

# Episode 89 Biohacking with Algae

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## SUMMARY KEYWORDS

chlorella, algae, spirulina, people, toxins, tablets, eat, mitochondria, energy, chlorophyll, vegetables, nourishing, nutrition, supplement, nutrients, food, highest, melatonin, pull, benefits

## SPEAKERS

Catherine Arnston, Leah Brueggemann

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Leah Brueggemann 00:03

Welcome to another episode of the balancing hormones naturally podcast where we offer actions and steps you can take today to start balancing your hormones naturally. This is your podcast host, Leah Brueggemann. I am a Functional Diagnostic nutritional practitioner. I am honored and excited to be your guide on your journey to better understanding your hormonal health and how it affects your everyday life. Hey, ladies, welcome back to another episode of the balancing hormones naturally podcast. Landon is here and Killian is here. I'm just letting you guys know. So if you hear like baby squeaking, that would be why we have an awesome guest. So this is Catherine Arnston, who is the Founder CEO, and you actually formulated energy bits correctly.




Catherine Arnston 00:58

Well, energy bits are spirulina and chlorella tablets. And they're made this way in Asia. So I can't take credit for that. But, but what I can take credit for is that no one outside of Asia has ever been explained what algae does, how it works, why it works, and all the amazing health benefits it offers. I'm really the first person to do that. And I've spent 12 years digging into science so that I can help people understand the science without having to do all the heavy lifting.



Leah Brueggemann 01:33


Yes, I and I love the explanation because well, I mean, I feel like everybody's heard of spirulina and chlorella, at some point in your life. And I always just thought, you know, they were these nasty powders that you get to stick into your smoothies. And I heard you on a podcast, actually. And I probably can go back and find this message. But I sent the podcast to my mom and I was like we need to we need to eat these things. And so my mom is on them, my younger brothers on them, I tell people about them a lot, because well, you guys will hear the benefits are crazy. So

 Catherine Arnston 02:13

and they're all science-based nothing I say I don't say anything without having a science reference. But just to go back to the smoothies conversation, these little tablets are the size of the baby aspirin. So if you don't like the flavor, and virtually nobody does, of spirulina, you can swallow these and there's, once they're down, they stay down no taste at all. No repeat. It's not like fish oil. And it's food there. We call them bits because they're bits of food as you find out it's not a supplement there. Algae is a food. And we grow it as a like a vegetable crop in freshwater just like lettuce, tomatoes, so So a you're giving your body food and be you know, it's it's actually fast food because if you swallow these, each tablet is is a nutrition is an entire plate of vegetables that you don't have to carry over the grocery store or clean cook or eat. So it's, it's as fast as it's ever going to get.

 Leah Brueggemann 03:09


Yes, I, one of my clients one time asked me she's like, can you just package up everything that I need to eat Leah into one supplement? And I was like, No, I can't. But these come pretty close.

 Catherine Arnston 03:22

Yeah, these are very close. No,

 Leah Brueggemann 03:24

I love that. Okay, so let's go back kind of I know people are probably like, we have no idea what you're talking about. So could you go back and share your story a little bit about why you started looking into allergy because I know it was your sister's cancer journey. Yes. So I would love to kind of hear you just share that for everybody.

 Catherine Arnston 03:43

I know because allergy is a very unusual thing to devote your life to, which is yeah, pretty much doing. So I'm actually Canadian. I've lived in Boston, over 30 years. But my family still only Canada. And I mentioned that because I have an MBA and I had a corporate career. But fit 13 years ago, my younger sister in Canada who I'm very close to develop breast cancer now number one I want everyone to know she completely healed and we celebrate her being cancer free every year. But as she was preparing for her chemotherapy, her oncologist, which is a cancer specialist, told her she needed to change her diet to an alkaline diet because it would help with their healing. Now, they didn't tell her what an alkaline diet was or why it was particularly good for her. So first of all she made was to meet your big sister and I'm just I love my sister and I'm also just a really good researcher. In fact, I'm, I've turned into such a geek, I'm thinking of doing a PhD. So how crazy is that? So I said I have no idea what this Alkaline Diet stuff is, but I will find out and I didn't turn out to be mostly a plant based diet because of the chlorophyll and the phytonutrients. So I did a lot of research gave her a lot of tips. She did change her diet. She did go through chemo and she completely healed, but in the process of

helping her. I learned about plant based nutrition now this was 13 years ago, nobody was talking about planning At least attrition. So I thought it was pretty powerful. I decided I would do what I could to get the word out. So I gave up my 25 year corporate career, went back to school studying nutrition, taught plant based nutrition at hospitals and corporations. And this is what led me to algae because as I was telling people the importance of eating more vegetables, they say, well look at you know, my mother has been trying to get me the vegetables since I was a kid, but it's too much work. They take a long time to clean to cook to eat and endless arguments at the dinner table with kids with husbands spoilage us throw out half of the stuff because you don't get to it. So I thought, Okay, I need to find something that's fast and easy, effortless. In fact, that gives people the nutrition of vegetables, but none of the work and I didn't know what I was going to find. But I just went back and looked at everything I'd found for my sister. And once I got to Aldi, that's when I realized I had hit the mother lode because algae, first of all, is the most alkaline food in the world. It's been endorsed by international agencies. For 50 years, the United Nations had a global conference on spirulina algae, which is one of the two algae we're talking about, saying it was the answer to world hunger because it's three times the amount of protein is steak, there is nothing in the world with more protein than spirulina. And NASA has been feeding it to the astronauts for 50 years. And we have a quote from them. This is one gram of algae has the same nutrition as 1000 grams of vegetables one to 1000. And the reason for that, as you'll find out micro algae, which is what we're talking about is so minuscule, something like a million cells could fit on the head of a pen. So when you consolidate all of that nutrition into these little tablets, you start to understand why there's such nutrition. So alkaline, endorsed by international agencies, it's been researched thoroughly for 50 years, there's almost 100,000 studies, in medical libraries all around the world, America, Canada, Korea, Japan. All these things we're going to talk about today are documented and proven in third in medical review papers. So it's not hyperbole, it's not smoke and mirrors. It's legitimate science. And it's been used every day, for over 50 years in Asia. And the reason why, so Japan, they don't leave their house without chlorella algae. It's as big as a food crop in Asia, as the beef industry is here. It's a multi billion dollar agricultural crop. It's crazy. So with all this armed with, I realized it was nutrient dense, endorsed by international agencies, effortless if you swallow these little tablets, so you get all the nutrition you need in seconds, you safely for over 50 years science based The only problem with algae was Well, there's two things, three really, one is the quality was really poor. It's been sold here for 50 years, but most of it came from China. And number two, nobody X is explained to you what it is, and why it works and what it does. They know in Asia, but nobody outside of Asia. And the reason for that is because scientists like to talk to other scientists, so they don't tell you the consumer, what you know how amazing this is. And so what I want people to know is algae isn't new, it's just new to you. And you don't know about it, because you didn't grow up with it. You might drive by a cornfield or a wheat field, but I can promise you, you are not going to go by analogy fields, but they do in Asia. So I'm here to tell you all about it. Because this is going to change your life. It's going to change the world. And I'm hoping to be part of that movement.



Leah Brueggemann 08:42

Yeah. So I so I'm thinking of how I would like to structure this. Can we talk first about the benefits of algae, like both spirulina and chlorella? Like, why should people even care about that? Because I know sometimes we're like, Oh, it's good for you. Cool. Yeah, like why benefits of taking it?



Catherine Arnston 09:02

Exactly. Okay. Well, we're gonna talk about spirulina and chlorella. They're completely different algae spirulina. As a blue green algae gives you energy fills all your nutritional gaps. Most people take it in the morning because it gives you satisfies your hunger gives you energy mentally and physically. Chlorella is a wellness algae. It's a green algae has the highest chlorophyll in the world. And it has a hard cell wall that pulls out toxins. So it's a health and wellness algae that improves your immune system. And so your body goes through a detox repair cycle when you sleep. So most people take the chlorella at night. So spirulina, which we call energy bits in the morning, chlorella, which we call recovery bits because you go through a recovery at night. So why do you need these two things? Well, there's two main reasons. Number one is that our food supply is damaged. You can even if you are eating vegetables, our soils are so over cropped and glyphosate. data is everywhere. So even if you are eating vegetables, you are getting fiber and calories, you are not getting the nutrition that your grandparents had 50 years ago. That's number one. Doesn't matter what you do. Just as an example, chlorella has 500 times more chlorophyll than arugula. I'm not sure what room you're sitting in whoever's listening, but whatever room you're in, you could fill that entire room with arugula or any green lettuce. And you wouldn't get as much chlorophyll as you probably get in five of these little tablets. That's how concentrated it is. It's crazy. So number one, doesn't matter what you do what you give your children, you are not getting the nourishment you need. And when you don't have the nutrients you need, your immune system doesn't function properly, your digestion doesn't function properly. So that's number one. Number two, so not enough nutrition. Number two, we are surrounded by toxins. The average adult now has 800 toxins in their bodies, we were not designed to sustain this amount of toxic load. And yet and these toxins are everything from crappy Omega six seed oils like canola oil, which is killing you, killing you, please don't eat anything that's in a package. Even if you think you're getting you might say Oh, I'm gonna be healthy, I'm gonna have grilled vegetables, I can promise you those vegetables were grilled and canola oil. Soy, canola oil is just glyphosate is everywhere. They feed the animals, grains that have been used sprayed with glyphosate, it's everywhere, and it's so damaging to your gut, to your wheat hormones to everything so. So algae, particularly chlorella pulls out toxins lead Mercury radiation, glyphosate, doesn't matter what it is, it will remove it safely from your body. So spirulina, which we call energy is the nourishing algae, it will replace all of the nutrients your body and your children are not currently getting. And chlorella will get rid of all the toxins that are playing havoc with your health, because those toxins prevent all of your cells from functioning properly. So those are number two. And if that wasn't bad enough, the number three reason is as you get older, and we're going to talk about this in a little bit, you some of you may have heard of mitochondria, they are the called organelles in your and they're in your all your cells. And they generate energy for everything. walking, talking blood flow, heartbeat thinking doesn't matter what it is. And just to show you how important these mitochondria are, there are 2 million mitochondria per cell in your brain. 2 million per cell. The next highest is actually women's eggs, which are 700,000 per cell in your women's eggs. The next highest is your heart, which is about 600,000 and then your muscles are 500,000. So when your mitochondria are damaged, you you your health, your your capability to do anything suffers, because your mitochondria have to be healthy. And if they aren't, the communication between cells deteriorate, your mitochondria die, you don't have a healthy immune system. You know, this is a cause of infertility, this causes ADHD, Alzheimer's, everything. So here's the thing. Normally, your mitochondria, when you're younger, are being protected, because there's free radicals that are being created in the process of generating this ATP. And there are two antioxidants that your body makes one is called superoxide dismutase. And the other one is called glutathione. Well actually out melatonin to those three, your body makes those for you naturally from the moment you are born. And but the problem is and so up

until about 30 This is why when you're younger, you can go out till two o'clock in the morning and then you can get up and you know two hours later and you know, do it again, because your mitochondria which generate energy for everything in your body are being protected from all this junk with these three antioxidants that your body makes. But once you hit 30 The the production of these three antioxidants glutathione, melatonin superoxide dismutase plummets, and by the time you're 50, your body's making virtually none so so up until then, your mitochondria have like a yoga as a superhero. You know, a shield that protects them or gets rid of the free radicals. But after the age of 30, there's less and less protection. And this is exactly when weight gain starts. Brain fog kicks in breast cancer, any cancer heart disease, so by the time you're 50 you have none of that protection. And that's exactly when the inflammation goes through the roof and when people start to see these chronic illnesses and the good news is algae has the highest concentration of all three plus there's a fourth one chlorophyll. These are the only antioxidants that can get into the mitochondria. And stop free radical damage weak it can literally reverse aging. I know that's a bold statement, but it's all documented in science so. So it's a combination of not getting the nutrients anyways, getting rid of the toxins that are killing you, and finding a way to protect your mitochondria so that you don't have to suffer from mitochondrial disease which leads to illness, chronic disease, brain fog, and everything else that suffers you suffer from generally, once you hit 40. know



Leah Brueggemann 15:42

I know people are probably over here, when they hear that they always panic. They're like, Oh my gosh, I have to make all these changes to my lifestyle. And it's like, no, you probably should but we're talking about adding something



Catherine Arnston 15:55

exactly well that's the other thing I love why I love the algae so much is like you know, people do get overwhelmed the you think about a keto diet or plant-based or whatever diet, yeah, you have a lifestyle and your people, it's hard for people to make a change. So I'm not asking you or suggesting that you change anything. This is the one time when you all you have to do is add this one little thing now you can't take just one tablet, because you need at least a minimum of five preferably 10 a day, more is better. We feel NHL teams, they put 75 of the spirulina energy bits in their smoothie before a game and because they need well, they need energy on the ice, and they'd put 75 chlorella in their smoothie after the game to pull out lactic acid. So their muscles are sore. And I have over 100 A day myself, but I'm not suggesting that you if you took 10 and 10 spirulina a day, and 10 chlorella a day, you would be nourishing your body with what it needs to perform optimally. And the end, the chlorella would give you the wellness benefits for detox, you do need more though a day won't pull out the toxins with just 10. But just 10 a day, and I just did a calculation 10 tablets is the equivalent of five and a half pounds of vegetables. And you can swallow 10 tablets in a second. And it's like having a so I call it fast foods, like you just had five, the nutrition of five and a half pounds of vegetables and it costs if you buy them in large bags, we sell them in large bags with 1000 tablets, it works out to \$1.25 per serving of 10 tablets \$1.25 You can't buy 5 pounds of vegetables that would that would cost you \$15. So now I'm showing people how cost efficient it is. Because when it comes to your health, you're gonna pay now or you're going to pay later. So so we want to avoid help

people get on a trajectory of feeling better. But it has to be easy. So that's, you know, this, these are just bits of bits of food, bits of nourishment, and they're, they're effortless. They're great for your children, for your pets for your grandparents doesn't matter.



Leah Brueggemann 18:04

They're like, they're really small, you guys. So when I've been taking these for quite some time, actually, I think I found you like three years ago. Oh wow. I'm taking them for a while. And, um, so I do the 10 I do the 10 of each. And I like if anybody knows me, I just saw he's like fishy taste like despise. So some people were like, Oh, I sit and chew these with nuts. And I'm like, You're crazy. I just like put it on my hand swallow them with some water. I don't have any fish burps I don't have to take cod liver oil. I don't have to take fish oil. Like it covers my bases. And I my husband got sick a couple of weeks ago. And I don't know why I didn't think of this earlier. But you know, he's doing all the homeopathy and all of the things. And he wasn't eating because he just had a fever and he didn't feel good. And then his second day, I was like, Oh my gosh, you need to take Spirulina like, I don't know why I didn't think of this, like dump it in his hand and like swallow that. And his fever broke that night. Oh, wow. Feeling better. Yeah. And I was like, I don't know if that was, you know, causation or just a coincidence, but we're rolling with it.



Catherine Arnston 19:22


Yeah, yeah. Yeah, I do love how effortless it is. And it does replace so many things. The spirulina would replace a multivitamin. Definitely fish oil, a co q 10. Bio tin. Lots of other sort of, you know, everybody I know is has literally 20 bottles of supplements on a countertop. It's ridiculous. And your body only absorbs a small percentage of them because they're all made in factories from extracts. Algae is food. It's from nature just like you and so your body knows how to recognize it. So it's like 99% bioavailable and just on a very large number you out the on the fish oil thing I can't take for sure I tried every brand every spoonfuls capsules, I was Bourbon that stuff up for the rest of the day it made me feel sick. And with the spirulina or the chlorella, once they're down, they stay down there is 00 birth is nothing. And also I tell people, where do you think the fish get their Omega three from? They get it from algae, because we're talking about algae, spirulina, chlorella that are harvested in freshwater as as food. But there is algae everywhere. It's there's 10s of 1000s of strains of algae. It's in the ocean, the lakes and rivers is your soil. It's what feeds all the ocean, all the ocean animals from, from little fish to whales. And so the fish, whether it's salmon, or anybody, they eat the algae and they consolidate, which has the Omega three in it, and they consolidate it in their body. So when you get fish oil, you're just getting the getting what started analogy. So it's it's an official that goes rancid by the time you buy it. Now G never goes bad never goes rancid. So you're saving yourself and you're also saving the oceans.




Leah Brueggemann 21:08

Yeah, I really liked how you talked about the bioavailability because often on here we're talking about you know, you're not what you eat. You are what you absorb, Zach and yes, we want to get that fiber in you, you know, fiber, so good for you. You want to get those vegetables in. But a lot of women that listen to this have so many digestive issues. So like I try and eat my

vegetables, and they just make me feel bloated and horrible. And you're not getting any nutrients from them. So I love like, where spirulina comes in. Yeah, because you just absorb them and it's you. You do get an energy kick from them.

 Catherine Arnston 21:45  
Yeah, I'll say

 Leah Brueggemann 21:53

I think the hardest thing when you're making products while also non toxic thing is finding things that are actually non toxic, and not greenwashed. And actually work that being the key phrase right there. I tried out Rowe Casa Organics spent my own money on this you guys. And I am thoroughly impressed. And so I reached out and I got a discount code for you. So I want to share with you some of my favorite products swaps to non toxic that actually work are actually non toxic. And you're gonna really really, really like Okay, so, okay, it's really hard to choose but number one has got to be their body butter, it's got to be if you want your legs to look so smooth, and so incredible. Be so luxuriously moisturized, you need their body butter, it's my favorite thing ever. So that's going to be number one. Number two is going to be their magnesium cream or gel. I use that at nighttime so amazing. And if you really want to optimize like how well you sleep, do their magnesium gel, or they're magnesium cream with their tart cherry juice because it has Valerian and chamomile extract in it. So you're gonna sleep amazing. It's also great for blood pressure, which is cool. And then on top of that I do there you can do their deep sleep salve on the bottoms of your feet, you will sleep like a baby. And we all know how important sleep goes for our hormones. And then I know that I love all of their products, but I'm going to give them to other honorable mentions because they're I think they're so important. You guys there lymphatic cream is one of the coolest things ever. Make sure you drink enough water when you use it. But it's incredible. You can see the different difference in inflammation in the face, like literally seeing people's faces thinned out just by getting rid of inflammation, so I highly recommend the lymphatic cream. Also, if you ever get swollen ankles or anything like that, it's great to have on hand like after you're hiking. The muscle joint cream is also awesome for that. And you guys you want. We've limbs on weird, but you want the baby bottom cream and you want it for yourself. You want it for your babies, but you want it for yourself. Because if you put this on after shaving, you get no razor bumps, it's like this magic potion. So anyway, those are all of the ones that I would start out with and go to [rocastleorganics.com](http://rocastleorganics.com) use the code Leah I e h for 20% off your first order yes that's 20% Definitely take advantage

 Catherine Arnston 24:45

Well the energy is very subtle. So it's not like because there's no caffeine chemicals or, or sugar so it's not a spike. It's just you feel fresh. That's the best way to describe it. You just feel very alert but on the bioavailability one of the reasons why I, the athletes and everybody loves the spirulina so much is because it's technically a bacteria, it does not have a cellulose wall. So there's nothing for your body to break down to get access to all the nutrients and all the protein. Remember, again, three times the amount of protein is steak, all the protein is already in amino acid form, it is 18, to 20 aminos. And it has all nine that your body can't make. So it's

a complete protein. And so it gets into your, if you chew them, some people do to them, but it they get into your bloodstream instantly, because it goes sublingually through your mouth. But if you swallow them, like most people, I'm saying 99% People do swallow them. It only takes a few minutes to get into your bloodstream, and it gets so it's literally almost bypasses digestion, because it's so absorbed so quickly. So it's really I call it efficient nutrition. For that reason, I also say call it intelligent food because you have to be intelligent to take it and it knows what to do in your body. So it's it's that bioavailability and on the fiber, you'll be amazed but you can feed the spirulina to newborns to any age of children and your grandparents. And I mentioned the newborns in the your grandparents, particularly because those are two groups that have difficulty with fiber. And with children who newborns you're not going to normally feed them any solid food until you know certain six or eight months and as your parents and grandparents age, they tend to have fewer enzymes, digestive enzymes, so they have a different they have difficulty they get gas very easily. Well guess what? Spirulina has zero fiber, because it has no cellulous wall. So there it is safe for every single age group from zero to 100. Because it gets absorbed so quickly, is nutrient dense and zero fiber, there is no gas, no stomach distress at all. And yet you get all this great nourishment, including the chlorophyll that is in the zoom, they both both the algae. Also, chlorella does have a hard cell wall. So it does have a little bit of fiber. And it's that's why it's a wellness algae. It's been used for many reasons for various things, but definitely for gut issues, health issues, lower intestinal issues, IBS Crohn's disease because of the high chlorophyll, and it pulls up toxins, to to heal the lower areas of your body. So so it's really amazing for those two reasons.



Leah Brueggemann 27:31

So can we talk a little bit about the importance of how it's processed? Because that was one of the things that really struck me with the chlorella that's the one with Yeah, yeah, shell that you have to be careful with. Yeah. What is different about how you guys process this versus like, because there's a ton of like chlorella and spirulina?



Catherine Arnston 27:52

Oh, sure. I mean, by Yeah. And it's been sold, like I said, for 50 years here. So this, there's a number of things that distinguish us, by the way, we're the only algae company in North America that I'm aware of that does third party lab testing here in the US at an FDA approved lab. So that's number one. So it guarantees that the nourishment we say is in there is actually in there. And that there are no toxins because we're also the only algae that sold but nationwide through functional medicine, chiropractors, medical practices, nutritionists. And they need to be sure that we're a clean algae, if they're going to recommend us to our to their patients. So that's number one. And so the reason why everything's so clean is a couple of reasons. And this is what distinguishes us we grow ours in freshwater like most people do, but ours is triple filtered. So the reason why that's important is because algae will absorb whatever's in the water. So if the water is not clean, the algae is not going to be clean. So when you read about a blue green algae bloom, closing your favorite beach we're not talking about spirulina or chlorella, that's just another strain. And it's it's there because there's toxins in the water. Algae will show up when there's toxins because it kills bacteria. So number one, triple filtered Spring Mountain water number two, I started the company I wasn't planning on starting a company I just wanted to help my sister get better. And then I learned about algae and I thought, well I can help people get the nourishment they need, you know easily. So I didn't



start this company to make a million or billion dollars. Like everybody else when they start a supplements company and most other supplements company, by the way, sell anywhere from 10 to 100 other products, they're almost all contract manufacturers and they don't spend any time looking at what's really going on and they need and they're lower priced. So I need to get to market quickly because they have to sell sell sell. Yeah, we've never been that kind of company. So one of the things that distinguishes us is that we've never used high heat to dry our algae because I knew it killed enzymes and enzymes are very critical and including the two that we talked about the project your mitochondria. So our algae has all of our enzymes live all the other algae companies, the enzymes are dead so so they may have been there when they started, but they're not there now, which is one of the reasons why you can use less of ours and get more benefits because it's, it's got all the the enzymes intact. Number three really comes down to this issue with chlorella. Remember I said spirulina has no Celsius wall? Well, chlorella has the hardest cellulose wall, and it has to be cracked at production or you would not be able to digest and absorb the nutrients that are inside. So 50 years ago, a company developed a technique to crack the cell wall. And what they do is they tumble it with glass beads. And they patented the technique and virtually every company uses this technique. But the problem is the glass heats up and lead from the glass leaks into the chlorella. Now, normally people take chlorella, to detox and pull out heavy metals. And so when I heard about that happening, when I started the company, you know, I said, Well, you know, that's not good, there's got to be another way to crack the cell wall. And there was a new technique that had just been developed, which was passing the chlorella through a sound chamber. And so it's vibrations that actually crack the chlorella. So that's what we use. And we're probably one of the I don't think we're, you know, I think we're the either the one only one or one of the few that do that, so that there's no heat, no lead. And so it's much, much safer than pretty much every other chlorella that's out there. So those are the main ones. And then of course, we package it in sustainable packaging, we have bags, and really cool canisters that include bags that are made of paper. Algae is the most sustainable crop in the world, we package them in bags that are 99% UV protected. And that's important because sunlight will pull out the cloud chlorophyll. So you don't want to have be buying algae tablets in bottles, because the light would pull the the chlorophyll out. So we're very careful about that. And then we do everything. As I said at an FDA approved lab, we've got all the certifications and chlorella is certified organic, we Kosher or use the FDA validation at our production company in the lab testing. And I'm constantly doing tests, we're always testing for new new nutrients. And we're probably the only ones that understand algae that it's food. If you go on Amazon, there's probably about 20 Other companies selling spirulina, chlorella, and they have a supplements panel on the back, they don't even understand what it is that they're selling. It's ridiculous. So I'm very proud of what we do. We have people riding us every day that, you know, they had either had Alzheimer's and they couldn't, the fog was so bad, they couldn't even turn on the microwave. And within two days of taking the spirulina, everything was better. Or they the kids were the only kids in school without colds or you know, their pets are taking them in their breath is fresh, or, you know, the children don't, they don't have to argue with their kids anymore to eat their vegetables, and they don't have to worry about their families anymore about getting nourishment, because we live in a toxic world that is full of processed, highly refined foods that offer no nutritional value. And so you're filling yourself with carbs, and things that create free radicals that are just damaging to your health. And if you could just add the algae, it's the simplest intervention that you'll ever have absolute simplest, high value nutrition and effortless.



Leah Brueggemann 33:54

I mean, you just swallow them. I love that you were sharing those benefits. Like do you mind sharing some more of like the testimonials you've got from people? Yeah,

C

Catherine Arnston 34:03

yeah. Well, it's almost endless. You know, we've had people that have had surgeries, and they they're healing you know, some people one person had LASIK surgery, somebody had Mohs surgery, other people had knee surgery. And or they've had they're getting, they've had cancer and they're getting treatments was sorry, I'm blanking on the right way to call it radiology. Anyways, the healing time is literally cut in half. And we've had even professional athletes who are carefully monitored. One gentleman was a baseball player. So his blood was being tested every day and you know, because they want him to heal to get back on in the game. And his healing time was cut in half. It was it was crazy. And the reason for that is that you're nourishing your body to give it everything that it needs to function optimally. and particularly at the at the mitochondrial level. We've had you know, this one woman, her her husband, you took it for because he had some fillings removed and there were some mercury. And we work with biological dentists because algae the chlorella pulls out Mercury so that you're not getting sick from having your amalgams removed. Even the United Nations use it at Chernobyl to pull out radiation. So if you have any, if anyone's getting any radiation treatments for cancer, definitely take the chlorella after your treatment because it will pull the excess heat or chemotherapy out so that you're not as nauseous. We've had I my, my Pilates instructor. About three, three months ago, I went went to a class and her face was just broken out it was and she's you know, 30 something and she didn't know what had caused it. So I started putting her on the claret there's both the spirulina chlorella within a month her entire face had calmed down, it was back to normal, because your skin is being nourished by your blood flow. And if your blood and your is being nourished with good nutrition, because you get free radical damage there you get inflammation there as much as you have in your stomach and your gut. Another benefit is it has the highest melatonin in the world. You have got to get good sleep, if you are going to heal. And so we've got people saying this helps them so much when they're sleeping. And here's the cool thing about melatonin. That is the spirulina has the highest in the world. And yet it does not make you sleepy during the day because the melatonin only is activated by the dark. So we call our spirulina energy bits because it gives you energy and yet it has the highest melatonin. Chlorella has the second highest one that the next highest way down the list though is pistachio nuts. So we recommend people take the chlorella and pistachio nuts as a snack before bed because you're loading up on melatonin from a food source. And chlorella actually tastes pretty good. With the I have a good the salt and vinegar flavor. Pistachio nuts. They're delicious. They're my go to snack. The chlorella also stimulates peristalsis which is bowel movements. So it helps you because a lot of people if you're on a keto diet, you're on medication, if you're eating too many refined foods, those trips to the bathroom are are difficult. And if you have dry stools, you're not moving your bowel movements the chlorella and water those are the two and magnesium levels say also is very helpful. Those will help with with bowel movements. So you athletes use it for energy. We have truck drivers, soccer moms, give your kids if give them one or two tablets per their age. So if they're to give them one or two tablets a day, or if they're four, give them to two to four. But give them you know two or four of these before their next sporting event. Don't give them one of those granola bars, which will spike their insulin and whatever, give them a handful of these and I honestly I'll tell you, their focus will be great. It's great for school as well put them in their lunch on their lunch bags. It's unbelievable for children on the spectrum ADHD, any brain issue. So the other as I was saying earlier energy bits is kind of an am spirulina is an am algae. Chlorella is a pm we call it recovery bits. But another way to think about it is spirulina is for the

top down it's for your brain because it has so much. It says a fatty acids, so many things that heal the mitochondria, so it's top down. And chlorella. The green one chlorella recovery bits, is very gut oriented, heals your gut heals your bowels, helps with digestion helps with elimination. So it's bottoms up. Spirulina tops down chlorella bottoms up. I think that will really help. Yeah,



Leah Brueggemann 39:06

so basically, from what I'm hearing everybody in anybody can take Spirulina. Right. What about chlorella? Is there anybody who shouldn't take chlorella?



Catherine Arnston 39:17

Well, chlorella, because it pulls out toxins. And very often in some medications, there are metals, like vaccines have aluminum in them, for example. So all we suggest you do because we don't want to interfere with anything is take the chlorella two hours before or after any medication, just to be on the safe side. Okay, I'm not convinced that it will cause problems, but just want to be sure, just just in case. Now, the other thing chlorella, if you only took 10 A day that would build your wellness daily, but if you want detox benefits, you do need to take 20 or 30. Now when you take the chlorella for detox, what's happening is it's pulling the toxins out of your cells and into your blood. So it will be eliminated through breathing, sweating, urination or bowel movements. But while the toxins are circulating, you may have some detox effects, which can be headaches, breakouts, stomach distress, it only it's not from the chlorella, it's from the toxins that are now circulating. And that will go away after a few days once you get rid of the toxins, but you never have that effect from spirulina. So that's something else. The other one thing I do want to mention is that a lot of auto immune issues are because of gut issues where your gut has been permeated, somehow it's been punctured. And food has gotten through and into your bloodstream, and your body is detected as an invader. And now you have, it's, you know, attacking itself. And very often as a result of lectins, or oxalates, which are found in a number of vents with lot of vegetables, red, all the spinach and kale are notorious. And by the way, almonds, too, but and so you have to be careful if you are sensitive to them. And I used to be, I had to cut them out for a while. And so my gut is completely healed now. But here's the great thing. Algae doesn't have any, those lectins oxalates are in plants, because that's what the plants develop because they're land based organisms to defend themselves from bugs and predators because they taste terrible. And they cause pain to the bugs. And the animals too. Started in the ocean. So it's never had to develop lectins and oxalates to defend itself. So you get all the benefits of plants without a any of the work be without any of the gas or stomach distress and see without any of the lectins or oxalates I mean, it's a it's a trifecta of you know, unbelievable benefits.



Leah Brueggemann 42:09

Gosh, so I'm, I'm still on chlorella train. Yeah. So what about pregnancy and breastfeeding? If you want it to take chlorella, I know you can't give medical advice. Would that be something where you'd want to stick under those 10? Or is it okay to go up?



Catherine Arnston 42:27

Well, you could probably go up like I say, you know, I don't have any children, but I've got papers, research papers that show that it kills that because it kills bacteria and your nipple so it caught and stops any kind of. Yeah, yeah, so that's really great. Spirulina. Both spirulina and chlorella are great for pregnant moms, lactating moms, at any point, and you can start giving them in fact, in Japan, if babies can't digest mother's breast milk and would die, they've tried everything. The only thing that keeps them alive is the spirulina or chlorella, in water. And I found out that the nutrient profile of spirulina is virtually identical to mother's breast milk. Well, it's same aminos same proportions, we'll send you the article. It is second only to mother's breast milk for the high concentration of GLA, which is an essential fatty acid. It's definitely going to make a six but because it's not heated in mother's breast milk and it's not heated by us. Other people. Yes, it behaves like an Omega three so so it's it's it's unbelievable for nourishing babies and indefinitely mothers so we're not allowed to give medical advice. I'm not a medical I don't have an MD or anything but we do have you some science that shown that it's very helpful. And people say well what if and it's pulling out toxins, won't it when I'm pregnant? What more to pull out what the toxins go to the baby? No, because the baby is part of you. And so it will be pulling out the toxins from the baby too. And they're showing now they studied placentas, when children are born now and they They're loaded with glyphosate and all kinds of garbage so this is the way to protect your your child from you know getting all that contamination. It's it's crazy.



Leah Brueggemann 44:20

That's so wild about the breast milk. Yeah, melatonin. I think I need to increase my dosage. Maybe he will sleep better.



Catherine Arnston 44:28


Yeah, yeah. Yeah. Well, and like I said, Did the lab test to found out that the melatonin was was so I have them do it twice because it was so high. There's literally one gram milligram per tablet, but because it comes from food, it's not an isolated melatonin. And this is the great thing about algae. It's a gift to us from Mother Nature. She has put all of this together we all we do is grow it. She came up with it. Because you asked me if I formulated it. Well now Mother Nature formulated it. Yeah, and So, because food has enzymes and coenzymes, and factors and cofactors, and something like algae is like a full symphony of nutrients that work synergistically with each other, that would, you would never get the same benefits if you took all of those same nutrients separately as supplements, because they are extracts that don't exist in nature. So, so with the melatonin, it may not have as power much power as much or as a supplement of melatonin because it has all these because Mother Nature knew that maybe, you know, you don't need that much because it puts in some other sort of counterbalancing nutrients in there. You know, algae is just at the very beginning of being understood, there's pigments in there that you know, there's the blue one, and now in spirulina called phi cosine, and that has healing benefits, it stops the growth of blood of blood vessels to cancer. I mean, how crazy is that, scientifically proven, stops the growth of blood vessels to tumor so it stops tumors. Yeah, that's a pretty substantial, you know, benefit.



Leah Brueggemann 46:10

Leah -- And I love that it's a food because we have me talk about all the time. I don't understand.


I agree. And I love that it's a food because on here we talk about all the time, don't randomly supplement if you have to supplement you need, you need some labs to back that up, you know, because you don't want to, you know, things work together. So you don't have like the overdosing on something when you need cofactors. But you guys, this is something you can take, everyone can take no testing needed. It's just like, it's eating good food that's, like super packed for you.

 Catherine Arnston 46:40

And when people say, Well, you know, why can I just have one? Well, because it's food and I say, Well, you know, when you have a nut when you want, you want some nuts, you don't have just one nut, you have a handful. Yeah. So think of that, you know, they look like they look like baby aspirin, green baby aspirin, but they're not a supplement. They're just bits of food. So think of them that way. Sprinkle them on your salad for some garnish, or mix them up with some pistachios for a snack. You know, if you're one of the lucky ones like me, who likes the earthy, chewy flavor of spirulina, you know, knock yourself out, but most people do swallow them. The children do love eating them. I will point this out because they turn the tongue green, and they think it's hilarious. So they they turn it into a game. And if you can get your kids enjoying the game of eating algae, man, you've you've, you've solved the problem of nourishing them and you can spend all that extra time playing with them.

 Leah Brueggemann 47:40


No, it's true. I haven't had land and try to chew them yet. So I have blended them in his smoothies before. Yeah, but I'll have to have to see if he'll chew them. Yes. how that goes.

 Catherine Arnston 47:53

Yeah, he might like the chlorella first. Because it's drier and it's more like an it has a nutty flavor. Yeah, so try that first.

 Leah Brueggemann 48:03

Okay, if you'd like to give it a shot, yeah, well, I will have the link for you guys to get these in the show notes and we do have a discount code for you which

 Catherine Arnston 48:12

Yes, and you can learn more or buy them at the [energybits.com](http://energybits.com) en ERG y b for boy its.com and the code is LEAHB be all one word no space in between can be upper or lowercase and that gives you 20% off everything we have a large bags of 1000 tablets, I don't want people to sticker shock because a large bag is \$125 but with your discount code that brings it down to 100. But think about the fact that the bag has the equivalent nutrition of 551 pounds of vegetables. And so if you took 10 a day that will last you three months and cost you \$1 a day. So \$1 a day gives you the equivalent nutrition of five and a half pounds of vegetables that you

did not have to carry home from the grocery store, clean cook or eat or argue with your kids or throw out no very efficient nutrition. Also, it never goes bad. We do have to put an expiry date on it usually three, three years but algae is a very unusual crop. It never dies it will go dormant indefinitely and then it will start growing again. So same with the tablets they never technically never go bad. So it's your I call it your nutrition insurance. I also call it your health insurance. It's the best health insurance you'll ever have. Honestly,



Leah Brueggemann 49:40

it's quite cost effective. I'm going to be honest when I first looked it up like I didn't get that breakdown that you just gave us and I was like oh my gosh. per bag because you know you put the recommended or over the recommended which is 30 tablets a day.



49:57

Well originally that we've we've dialed it back to like 10 because you can take 30, if you want, but 10 will give you the desired results for your health.



Leah Brueggemann 50:05

like that lasts you three months, which is completely doable. So yeah, we'll have that link for you guys in the show notes. So you can use the code LEAHB, or you know, just remember my name that works.



Catherine Arnston 50:17

Yeah, that works.



Leah Brueggemann 50:20

Well, thank you so much for hopping on in and sharing all of this. I know everyone's gonna go out and be grabbing some spirulina and some chlorella because I need to go take mine still today.



Catherine Arnston 50:32

Yeah, yeah, we'll send some more to you. And I just want to assure people, it's not weird. It's not new. It's just new to you. And think about it, you know, five or 10 years ago, you probably didn't know about chia, or macha, or quinoa or collagen. Or maybe, you know, bone broth. But these are all things that have existed for centuries in other indigenous communities. And it took somebody some effort to educate people here in North America, but what they are, so that's what we're doing. And I'm only this is a passion project that I wasn't planning on building a company, I just wanted to help my sister be healthy. And then once I learned so much about

allergy, I felt a responsibility to share that with the rest of the world because it is truly going to save the world. And man, we need some help big time. And it doesn't have to be complicated. It doesn't have to be scary. It can be easy and effortless. And algae gives you all of that.



Leah Brueggemann 51:34

Such a simple hack. Thank you so much.



Catherine Arnston 51:37

simple hack. I like it. Thanks a lot. Yeah,



Leah Brueggemann 51:41

the hormone reset program is opening back up, which is so exciting. We only have this program three times per year. It is a group coaching program. And so obviously, it's a much more cost effective investment than doing one on one coaching. So if you're like, hey, I need a good jumping off place, I need to start feeling better, then this would be a good place for you to start feeling amazing. So if you had been feeling like you're terrified of the pain when your periods show up, you believe that like symptom free and pain free periods are totally impossible. You wake up with migraines, you struggle throughout the day, you have to call in sick to work, you've done everything, you just can't drop the weight, you're tired and fatigued. Or maybe you're on the complete opposite end of the spectrum and you haven't had a period in months or years. Or maybe your periods take you out not because of the pain, but because of the mood swings. And you're just like you feel like you want to tell somebody before your period. You're moody and anxious. You're like I can't even relate to the woman who knows when their periods going to show up. Because like mine are all over the place. And so then you're just like, well, I want to get pregnant, I don't have a period like why is this not working. So then this is going to be for you. So this is a group coaching program. It's eight weeks, you get group coaching calls, once a week, you get a Facebook accountability group, you get recipes, you have your training modules, you also get weekly workouts which are really cool, you get access to some pretty cool guest speakers like we have a pelvic floor therapist that comes on and talks about the placement of your uterus and how pelvic floor therapy can help balance your hormones. So you guys i'll put the link to join the waitlist in the show notes. But you guys literally this is one it's just it's such a life changing program. And we try and make it as accessible to as many women as possible with payment plans. So I truly invite you if you are like I just don't know what else to do then this is probably a very good fit for you. If you are worried about it, please send me a message because I want to make sure that you feel empowered and strong about your decision to join and so therefore, if you are in any way worried, please reach out and talk to me because I want to make sure that it's a good fit for you. Okay, so if you join the waitlist, you'll get a fancy email and it will give you a discount code and if you joined from the waitlist you guys and save your spot for this next round. You get to save like over \$100 So use that coupon code, save your spot early so that you know the the coupon code does expire. So save it use it save your spot take advantage of the payment plans. Let me know if you have questions. Thank you for listening to today's episode of balancing hormones naturally. If you found this helpful, I

would love for you to share it with a friend and post it on your stories and tagged balancing hormones naturally podcast so we can get this message out. You can find me on Instagram at @leah\_brueg and I would absolutely love to hear from you.