



## **#570 How C60 Enhances Longevity, Detoxification, Energy, and Sleep Quality With Chris Burres**

### **Dr. Wendy Myers**

Hello, welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to detoxification, how to detox your body, and the problems and health issues caused by various toxins and heavy metals in our environment. We also touch on anti-aging, bioenergetics and other things that I'm passionate about and more advanced topics in health here on the show. Today, we have Chris Burres on the show. He's a researcher on the carbon 60 molecule, also called C60 and ESS60, which is what he calls the molecule in his product. He owns MyVitalC, and today he's going to talk to us all about what the carbon 60 molecule is, how it's shown to extend lifespan 90 percent in a rat study, and how there was also no tumor growth in these rats, which is also fairly common.

He talks about how C60 is a powerful antioxidant in the mitochondria because the mitochondria produce a lot of byproducts and a lot of reactive oxygen species that our body then has to deal with. So, it clears all that fuel byproduct and acts as a really powerful antioxidant, 125 times more potent than vitamin C. There are also a lot of benefits reported, including increased energy, better mental focus, better sleep, and skin improvements. It also has liver protective effects and it's one of the few detox molecules that actually crosses the intestinal lining and gets into the bloodstream to work its magic there as well. Chris' company, MyVitalC, offers a C60 supplement in organic olive oil, which is great avocado oil and MCT forms. He also

has capsules and facial serums as well. For anyone listening, you can check out Chris' website and get a very special offer for my listeners to get 15 off your first order at [myvitalc.com/wendy](http://myvitalc.com/wendy). Go check that out.

Our guest today, Chris, is a published author and the host of Uncovering the Secrets of Longevity Health Summit. He's a podcast host and a patent holder with a surprising twist. Chris Burres is not just a visionary scientist but also a master of comedy improvisation. He's really funny on the show today. Chris Burres is the founder and chief scientist at MyVitalC. He is the intersection where science meets laughter and his life's mission is to help other people live longer, healthier, happier, pain-free lives with science. Chris, thank you so much for joining the show.

### **Chris Burres**

Wendy, thank you so much for having me. I'm excited to be here and to share cool science. I think you've been having a good experience. So, all of this is going to be wonderful.

### **Dr. Wendy Myers**

So, we're going to be talking today about C60. This is your product right here. It's MyVitalC. Why don't you tell us what C60 is exactly and why it's so important for detox and all the benefits? We're going to dive into all that.

### **Chris Burres**

I'm holding up a model of a molecule and if you're listening, you don't have to try and find your camera or phone or whatever to figure out what it looks like. Just imagine a soccer ball where the lines on the soccer ball represent the bonds between the carbon atoms. So, there are 60 carbon atoms in the shape of a soccer ball in the shape of a sphere. The molecule was discovered in 1985 here in Houston, where we're based at Rice University, and the three scientists who discovered it actually won the Nobel Prize for the discovery. The reason they won the Nobel Prize is because the molecule is amazing. It performs as well or better than the current best material in almost every application. So, it makes better inks, better batteries, better tires, better photocells, and this is often where people are like, wait, I thought we were talking

about a health supplement. You just said the ink, batteries, tires, and photocells. I'm getting a little nervous. Well, you're going to get a little more nervous because they actually thought the molecule would be toxic.

One of the shapes on the exterior of this soccer ball cage is reminiscent of benzene. Now, benzene is a necessary component of modern society. If you just glance around you and imagine everything that is plastic gone because the benzene ring is the foundation of plastics. It's the foundation of a lot of medicines and detergents. Again, we don't have a modern society without it, but benzene on its own is known to be toxic and known to be a carcinogen. So, because that shape is on the exterior of this soccer ball-shaped molecule, they thought it would be toxic. They also thought because of all the brilliant performance that it has, again, in inks, batteries, tires, and photocells, that man would be working with it on a regular basis. And whenever that happens, you want to figure out, okay, what is the toxicity level? How toxic is it? So, they put it in a toxicity study. That study came out, and it was published in 2012. In that study, they gave test subjects, in this case it was Wistar rats, water, olive oil, and then olive oil with as much of this molecule.

Now, you mentioned C60. We really think of C60 for industrial applications and then ESS60 for actual consumption. The third group was given olive oil with ESS60. Instead of being toxic, the test subjects that they gave it to lived 90 percent longer than the control group. That is wow! It's the single longest longevity experimental result on mammals in history and it is peer-reviewed published research. I'm very proud to say my lab provided the material, and my lab is mentioned in that original peer-reviewed published research and you can imagine that research changed my destiny up until that paper was released. My business partner and I were happy-go-lucky carbon nanomaterial scientists. If there is such a thing, we were them. We were delivering commercial quantities of carbon nanomaterials, specifically industrial grade 62 research institutions around the world. Then that paper came out, and that's why I'm here talking to you.

### **Dr. Wendy Myers**

Why don't you talk to us about the detox benefits? I've been taking this for the past few months and I love it. When I'm doing my infrared sauna, when I do my ionic detox

foot baths, I take a big old swig of this. I do a little shot and I feel like it's going to be absorbing or catching all of the different toxins and taking it out of my body. So, talk about its detox benefits.

### **Chris Burren**

Yeah, I think we'll get into another method of action, which is its impact on the mitochondria, but we can talk about detox from that perspective. We've been in this industry again since 1991. We're based in Houston. I actually went to the University of Houston and through some professors there, we did some studies on its ability to be an absorber of the things that actually are toxins to humans. So, this is typically like solvents, hydrocarbons, those types of things. When we gave it, I think this professor, can't remember his last name starts with an A, but we gave the material to him. He prepared the material because it was actually dirty when we got it to him, and it performed as well or better than it always does and better than activated charcoal. We all know that activated charcoal is a great detoxification agent. Now, activated charcoal actually only works inside your intestinal system. It's too big to get through the gut barrier into your bloodstream. Whereas this molecule, at least once you break it down, and I'll talk about that in a second, can actually get into your bloodstream and it has the ability to do potentially some detoxification there, although we need more studies on that.

When I say break it down, it's really interesting if you were to hold a small pile of the powder of this industrial C60 powder or even as processed ESS 60 powder, it's really in a crystalline form. You would have salt crystals in your hand. They're not individual molecules and you can consume that. It's safe to consume, assuming it's the ESS 60 and not some kind of solvent-laden, industrial carbon 60. Then you can consume it. The problem is it's not water-soluble. So, you would just excrete it out and it really has extremely low bioavailability. Now when you put it into, and we actually sell it in three oils, an olive oil or an avocado oil or an MCT oil, it actually breaks down and dissolves. It scientifically dissolves into the monomolecular state. You have each of these individual soccer ball shaped molecules, ESS 60 molecules, floating around in that olive oil, which is our typical recommended product on its own. So now you can imagine the surface area changes extremely and now it's bio-available. This will get

into the next theory, but we know that this molecule gets into the mitochondria and that's from peer-reviewed, published research.

**Dr. Wendy Myers**

Okay, fantastic. And that's where a lot of toxins really disrupt the mitochondrial energy production. All manner of toxins disrupt mitochondrial energy production because they're so delicate. What I love about MyVitalC is you have it in organic olive oil and olive oil, as we know, has so many different health benefits and antioxidants. So, I love taking this cause I'm getting a shot of olive oil also, which I don't always get in my diet every day, but I think it's important to take it every day also.

**Chris Burres**

Yeah, I love what Dr. Gundry has to say about olive oil, which is the purpose of food is to get more olive oil into your mouth.

**Dr. Wendy Myers**

Right.

**Chris Burres**

He has high-quality olive oil on the market, and if you go back to the original study, remember there were three groups, one group was given water, one olive oil and one olive oil with ESS 60. The group given olive oil actually in that particular study lived 30 percent longer. So, I'm in total agreement with Dr. Gundry, get more olive oil into your mouth. You should be consuming more and you probably get that kind of peppery flavor at the back of your throat. In fact, I'll do a shot right now.

**Dr. Wendy Myers**

I do a shot every day anyway. I actually do a swig of it, but how much should people take though? I'm not super picky about the measurements, but I can't OD on it. So, I don't worry about it.

**Chris Burres**

We can talk about that in a second. The typical serving is about one teaspoon or five mils, right? So, this is five mils and my little measuring cup.

**Dr. Wendy Myers**

For me, it tastes really good. I love the taste of olive oil. I love that peppery kind of flavor.

**Chris Burres**

What's interesting is that's one of our quote and quote complaints about our product. Some people will call and say, oh, it's leaving a peppery flavor at the back of my throat. Is it rancid? And we're like, no, it's the opposite of rancid. A high-quality, extra virgin olive oil will leave that peppery flavor. In fact, you've probably been to an Italian restaurant where they'll put some olive oil on a plate and then crack pepper in it. What they're trying to do is give that higher quality olive oil experience, that pepper, your pepperiness, if that's a word, from a less expensive olive oil.

**Dr. Wendy Myers**

So many people are buying fake olive oils at the grocery store, unfortunately.

**Chris Burres**

Yeah

**Dr. Wendy Myers**

They don't know what it's supposed to taste like.

**Chris Burres**

Yeah, it's supposed to leave a peppery flavor and the higher the quality, the more extra virgin olive oil it is, the more pepperiness you'll leave there. Olive oil is amazing. Then you throw in the ESS 60 molecule and you have this one, two punch. There's an ad hoc study on the web showing it to be 172 times more powerful than vitamin C as an antioxidant, and then peer-reviewed published research showing 125 times more powerful than vitamin C. It's an amazing antioxidant and the fact that it can function

as an antioxidant inside the mitochondria really sets it apart. I could talk about that more if you wanted to kind of go down that rabbit hole.

### **Dr. Wendy Myers**

Yeah, because it's so important for detoxification. You're taking lots of antioxidants to fight the free radicals created by toxins and your body endogenously to take binders or things that will mop up toxins like a sponge, especially if you're doing detox protocols, like the infrared saunas and the foot baths and enemas or whatever you're doing to detox. Is there any research that you can tell us about that shows what toxins C60 molecules facilitate removal from the body?

### **Chris Burres**

I think probably the one that's most important is actually reactive oxygen species. That's the key and it's not even necessarily an external toxin. It's something that happens internally. To preface this discussion about mitochondria, we actually have testimonials from head to toe. I'm going to give some testimonials. Let me give you an FDA disclaimer. The FDA has not evaluated our product. It is not intended to treat, diagnose, cure, or prevent any disease in general. When I'm sharing testimonials, there's two things that are true. Just assume it won't happen to you because we have to be really careful. Dig into the research and decide if you want to try it. The other is I only share testimonials that I have verified. It's really important for me to have the email thread and have the phone number of the person to know him. So those are the only testimonials that I'll share.

We have head to toe testimonials, from the hair, from the head, we've got hair growing faster, growing in where it hasn't grown in a while and growing back original colors. Those are some of the testimonials. To give you the landscape, on toe, the one that I usually reference, we've worked with an influencer who when he was five years old, he got bit by a crab on his big toe and it split his toenail. He actually went on to become a Navy seal. And then when we started working with him, that toenail was still split all the way until 65, when it finally healed together after he started taking our product. So, we literally have head to toe testimonials and it's my chief scientist's responsibility to try and figure out, what's the mechanism of action? What is going on here? It was when I came across a paper that showed that this ESS60 molecule is in

the mitochondria, and you put that together with even back in the 90s when it was discovered, this understanding that this molecule can hold up to six negatively charged particles on the exterior of the cage. Now, you're thinking, well, that's like a free radical sponge.

If you had a room full of mitochondrial experts and you said, hey, would it be good to have a free radical sponge in the mitochondria while it's going through its business of making the energy for yourselves? They would all raise their hands. They're like, this is probably a really good idea. The way that we believe this works again, mitochondria powerhouse of every cell. Every cell in your body has between 50 and 5,000 mitochondria, except for blood cells. They don't have any and then neurons and your brain cells have 2 million mitochondria because we spend so much energy on that neuro process and our brain function. So, mitochondria are the powerhouse of every cell that one of the byproducts like every power source tends to have negative byproducts. You've got your car going down the road with exhaust and they actually use a catalytic converter to mitigate that exhaust. You've got a power plant with this big smokestack and they have smokestack scrubbers to manage the negative byproducts.

In the mitochondria, the negative byproduct is an R. O. S, a reactive oxygen species. Inside the mitochondria, it's got really two main antioxidants that are important for managing those reactive oxygen species, and that's glutathione and melatonin. Now we all know whether it's the stress of life, whether it's a hard workout, whether it's toxins, that our mitochondria can get overwhelmed. What happens when it effectively runs out of glutathione or melatonin is that those free radicals, those reactive oxygen species, run around and start doing damage. Now, when that happens, we believe this steps in and holds on to those reactive oxygen species until that mitochondria can replenish the glutathione, replenish the melatonin, and then they can manage those reactive oxygen species.

I've got a fun analogy. We're close to New Orleans, about six hours away. It's Mardi Gras and at the end of Mardi Gras, you've got a bunch of drunk reactive oxygen species running around Bourbon Street, breaking everything, painting stuff, whatever. You've got the police, the glutathione and the melatonin who come in and handcuff themselves to those reactive oxygen species and get them off of Bourbon Street. But



what does the New Orleans Police Department do when they're overwhelmed? Well, they throw those reactive oxygen species in a paddy wagon, right? So, the ESS 60 molecule holds on to those until the New Orleans police can replenish the glutathione, replenish the melatonin, and then they can handcuff themselves to those reactive oxygen species and get them off of Bourbon Street. That makes it, well, one, we know it to be 125 times more powerful than vitamin C and to act in a way that vitamin C doesn't.

What's really key about it was this influencer named Chris Gethin, who put this on my radar. He's a bodybuilder and bodybuilders are entirely dependent on hermetic response. They overtax their muscles and then the hermetic response is that they build more muscle. If they don't have a hermetic response, they don't get bigger muscles. They are not bodybuilders anymore. If you take too much of antioxidants, you can dampen that hermetic response and he loves our product because it doesn't dampen the hermetic response, but it does serve the purpose of the antioxidant. Again, holding onto those reactive oxygen species, making sure they're not doing any damage, but then allowing the body to go through its natural processes, which makes it incredibly unique. And then now we're talking about, well, why do we have head-to-toe testimonials? Well, if you're positively impacting or reducing the negative impact of your powerhouse, then you're going to positively impact every aspect of your wellbeing.

### **Ads 00:19:50**

For anyone listening who really wants to detox their body, go to [heavymetalsquiz.com](http://heavymetalsquiz.com). I created a quiz for you. It only takes a couple of seconds. It's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at [heavymetalsquiz.com](http://heavymetalsquiz.com).

### **Dr. Wendy Myers**

When your mitochondria are burning oxygen, which is their main fuel source, it's very dirty. It's a dirty fuel, the byproduct and our body has to deal with all that. So, talk to us about some other benefits that people are having. I've heard of people having

more energy. They have relief of brain fog. What are some other things that people reported to you?

**Chris Burres**

Our most consistent testimonial and this actually creates a marketing problem. You own a business. Marketing is a very important part of a business. Our most consistent testimonial is people take the product in the morning, they report mental focus and energy during the day, and then better sleep that night. I think if you just grab a random person off the street and say, hey, here's this thing. It's going to give you focus and energy during the day and then it's going to help you sleep that night. They would just go, no, it's not going to. Caffeine will give me focus and energy. It gives a boost during the day, but doesn't positively impact sleep at night. The reverse is true. If you were to go to Ambien, by the way, I can talk about that a little bit. I'll do a compare and contrast with ambient, but you wouldn't take Ambien in the morning to try and get focused. People separate these things into two distinct areas. And again, if you're positively impacting the mitochondria, then yeah, focus and energy. You got 2 million mitochondria in each of your brain cells. That's a really important aspect of your brain function. And then, sleeping like moderate mitochondrial cleanup.

This is my theory. Mitochondrial cleanup is an important aspect of deep sleep and an important aspect of the brain, that's healing and restorative sleep that you get. I like to draw interesting contrast. There's a book by Dr. Matthew Walker. I don't know if you've read it called why we sleep. It is the scariest book about sleep you will ever read. I call it the Freddy Krueger of sleep books.

**Dr. Wendy Myers**

I've heard him on podcasts.

**Chris Burres**

Yeah, and he's an amazing speaker. I aspire to try and be as good a speaker as he is someday. One of the things that he talks about is the 2 billion sleep industry. Well, by the way, the reason I call it Freddy Krueger, unlike the character from nightmare on M-street, where he scares you out of your sleep, reading this book will scare you into

your sleep. In fact, in his preface, he's like, if you were to fall asleep while reading my book, I would take that as a positive because that's the whole purpose of this book is just convince you, you need to be sleeping properly. The 2 billion sleep aid industry are prescription drugs, and you take them right before you go to sleep. He says that they're depressant. Well, they are depressants and they cause you to feel like you don't need more sleep when you get up, which would be really refreshing. If you had 10 days of waking up and going, I just need more sleep. And then finally, you wake up one day and you're like, I don't feel like I need more sleep. That would feel really refreshing.

The problem is because it's a depressant, it interrupts the REM and NREM sleep cycles. So, you don't get the healing and restorative sleep. I certainly wish I had gotten my dad off of Ambion much, much before he passed. That's a lesson learned. So, I contrast that because you take Ambien right before you go to sleep, you take a lot of things right before you go to sleep, our product you take in the morning, again, focus and energy during the day and then better sleep that night. My own testimony is I have to embarrassingly admit that I used to take two naps before noon on Saturdays and Sundays. What that would look like, my wife and I have twins, boy and girl, and I'd go downstairs. I would lay on the couch. The kids would physically sit on top of me and watch cartoons, which, by the way, 11 persons told me that's great parenting because if they get up, they wake you up. And then you're like, you're keeping an eye on him while taking a nap. So, I would take my first nap and then we would go downstairs. We'd have breakfast. We would resume the position. And then I would take my second nap. Of course, if we had other things to do, I could make it through.

When I started taking this formula on a regular basis, they were younger then, and we would get into the position to watch cartoons and I'm like, I'm just not feeling like I'm going to sleep. I'd actually get up and do stuff. That's kind of my testimonial. It absolutely has a dramatic impact on my sleep.

### **Dr. Wendy Myers**

I think for so many people, they use up a lot of their glutathione because we are exposed to so many different toxins. People have really bad diets and there's just a lot of cleanup the body has to do. We need assistance. We need supplements that

are helping to clean up the mess, so to speak. That's going to be draining your energy. Any other things you want to tell us about the ESS 60?

### **Chris Burres**

Well, I think it's cutting edge. We've got a lot more research to do. I want to share that we just published this about three months ago with the original lead researcher of the original paper. That original paper where the Wistar rats live 90 percent longer than the control group, the lead researcher was Dr. Fathi Moussa, and we just published with him. I share that because I'm extremely proud of it. A lot of supplement companies and you're in the industry, a lot of supplement companies don't go and do research. In fact, some of them, especially on novel material like ours, are scared to do the research because if the research comes up the way they don't want it to, then they don't have a product anymore.

I'd rather find out if this were to come true, I don't think it will, that there is no effect and move on with my life and not end up selling something that doesn't actually have value. So, we're continuing to do the research that a lot of supplement companies don't do. I think that's really important. I can also share this. My director of research at one point was reading through that original paper. Again, it's out of the university of Paris. And he said, Chris, this could have been five separate papers. There are three key things that we can talk about inside of that paper. The first one is the 90 percent extension of life. I mean, that's fantastic. The second is, and it's very dramatic, which is none of the test subjects died with tumors. A typical Wistar rat lives about 32 months and has a known amount of tumor mass in its body. The longer it lives, the more tumor mass it gets. Even though MyVitalC rats lived out to 62 months, 90 percent longer, none of them had any tumors.

Now, when I share this, some people are like, oh, great cure for cancer. I have a very specific response to that. No. And then I follow it with no. Cancer is a very tricky disease and managing a cancer that has metastasized is very different from being a cancer preventative, which is what that indicates. We know things as simple as a good diet, good sleep, and good exercise are cancer preventatives. That piece of the study throws the ESS 60 molecule into that area, which needs more research, but it is very dramatic. The next thing that I think is really impactful and there's a corollary of

its impact on us is that they injected the rats with carbon tetrachloride. Carbon tetrachloride is an oxidative agent that really attacks the liver. And so, they're really looking at oxidative stress and the ability of, again, water, olive oil and olive oil with ESS 60 to manage that oxidative stress in the liver. The only rats that were able to recover from the insult of the oxidative agent, carbon tetrachloride, were the ESS60 rats. So, you have protective effects on the liver.

Now, interestingly, one of our testimonials is people are able to go out at night and vibe and not feel how they think they should have felt that next morning. I have to be really careful. It's interesting. A lot of people would not think that a hangover is an FDA issue. It's something you did to yourself. How is the FDA even involved in this? And then I'll say two words. You're like, oh, well it is an FDA issue. Those two words are alcohol poisoning. And so now that's an FDA issue. So, we have to be really careful when talking about this. People just report improvements. Assume that's not going to happen for you. But if you're looking at liver protection as a potential mechanism to support some of those testimonies, that starts to make sense. I think that's really powerful.

### **Dr. Wendy Myers**

Yeah, that's great. A lot of binders like activated charcoal I would take if I ever had a drink or just some wine. I was traveling in Argentina and wanted to go see the Llamas the next day. So, I took some activated charcoal and it definitely works. You don't have any problems the next day and I imagine C60 is working the same function like a lot of binders would.

### **Chris Burren**

I think it is really similar except I don't think you get those binders. I don't think you get liver protective effects because this was actually an injected insult as opposed to just something that I think the activated charcoal is capturing some of the alcohol actually binding it in your stomach. You didn't then just excrete it. One last testimony that I like to share because it's a fascinating little story because people ask, how quickly might I notice the effect? I'll tell this story because this is the longer term and what might happen. Our largest distributor in Houston, her name is Gwen. I did a video with her and she shared how she originally purchased the product for her dog.

I always get confused if she has a Pekingese or a Shih Tzu. The breeds are really close, but she has one of those. She had no intention of taking the product, but she noticed such a profound difference in her dog that she was like, I need to be taking this.

I like to pause there because when you're talking about something new, a novel supplement, one of your concerns should be the placebo effect. It affects everything, whether you lean on it heavily or not. It affects everything, except there is no placebo effect with pets. We have lots of pet testimonials and it feels very good because there is no placebo effect there. So, she noticed this profound difference. She started taking it. I was shooting a video with her and she said, Chris, if you had asked me about the three-month mark if I've noticed anything, my initial response would have been no. I haven't, but then I stopped and I took stock of my life and I realized that I was working later. I was waking up earlier. I was never really a morning person. And then, arguably the worst testimonial about a supplement ever. I cleaned my garage. We don't use that in any marketing material, but it also means something. Sometimes it's more complex than you might think. One is the energy to tackle the job. Nobody likes to get in their garage and clean it.

The other can be the emotional baggage that might be in the garage, like of an ex or a loved one who's passed. These are challenging things. I really do think that that means something. So, that's on the bigger end. We do get a number of people, it's probably in the three to 5 percent range where they're like, oh, I didn't really notice anything and then they go off of our subscription. 55 percent of our customers are on subscription and then they stopped taking it and it takes about 10 days and they're like, oh, now I know what I missed. I feel what I'm missing and then they get back on. That's the extreme side of things. The quickest testimonial that we really have is a lady out of the UK who took the product. She gave me the video that night and, and she said in the video, I didn't finish my cup of coffee today. If you're a coffee drinker and you know that you always finish your cup of coffee and you put that in a testimonial video, again, that focus and energy that comes from it and it's not a jittery caffeine energy. It's the energy you would expect if you improve the function of your mitochondria. So, those are the two extremes of how quickly people might see a response

**Dr. Wendy Myers**

I like that you have it in glass bottles and you also have, because I would take it traveling with me, you have like these little squeeze pouches, not sure the term of those exactly, but you have like individual doses and they're great. You can just throw those in. If I go away for a weekend, I have it with me. I really like that method of delivery.

**Chris Burres**

Yeah, it's exactly so. It's like an ampule for those that are listening. Maybe you've seen a little tiny ampule of saline solution for contact lenses. It's like that. It's a bigger version of that has one teaspoon or five mils in it. That's the standard serving and it's really good and TSA compliant, whereas our bigger bottle, I think this is our eight-ounce bottle that's going to get taken away from you. You don't want that taken away from you whereas these are super convenient. I leave some in my car and take them when we travel.

**Dr. Wendy Myers**

You have a face serum too. Can you talk about the benefits for your skin?

**Chris Burres**

With a face serum, I don't know if I did a good job of expressing that I never really wanted to be in the supplement market. I'll kind of briefly outline that this study comes out in 2012, mid 2013, we start getting phone calls of people saying, hey, how much in a dose? And we're like, I'm not sure you should take any because this in our mind, by our conservative carbon nanomaterial scientists minds, this was for inks, batteries, tires, and photocells. Now the study was out already and the rats lived 90 percent longer than the control group. If anything is true, if they live twice as long, it's not toxic. That really wasn't a concern. We're just super conservative. So, from mid-2013, really to the latter part of 2017, my business partner and I would get together and be like, what are we going to do with this? We're getting two to three calls a week. We actually added not for human consumption to our labeling to be really conservative, which created this awkward situation where people would call us

and say, hey, my neck pain is gone. And we would go, you mean the neck pain of your rat because it literally says not for human consumption. And they're like, yeah, if I had a 270 pound rat, how much should I be giving that 270 pound rat?

So, my business partner and I are getting together like once a quarter, what are we going to do with this? Do we really want to go down the path of supplements? This is a challenged industry. I think that's a politically correct way to start to describe the industry. In fact, I found a peer-reviewed published article in that timeframe that said the researchers purchased some supplements off the market and 50 percent of the supplements that they purchased did not have in them what they said they had in them, and that's the framework. If you think about the process and carbon nanomaterial scientists, I'm selling our carbon industrial carbon 60 powder to these scientists. When they get it, they give it to a grad student or they give it to a research associate who's got the equipment to confirm that we sent them what we sold them. That's not what happens in the supplement space. People don't have high-performance liquid chromatography equipment in their garage, at least not many.

We really stayed away from it until the latter part of 2017, a guy with a big YouTube following started talking about all the benefits he was getting, taking it on a daily basis and our phone went from ringing twice a week to 10 times a day. Then my business partner was like, okay, so, we believe in its safety. We were already playing around with it and consuming it ourselves. We really have two considerations and we asked ourselves the two key questions are first a moral question. Am I comfortable selling it? So, I take it. My wife takes it. Everybody on our team here takes it by the way, not a requirement to work here. If you don't want to take it, you're welcome to work here still. We have an amazing staff. So, we checked that box and then the next is the FDA and the FTC. You've heard my disclaimers. You got to cross the T's dot the I's.

It was the early part of 2018 that we really started bringing it to market. Now, we have a business partner who was talking about when she would take the product, if there's any left on the rim, she would take it and it's not an inexpensive product. It's not crazy expensive, but it's not inexpensive. She would rub it on her skin and she liked what was happening. She was like, Chris, we need to make a face serum. And you can imagine, I was like, yay, that sounds amazing.



**Dr. Wendy Myers**

That's what I've always dreamed of doing.

**Chris Burres**

So, we put the product together. I want to support her. It's good. It's a smart business move for sure. And then the testimonials that started coming in were off the charts. I'm very happy that we did. It's a little face serum. I don't know if you've got this one. I probably sent you an ampule sample.

**Dr. Wendy Myers**

I got some samples.

**Chris Burres**

Yes, People love it. My wife loves it. My wife actually owns a spa here in Houston and she sells this out of her spa. She describes it as she sells it like water because everybody likes it. Then, about the time that was coming out, my director of research came to me and said, hey, I found this molecule that has 30 years of research on skin and hair improvements and this is peer-reviewed, pure published research. He's like, you should go look at it. So, you start digging into this. It's a peptide and I'm like, this is pretty amazing. We should actually bring this to market. We're already in the face of certain business now. Let's bring something that's also additionally powerful. We ended up with this two-part skin redo set, and it's two parts for a very specific reason. Peptides are typically water soluble. Of course, our ESS 60 molecule is oil soluble and I wanted to combine these. You can do that chemically with what's called an emulsifier. I don't even like how an emulsifier sounds and if you go Google it, there are no health benefits. There are only detractions of emulsifiers.

We decided to keep it separately with our youth 29. The way it works is you do one, I think, I don't even know if I have that much in here. One's two squirts of the UTH 29 and then two drops per squirt of the activator. You just activate it right in your hand. That's probably three, one extra drop, and then you just activate it right in your hand. People love this. I can tell you a funny story. I'll put it on the back, put it on my face. I'll do that later. We have another one of our large distributors and she called me early

on and she was talking about our oral product and she goes, Chris, I have to tell you, I have a face serum and a face skin lotion obsession. I actually have a credit card my husband doesn't know about so I can buy face serum and face lotions. She said, this was the best thing she's ever put on her face. Then we come out with this and I'm like, hey, you got to get this. Then we came out with a two-part and we didn't even have the labels, like bringing out a supplement, you've got the concept and the supplements available without the labels and you're working on all this stuff. I sent her some, it's kind of interesting. Two weeks in, she goes, yeah, I didn't really like it. I got a little bit of flaking. And then another week later, we had another conversation and she goes, yeah, I went to the lady who does my facials and she said, it looks like you had an ozone treatment, which apparently is a nice treatment for your skin and maybe even internally, and then she was sold. She was like, I want a wholesaler amount. I was like, I guess I need to put the labels together. We finished the labels and she was the first one and we're again getting amazing testimonials about that. I don't know if I sent that. If I didn't send the two-part to you, I'm happy to do that.

#### **Dr. Wendy Myers**

No, I don't. I didn't know about it, but I do like the serum for sure. It makes sense because we have a lot of environmental toxins that get on our skin. They are the number one place you get toxins in the air and that falls on your skin and you get free radicals from environmental factors, like the sun damage as well. You need to address that using products that fight free radicals and antioxidants.

#### **Chris Burren**

Again, we never intended to be, I wish that I could say I was some genius who went in a lab and created something that extended the life of test subjects by 90 percent that made a great face serum that, no, I'm just a guy who's been manufacturing this molecule since 1991. They thought it was toxic and they put it in the study. It turned out to extend the life of the test subjects by 90%. We're just trying to be a great shepherd to this research and this molecule.

**Ads 00:42:06**

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive and it's used at most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, not to mention the nonstick cookware just has so many PFOS or PFAS that is so toxic. That's one of the forever chemicals. So, you really have to pay attention to what you're cooking in. That's why I recommend the P600 line by Chef's Foundry, so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel or PFAS in your food in your healthy food. You can get a special discount for my listeners by going to [bit.ly/myersdetox](https://bit.ly/myersdetox) to get an exclusive discount just for my listeners. I want you to be thinking about what you're cooking your food in and I highly recommend the P 600 line by Chef's Foundry.

### **Dr. Wendy Myers**

Were you one of the first people to bring this to market? Were you the first one in terms of putting it in olive oil?

### **Chris Burren**

We weren't, we actually ended up buying the company that was first. So we now are the first ones effectively, but in terms of the industrial C 60, we are the oldest and longest manufacturer of C60 on the planet. Again, we've been manufacturing it since 1991. There was one company that was delivering commercial quantities before us, but they didn't even make it for nine months. And we're here, I don't know, 33 years later and we're still manufacturing and distributing the product. Again, from the foundation, we provided the material that was mentioned in the original study where the test subjects live 90 percent longer than the control group. So, we're out here working to share this amazing technology. I get to have amazing conversations with people like you and get to go to conferences. We've been going to conferences. Our

next conference is a 4M. So, I'm excited about that. I don't know if you've been, or you're planning on going.

**Dr. Wendy Myers**

No, I have been before. I'm going to be in a detox clinic in Switzerland and the conference is going off.

**Chris Burres**

That's very cool.

**Dr. Wendy Myers**

So I'm not messing around here, I'm going to be in Switzerland detoxing for two weeks. So that's my little plan, but I went to a forum last year. It was awesome. It was great.

**Chris Burres**

We were in Switzerland. My wife and I went this summer to Zurich for a little while.

**Dr. Wendy Myers**

I don't know the exact location. It's a little tiny town. It's like two hours from Milan. So you have to fly into Milan and then you do a two hour ride to get to the little tiny town.

**Chris Burres**

You're gonna love it. It's just gonna be an unbelievably beautiful setting, and then they're going through detox. That's awesome.

**Dr. Wendy Myers**

Yeah, I can't wait. I'm gonna go check it out because I'm thinking about running a retreat there, maybe next summer and summer 2025. I'm gonna go test it out first. Why don't you tell the listeners if you have any discount code for anyone listening and where can they go to buy your product?

**Chris Burre**

Yeah, so they can go to the website. We made a special website for your audience. It's [myvitalc.com/wendy](http://myvitalc.com/wendy). When they go there, you can find our bottles. We've got three different oils. We've got olive oil, avocado oil, and MCT oil. People are like, what should I try? We always recommend olive oil and that's for two reasons. The first reason is we're a science-backed organization and all of the research is really the ESS 60 molecule in olive oil. So, that's the first thing. The second is you get a higher concentration of the ESS 60 molecule in olive oil. You get about 0.8 milligrams per milliliter in olive oil, about 0.6 in avocado oil and about 0.3 in MCT oil. Although I love to put our MCT oil, by the way, MCT is usually a clear liquid. It's really cool chemistry that when you take this black powder and put it in MCT, it turns a beautiful purple color. I put our purple MCT in our coffee while it's mixing, I'll take about a teaspoon and a half of our olive oil and then I'll typically put some avocado oil on our product. But if you're looking for one, it's going to be the olive oil.

You've got a couple of choices. You can put the olive oil in the glass bottle. You can do it in these ampoules. We also do have gel caps. For the gel caps in order to get a full teaspoon, they're not huge, but they're not tiny, and you got to take about six of them. So, we would say take three in the morning, take three in the afternoon. If you want gel caps, it is also a great travel option.

**Dr. Wendy Myers**

I have a C 60 salad dressing recipe that you can make also.

**Chris Burre**

Oh, awesome!

**Dr. Wendy Myers**

With olive oil and rice vinegar. It's great on your arugula.

**Chris Burre**

I love that. We probably need to steal it and then give a link back to you. No matter what product you're interested in, there's a 25 percent discount for going on subscription. So, even if you just want to try it once, go on subscription, don't worry, our customer service team has like 850 five-star reviews on Google. We're very dedicated to our customers. They are not trained to talk you out of canceling your subscription. So, go ahead and take advantage of that discount. And then there's a special discount code on your landing page. That's [myvital.com/wendy](https://myvital.com/wendy) and that discount code that you'll find on that page will give your audience an additional 15 percent off of their initial order. I'm sorry, 15.

### **Dr. Wendy Myers**

That's what I thought. Thanks so much, Chris, for coming on the Myers Detox Podcast and thanks everybody for listening. I went on your show and I really enjoy talking to you and learning more about C60 because I'd always honestly been on the fence about it because there's not a ton of research out there, but I had a lot of peace of mind. If we're talking to you and talking to you about the research that you've done and that clearly shows there's no toxic effects at all with the C60. I know beyond a shadow of a doubt. So, I felt very confident in taking it and I prefer taking this. It's a fantastic binder and you have the health benefits of the olive oil as well. I think it tastes really good personally. Chris, thanks for coming on the show. Again, at [myvitalc.com/wendy](https://myvitalc.com/wendy), go and learn more about it and get a bottle for yourself and the face serum too. It was there, I assume. Chris, thanks for coming on the show.

I'm Dr. Wendy Myers. Thanks for tuning in every week to the Myers Detox Podcast, where we bring you experts from around the world to talk about detoxification and how to prevent so many different health issues that toxins are shown to cause. We also talk a lot about anti-aging, longevity, and bioenergetics and a lot of more advanced topics in health. So, thanks for tuning in, a lot more to come next week.

### **Disclaimer**

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