of the story. I'm Dr. Drew Kidder. And I am Dr Emily Hernandez. On the healing terrain, we explore deeper systems influencing clinical outcomes from toxic burden and microbial imbalance to the foundational factors that drive resilience and long-term health.

Bioactive Carbon and Humic-Fulvic Basics

Hey, everyone, Dr. Drew Kidder here with the Healing Terrain podcast. And I am joined by Dr Todd Watts, the co-founder of Cellcore Biosciences. Dr, Todd, thanks for joining us.

That's great to be here, Drew. I love to share information. Yeah. So give me a little backstory. I mean, everyone has come to learn and understand that cell core biosciences was founded on this bioactive carbon technology, right?

Can you explain one a, little bit about what bio active carbon is? And then how you guys came up with your brilliance and Dr. J's brilliants on how those can be so powerfully utilized in the body.

Yeah. So the, the carbon technology is essential because it helps to move enzymatic reactions forward. It helps you neutralize toxins. it, it it. Helps to do so many things within the body that are necessary.

so when I was looking at this, It's like, okay, how do I take full of it's the humics and then make them even more powerful and what they do as really the ultimate adapt and Jim, because they donate.

Protons hydrogen. You know, ions they donate electrons, they can donate oxygen or accepts as well. And they have so many functional groups that will go in and do the job that's really needed within the body.

In so, many cases you see in all these enzymatic reactions in the, body they need, right? They don't need like a vitamin C nutrient, or they don' need all of these other vitamins.

What they, need is they either oxygen, hydrogen or an electron. So when I looked at the pure science of how the. Body works, then I'm like, well, what has that?

Well, that's where this bioactive carbon technology really came forward and moves the science in a clinical way. Right. Which, you know, a lot of times we didn't put science with clinical, we just put that clinical people sell vitamins, just with that in there and like, well, what is this vitamin C or what does it vitamin E or?

Mitochondrial Support and Detox Energy

What are they doing there? So they would say they're antioxidants. Well what, does that mean? And so I went deeper on that and then. found solutions of what's the best thing that view it.

And then also help, I don't want to just toss it out of the body. I need to neutralize it so the Awesome. So just to rewind a little bit, because we talked about bio, you know, bioactive carbon technology being these extracts of humics and fulvics.

For people, for the audience that doesn't know what humic and Fulvic are, what are they? So humice acid contains

fulsic acid, which can be extracted away from it, right?

But it's derived from thousands of years ago. It's in the soil that's a breakdown of plants. So plants broken down by bacteria that goes down into the soil, then we have, that is an amazing resource for us today that they use in fertilizing plant life.

They use it obviously in human consumption as well, the animal consumption and a whole lot of ways. So they're in essence deposition of organic matter from plants breaking down microbial activity in the soil that then leave these rich deposits of carbon, hydrogen and oxygen.

Kind of important because we are made up of Carbon, Hydrogen and Oxygen. So when you look at building blocks of the body, we have our carbohydrates. What is that?

Carbon, hydrogen, oxygen, simple forms that break down very easily. We have proteins, then we'll have other forms of hydrogen with other They might have sulfur attached to other molecules attached.

And then you have fatty acids or fats that are carbon, hydrogen, oxygen. They're broken down to the basics to a glucose molecule eventually or a fatty acid that will help provide us energy in the mitochondria.

So, ultimately, if we want to heal the body, shouldn't we be giving the very building blocks that it needs to function? In essence, why fulvic acids and humic acids have been so incredibly powerful?

So let's talk about the other.

Detox vs Drainage and Phase One to Three

Cell-core biosciences was founded on, first and foremost, upregulating mitochondria. in every organ, gland, and cell in the body. So talk to me a little bit about why that was really a passion of yours in looking at what do we have to do?

We can't look at these systems in a body and pathways in body without supporting the very powerhouses in those cells to be able to function. And so talk me little about how the fulvics and the humics help support mitochondrial function?

So it goes back to the basics of energy. So a lot of what is needed is the ATP molecule. options as well as regulating a hormonal function in the body.

There's a lot of things that it does. So in my journey of health, getting my own health back, like, man, I am fatigued. I'm tired. What's going on here?

What causing these things? Well, toxicity is one of those major things, that causes oxidative stress to the mitochondria. then that breaks down and then it creates more disease.

Now our mesos isn't working well, now we're not creating energy that then allows enzymatic reactions to occur in the body, right? And we are not treating the beautiful water that it makes.

So the folate to humects come in and neutralize those toxins and also bind on all the free radicals causing all of the oxidative stress and calm everything down.

allow function to happen again to produce high levels of ATP molecule which will then stimulate the enzymatic reactions that allow energy as well as be a signal for our immune system.

So you mentioned earlier, looking at fulvics and humixes being such a powerful adaptogen, right? Yes. Literally one of nature's most powerful antioxidants, because what is an antioxidant, it is something that exchanges that energy again, quenching those free radicals.

What's a free-radical? It's an electron that's missing an What are the numbers? I know we talked a lot and talked over the years about the number of electrons that a fulvic acid can provide.

14, you know, 14 tetrahedron electrons. That's the 14 with 21 zeros. So when you talk about being able to not only start reactions, but stop reactions in the body, they're so incredibly powerful.

You mentioned something important too, right? We all talk about like toxins, intoxicants in our environment and the power of detoxifying. But talk a little bit for us about the difference between detox and drainage.

So these molecules will help with the detox process, meaning they'll neutralize and allow the body to move it out. But if you're not going to the bathroom, nothing is moving out of the bottom unless it's coming out the skin and lungs, which is not a good thing.

So we want to be sure that we're pooping, we are going the the bath room, and we wanna make sure the bio flow is going out… We talk a lot about poop at Cellcore.

It's a key element to health. But then the bio-flow is super important. And if the bioflow isn't working, then we're going to get dump those toxins in the bloodstream and create more health problems.

So then it's being sure we move in, the, bioflow and also what helps in detoxification. Like in phase one, it is going be all those enzymes that cause it, that allow that to happen.

Well that requires energy, meaning that it requires the energy but also electrons, protons and oxygen.

Electron Transport Chain and CoQ10

which all come from the fallacy humics. So not only does it help to neutralize, but it also helps to stimulate the enzymatic reactions as well as help them kind of provide the energy that we need.

So, you know, when we talk about detoxification, it is, as you said, those, cytochrome P450 pathways in phase one, that scary kind of intermediate metabolite, right?

That oftentimes can be more toxic than the actual toxic, the toxicant in the first place. But then the power of all of the conjugation, amino acid conjugations, glucuronidation and sulfation in phase two.

But you really have opened over the years people's eyes to phase three of liver detoxification, right? Which talk a little bit about how those are moved, those toxins are bound, but then how they're moved out of the body.

So it's transported out through the bile into this small intestine. So that's where it's really important to be sure we're producing the bile. If we have slugged bile, sluggish bile thick bile then it is going to move slowly.

So, that is where the products that touch us really helps to produce new bile great bile acids really help to repair the liver to work the way it needs.

So moving that by all sudden phase two and phase one can flow so much better. And then phase 1 with the cytochrome P450, I mean, everything that activates is all electrons, the oxygen and protons.

So we have to be sure that that's in there to regulate that once we had phase three working.

Environmental Toxins and Detox Support

So the beauty, from what I hear you saying, is giving the body what it needs to do, not forcing detox, but giving to body the energy that it need to create those pathways, providing those electrons.

People fail to realize that in the Krebs cycle, look at the exchange, the gaining and losing of electrons through all of

those processes. the proton across them to create that that the gradient right was super super important and then oxygen as the final electron acceptor but otherwise you're gonna have all this oxidative stress so the full makes something like phenomenal to do that so a lot of times we talk about right people know the power of things like coq10 yeah but why is co q10 so important right talk a little bit about the electron transport chain Right.

And how Fullerton humans fit into that with CoQ10? Coq10 is the transporter, right? The transporter from complexes one and two to three. So with that transportation of that electron to move, why isn't that pathway working?

What's happening there? Well, that's where the toxins can inhibit that. So the phobits of Humix will, one, they'll bind and clear that toxin off, or they will donate electrons to help come across and stimulate that process and the hydrogen to create the gradient.

Yeah. It'll help in a lot of different ways. And then in complex four, bind that electron and completely clear it out. So let me ask you a really interesting question, is obviously cell core has carved out an incredible path with, again, addressing upregulating mitochondria, opening those drainage pathways, supporting detoxification pathways again with the electrons.

But how did we even get here to where we have to look at supporting detox in the first place. Talk a little bit about, you know, where, we're exposed to all of these toxins and toxicants.

So we are exposed in our food. Big time, right? Yep. Especially since the 90s when they started using a ton of glyphosate and atrazine and all these other chemicals at much higher rates.

our water supply, and then we talk about how many like antibiotics, hormones, dry maltoxins, all the pesticides and herbicides that get into the water tables, even the well water can have it.

And then in our air, they're spraying in the air all of the toxins there. It's just our clothes they can help sprayed, our furniture is all covered in chemicals today, everything has chemicals on it, So we're getting exposed to our skin, consumption, through our breathing, every way.

What do you have to say to the people that look at, well, Dr. Todd, our bodies are actually, we have a liver. Our liver detox is on its own, right? We don't need to push detox, and I think we both agree with that.

We want to facilitate the natural detox process, but more importantly, open those drainage pathways, because if you're not able to actually move those toxins out, what do we end up with?

What's the reaction that everyone refers to when you push the detox too hard? But the issue is detoxification requires enzymatic reactions that occur in the body.

And what they're failing to say is like, oh, our body and our liver can do this. What they are not understanding is these chemicals bind on to these enzymes that inhibit them from working.

Well, I have to state, saw a study, 291 enzymes it inhibits. from every part of what we need to happen in the body. And so if that's the case, why not just get something in a body to help neutralize it, clear that out, to allow those enzymes to start working again.

Closing Remarks

But again, most importantly, we can't even expect our liver to function properly if we don't support the mitochondria within the liver, right? So we're numbers people, Right?

We love numbers. We talk about oftentimes there are 35 to 40 trillion cells in the human body. But what are the average number of mitochondrion per cell in a human?

Well, it depends on what location, So in the brain, you're looking at 10 million up to 10,000,00 in. The brain is like 10 per cell. Yeah. And the heart.

5,000, 10,00 somewhere there, muscles, 5000 liver, same thing. So supporting the cells within those organs to actually do the function that they're designed to do.

Dr. Todd, this was amazing. Thanks for having me on. Appreciate you being here. I appreciate the work that you've done as a true pioneer in this space.

Thank you so much for joining us on the Healthy Terrain podcast. Thanks for having me, Drew. Absolutely. Appreciate it.