Introduction to Algae for Thyroid Health

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorders Summit. I am your host, Doctor Anshul Gupta, world's Hashimoto's expert and today again we are coming up with a great discussion.

Nobody can ever think about that. A natural allergy can be a solution to healing your thyroid health. So today we have an expert, you know, who have formulated and studied and, you know, research different parts of allergies and have produced these products, which are amazing because they have nutrient dense help in improving your energy as well as can be detoxifying for your body.

So stay tuned because we have a great discussion coming. Very unique angle to helping your thyroid, but let me introduce the speaker first before we get delve into the discussion.

So Catharine Arnston is an expert in algae nutrition, a wellness thought leader, experience entrepreneurs, and a sought after speaker. Catharine has a PhD, MBA, B. A.

honors and is a board certified health coach. Catharine has spent the last 15 years researching algae, writing papers, giving presentations, lecturing at conferences, and speaking on more than 300 podcasts to explain the benefits of algae.

Her efforts have led to algae being understood by educators, consumers, doctors and wellness practitioners, and even the United Nations and NASA endorses algae as the most nutrient dense food in the world.

And the answer to the world hunger is extensive knowledge and playful personality is both entertaining and educating, and her speaking style leaves audience informed, uplifted, and hopeful.

Catherine, welcome over here. Doctor Gupta, thank you so much for that kind introduction. And, it is my joy to share my, now, almost 16 years of research into, we say it, here in North America.

Algae. I know in Europe, they refer to it as algae, but it's the same as like potato, potato, tomato, tomato. We're talking about the same thing. And in case you are wondering what this algae algae stuff is, you're probably already familiar with it, but you just didn't realize it.

I'm talking about spirulina and the other algae is chlorella. A lot of people know about spirulina. They often put it in their smoothies. They know it's a superfood.

They're not probably really sure what makes it super. And I'll tell you what. What makes a super. In fact, I call it a super duper food because it's so incredible.

And the other algae is Chlorella, which is a green algae. Many people are not as familiar with Chlorella, but, we'll get we'll help you with that, by the end of the lecture today.

But they are both algae. Algae has its own food category. And, within algae as a category, you have macroalgae, which are seaweeds and microalgae, which are two examples are spirulina and chlorella.

So what we're talking about today are what's called microalgae. And, they have completely different, effects on the body and, and, how they will help you with your thyroid help, is what we're going to dig into today.

Now, you may wonder, how does, a blind woman. I live in Miami, although I've lived in Boston, Massachusetts for

35 years. And to complicate things even more, I'm Canadian.

How does a Canadian girl become an algae expert? And you and you have a right to ask such a question. And I asked myself the same question. But it wasn't that I chose algae as my career because I had a international business career earlier.

I say I tell people algae chose me, and, and it was because of a health issue. And you're on this summit because you have a health like many of us and certainly you, because you're on the summit, we often, have something unexpected happen to either our health or someone in our family that propels us to start investigating, causes and, possibly new solutions.

And so that's what happened to me. It wasn't thyroid, but I did my younger sister in Canada develop breast cancer. And she was quite young as the two young children.

And she was very healthy.

How Spirulina and Chlorella Support the Body

So it was very disturbing. But the good news is she completely healed. And the other good news is that her oncologist, which is a cancer specialist, recommend if you change your diet to an alkaline diet because it would be important for a healing.

She didn't tell her what it was. So my younger sister called me. I didn't know what it was either. I was an MBA doing international business, but I love my sister.

I dug in deep and found out an alkaline diet was a plant based diet. And the phytonutrients in the chlorophyl build your immune system. And she wanted her to have a strong immune system, during chemo.

And also, I found out that, thanks to some research in the 30s and 40s, a German scientist by the name of Otto Warburg discovered the cancer cannot exist in cells that are alkaline.

So an alkaline diet, was going to be important to prevent the cancer from growing. Anyways, long story short, I helped her figure out with that, the foods she should eat, which led me to algae, which is the most alkaline, nutrient dense food in the world.

So build your immune system the most alkaline. So it helped to stop against cancer, were growing into other cells and has other nutrients that are helpful in all health conditions, are helpful for everything from heart disease, metabolic health, and yes, thyroid health.

So I'm here to help you understand what took me 15 years of deep research to understand why algae could be the secret ingredient to helping you correct any health conditions you like.

You have that you have like a thyroid like Hashimoto's, or preventing you from getting it because, as I like to tell people, algae, it was the first life on Earth, not just the first plant, the first life.

And that was almost 4 billion years ago. And it's all documented in science. And, nobody knows why it started growing. It was a it was a sign of bacteria like spirulina.

Spirulina is a bacteria. It's not even a plant. So, I say there's something spiritual about algae, especially spirulina algae, because it was the first life on Earth.

And algae is literally Mother Nature's original pharmacy. It contains over 45,000 minerals, including ones that are critical for thyroid health, health.

And it also has nutrients that you're going to learn, that help you if you have a thyroid condition. Because when you

have a thyroid health condition, you're fatigued, you don't have energy.

Spirulina gives you energy at the cellular level, which is why we call that energy bits, because it gives you energy. And the other thing is when you have a thyroid condition, it's very often because you have so many toxins that cause damage, to your cell membranes.

So nutrients can't get in. And cells aren't communicating properly. And so there's another algae called chlorella. We're going to go deeper into that.

And it helps remove toxins and helps you recover from toxins, which is why we call ours recovery this. So there's two algae and yes, they're both spirulina chlorella are both algae.

And what we're going to tell you more about how these help you both from energizing you, getting rid of toxins and having the nutrients that your, your thyroid needs, to recover or to prevent any thyroid conditions.

And and here's the great thing. It's all from food. You may think spirulina, chlorella, algae tablets. And they're very tiny. They're what size of baby aspirin.

The dark one is, is, spirulina. It's a blue green algae. The lighter one is Chlorella, which is a green algae. You may think they look like supplements or a pill, but they're not.

We call them bits because they're bits of food. There is nothing else in there. They're like a net. So you actually need a handful at a time. And they're harvested like vegetables in.

And yes, there's algae in the ocean, but spirulina and chlorella algae, which as I mentioned earlier, are microalgae. They are harvested as a food crop in freshwater.

Spirulina is in long, narrow, farms. Chlorella is in round ones, so it's called hydroponic farming. So when you have spirulina or chlorella algae tablets, you aren't taking a supplement, you aren't taking a pill, you're having food.

And it is the most nutrient dense food in the world. And that's why it's good for everyone of any age. Your children, your, your, your pets, if you're pregnant, if you're lactating, if you're a teenager, adult, if you're older, like me, it's safe for everybody.

No drug interactions. And yet it has so many healing properties and so many nutrients that have healing properties that you're going to want to know about, about them.

Absolutely. So thank you so much. You know, like, you know, for doing all this research and coming up with this thing, you know, especially like, you know, spirulina in color, which a lot of people are using now these days, and most of them are not even aware of that.

You know, how important it can be for the thyroid health and everything that you mentioned, including nutrients, you know, providing the right nutrients, you know, with detoxification as well as supporting the immune function and also their energy.

Is most people with thyroid wants to know that. So why don't we delve deep into that and why don't we first break it down. You know, so that is easier for people to understand it.

So why don't we start with the nutrients okay. So like you know what nutrients you specific talking about which is more important for thyroid patients which the spread nine Chlorella can provide to them. Yes.

Well there are over 40 vitamins and minerals in spirulina. Only one ingredient. So here's the nutrient chart. And you can see the long list of things.

And there's even more than that. And and one for thyroid. One of the key nutrients is something called selenium,

which is a type is a, micro mineral, I guess you would call it a trace mineral.

And, the thyroid is where the most selenium is stored in your body. And what's so, so important about selenium? Well, it is necessary for iodine to be converted into your thyroid.

Hormones. So if you are, if you have a health condition like Hashimoto's, you may think, oh, I need more iodine. I don't want you need selenium too, because just having the iodine is not sufficient.

And Chlorella, which is a is the healing algae. It's the recovery algae. It has your required amount of selenium. So number one, selenium is critical.

Number two there are you need to have a lot of, other nutrients like, B12. B12 is what converts, glucose and protein into energy. And spirulina has the highest, first of all, has the highest protein in the world.

It has 64% protein, which is three times the amount of steak. So this is great news for if you're vegan, you're not eating animal protein. And, and the protein is already in amino acid form.

And the reason why I mentioned that is, is when you eat animal protein, all the protein is bound up in things called amino acids. And, it could take days for your body to break it down.

Here's the animal protein all bound up. Can take 2 or 3 days to break it down into the aminos. Then you have collagen, which are smaller clusters of aminos called peptides.

Well, algae protein is already in the individual aminos, so it's in instantly bioavailable. And it's 18 to 20 aminos including the nine. Your body protein.

It has all these B vitamins including B12 which converts the aminos into energy. So, you need to be 12 to very often to support your energy needs in particular, because when you have actually is or any thyroid condition, you are fatigued.

So you will get instant energy from the spirulina because of the high B vitamins and the high protein that are converted into into glucose and energy.

Key Nutrients for Thyroid Function and Energy

Now it's not like it's, stimulant caffeine, chemicals, sugar where you get a rush and then a crash, which is sort of like putting paper on a fire. The energy you get from spirulina is at the cellular level.

That's more like putting a log on the fire. So it's a very steady amount of energy. Which leads me to another nutrient that's found in, spirulina in very high amounts.

And also Chlorella is an antioxidant called, superoxide dismutase. Now, you may not be familiar with this antioxidant is also known as Sod. But this particular antioxidant protects your mitochondria from free radicals.

Damaged. Now you may say, well, what does mitochondria like to do with fatigue and energy? Or my thyroid? Well, I need to tell you it is the the mitochondria generate.

All of the energy is called cellular energy, also known as ATP for everything for your lymphatic system, for your neurotransmitters, for your lung, for your digestion, and yes, for your thyroid.

So if think of it like lights in a building, you can't do any work in a building. If your electricity goes out, if you have a power outage or you're light bulbs in your office, go out and you just.

And so in that case, you call maintenance and they come in and replace the power or the light bulbs. Well, in your body, the power source and the light bulbs are your mitochondria.

However, they get damaged, particularly after the age of 40, because your mitochondria are located right where the ATP is produced. And a byproduct of ATP is free radicals and free radicals are very damaging.

And so, this stuff called superoxide dismutase, here's a picture of your cell. And the ATP is produced inside the cell. But your mitochondria have their own DNA and a byproduct is free radicals.

So the problem is the mitochondria are classically exposed to free radicals which normally would kill them. And when you have less mitochondria, it's like the lights in your building going out.

They go out and they go out and they go out. And we have less mitochondria. You have less and less energy to think, to move, to breathe, to heal. We want more mitochondria because we want so the little mutates which your body normally makes for you but slows down after the age of 30.

And by the way, most thyroid conditions like Hashimoto's affect women and is mostly between the ages of 30 and 50, which is exactly when your body slows down the production of this stuff called Soddy superoxide dismutase.

Now the good news it and what does actually Soddy do? Well, those free radicals which are damaging what it does. Is it converts them to water and oxygen.

It's like having a big golf umbrella. If you've ever been golfing or shopping and you got caught in a rainstorm. And I live in southern Florida, so that happens a lot in the summertime.

If you have one of those big golf umbrellas and you pop that up, you don't stop the rain, but you stop getting wet, right? Superoxide dismutase does not stop the free radicals.

They are a natural byproduct of generating your cellular energy, but they act like a big golfer, Bella, because they protect the mitochondria by converting the free radical into oxygen and water, which are harmless to the mitochondria.

So after the age of 30, which is exactly when a lot of thyroid conditions start manifesting, whether it's Hashimoto's or anything else, this is when exactly when you have your mitochondria starting to die.

And this is when with fewer mitochondria, you have less and less energy, which affects you and makes you more fatigued. Spirulina has the highest concentration of superoxide dismutase in the world.

So as soon as you start taking spirulina and it chlorella has some as well, you start getting back that superoxide dismutase. We give you back that golf umbrella.

You we give you back the opportunity to protect your mitochondria from free radical damage. So now your lights come back on, the lights in your brain, the lights in your thyroid, the lights everywhere in your body.

Because now your mitochondria are chugging along and they're making solid energy. So now you're not fatigued. And it does it from food. There is a catch though.

This stuff called superoxide dismutase is also an enzyme. And a lot of the lower quality algae companies to cut corners. They use high heat to dry their algae.

Now high heat over the 114 Fahrenheit kills all enzymes. Whether you're cooking broccoli or drying spirulina or plural of. So a lot of the algae, if they use high heat, they have deactivated this particular superoxide dismutase, energy bits.

We nev never used high heat. So the superoxide dismutase is alive and well. It can turn your lights back on, help you get rid of your energy, and you're still getting energy from all the B vitamins that are converting the the the rich amino acids from the protein into energy too.

So, so number. So number two, in addition to the selenium, you have your high protein which converts through the B vitamins into energy. And you have the superoxide dismutase which at the cellular level get you back your energy.

So so that's really two great things about your energy. The other reason why you get energy from spirulina, most of them is also Chlorella is it has a very high concentration of iron.

Now, this is what's called organic iron, which means it's live inorganic iron would be iron rocks. And you don't please don't take an iron supplement because you can get to a toxicity situation.

But when it comes from plants, like it is in spirulina and Chlorella, you get natural iron. Now, what is iron important for? Well, during those ages of 30 and 50 it's important for two things.

We menstruate women, we menstruate between 30, you know, earlier, but certainly up to about 50. Perimenopause a menopause. And so we're constantly losing blood.

And in the blood is iron. And iron is necessary in your, in your bloodstream because that's what carries oxygen. Oxygen is delivered to your cells, and to your body and your thyroid through, your bloodstream.

And so, it's very important that you have enough iron, especially during these, childbearing years. So spirulina chlorella have very high iron to do that.

Now, since we're talking about blood, I also want to mention another important nutrient which you're probably familiar with, which is chlorophyl. Chlorophyl is a green pigment.

Now Chlorella is called a green algae because it only has one pigment which is chlorophyl. Spirulina has two pigments, and it's called the blue green algae because it has the green one that's found in in Chlorella.

But it has another one called cycle sign in, which is spelled with y. So but it also has the chlorophyl. Now, what I saw below so important. And why am I mentioning when we're talking about iron that carries oxygen in your blood?

Well, chlorophyl and your hemoglobin are virtually the same chemical composition. The only difference is that your blood has iron in the middle right, which we just talked about.

And chlorophyl has magnesium. Now, the reason why I'm showing you this is because when you have a lot of chlorophyl, you are building your blood, so you're going to have more ability to carry more oxygen, and a healthy blood makes a healthy body.

It delivers more nutrients, it delivers more nutrients to your thyroid and to everything. And you need oxygen to live. So having rich chlorophyl and chlorella has the highest chlorophyl in the world.

It's called chlorella because it has the highest chlorophyl. It has 25 times more chlorophyl then liquid chlorophyl and 25 times more than a regular. Our food supply is so damaged, our soils are so over crop.

Our vegetables do not have enough, if any, virtually any chlorophyl in them anymore. I still eat arugula and I hope you do too, but it goes yellow after three days because there's virtually no chlorophyl in there.

So we want to get more chlorophyl into your body so it can bring you back, bring, you know, restore your blood, and bring you back to life. And get those, mitochondria working again and get your energy back.

So Chlorophyl does that in a way that most people would not even think about. By the way, chlorophyl is a fat base. That's important is your fat. Your cell membranes are called lipids.

And things like omega three, vitamin E, vitamin D are all fat vitamins that base. Well, so is chlorophyl. So when you take something like Chlorella, which has high chlorophyl, you're also healing your cell walls.

And this is important because all these great nutrients that you find in spirulina can't get in if your cell wall is is damaged and chlorella, which we'll get to in a minute, also pulls out toxins.

So it heals the cell wall with the fats and it pulls up toxins. So just to recap, we've talked about selenium. We've talked about B12, high protein superoxide dismutase, chlorophyl, and another one that I want to iron.

Another one I want to mention is vitamin A. You need vitamin E because it's, it really helps with hormonal conversion. Now the type of vitamin A that's in both spirulina Chlorella is beta carotene, which is a precursor to, to vitamin A, which is actually a, I believe, a healthier version because you can you could get into toxicity if you took straight vitamin A, but with beta carotene because again, it's a cod noid.

So it's like a pigment, and your body will only absorb whatever you need. So it's very, very important for that. Now you also need, magnesium and both spirulina chlorella are loaded with magnesium, and it converts inactive T4 to active T3 hormone, which is very important for your thyroid.

So yeah, I used the other cool thing. These are just a highlight of some of the nutrients found in spirulina. Clearly you didn't have to have a counter full, counter top full of magnesium, vitamin A, vitamin B, vitamin D, and I didn't mention even those, you know, protein supplements.

Go chlorophyl. None of that. It's all in one area, like spirulina or chlorella. Mother nature has is the pharmacy. She put this all together. I can't take credit for algae, although I can't take credit for growing it so carefully that we preserve all the nutrients.

So we're trying to help you, protect your health or regain what you've lost. But we also want to make it easy. And we want to make it safe, because we also are the only algae that's sold through doctor's offices.

We don't sell through chain stores. And we do certify lab tests here in the United States because the doctors require nutritional profiles. We test for toxins, heavy metals, all of all the key nutrients.

So you know that you're getting exactly what we tell you is in there, which is unusual these days because you can't trust anybody on social media anymore.

But we spent tens of thousands of dollars because we want to be sure that you are protected and given absolutely the best chance to protect your health from the very best food that's been provided us by Mother Nature.

So you may have got algae. Was pond scum, but it's actually a nutritional rock star.

Chlorella Detoxification and Gut Health

If it comes from a safe source, like, like energy bits. But you can see all these crazy nutrients that are in there, and there's more and, and you don't have to buy a thousand different bottles of things or powders or whatever, and wonder when to take them.

And do they, you know, counteract things. This is food. It doesn't counteract any of your thyroid medication. None. Zero drug interactions. And, that's that alone is pretty powerful stuff.

It is. I mean, I'm just wowed, you know, by the power packed information that you have shared right now. You know, like, you know, there is no doubt, you know, that 15 years you know, of you research is showing up here that, you know, you were just able to lay down in front of people of all the benefits it has, you know, and as you shared it, as much more than that.

So if nobody is convinced right now, then I don't know what will convince them. But absolutely, a nutrient dense entity for thyroid patients, plus helping in multiple ways.

You know, as you mentioned, conversion of thyroid hormones, improving your detoxification, potentially improving

the mitochondrial health, you know, improving lot of nutritional status, which a lot of thyroid patients are low into.

And this is so much important because it is coming through a natural source, as you mentioned. Yes. And sometimes again, challenges are taking different kinds of supplements which can interact with each other while you are getting one superfood which can provide you with all of these things.

So I think that's very well put up over here. So, I think, you know, you already mentioned about detoxification and things. Tell us more about detoxification and then I will like to talk a little bit more about, let's say, if a person, you know, like who has a thyroid or Hashimoto's and who is she considering, you know, like, you know, starting on spring or chlorella, you know, what is the best way of doing it?

You know, like, is it the start slow increasing rate? Is there a minimum dosage or like what is the best time to taking it. So share those practical tips also okay okay.

Terrific. So as a just to summarize fairly is very energizing, very nourishing. Heals the mitochondria. Has all these fabulous, nutrients that will, it will give you energy in the moment.

And also long term Chlorella is very much an immune health building algae, and detoxing algae. And how does it do that? Well, a number of ways. First of all, the average adult has over 700 toxins in their bodies.

Now, even children are being born with toxins. So, so doing a detox once a year, once a quarter, once a month is not enough. You have to detox literally every day.

And I tell everybody, well, we take a shower every day when we go to work. Taking chlorella every day is like giving your body a shower from the inside.

And the way the toxins it pulls out are all the things that shouldn't be there. Heavy metals, lead, mercury, radiation, aluminum, glue, and then pesticides, glyphosate, mold spores, alcohol, lactic acid.

It only pulls out the things that your body doesn't want. And it leaves the important minerals, like magnesium, potassium, Celanese, boron, calcium, copper, all the good stuff.

So it's not like doing it, activated charcoal, which can pull out all the minerals, including the good ones. This has 40 vitamins and minerals, and it only pulls out the bad stuff, so.

And it does it with the hard cell wall. The other interesting thing about Chlorella is it has the highest glutathione out in the world. Glutathione, is very much a very important detoxing algae or, detoxing nutrient, particularly for the liver.

The liver is sort of like your a water treatment plant, and it is the first line of defense for pulling out toxins. And very often if you have too much toxicity, this is what can lead to, health issues, like with your, your thyroid, chlorella.

As I mentioned earlier, has the highest chlorophyl. I did talk about it building your blood, but what I didn't tell you is that, it kills bad bacteria, in your mouth, in your colon, wherever they are.

So it's very much, And very often you may see, an algae bloom on, showing up at closing your favorite beach. And you might get angry at the algae. You don't get angry at the algae because algae is just Mother Nature's cleanup crew.

The algae, showed up because there were toxins and bacteria in the water, which you couldn't see. And so algae absorbs it, and and the, And it does see, there's a lot with through chlorophyl.

So very, very high concentrated chlorophyl, with Chlorella. Else Chlorella also has very high concentration of things like, tryptophan, which is a precursor to melatonin, which helps you sleep.

Why is that important? Because when you are sleeping, that's when your body goes through a detox and repair cycle. So if you aren't getting proper sleep, it's very difficult for your body to protect itself from things like thyroid and Hashimoto's or recover from it.

So the high tryptophan will make you sleepy, but it will help you get into that deep sleep. And then while you're sleeping, it's like having the cleanup crew in there pulling out the aluminum from your brain and the toxins from your thyroid and getting rid of it, which is the other part of what Chlorella does.

It stimulates what's called peristalsis, which is a fancy way of saying about movement, because one of the ways you get your is four ways of getting rid of toxins breath, sweat, urine and bowel movements.

Now those are all very, very important. And on the bowel movement, Chlorella helps with that because it does everything that fiber would do. A lot of people can't eat fiber because it gives them gas and they get bloated.

Well, what does fiber do? It. It does help with bowel movements and it has phytonutrients in chlorophyl. Well, Chlorella has phytonutrients and chlorophyl and helps with their movements.

So if you don't like vegetables or you can't eat them, Chlorella is your answer because it will help you with a very gentle bowel movement. By the way, a completely side note, to help you with your movements.

If this is an issue for you is fresh pineapple. The bromelain in pineapple is a, is unbelievable. has loaded with enzymes and it's like a pro and prebiotics.

So it will help you with that as well. So there's your your twofer helping your dog move it. So chlorella very cleansing to the colon. Of course you don't want what I call the junk in your trunk staying there.

Because if you aren't having regular bowel movements, the stuff that's in your colon are things your body didn't want. But you have blood that circulates the colon.

And so if there's toxins there and you aren't having a bowel movement, the blood picks up the toxins and circulates them right to the thyroid, right to your brain.

I say it's like having a garbage truck parked in front of your house permanently, and we don't want that. So chlorella really helps with that removal.

So which leads me to, and we covered the sleep. It's also, the, tryptophan is a precursor to what's called serotonin, which is a neurotransmitter which, by the way, affects your brain.

But here's the cool thing. 80% of it is made in your gut, in your immune system, 80% of your immune system is in your gut. This is why Chlorella is a gut health algae.

And you say, well, why is that so important for my thyroid? Because your gut is connected. It has a communication line directly to the brain called the vagus nerve.

And it's like two parents talking about their kids, like they have to be in connection with one another to make sure stuff is working properly. Same your gut and your brain are connected, and everything that goes on in your gut affects your health, whether it's your brain, your thyroid.

So chlorella is very much a gut health issue. Algae, which is quite different from spirulina, which gives you energy and brain focus. And so it's brain food.

Now, you asked me about protocols. Generally people want energy and focus and their hunger satisfied in the morning, in the afternoon or before a workout.

So we generally recommend spirulina in the morning for lunch in the afternoon or before a workout. You can have

any time of day and take at least ten tablets just for filling nutritional gaps.

And, we have a discount code for your community.

How to Use Spirulina and Chlorella Daily

I'll tell you now, it's RH t rds, which of course stands for reimbursing Hashimoto's Thyroid Summit. But I want to mention that discount code, because if you took ten tablets a day, a bag, there's a thousand tablets will last you three months and it will cost you drumroll a dollar a day.

A dollar a day to protect your health, protect your thyroid, protect your brain. Get your energy back. I say that was worth it. However, if you have a thyroid condition like Hashimoto's and you want a therapeutic dose amount, we recommend 30.

Now don't be horrified when I tell you 30 because they're very tiny there, but the size of a baby aspirin. Again, this one's spirulina and you can either swallow them, you can add them.

I put sea salt on them and, add them to the actual nuts. You can grind them up and add them to a smoothie. If you swallow them. There is no flavor. No repeat.

It's not like fish oil, by the way. It replaces fish oil. So it's very, very easy. And you could take, you know, 15 in the morning and 15 if you in the afternoon or if you wanted it for lunch.

There's one calorie by the way. So if anyone's on a GLP one or they're on a weight loss program, this will protect your muscle and your mitochondria, which of course are high concentration in your muscle and give you the energy you need, particularly if you're suffering right now from a thyroid condition.

So ten is an entry level, 30 is therapeutic. Children can take whatever, that their age or up to their age. So if they're ten, give them up to ten a day.

Or if they're, eight, give them up to eight a day. You know, they might want, fewer. They think it's fun to chew them because it turns their tongue screen.

They think that's really funny. So, morning. Afternoon. Before I work out, 10 to 30. You could have more if you want. NHL players take 75 before a game because they need lots of energy and lots of focus on the ice.

But, you know, unless you're a NHL player, you probably don't need that much. By the way, I will point out that when you take spirulina every day, you can eliminate at least 5 or 6 supplements.

You don't need a multivitamin, fish oil, a collagen powder, a CoQ10, a biotin. And you probably won't need as much food because you're not going to be as hungry.

So that's pretty cool. So that's spirulina and again, call it energy. This chlorella, which is the healing algae detoxing algae. We recommend you can have it any time of day.

But we do recommend it before bed because that as I mentioned earlier, is when your body goes through a detox repair cycle and it will the tryptophan will help you get into that deeper sleep so your body can repair.

This is a you can take it any time of day. And same thing. Ten tablets will give you the, chlorophyl and the, phytonutrient benefits. But for detox, you really need closer to, you know, 20 for sure, preferably 30 or again, for therapeutic amounts.

So that that's, that's where we would recommend people, now. So make it easy for people. I just think of spirulina as your Am algae. Chlorella is your PM algae, and I have another funny analogy.

I travel a lot and I speak at a lot of conferences and stay in hotels and sometimes at room service and, so room service comes in and I am fully nourished and ready for the day.

And I thought, oh, well, that's sort of like spirulina. You're fully nourished and ready for the day. And then I come back to my room later on and the bed is made and the garbage is taken out.

It's all cleaned up. And I thought, well, that's sort of like chlorella. So think of chlorella as housekeeping. And of course it's later in the day. So Salena, is your room service and Chlorella is housekeeping.

And that way or another way is think of, spirulina as brain food and chlorella as gut food. And together they, they, talk to one another. So the vagus nerve, that is really amazing and really amazing.

It works so well together. That is great. Yes. You know, like definitely like, you know, thank you for sharing that exact protocol. So that people know exactly how they can use it and what time to take it and how much.

So that is wonderful. So I think, you know, like we you have shared so much information that I think people have enough to chew on and know all the literally all of them.

So thank you for doing your best. Yes, yes, yes, absolutely. So tell me a little bit more people about like, you know, and energy bits, you know, your company as well as where they can find more information about you or you know, the products.

Yeah. Well, our main website is energy Boots.com in erg y b. It's, we write a blog every, every month. So you just come and learn. I didn't mention this earlier, but there are 100,000 studies on spirulina and chlorella.

And it's been used daily in Asia for 60 years. It's a multi-billion dollar agricultural crop in Asia. And why should the Asians be the only ones enjoying the benefits of spirulina thrilla?

My joy is helping people understand this. You don't know about it because it's not grown here, although I plan to grow it in Florida. And also, I dug through all the science so that you didn't have to do it.

And we put some of the science and some of that information on our website at Energy bits.com. We're very active on social media. So you can, Facebook, our Facebook handle is Facebook, energy bits.

Instagram, same thing. Energy bits. But we, we're a small company. We're now 16 years old. I started by myself. I was by myself for five years. But when I saw the science.

And so the United Nations has endorsed spirulina as the answer to rural hunger for 50 years. And I read that, the, NASA has been feeding it to the astronauts for 50 years.

And, we have a quote from NASA saying one gram of algae has the same nutrition as 1000g of fruits or vegetables, 1 to 1000. There is nothing in the world with more nutrition than spirulina, chlorella and its food.

And I'll show you this little image. One tablet has the same nutrition as an entire plate of vegetables using that quote from NASA. So, it's very powerful.

We can get your health back on track. We can get your mitochondria getting their lights back on. We can help you restore the, the, level of, activity of your thyroid.

And it's not from drugs. It's all from food that Mother Nature has provided to us. And we've at Energy Bits make so clean and pure and safe for you, so that you can feel good about giving it to your family.

It's through your, expiry date. I mean, what vegetable has three years? And, we're required to put our expiry date on it by the FDA, but literally, it never goes back.

So I'm the voice of algae. My nickname is the algae gal because I love talking about it. And my brands are kind of like my children. We do have a brand called Vitality Bits, which is a blend of the two algae, but I do encourage you to take them first separately, because some people like the spirulina better than the chlorella.

And you won't know if you take the brand, the blended one. And if you're in America, we do sell through Amazon. We sell them in little pouches. So if you, they're about, 30 tablets in a pouch.

They're $6 each.

Energy Bits, Research, and Closing Remarks

So if you're not sure, whether you want to go, you know, buy a bag because a bag is normally $130, but with your discount code, it, Yes. Or. Sorry. Rtds.

It's, only 104. And remember, it only cost $2 a day if you, take the ten. But you could always try them on Amazon and then come back to the energy bits and use the Rtds discount code.

We have canisters and bags and we're going to have some fun swag. But, we're very committed to this community. I speak at medical functional medicine conferences nationwide.

I've recorded 300 teaching videos you can find selling them on our Instagram. They're only about a minute and a half, so not a big commitment you can just learn about.

I don't know if I've done one for Hashimoto's, so for the next one, I'll certainly do a recording for Hashimoto's. And I'm launching my own podcast coming up called The Arts in Effect, which talks about doing small things to have big outcomes in your in your health, in your life.

So we're here for you. And I started this because I had a health condition in my family, my sister. So I understand what it's like to have a health condition and be confused and concerned.

But I give you my word, you will not go wrong if you start adding spirulina or chlorella to your daily routine. But you do need to take it daily to see those benefits.

By the way, I'll mention to you I'm almost 77 zero. I take no medications, no supplements. I only take spirulina and chlorella every day. And, I got my PhD last year in natural health, and so my brain's working, and I, I just want the same for all of you.

So, give it a try. You got nothing to lose. It's not a trend. It's been here for 4 billion years. So, I think it's worth taking a look at. Absolutely. Totally agreed with that.

You know, great products, you know, and, slew nine tons of research behind it. So it's not that, you know, we are talking and think here. So and so many, good benefits, as you mentioned for the thyroid patients.

So I will encourage people to kind of go check it out, definitely learn more about it and then include that, you know, as one more thing that you would like to do to help improve your thyroid.

So thank you, Catherine, for coming over here and sharing all that great information. I'm sure people are overwhelmed in terms of knowing about it, but, you know, this is great information that everybody should be knowing about it.

So I'm so thankful that you came over here and shared it. But thank you, Doctor Gupta, and that's the best of luck to everybody. You can recover from whatever condition you have.

So, it's never too late to feel great. That's what I say. Absolutely. That. Thank you so much for those parting words. So thank you, guys. This is it for me for now.

We will see you again in the next time okay. Take care. Babye.