Introduction to ENERGYbits and algae

Hey, everyone. Welcome to the reversing Type 2 diabetes Summit 2.0. I'm your host, Dr. Beverly Yates, ND.. And right now, it is my distinct honor and joy to interview Catharine Arnston.

She is the founder and leader of ENERGYbits, an innovative, wonderful supplement that's so specific to help people who have Type 2 diabetes and related kinds of blood sugar issues.

And we're going to go into depth and have a better understanding of the value that these product offerings have for your health. All right, Catharine, welcome.

Well, thank you, Dr. Yates. And this is number two with us working together also, I'm so thrilled to be a frequent flier with you. And one thing I do want to point out, and it's a misnomer in the in the world at large, is that because my company ENERGYbits, we sell algae, spirulina and chlorella algae and we're going to talk about what algae is, the different types of algae, what they do differently in your body, how what spirulina is really helpful for mitochondrial health and for balancing blood sugar.

And chlorella is known for being a wellness detoxing algae, which also contributes to your health and brings you back into alignment so that you can help you with your progress for removing and or protecting yourself from diabetes.

But what I wanted to tell you is that most people think these Spirulina and chlorella tablets are supplements and in fact, they are food. And what I'm going to do is I'm going to show you, first of all, what they look like, this little tablets.

The darker one is spirulina. It's a blue green algae, and the lighter one is chlorella, which is a green algae. That's why they look differently. And I know they look like a supplement, but do you do this to your supplements?

Do you eat your supplements? You know, I eat, not everybody needs them, but they do swallow. I eat my algae tablets because they are food. In fact, we call them bits.

It's ENERGYbits. And there's our chlorella You can spirulina are once spirulina is called ENERGYbits and chlorella is called RECOVERYbits. We call them bits because they are bits of food and the FDA regulates algae as a food.

So now you may think they're a supplement. Lots of people do, but I can assure you they're food. And we're going to walk you through all the amazing things they do to help you with preventing diabetes, too, or help getting you back on track and reversing it, because it absolutely can be reversed, as Dr.

Yates knows. So do you want me to dive in about what algae is? Yeah. Yeah. You're doing a great job here. Please give us the distinction, because I think it's important that people know.

I don't think the typical person knows what is different, like, say, about chlorella versus algae. So by all. Means, Yeah, well, the other thing you need to know is algae was the first life on earth almost 4 billion years ago, and it's still here.

So it's obviously doing something right. The other thing you need to know is, as I mentioned, it's food and there's let me back up. There's two main types of algae.

There's macroalgae, which is that stringy stuff that washes up onshore, also known as seaweed.

Microalgae vs. macroalgae

And it's called seaweed because it's only in the sea. It has high fiber, but virtually no nutrition. That's not what we're talking about today. We're talking about microalgae, which is called microalgae because it's microscopic in size.

You can't see this with your eyes. Something like a million cells of microalgae would fit on a head of a pin. And microalgae is everywhere. It's in the lakes, the rivers, the streams, the oceans, the swimming pool, your aquarium.

And it's known to have a number of things. First of all, has the highest protein in the world, 64% protein, and it's been endorsed by United Nations is the answer to world hunger.

Because of that, it's also known as being the most nutritionally dense food in the world. NASA's says one gram of algae has the same nutrition as a thousand grams of fruits and vegetables.

And of course, there's zero carbs, zero sugar, almost zero fiber. So it's quite different from that. Macroalgae. But what I want to know is why microalgae doesn't exist everywhere.

We grow it as a crop, an agricultural crop. Here is a spirulina farm and here is a chlorella farm. These are grown wheat growers in Taiwan, which is known as having the highest quality algae.

But 99% of all spirulina and chlorella is grown in Asia, and it's all grown in freshwater. We're known for having the highest quality because of our growing techniques, which is to go in and triple filtered spring water.

So there's no toxins ever in the water or that algae, and we dry it without high heat that preserves all the nutrition. Most companies don't do that. So again, we grow it in freshwater, we dry it into a powder without high heat.

The preserves, all of these important nutrients, some of which aren't found in any other food. And we're going to talk about them. One is called Superoxide Dismutase, also known as SOD.

And that's an important thing for you to know because that is one of the things that's going to save your mitochondria and spirulina has the highest sod in the world.

Is ours does chlorella has second highest. You're going to you're going to want to know about this. Honestly, it's it's pretty powerful stuff. So we dry it with our high heat to preserve the nutritive value of that body.

And then we just press them into these little tablets that we call bits because they're bits of food and they're so tiny you could swallow them to them, add them to a smoothie, but they're so nutrient dense that each tablet has the entire nutrition of an entire plate of vegetables.

Now, not only are they effortless to take because you can swallow ten for breakfast and it's ten calories, by the way. So anybody was thinking it was epic.

This is for you, too, because you'll get the nourishment that you need. You'll get the protein to prevent your muscles from wasting. You'll get the nutrients that will protect your your your cells.

And you get all this nourishment without calories, carbs, sugar. It's it's almost like the perfect. So it is the perfect food. Well, actually, we know that mother's breast milk is the perfect foods.

Well, spirulina is number two. And in fact, I did an analysis that found out that the nutrient profile of spirulina is almost identical to mother's breast milk, same amino, same proportion.

So it is literally the perfect food. Number two. So you can't have mother's breast milk up to the age of two, but you can eat spirulina algae all of your life.

So it's very concentrated nutrition, as I mentioned, zero carbs, zero sugar. And we're going to talk about the two algae in a minute with the different things they do for you to help regain your health or prevent diabetes or restore your health.

But I do want you to know we sell them in these large bags of algae tablets. There's a thousand tablets in a bag. And using that quote from NASA, each bag has the same nutrition as 551 pounds of vegetables.

And just to put it in context, we have a discount code for you, by the way, at the end of the event. But a 1000, 551 pounds of vegetables is about 30 grocery carts of food.

And yet that bag has the equivalent of that 30, 30 grocery carts. And if you took ten tablets a day, it works out to a dollar a day. So efficient nutrition that is zero carbs, zero sugar, balances your blood sugar and has healing properties that will help bring your mitochondria back to health.

And when your mitochondria are functioning better, then this will help you regain your health and reverse diabetes too. Because why? Your mitochondria are key for determining the how your pancreas produces insulin and if it's not producing insulin properly or allowing your body to absorb glucose properly, it will all come back to a mitochondrial dysfunction.

So you we want to help you get your mitochondria back into shape so that they can start functioning better.

How spirulina supports energy and mitochondria

That will allow your pancreas to release insulin at the correct levels and help your body and your cells to absorb the glucose. So there's not too much insulin resistance.

And it all comes down to getting that mitochondria functioning better and you're going to find out that spirulina does this in a way that is effortless food based, not not a drug, just plain old, very concentrated food with nutrients not found in any other source in the world.

Quite honestly. I'm so glad you bring that up. You know, I think that in today's world we just don't enjoy the same nutrient density that our grandparents or great grandparents had, right?

Like their era, they struggled with water quality, right. And issues with polio and other diseases that thankfully we vanquished. We figured it out. But when it comes to nutrient density and having foods be satisfying, feel fulfilling, this is a real issue for a lot of people.

You know, I was just talking to a friend right before I got on this call with you, and one of the things we were talking about was the whole concept of people being able to tell when they're full and being able to know when they're really hungry, and the snacking and the nibbling and the things that go on.

And I think it just speaks to we're trying to get nutrients, we're doing the best we can, but maybe what we have access to or what we're used to eating isn't fitting the bill.

So I talk about mitochondria and energy. I love talking about mitochondria and energy, my work to heart disease now with diabetes, right? It's all about those mitochondria, those energy powerhouses in our cells.

Please share with us some more what difference the mitochondria are making when it comes to cellular energy. And would it make a difference in people who are struggling with feeling fatigued and exhausted?

Well, that's part of the diabetes picture. Exactly. Well, that's one of the reasons why we call our spirulina energy beds, because it gives you energy mentally and physically, both in the moment and also at the cellular level.

And I'm going to explain how that works. So it has the highest protein in the world. It has 18 of the 20 aminos, including the nine your body can't make and has very high B vitamins which convert the aminos into glucose.

So when you take ten, we recommend ten at a time to feel anything you could take way more or I wouldn't recommend many less. But if you took those within a few minutes, your mental fog will be gone, your hunger will be gone and you'll you'll just feel fresh.

So it's not like a stimulant, the kind of energy you get from algae. I'd say there's no drama, there's no rush, and there's no crash. You might not even notice it unless you went for a workout and you would find that you could run faster or further or lift more.

But it was almost imperceptible. And that's because it's at it's cellular energy, a stimulant. Think of a stimulant, which is caffeine. Chemicals are sugar, like putting paper on a fire.

You get a big burst, but then you have a crash. So think of spirulina as putting a log on the fire. It's very steady energy and it's at the cellular level.

And the other differences were with stimulants. They can keep you up at night. They can cause your heart to race. There's a lot of negative effects of of use.

I sweat. I don't I can't even eat sugar at all because I just have I'm so sensitive to it and I break out into a sweat if I have sugar because it's so stimulating with algae.

It never happens because it's at the cellular level and there's nutrients found in spirulina that aren't found in any other food that improve cellular energy, which means your mitochondria are able to function better and not get damaged.

So it gives your body what it needs. I'm going to help you understand what cellular energy is first before I get to the mitochondria, because I tell people cellular energy is like money.

When you have more money, you can do more things and you have more choices. When you have more cellular energy, your body can do more things and it has more choices.

But if it doesn't have enough cellular energy and this happens as you get older because as you age, you have fewer mitochondria and the ones that you have tend to get damaged and they don't heal properly.

So they're not as effective at generating that cellular energy. So so this is and so when you don't have enough cellular energy, there's not enough energy to go around.

It's like not having enough food for a dinner party. Everyone leaves hungry. And so and so they may need to get their own snack after having dinner with you when your body isn't creating enough cellular energy, nothing works properly.

Your brain doesn't have proper neurotransmitters, your heart beat, your heart requires it. Your static system, your eliminates and your insulin. Nothing works. Probably.

So every every part of your body is going like I want more, I want more, and there isn't enough. And this is what leads to chronic disease or conditions like diabetes.

On the other hand, as you start healing your mitochondria and they are able to generate more cellular energy, now there's more cellular energy to go around.

It's like having that full buffet of food for all your guests. Everybody leaves content satisfied and happy and so the same thing happens at a cellular level.

Another great analogy I'll use before I get to the mitochondria is, you know, I like to make the analogy of comparing your body to a new building. Now, when a new building is built or any building, there's there are offices in the building.

And think of it as if your body was the building. The cells are like the offices now in the office. The thing that allows the office work to happen is light.

You have light bulbs in your offices, and when the light bulbs go out, maintenance people come and they replace the light bulb and everybody's happy. Well, in your body, in the cells, think of the mitochondria as those light bulbs.

The problem is as you get older, those light bulbs go out and there's no maintenance people to fix them. And there's this thing called superoxide dismutase, which is an antioxidant which we're going to tell you about.

Your body makes it for you from the moment you're born, but after you hit 30, there's fewer there's less of it by the time there's 40 or 40 or 50, there's virtually none of it.

And superoxide dismutase protects the mitochondria from free radical damage. But if it's not there, your light bulbs go out, your mitochondria die. So you're going to find out spirulina because it protects the mitochondria.

It's like turning your light bulbs back on. And so when you have more mitochondria, more lights working, your cells can work better. When your cells are working better, everything's working better, your insulin is working better, your absorption of insulin is working better.

And this will help you get out and reverse the diabetes. Two situation. So I need you to understand why the mitochondria are so important, because they are critical to they are what generate cellular energy.

They are your life line and they're also your light line. So so that's what you need to understand. So science has been showing that damaged mitochondria contributes and very often leads to diabetes too.

And on the flip side, diabetes too contributes to damaged mitochondria because there's excess glucose in the blood that can't be absorbed by the cells and those high levels start damaging the mitochondria.

So so whether mitochondria damage contributes to insulin resistance and diabetes or whether diabetes contributes to mitochondria, you can see there's a cycle that and we want to stop that cycle.

So that's why I want you to learn about spirulina and to a certain degree also Lorella algae. So let's talk about that mitochondria now in the might. So first I'm going to give you a bit of a science lesson and show you where the mitochondria are.

They are inside all of your cells. Here's a cell and you have a nucleus and all these little funny peanut shaped things are your mitochondria. Now there are 2 million of these little peanut shaped mitochondria per cell in your brain.

That's because they your mitochondria are where your greatest energy needs are and your brain has the highest energy needs. The next is in your women's eggs.

And after that, Dr. Yates, you'll know this is in your heart because of energy to beat that baby. And after that it's your muscles. So anyways, here's your cell.

The little mike mitochondria are in there and then you have your nucleus. Now inside the mitochondria, this is where the action is.

Mitochondria, free radicals, and inflammation

This is where that cellular energy is produced. And it's called ATP. Now, what people don't understand or probably have never been explained to you a by product of ATP is something called free radicals.

Now you've probably heard of free radicals. They're basically a molecule with an unpaired electron in its orbit. Now, this is really not this is not good for you when you have too many of them, because what happens is Mother Nature likes balance and harmony.

So an unpaired electron is like, you know, when you used to be a kid, you'd be doing that game where you have to

do dance and then you'd land on a seat and then the person that doesn't have a seat gets kicked out of the dance.

Well, that's what happens with your unpaired electron. It's and it steals an electron from the next molecule to balance itself out, which causes tissue damage.

And this cascade goes on and on. So to many, free radicals leads to more damage of other molecules and ultimately your tissue. So there's this thing called antioxidant ants that have extra electrons to donate to something like a free radical to balance it out, calm it down.

It's like having a, you know, a kid with a having a like a a situation where they get out of control and and you just calm them down. Well, that's what a antioxidant does.

But the problem is mitochondria have a second membrane and most antioxidants can't get in there. And I'll talk to you about it in a minute. So here you have the mitochondria generating ATP with an excess of free radicals.

And here's the real problem. Your mitochondria have their own DNA and they're exactly where the free radicals are being produced. Your regular DNA is over here in the gypsies, nowhere near where all the action is, and they live a lifetime.

Your regular DNA lasts a lifetime. It's 22,000 of them, by the way, your mitochondrial DNA lasts an average of ten days. Why? Because they are fried by the ATP and the free radicals that are reduced, released in the process.

And the other cool thing is that the mitochondria only have 37 DNA, and you say, well, how important is that 37 DNA compared to your 22,000 of your regular DNA?

Well, those mitochondria DNA control everything. They control all the regular DNA, they control cellular communication. So when they get damaged, that's like a plane crash at an airport.

That's like the air. They're like the air controllers at an airport. In fact, your mitochondria DNA. So when they get sick or damaged or die, everything kind of falls apart.

And this is what contributes to this causing damage or diabetes or any chronic disease, because when you have too many free radicals, you have excess inflammation, you have excess free radicals, and that inflammation damages the mitochondria and this leads to a downward spiral of disease like diabetes.

But the good thing is all cells in your body, including your mitochondria, can be restored. Your body. There's a great analogy, an Asian expression, that you never step in the same river twice.

It's because the river's constantly flowing well, so is your body. You are never one statement, one moment thing. You are constantly in motion. So you have 30 trillion cells and every day, literally 30 trillion die and 30 trillion new ones grow.

So whatever condition you currently have, if you have diabetes too, or any other chronic illness, it's not a life sentence. What you need to do is learn how your body functions, which we're doing for you here.

And then use the tools that we're teaching you to help you get back on a an even plane so that your health can be restored. Because it can your body is a most complex, beautiful design.

Mother Nature designed it, and she's so intelligent that you can restore your health. And I absolutely promise you that it's possible, and I'm sure Dr.

Yates will agree with that. But just like, you know, you have to learn how your cell phone works, You know that you have to plug it in every night to recharge it or it won't work the next day. You're bored.

You need to know what your body needs so that you know what to give it so that it can recharge itself and function

for you because they're all on the same team.

Your mitochondria wants to work with you. They're there cheering for you, but you're the one that's putting the food in your mouth. The mitochondria can't pick up a fork and tell you what to eat or what not to eat.

Only you can I tell people I never eat alone. I always eat with my mitochondria because there are certain certain foods that will facilitate better cellular energy and healing of your mitochondria.

And you're going to find out that LG is certainly one of them. So I need to geek out a little bit on you because I want you to truly understand how this cellular energy thing works.

Because if I take away the mystery, you'll start to understand what is actually happening and why. Spirulina algae is the answer, I believe, to helping you reverse your diabetes.

So remember I said, there's the mitochondria. They are there. They are inside your inside your cells. Guess is upside down. Well, the way the energy is created inside that mitochondria is really interesting.

If you've ever watched a relay race, you know there's a runner and they run a distance and they pass the baton to the next runner and then that runner runs a distance and hopefully they'll cross the finish line first and, and win the prize.

Well, that's sort of how cellular energy is created in your body at the mitochondrial level. And the process is called electron transport chain. Now, instead of having runners, you have these molecules and there's four of them and they're embedded in your in your membrane.

And instead of a baton being passed from one molecule to the next, they pass electrons. And if the electrons are passed efficiently, you get ATP, which is cellular energy, which is what you want, because when you have more cellular energy, your body can work properly, your mind you can think better, you can heal better.

Everything works properly. Now, just like in a relay race, those runners have to get close to one another to pass the baton. And if they don't get close enough, enough, the baton might drop and they're disqualified from the race.

Well, in the electron transport chain, the same thing happens in a healthy mitochondria. Those molecules cells are very tightly close together so they can pass the electrons from one to another and generate lots of ATP and there's a particular molecule in spirulina that called the pigment that called by cosine, and that speeds up one of those molecules, helper molecules called cytochrome C Anyways, the bottom line is you want your molecules to be tightly close together so they can generate lots of energy and that's what you want.

However, as you're if you eat lots of carbs, we're going to talk about this in a minute and your mitochondria start getting damaged. What they start doing is they expand, they eventually explode.

It's a process called necrosis. But what you can see here is see how far away the those little molecules are from one another. That's like that's like asking Tom Brady to throw a pass in a stadium that's twice the size of a normal stadium.

They can't do it like their friends over here. And a healthy mitochondria where they're close together, the electrons pass from one another. Lots of energy is generated.

So when they're farther apart from one another, two things happen. First of all, you don't get as much energy because they can't transfer the electron.

Well, that's not good because now you're having less energy to think, to be hitting your lymphatic system to heal. Number two, those electrons that they can't pass don't disappear.

What they do is they leak out. They leak out and they become free radicals. So when you have damaged

mitochondria process, not only do you have less cellular energy, you have more free radicals.

And when you have more free radicals, what they do is they continue the process of damaged. Here is a picture of a healthy mitochondria and here is a real picture of a damaged mitochondria.

See all that empty space in the middle? That's damaged mitochondria. So that's where free radicals have started destroying the tissue in the mitochondria.

So it's. Part of the process of inflammation. That is inflammation. You nailed it. That is inflammation. Now I want to help you understand what these free radicals do and what and this what they causes inflammation.

We know who likes to be in the middle of a rainstorm? Nobody that I know. However, if you have a nice big honking umbrella like those golf umbrellas. Right.

And you're in the middle of a rainstorm, you're laughing because those things are so big, you're protected. Well, that's what antioxidants do. Like the one I'm going to talk to you about called superoxide dismutase.

It protects the mitochondria from all that. The rain of free radicals that are that are caused, which ultimately leads to inflammation. Now, as you get older, because you have less of this antioxidant called superoxide, it isn't is suddenly that big, nice umbrella becomes more like one of those pop up umbrellas and you're getting a little protection.

So by the time you're 30, you're getting a little protection, but not so much. And then by the time you're 40 or 50, your umbrella is about the size of one of those cocktail umbrellas.

So now that rein of free radicals that used to be that were being released because unfortunately, maybe you were eating a lots of carbs which create lots of free radicals, which caused lots of inflammation, you're no longer protected because your body is not generating this antioxidant called superoxide dismutase, which is effectively an umbrella that protects your mitochondria from all the free radicals.

So what I want to help you understand is that spirulina will help correct that situation, and it does it in two ways. And first, because the way to protect your mitochondria from free radicals, which therefore means to reduce your inflammation and therefore restore your health, because when you have damaged mitochondria, remember that contributes to insulin resistance and the inability of your cells to absorb glucose properly.

Spirulina, SOD, and protecting cellular energy

So when you have better and healthier and more mitochondria, you can reverse that condition and if you have healthy mitochondria, that can even help prevent the condition from occurring in the first place.

So that whole process of passing electrons from one runner to the next, that process is efficient when you have certain kinds of foods. And I'm going to tell you what are the wrong ones.

You have the most number of those leaked electrons coming from processed carbs, not all carbs of processed carbs. So these are fast foods, bread, muffins, anything that's process sugar, anything with sugar result in massive amounts of free radicals leaking out into the mitochondria to create free radical damage to reduce the amount of free radicals being produced.

You can I recommend either a keto diet or just a low carb diet? Just cut out as many of those processed foods and sugar or drinks, candies that you can.

And unfortunately even Root has a lot of sugar in it if you need to eat fruit, berries are your best shot. Strawberries, maybe raspberries, Grapes are very high.

Surprisingly, blueberries are very high as well. Melon very high. So So just get on a low carb diet. But even better is

algae or fasting intermittent fasting.

When you are taking algae and you're doing intermittent fasting or either one, there's virtually no free radicals being produced. So now it's like having you don't even need that umbrella because there's just your free radicals being created because they're the process of generating all that cellular energy is really efficient.

You know, I live in Boston and we have these lanes almost every city does where the speed lanes, when you're driving to work, you have a certain two people in your car.

You can get on the fast lane. So when you are eating healthy foods, proteins, healthy fats, algae, it's like that process of generating ATP is sort of like being in the fast lane or having a Tesla, you know, it just move things along a lot faster so everything gets where it needs to go and there's less leakage of those free radicals.

So that's number one, adjusting your diet and certainly incorporate algae, because one of the things that algae does, especially spirulina, the blue that's blue spirulina is called a blue green algae because it has a pigment in it called phaco sign.

And it's the blue pigment doesn't exist anywhere else in nature. Coral is also helpful, but spirulina is only one that has this blue pigment. So in that that sort of electron, that process, the electron transport chain, there's this little molecule called cytochrome C, it's like a little helper molecule.

So think of it like a shuttle bus at an airport. It gets you to your gate so blue, the pigment in spirulina, it's it speeds up this cytochrome C molecule.

So it's like like I said, it's like having a Tesla. It just moves the electron transport chain molecule electrons faster. This is one of the reasons why spirulina can give you more energy because it has this helper molecule, it has the phyto cycled viscose ion and that speeds up the helper molecule so you generate more energy.

So that's number one for creating more energy. And because there's zero carbs in spirulina or corella, you get more cellular energy, less leakage of electrons.

So very efficient, more energy, so you can do more things and less leakage. So that's on the food side of helping generate more solar energy using algae.

The second way to protect your mitochondria is to remove the free radicals that are being produced, give you back a nice big umbrella. But the problem is we all know, you know, antioxidants have that donator extra electrons to donate.

And we've heard of vitamin C and vitamin E as being a good antioxidant. Well, none of those can get into the inner membrane of the mitochondria. Your mitochondria are the only cell in your body that have two membranes.

It has the regular lipid membrane, which is a fancy way of saying fats that all of your cells have, but the mitochondria have that inner the only cell in your body.

They have these inner membrane and drugs can't get in there. Almost most antioxidants can't get in there except a handful like chlorophyl glucose iron.

And that's the best one is called superoxide dismutase. And those three antioxidants are in the highest concentration in spirulina and corella. Going to see them again Chlorophyl glutathione, iron and superoxide dismutase.

These are the three. So like having three huge umbrellas to protect you from all these free radicals because they can get into that inner membrane and protect you.

And the most important one is this one called superoxide Dismutase, which is also known as sod. Easier to say so.

DB Now as I mentioned, your body makes sod from the moment you're born, but when you hit age to 30 it starts to reduce and by the time you're 40 or 50 you have no superoxide Dismutase.

I discovered that this is because historically after the age of 30 we died, we've only lived longer for about the last 200 years. All a pre historically, we always died at 30.

So I think our biology has not caught up with the fact that we're living longer now. This is why also hormones, other hormones start to decrease as melatonin decreases after the age of 30 are our body hasn't realized that we're living longer.

So there's nothing you can do about it. It just stops being produced. But now you're mitochondria are being exposed. So this superoxide is the dismutase is the most powerful antioxidant that protects you from this rein of anti of free radicals.

And there is no other food source of superoxide dismutase and Dr. Yates, you'll probably confirm this. There are about 25,000 studies, scientific studies available in PubMed and online medical libraries that prove that superoxide dismutase reduces inflammation and can help prevent heart disease, diabetes, Alzheimer's.

The list is endless. The problem is scientists don't even know that algae, at least ours spirulina, has the highest superoxide dismutase in the world.

We have lab tests to prove it. So this is why I get so excited to talk to you, because I want you to understand that this protective nature of superoxide isn't these can be available to you again.

And it's in the spirulina algae. And what it does is it basically terms those free radicals into harmless water. So they are no longer a free radical.

They are they improve the oxygenation of the cell. The cell is healthier, the alkalinity improves. I say it's super oxidizing tears is like bringing in the firemen.

They hose down the fire that is being created by all these free radicals and there's nothing you can do. But when you generate ATP, it's just a byproduct.

It just is what it is. But you can reduce them by changing your diet so that you have less carbs, which will reduce the amount of free radicals being produced.

And then you can eliminate the ones that are created by using something like superoxide dismutase, which is found in spirulina. But here's the catch. Superoxide dismutase is an enzyme.

Yes, it's an antioxidant, but it's also an enzyme. And anyone who knows anything about nutrition knows that enzymes are deactivated by high heat. I think it's 114 Fahrenheit.

And so unfortunately, most of the other algae companies that are lower priced use high heat to dry their algae because they need to get to market quickly.

We have never used high heat to dryer algae, so all of our super oxidants and all of our enzymes are intact so they can go to work for you, they can put out that fire and you might not get that benefit from a lesser expensive algae.

You would get it. However, if you bought frozen or fresh spirulina, because just like ours, which is considered raw because it's not been exposed to heat, frozen and fresh spirulina have not been exposed to heat either.

This is why it's used at places like the Hippocrates Institute, which is a 50 year old healing center in Palm Beach, Florida, or the Happy Hour, or the Gershon Institute, which is based in San Diego, has a practice in Mexico.

They they take very sick, very chronically ill people, diabetes, heart disease, cancer, and treat them with plant

based nutrition softeners, red light and always fresh spirulina because it has all of these healing properties in it that I explained there.

We're hoping to work with them because once the patient leaves their center, it's hard to get fresh spirulina. And so because ours is raw, just like theirs is, it offers the same attributes.

So spirulina is sort of like your I also call it your nutritional insurance because it gives you all the nourishment that you need for the day. It's working deep in your cell to heal that mitochondria.

And you're not aware of that except that you'll feel better. You won't be hungry, you'll have more energy, you'll get off, you'll help reverse your diabetes too.

But it's very much a I call it nutritional insurance, because what else? Whatever else you eat for the day is just bonus.

Chlorella for detox, gut health, and sleep

And I did mention this earlier, I'm going to just re mention it about anybody who's taking a GLP one or a will go buy or any of those drugs to lose weight.

They're finding that people are losing weight not as much as people thought or. But the problem is a lot of the weight is coming from loss of muscle and loss of muscle is very detrimental to your health.

You're also not eating, so you're not getting the nourishment that you need also detrimental to your health. Because remember, your cells are constantly rebuilding themselves.

So it's like suddenly going to a construction site and expecting the building to continue to be built. If you don't put any bricks available for the bricklayers, it just doesn't work properly.

It's not if it's when you will have a health issue if you don't start nourishing your body again. So if you're on any of these drugs and very often people are gaining the weight after they've lost it because they haven't been able to adjust their lifestyle choices.

If you're on them, please take your Alina, because it has the highest protein in the world. It's 64% protein. That's why the United Nations has endorsed it for 50 years.

You can go online. They had a global conference in 1974. Yes, that's 50 years ago and declared that the answer to world hunger because of this high protein and a sustainable source of protein.

So it gets it's it will counteract the loss of muscle, because as long as you're giving your body aminos to rebuild muscle, you won't lose that muscle from taking any of these drugs.

And a lot of people actually just refer to spirulina as Mother Nature's ozempic because it satisfies your hunger. You could have a pouch of 30 tablets.

We sell them in little pouches like this on Amazon. You could take 30 of these for lunch, 30 calories, 64% protein, five grams of aminos, which works out to the equivalent of 50 grams of animal protein.

You won't be hungry for hours for 30 calories, and you're fully nourished. All of your electrolytes, all of your minerals, all of your B vitamins, even zinc omega threes, it's pretty crazy.

In fact, it replaces many of your supplements. So that's why I call it your nutritional insurance. And I know we haven't talked much about Lorella. It's a wellness algae and it also helps with diabetes and weight loss for a different reason, though it has the highest chlorophyl in the world.

Chlorophyl builds your blood. In fact, I have a chart I was going to show you. The chemical composition of chlorophyl is identical to your hemoglobin.

So when you have healthy blood, you're going to have a healthier body. You're going to have more oxygen getting to your cells. When your cells are more alkaline and more nourished, they're able to function better.

Your mitochondria are being able to function better, and chlorophyl is the best way to do that. The trouble is our vegetables don't have any chlorophyl in them anymore.

That's why arugula goes yellow after a couple of days. This is called this algae is called corella because it has so much chlorophyl. So Chlorophyl Morella right now has 25 times more chlorophyl than liquid chlorophyl and 500 times more than arugula.

So number one, very good for building your blood. The other thing that you'll be interested to know is chlorophyl is a fact based pigment. And why is that important?

You've probably heard about people needing D-3 and Omega three for their brain, but also for their cells. Because remember I mentioned your cells are what's called lipid.

They're made of fats. So anything that is healthy fats not in omega six, but omega three or the fats that are in Chlorophyl heal your cell walls. Now, when your cell walls are healthy, nutrients can get in and toxins can get out.

And this is what will contribute to cellular health. And your mitochondria health. So corella and chlorophyl are very important to contributing to ongoing cellular health.

Along with these spirulina. But the other thing that Corella does is it pulls out toxins. A lot of chronic illnesses are caused by excess toxins in our system heavy metals, glyphosate, pesticides and these large into your cell wall, your mitochondria to prevent proper functioning.

Think of it like someone when they have a toxin sitting in your cell membrane, which is supposed to have a healthy fat in there. It's like someone stealing your parking spot.

You may be giving your body lots of nourishment, but if someone stolen your parking spot, you can't get in there. So the nourishment has is not able to flow into the cell as easily as if your cell wall was healthy.

So Lorella helps facilitate healthy cell walls, and it also has fiber in it that feed your gut biome and which helps your immune system function properly because your immune system is very much in your gut.

So spirulina is known as a mitochondria health energizing algae, which when you're diabetic, whether it's diabetes one or two, especially two, you're fatigued.

You often this causes in the fatigue is part probably due to damaged mitochondria. It's because you don't have enough cellular energy and then it also leads to you being exposed or contracting other illnesses.

When COVID was around, they found a lot of cross-referencing of people with diabetes, getting the morbidity rate was higher with diabetes than non diabetics, and I think it's because your immune system was depressed so it wasn't functioning properly.

Corowa helps build your immune system because of all the nutrients in and heals your gut and your immune system is in your gut. The other cool thing about chloral is that it helps you sleep.

It has the highest tryptophan in the world. So when you are sleeping, this is when your body is restoring. This is when you're detoxing, this is when the repair cycle happens.

Chloral also has the highest glutathione in the world, which is also a detox or so. The best way to help support you

on your reversing diabetes journey is to encourage you to take the spirulina in the morning, in the afternoon, Any time you're tired, any time you're hungry, there is no upper limit.

There is no contraindications. We have NHL players that put 75 to 75 of these before a game to give them energy and focus on the ice. And they take 75 of these after a game because it pulls out toxins for them, lactic acid.

But for you probably heavy metals and glyphosate. So this is very much a morning PM a m afternoon get up and go kind of algae. It energizes, which is why we call it energy beds and corella is before bed because this will help get you into that deeper sleep because the tryptophan, which is a precursor to melatonin, it also has something in it called chloral, a growth factor, which has been studied to show it heals the your cells, your cells will regrow faster.

And this is what you want because this is feeding the mitochondria and this is speeding up their regrowth. So you can see how they work together very harmoniously.

If you had to think of a way to remember the two of them, think of spirulina as brain food, because you have the most mitochondria. Pacelle In your brain, there's 2 million per cell in your brain.

And think of Corona as gut food because it has fiber chlorophyl for cleansing. It has all the nutrients that will heal your gut. So the two of them work really well together.

I also came up with another analogy because I like analogies, because I think that really helps people understand complex science. I speak at a lot of conferences and stay at some fancy hotel sometime and sometimes I get room service and it dawned on me, you know, room service gives me everything need for the day I get fed, I get nourished, I'm energized. Huh?

That's just like spirulina. So think of spirulina energy beds as room service at a hotel. And then after my busy day, I come back and my room is clean.

The garbage has been taken out, my bed has been made clean. I thought, Hey, that's just like Crayola. It's like housekeeping. It's cleaned out all the junk in my trunk and I'm ready for the next day.

By the way, it also stimulates peristalsis, which is also known as a bowel movement. So that really gets rid of the junk in your trunk.

How to use ENERGYbits and where to buy

So so if it helps you remember the because I do completely different things in your body. Spirulina is like room service and who doesn't like that? And Corella is like housekeeping.

Who doesn't like having somebody else make your bed right and clean up after your mess? That's what this is. Your cleanup crew. Okay. This is this is Mom Nature giving you everything you need to be fed.

This is the cleanup group. And so the two of them work together to heal your cells, feed your mitochondria, make sure they're functioning, because all the cell walls are healthy.

It's a good fats in there communicating with one another. And we can get you back on track. We can say goodbye diabetes, because you have taken charge of your health again.

And it has been effortless because if you can if you can swallow water, you can get nourishment that you and your mitochondria need in seconds. We're not talking creating a whole new diet.

We're not taking you to the gym to work out, although that's good for you. That would certainly balance out your glucose. But none of that. If you can just put stuff in your mouth, you can get your diabetes under control because you're giving your body and your mitochondria pure nourishment, zero carbs, 164% protein, all the vitamins and minerals that you need.

And it's done effortlessly. So it's it's it's really amazing food. I have been taking it myself for 14 years every single day. I couldn't imagine living without it.

And there's other benefits. Your skin will improve Your your hair will get longer, your nails will be stronger. Your digestion will improve, Your your heart will be protected.

The list is almost endless. But we're on a diabetes reversing diabetes conference. So I want to focus on that. But there are endless benefits. Great for kids, give them half the number of their age so they're ten.

Give them five tablets a day of their four. Give them to great for pets. I don't know whether pets ever get diabetes or not, but your pets will love them. Your kids will love them.

Your grandparents, no age restrictions, no contraindications. It doesn't get any better, honestly. And I will tell you, I can't take credit for algae.

This was Mother Nature at her best. But what I can take credit for is that we grow it at energy beds. We grow it safely and carefully to preserve all of the nutrients that you want to go to work for you, to give you the best outcome to make all these things happen.

Because high heat destroys a lot of nutrients and the lesser expensive algae will have deactivated nutrients and we want them to be active. So. So that's what makes us special.

Oh, great. What a wonderful presentation. Thank for being so clear and so full of energy and passion and really on that mission to help people understand what are the tools that are available in the natural world, conveniently packaged for today's lifestyles.

Thank you so much. Yeah. If people want to find out more information, Katherine, where can they go to learn more? Absolutely. We write a blog every month with lots of science references and that's on energybits.com E N E R G Y B for boy I T for tom S for sam energybits.com And that's where we sell everything.

So we sell and we have a 30% discount code for all of your community. The discount code is RDS so it's reversing Diabetes Summit. So it's R for Roger, D for David S for Summit.

I just put that in the shopping cart. Our bags normally are $130, but with the discount code, it brings them down to a dollar 104 for now. Remember, if you take ten tablets a day that works out to a dollar a day, a bag will last you three months.

So a dollar for nourishment, a dollar for a pulling out the toxins. This works and this replaces many of your other supplements. So it's very efficient nutrition as well as functioning very properly.

So we have them in large bags. We also have these really cool canisters that come with a bag inside so that you just shake out the tablets. You never have to put your hand in there.

So if you have a family and you're buying the algae for multiple people, this protects gives you more safety because you're nobody's putting their hand in the bag, you just shake them out.

And then when you run out of tablets, you buy another big. By the way, I do want to point out we I found women didn't like the packaging of the original spirulina bag.

So I made a second version of Spirulina and called the Beauty Bits because it also has more collagen than collagen powder. So build your skin and your hair.

They are identical. So basically I say, Well, this is my boy spirulina and my girl Spirulina. I call them my twins because I, I love my my algae so much, and I think they're like my family.

So you can buy bags, canisters, and if you're not ready for a whole big bag and you want to kind of fill it out a bit more and learn a bit more, I feel you.

I took 14 years to figure this out, so I completely get you want a little bit more time to think about it. So we also sell on Amazon in little pouches and there's 30 tablets in a pouch.

So if you took ten a day, this would last you three days. So more is better if you have diabetes. We generally, for anyone with a chronic condition, we are the therapeutic dose actually daily is 30 tablets but ten would get you started but they're only $6.

So go to Amazon, buy a few single servings, check it out, see if you like it. And then when you feel the difference in the energy and the focus in your hunger gone and then come back to energybits.com and and use your discount code RDS to get 20% off.

And it doesn't work on subscriptions only on single serving purchases. But honestly, it's it's a game changer. And the one last word I would mention to you is that LT isn't new.

It's just new to you. And just like you probably didn't know about Chia or quinoa or bone broth or maybe CBD until maybe ten or 15 years ago, These are things that have been used by indigenous peoples in other countries for centuries.

Same with algae. I mean, it was used by the Egyptians 2000 years ago. The Aztecs lived on it in Mexico 275 years ago. It's been used daily in Asia Daily for 60 years, six zero.

It's a multi-billion dollar agricultural crop. It's as big as the beef industry is here. So just because it's it's not new, it's just new to you and it's because it's not grown here.

No one's explained what it is. So that's what I do. I want you to understand what it is and how it works so that you can see how. And I've tried to explain how your body in your mitochondria needs something like this to help you get out of that situation where you're experiencing diabetes too.

So give it a try. Come to the blog and you'll see that it's I forgot to mention there's 100,000 studies that document all the health benefits of algae.

So again, everything science based, it's just not been explained to you. So welcome to the world of algae and we're hoping that you'll come and visit us and enjoy all these great benefits.

And thanks for to doctors like Dr. Yates, who spend a lot of time helping individuals with their new regime to get you back on track because diabetes is not a life sentence.

You can reverse it. And there's fantastic speakers on this summit. Some you've heard, some you will hear yet to come. So thank you for letting me share a little bit of my story with you.

And I wish you all the best on your journey. Thank you so much for being a sponsor and being a part of our mission to help 3 million or more people reverse Type 2 diabetes.

Thank you. Appreciate you. Thank you. Dr. Yates.