

## Podcasts and Lectures presented by Catharine Arnston, Founder & CEO of ENERGYbits®

### Podcasts

#### 2024 Podcasts

- 278. **Natural Health Rising** | The Power of Algae to Boost Mitochondria, Energy, and Brain Health | <https://podcasts.apple.com/us/podcast/97-the-power-of-algae-to-boost-mitochondria-energy/id1590030589?i=1000653759634>
- 277. **Wellness Biz Secrets** | Energybits – Catharine Arnston | May 2024 | <https://podcasts.apple.com/us/podcast/energybits-catharine-arnston/id1622396880?i=1000654183903>
- 276. **Live Long & Master Aging Podcast** | April 2024 | Algae for Lunch to Live Longer? | <https://www.llamapodcast.com/catharine-arnston-2/>
- 275. **Commune Podcast** | April 2024 | Why aren't you eating algae? | <https://podcasts.apple.com/us/podcast/560-why-arent-you-eating-algae-with-catharine-arnston/id1409479503?i=1000652113922>
- 274. **Integrative Cancer Solutions Podcast** | April 2024 | Unleashing the Power of Algae | <https://podcasts.apple.com/us/podcast/unleashing-the-healing-power-of-algae/id1523414560?i=1000651298110>
- 273. **Happy Whole You Podcast** | March 2024 | Deep Dive on Superfood Algae with Catharine Arnston | <https://happywholeyou.libsyn.com/158-deep-dive-on-superfood-algae-with-catharine-arnston>
- 272. **Dr. Tyna Show** | March 2024 | Algae 101 | <https://podcasts.apple.com/us/podcast/ep-139-algae-101-catharine-arnston-of-energy-bits/id1577258582?i=1000650581982>
- 271. **Ask Julie Ryan Podcast** | March 2024 | Superfood & Miracle Cure Revealed! | <https://askjulieryan.com/podcast/451/>
- 270. **Healthy Rebels Podcast** | February 2024 | Unveiling Algae's Ancient Powers: The Hidden Mega Protein | <https://www.youtube.com/watch?v=VJjyvK-1mwk>

269. **Optimal Protein Podcast** | February 2024 | Detoxification for Fat Loss, Anti Aging with Antioxidants for the Mitochondria with Catharine Arnston | <https://podcasts.apple.com/us/podcast/detoxification-for-fat-loss-anti-aging-with/id1344681226?i=1000646649931>
267. **Biohacking Bestie Podcast** | February 2024 | Catharine Arnston : Nature's Ozempic + The Most Nutrient Dense Superfood on the Planet | <https://podcasts.apple.com/us/podcast/catharine-arnston-natures-ozempic-the-most-nutrient/id1679649239?i=1000645968141>
266. **Awesome Health Podcast** | February 2024 | Unveiling the Power of Algae: A Deep Dive into Brain Health and Beyond – with Catharine Arnston | <https://biooptimizers.com/ahp/catharine-arnston-245/>
265. **Inside Out Health with Coach Tara Garrison Podcast** | February 2024 | Why Algae is the Superfood of Superfoods | <https://podcasts.apple.com/us/podcast/catharine-arnston-why-algae-is-the-superfoods/id1468368093?i=1000643913086>
264. **The Bone Coach Podcast** | February 2024 | Algae for Strong Bones? | <https://podcasts.apple.com/us/podcast/107-algae-for-strong-bones-w-energybits-catharine-arnston/id1483975147?i=1000643910943>
263. **The Heart Healthy Show** | January 2024 | Health Benefits of Algae with Catharine Arnston | <https://www.youtube.com/watch?v=1rjoE8sz4Yo>
262. **ANMA Podcast** | January 2024 | Protect Your Mitochondria and Health Using Algae with Catharine Arnston | <https://www.anma.org/podcast/episode/d18b1244/protect-your-mitochondria-and-health-using-algae-with-catharine-arnston-of-energybits-gold-sponsor-at-the-43rd-anma-convention>
261. **The Holistic Kids Show** | January 2024 | The Importance of Algae – Catharine Arnston | [The Holistic Kids Show: 130. The Importance of Algae - Catherine Arnston on Apple Podcasts](https://podcasts.apple.com/us/podcast/the-holistic-kids-show-130-the-importance-of-algae-catherine-arnston/id1483975147?i=1000643910943)

## 2023 Podcasts

260. **Vitality You Podcast** | December 2023 | Improve Your Health, Vitality, and Energy: The Benefits of Algae with Catharine Arnston, Founder of ENERGYbits | <https://podcasts.apple.com/us/podcast/vitality-you-feeling-younger-while-growing-older/id1585554316?i=1000638299149>
259. **Entrepreneurs on Fire Podcast** | December 2023 | Why Algae Tablets are the Secret to Surviving Your Entrepreneurial Journey | <https://www.eofire.com/podcast/catharinearnston/>

258. **The Art of Living Well Podcast** | November 2023 | The Algae Advantage: How this Nutrient Dense Food Reduces Inflammation, Improves Gut Health, Boosts Immunity, and more. | <https://www.theartoflivingwell.us/blog/e199>
- Well Examined Podcast** | November 2023 | Unlocking Algae's Superfood Power | <https://soundcloud.com/user-739861540/catharine-arnston-founder-of-energy-bits-unlocking-algaes-superfood-power?>
257. **The Kyle Kingsbury Podcast** | November 2023 | Low Hanging Algae with Catharine Arnston | <https://kylekingsburypodcast.podbean.com/e/330-low-hanging-algae-w-catharine-arnston-founder-of-energybits/>
256. **Myers Detox Podcast** | November 2023 | Taking Spirulina and Chlorella for Detox, Anti-Aging, and More Energy | <https://podcasts.apple.com/us/podcast/taking-spirulina-and-chlorella-for-detox-anti-aging/id1021418457?i=1000635096902>
255. **The Lifestylist Podcast** | November 2023 | Awesome Algae! Nature's Master Healers Spirulina & Chlorella | <https://podcasts.apple.com/us/podcast/awesome-algae-natures-master-healers-spirulina-chlorella/id1121467751?i=1000633983588>
254. **Wellness Mama Podcast** | November 2023 | The Science of Algae for Mitochondria, Aging, and Brain Health | <https://wellnessmama.com/podcast/706/>
253. **Better with Dr. Stephanie Estima** | October 2023 | Algae for Energy, Recovery, and Great Skin | <https://open.spotify.com/episode/3VgZjDZrydvLfx7m7jMnqi>
252. **Optimal Protein Podcast** | October 2023 | 3 Key Tips to Support Your Mitochondria & Boost Your Cellular Energy + A NEW Protein Food & Superfood for the Mitochondria | <https://podcasts.apple.com/us/podcast/3-key-tips-to-support-your-mitochondria-boost-your/id1344681226?i=1000632038589>
251. **The Dr. Gundry Podcast** | October 2023 | An Entire Plate of Veggies – In One Bite | <https://podcasts.apple.com/us/podcast/an-entire-plate-of-veggies-in-one-bite-ep-275/id1434371530?i=1000630053597>
250. **Learn True Health Podcast** | October 2023 | Growing a Younger Brain, Protect Mitochondria & Cells, with Superoxide Dismutase, Phycocyanin, with Microalgae Spirulina | <https://podcasts.apple.com/us/podcast/511-growing-a-younger-brain-protect-mitochondria/id1090272358?i=1000629424081>
249. **The Warrior Wellness Podcast** | September 2023 | Algae for Brain Health | <https://warriorwellness.podbean.com/e/algae-for-brain-health/>
248. **The Art of Living Well Podcast** | September 2023 | Why we need Algae for Longevity, Better Sleep, and more | <https://www.theartoflivingwell.us/blog/why-we-need-algae-for-longevity-more-energy-better-sleep-and-more-with-energy-bits-founder-and-ceo-catharine-arnston>
- 247.

246. **The Holy Health Podcast** | August 2023 | Protect your health with algae (the astounding health benefits of Spirulina and Chlorella) with Catherine Arnston | <https://www.buzzsprout.com/589555/13489853>
245. **The Resetter Podcast with Dr. Mindy Pelz** | August 2023 | The Health & Longevity Benefits of Spirulina and Chlorella Algae | <https://podcasts.apple.com/us/podcast/the-health-longevity-benefits-of-spirulina/id1503897906?i=1000625650371>
244. **Not Today Cancer** | August 2023 | The Algae Tablet - The Hack that Changes Everything? Even Cancer?? Interview with Algae Guru, Catharine Arnston | <https://podcasts.apple.com/us/podcast/not-today-cancer-with-mr-worldwide-and-his-bride/id1436449587?i=1000625556022>
243. **Autism Parenting Secrets** | August 2023 | ALAGE is Your Nutritional Rock Star | <https://podcasts.apple.com/us/podcast/algae-is-your-nutritional-rock-star/id1515341022?i=1000623296383>
241. **Total Wellness Radio: Enjoy Great Health** | July 2023 | Catharine Arnston- Founder and CEO ENERGYbits | [E406 Catharine Arnston - Founder and CEO EnergyBits by Total Wellness Radio: Enjoy Great Health Naturally \(spotify.com\)](https://open.spotify.com/episode/E406-Catharine-Arnston-Founder-and-CEO-EnergyBits-by-Total-Wellness-Radio-Enjoy-Great-Health-Naturally)
240. **What The Func?!** | July 2023 | The Power Of Algae, with Catharine Arnston | <https://podcasts.apple.com/us/podcast/episode-144-the-power-of-algae-with-catharine-arnston/id1498971078?i=1000619930416>
239. **Awakening Aphrodite** | June 2023 | Effortless Green Nutrition for Beauty, Anti-Aging and Detoxification with ENEGRYbits CEO and Wellness Visionary Catharine Arnston | <https://podcasts.apple.com/us/podcast/174-effortless-green-nutrition-for-beauty-anti-aging/id1536211327?i=1000618439102>
238. **Biohacking Beauty Podcast** | June 2023 | Catharine Arnston: Harnessing the Power of Algae for Youthful Skin | <https://podcasts.apple.com/us/podcast/catharine-arnston-harnessing-the-power-of-algae/id1552026927?i=1000617895553>
237. **Commune with Jeff Krasno** | May 2023 | Eat Algae to Feel Better with Catharine Arnston | May 2023 | <https://podcasts.apple.com/us/podcast/404-eat-algae-to-feel-better-with-catharine-arnston/id1409479503?i=1000614499922>
236. **Life Well-Lived** | April 2023 | How Algae Can Help You Achieve Optimal Wellness with Catharine Arnston | <https://open.spotify.com/episode/2GXMZRGwiEIKkHvS2txBJn?si=LvXWhfAsSZqNvSJw7La7RA>
235. **The Synthesis of Wellness** | April 2023 | Catharine Arnston- Spirulina, Chlorella & Supercharging your Mitochondria | [https://open.spotify.com/episode/5tiPuD-MyD1QFqKwDD7Rc4T?si=yUY\\_Hi8iRraOoqesEppgiQ](https://open.spotify.com/episode/5tiPuD-MyD1QFqKwDD7Rc4T?si=yUY_Hi8iRraOoqesEppgiQ)

234. **The Flipping 50 show** | April 2023 | The Flipping 50 show: Are Your Mitochondria Aging Too Fast? | Slow Down to Energy Up| <https://podcasts.apple.com/us/podcast/are-your-mitochondria-aging-too-fast-slow-down-to-energy-up/id903871206?i=1000606259322>
233. **Elemental Evan show**| April 2023 | Fight Cancer With This Algae feat. Catharine Arnston| <https://podcasts.apple.com/us/podcast/elemental-evan/id1576003110>
232. **Leaders with a Mission** | April 2023 | Algae: Nature`s hidden powerhouse-Catharine Arnston-Leaders With a Mission| <https://www.youtube.com/watch?v=LqiarWQYsng>
231. **The Thyroid Fixer** | March 2023 | Algae Unleashed: The Podcast That Dares To Ask: What Can`t Algae Do? (Hint: Not Much)| <https://podcasts.apple.com/us/podcast/299-algae-unleashed-the-podcast-that-dares-to-ask/id1529800263?i=1000607281393>
230. **Wake Up and Read the Labels!** | March 2023 | The Healing Powers of Algae with Catharine Arnston| <https://open.spotify.com/show/7v3WcgicHQrjU9iCEcLZLX?si=bd13f5ebfe494b0f>
229. **The Rachel Varga Podcast** | March 2023 | Algae for hair, skin, nails and slowing aging with Catharine Arnston from ENERGYbits | <https://podcasts.apple.com/us/podcast/algae-for-hair-skin-nails-and-slowing-aging-with/id1446201243?i=1000602379084>
228. **Midlife Conversations with Natalie Jill** | March 2023 | Midlife conversations with Natalie Jill: The SUPER FOOD that everyone must have with ENERGYbits® founder Catharine Arnston| <https://podcasts.apple.com/us/podcast/midlife-conversations-with-natalie-jill/id1436973433>
227. **How to NOT get sick and Die with Matty Lansdown** | Cancer, Iron Deficiency, Protein and The Algae SuperFood with Catharine Arnston (part 2) Ep 231 | March 2023| <https://podcasts.apple.com/us/podcast/how-to-not-get-sick-and-die/id1450212088>
226. **Sun and Soil Podcast** | March 2023 | Episode 2: Algae w/ Catharine Arnston and Dr. Eri-mas Kebreab | <https://podcasts.apple.com/us/podcast/episode-2-algae-w-catharine-arnston-and-dr-ermias-kebreab/id1659751059?i=1000602204347>
225. **Breast Cancer Conqueror Podcast** | January 2023| Exploring the Health Benefits of Algae| <https://open.spotify.com/episode/5ECml7IWv2Xqgtb0MpYr3n?si=7TOAHjigTI-WWXzU8SY3IPg>
224. **The Robert Scott Bell Show** | January 2023 | Ashley Grogg, Medical Liberty, Catharine Arnston, ENERGYbits, Shelem Flemons| [The RSB Show 1-10-23 - Ashley Grogg, Medical Liberty, Catharine Arnston, ENERGYbits, Shelem Flemons \(rumble.com\)](https://www.rumble.com/ashleygrogg/1-10-23-ashley-grogg-medical-liberty-catharine-arnston-energybits-shelem-flemons)

223. **The Low Card Athlete with Debbie Potts** | January 2023 | Catharine Arnston & Debbie Potts on the benefits of Algae | [Episode #482 Catharine Arnston & Debbie Potts on the benefits of Algae - Debbie Potts Coaching](#)

## 2022 Podcasts

222. **Banter and Barbells** | December 2022 | Optimize your Mitochondria with the Ultimate Superfoods: Algae and Chlorophyll with Guest Dr. Catharine Arnston | <https://open.spotify.com/episode/30ranokLmogostv3U2Xz6J?si=0a8bfbe10e544492>
221. **Ketones and Coffee Podcast with Lorenz** | December 2022 | Catharine Arnston ON Preventing Aging and Disease with Algae | <https://podcasts.apple.com/us/podcast/ketones-and-coffee-podcast-with-lorenz/id1542280555>
220. **The Balancing Hormones Naturally Podcast** | December 2022 | Balancing Hormones Naturally: Episode 89: Biohacking With Algae | <https://podcasts.apple.com/us/podcast/episode-89-biohacking-with-algae/id1547263306?i=1000589910765>
219. **The Elle Russ Show** | November 2022 | Episode #67: Catharine Arnston | <https://podcasts.apple.com/us/podcast/episode-67-catharine-arnston/id1586013500?i=1000587932161>
218. **The Dr.Kinney Show** | November 2022 | How To Heal Your Body, Boost Your Nutrition, and Feel Incredible with Algae with Catharine Arnston | <https://podcasts.apple.com/us/podcast/how-to-heal-your-body-boost-your-nutrition-and-feel/id1547023817?i=1000586934391>
217. **Just Ingredients podcast with Karalynne Call** | November 2022 | Can Improve Weight, Sleep, or Memory by Feeding Your Mitochondria Algae w/ Catharine Arnston | <https://podcasts.apple.com/us/podcast/85-can-you-improve-weight-sleep-or-memory-by-feeding/id1557557205?i=1000586944713>
216. **The Healthified Podcast** | November 2022 | Why You Should Be Consuming This Amazing Superfood with ENERGYbits Founder Catharine Arnston | <https://podcasts.apple.com/us/podcast/45-why-you-should-be-consuming-this-amazing-superfood/id1559582748?i=1000584810851>
215. **“Now what!?” Society** | October 2022 | It’s Never Late To Feel Great with Catharine Arnston | <https://podcasts.apple.com/us/podcast/243-its-never-late-to-feel-great-with-catharine-arnston/id1489009860?i=1000582123849>



214. **Unlock the Sugar Shackles Podcast**| The Surprising Benefits of Spirulina & Algae for Blood Sugar and Energy with Catharine Arnston | October 2022| <https://podcasts.apple.com/us/podcast/the-surprising-benefits-of-spirulina-algae-for/id1492643431?i=1000583973864>
213. **The Girlfriend Doctor show-Dr. Anna Cabeca**| October 2022| The Miracle of Algae: The Future of Fast Food and Reversing the Aging Process with Catharine Arnston | <https://open.spotify.com/episode/2xTSi8Tyo1kNS9YfFSa5EF?si=rDBCT-NokROC4pc2O40Du9A>
212. **Learn True Health with Ashley James** | September 2022| Learn True Health with Ashley James: 487 Feeding The Powerhouse of Your Cells, Food To Protect, Nourish, Heal & Optimize Mitochondrial Function, Prevent Cancer, The Science Behind Mother Nature's Super Duper Superfood & Antioxidant Freshwater Algae, Chlorella, Spirulina, Catharine Arnston (libsyn.com)| <https://podcasts.apple.com/us/podcast/487-feeding-the-powerhouse-of-your-cells-food-to/id1090272358?i=1000581830994>
211. **Fit, Fabulous Life Podcast**| September 2022| The Secret to the Easiest and Most Efficient Form of Nutrition with ENERGYbits Founder, Catharine Arnston| <https://podcasts.apple.com/us/podcast/s4-e21-the-secret-to-the-easiest-and-most/id1604695754?i=1000580719564>
210. **Balance Your Life With Meghan Pherrill**| September 2022| The Benefits of Algae for Health Optimization with Catharine Arnston, CEO of ENERGYbits| <https://podcasts.apple.com/us/podcast/the-benefits-of-algae-for-health-optimization/id1453733964?i=1000581374363>
209. **Realfoodology**| September 2022| Realfoodology: Algae and Mitochondria with Catharine Arnston| <https://podcasts.apple.com/us/podcast/realfoodology/id1529008803>
208. **Pass the Algae- Why you should add this superfood to your diet-This is Biohacking** | September 2022| <https://open.spotify.com/episode/1SvspiBF0r3rDH5rd3tNvh?si=KW7OTb4cQvO-eAwDNZ4y4Q>
207. **Functional Nutrition**| August 2022| Optimizing Mitochondria with Algae, Sunlight, and Chlorophyll with Catharine Arnston| [Episode #256 - Optimizing Mitochondria with Algae, Sunlight, and Chlorophyll with Catharine Arnston - DrJockers.com](https://www.drjockers.com/episode/256-optimizing-mitochondria-with-algae-sunlight-and-chlorophyll-with-catharine-arnston)
206. **Everyday Wellness With Cynthia Thurlow**| August 2022| The Ultimate Superfoods: Spirulina and Algae with Dr. Catharine Arnston| [Ep. 226 The Ultimate Superfoods: Spirulina and Algae with Dr. Catharine Arnston](https://www.cynthiathurlow.com/episode/226-the-ultimate-superfoods-spirulina-and-algae-with-dr-catharine-arnston)
205. **The Elemental Evan Show**| August 2022| Replace Half Of Your Supplements With This One Food. Featuring Catharine Arnston| <https://open.spotify.com/episode/061tbflwzDIQ90eaj7ZKFe?si=YAehH-t-TW-Y9i6n-EH0lw>

204. **The Flipping 50 show** | August 2022 | The Importance of Mitochondria | Energy, Health and Longevity | [The Importance of Mitochondria | Energy, Health, and Longevity \(flippingfifty.com\)](https://www.flippingfifty.com)
203. **Struggle To Strength Podcast** | August 2022 | Health Benefits of Algae & Combatting Climate Change with ENERGYbits CEO Catharine Arnston | [Health Benefits of Algae & Combatting Climate Change with ENERGYbits CEO Catherine Arnston](#)
202. **Healthy Wealthy** | August 2022 | Algae Tablets for Health with Catharine Arnston of Energy bits | [Algae Tablets for Health with Catharine Arnston of ENERGYbits](#)
201. **Heal Nourish Grow** | August 2022 | Algae: How this superfood Helps Protect Your Mitochondria For Greater Health | [Algae for Health Benefits: A Superfood That Protects Mitochondria](#)
200. **Marni on the Move** | August 2022 | [245: EnergyBITS Founder, CEO, & Chief Science Officer, Catharine Arnston Offers An Inside Look Into The Health & Wellness Benefits Of Algae Including Its Mitochondria Boosting, Muscle Building, Detoxifying & Anti-Inflammatory Properties](#)
199. **The Art of Being Well with Dr. Cole** | July 2022 | <https://open.spotify.com/episode/2Rj0DUFUR2A26WzI2PkvK8?si=CdpCqTMRT6WIFshHmBFOig>
197. **The DNA Company** | June 2022 | The DNA Company Mitochondrial Biohacking with DNA & Algae | [The DNA Company Mitochondrial Biohacking with DNA & Algae](#)
196. **The Matter over Mind Experience** | June 2022 | Algae Health with The Founder & CEO of Energy Bits Catharine Arnston | [Algae Health with The Founder & CEO of Energy Bits Catharine Arnston - The Matter Over Mind Experience | Podcast on Spotify](#)
195. **Inside Out Health with Coach Tara Garrison** | June 2022 | CATHARINE ARNSTON What You NEED TO KNOW about Spirulina and Your Mitochondria | <https://www.taragarrison.com/blog/catharinearnston2>
194. **Biocanic** | June 2022 | What Are Bits and How Can They Help Your Clients Thrive! | [Diet, Supplements & Movement | Biocanic \(circle.so\)](#)
193. **Rebel Scientist Podcast** | June 2022 | Rebel Guide: Catharine Arnston, Founder of Energybits Shares the Secrets of the Oceans | <https://open.spotify.com/episode/15wnq1CQvHQpcaXc8oaju>
192. **All The Things** | June 2022 | Optimizing Your Health Through Algae - Catharine Arnston | [All The Things: Optimizing Your Health Through Algae - Catharine Arnston](#)
191. **The Hacked Life with Joel Aylworth** | June 2022 | [The #1 superfood and supplement, Why It's a Better Source of Omega 3's & Collagen, Biohacks with Algae-Catharine Arnston](#)



[https://open.spotify.com/show/7iWTDY2TcaH8Q6Vh8g3se?si=B5\\_wFMHjQzSI7Pn4awjB-Q&nd=1](https://open.spotify.com/show/7iWTDY2TcaH8Q6Vh8g3se?si=B5_wFMHjQzSI7Pn4awjB-Q&nd=1)

190. **The Joa Fitness Podcast with Joanna Sanchel** | June 2022 | A superfood that helps your hormones, gut health and cellular health! Interview with founder of Energybits, Catharine Arnston | <https://open.spotify.com/show/05tJn6MRmhN9uleSrshpZC>
189. **The Whole Temple Podcast with Kristin Pridgen** | May 2022 | An Algae Masterclass with Catharine Arnston | <https://www.kristinpridgen.com/whole-temple-podcast/episode/274ddf07/an-algae-masterclass-with-catharine-arnston>
188. **Better Health Podcast with April Guilliams** | April 2022 | Nutrition: how algae can heal your body, all about spirulina and chlorella with Catharine Arnston | <https://open.spotify.com/show/7zsOQ6mbzmKSoJzRYg8hCh>
187. **The Dr. Gundry Podcast** | May 2022 | The nutritional rockstar no one is talking about | <https://drgundry.com/energy-bits-2/>
186. **Solo 2.0 with Jess & Rye** | April 2022 | Why you NEED Algae in your Life! A Review of the Mind Blowing Health + Beauty Benefits of Spirulina + Chlorella with Algae Expert, Catharine Arnstein (Founder of EnergyBits) | <https://podcasts.apple.com/us/podcast/why-you-need-algae-in-your-life-a-review-of/id1482677618?i=1000555982921>
185. **The Low Carb Athlete with Debbie Potts** | Catharine Arnston on BITS of energy and recovery | <https://debbiepotts.net/episode-441-catharine-arnston-on-bits-of-energy-and-recovery/>
184. **Keto Kamp with Ben Azadi** | March 2022 | Catharine Arnston reduce inflammation and support your mitochondria by boosting superoxide dismutase with chlorella and spirulina | <https://open.spotify.com/show/66FoYYOBgf9zXKnBJ6l2ua>
183. **Being Well is Hot with Shakira Victoria** | Benefits of spirulina and Algae: Energy bits Interview with Catharine Arnston | <https://open.spotify.com/episode/4mkLZX8uXDqR-IOD8evMmMY?utm>
182. **The Biohacking Secrets Show with Anthony DiClementi** | March 2022 | Fuel Your Mitochondria, Prevent Cancer and Recover Like an Olympian with Catharine Arnston | <https://open.spotify.com/episode/5KOP9d68Yk6oKe8P5fYM1H?si=t7V63bE-R6ayA->

181. **Fit 2 Fat 2 Fit** | February 2022|nAmazing Algae with Catharine Arnston | <https://fit2fat2fit.com/ep328- amazing-algae-with-catharine-arnston/>
180. **The Live Love & Eat Show** | February 2022| Algae for Wellness, Nutrition, Beauty, & Bio-hacking | <https://www.buzzsprout.com/369638/10076376-algae-for-wellness-nutritionbeauty-biohacking-and-longevity-by-catharine-arnston-founder-ceo-chief-scientific-officer-of-energybits>
179. **Myers Detox** | Using Algae Like Chlorella to Detox with Catharine Arnston | #422 Using Algae Like Chlorella to Detox with Catharine Arnston - [Myersdetox.com](http://Myersdetox.com)
178. **The Melanie Avalon Biohacking Podcast** | January 2022| Catharine Arnston | <https://melanieav- alon.com/algae/>
177. **Shift Into Wellness** | January 2022| The Benefits of Algae with Catharine Arnston | <https://open.spotify.com/episode/2X6idK1KIFIH8ZkoyR8kF9>
176. **The Weird Works! Podcast** | January 2021| Eat Algae, Save the Planet | <https://weird-works.pod- bean.com/e/episode-28-eat-algae-save-the-planet/>
175. **Hotter Than Health Podcast** | January 2022| The Superfood That Will Change Your Life Forever | <https://open.spotify.com/episode/6JtqDPwjZz8R7uaTZqwVoX>
174. **The +B2:C19Warrior Wellness Podcast** | Catharine Arnston, The Founder & CEO of Energy-bits | <https://warriorwellness.podbean.com/e/energybits/>

## 2021 Podcasts

173. **Hydrate** | December 2021| Algae, A Largely Overlooked Component to Cellular Hydration | <https://open.spotify.com/episode/2PDdwSBoi9WO5G7558ozLq>
172. **The Energy Blueprint Podcast** | The Amazing Benefits of Spirulina & Chlorella with Catharine Arnston | <https://theenergyblueprint.com/energybits/>
171. **The Dr. Axe Show** | December 2021| Catharine Arnston: Unpacking Algae as the Next Big Superfood | <https://open.spotify.com/episode/6fQXf7l6H3ew4jZJMKVsoc>
170. **The Functional Gynecologist Podcast** | October 2021| How To Replace Many of Your Supplements and Detoxify Your Body with Catharine Arnston | <https://thegutsygynecologistshow.buzzsprout.com/810122/9410714>

169. **The Elevated Wellness Podcast** | November 2021| Optimize Your Nutrition with ENERGYbits Founder Catharine Arnston | <https://www.jaynewilliams.com/2021/11/05/optimize-your-nutrition-with-energybits-founder-catharine-arnston/>
168. **Live Better Podcast** | September 2021| Catharine Arnston on the Health Benefits of Algae & Natural Detoxing Cycles | <https://open.spotify.com/episode/5MDrkNVVSEuQxggnWCCEMb>
167. **The Rest & Recovery Podcast** | November 2021| Ultimate Health Food | <https://open.spotify.com/episode/2bMUQShGI2j4Rj624jrgbT>
166. **Medicine Redefined Podcast** | October 2021| Catharine Arnston, MBA: The Benefits of Algae – Spirulina & Chlorella | <https://open.spotify.com/episode/2eQ5bSmnDWjhOakatzjtqg>
165. **Hanu Health** |October 2021| Powerful Attributes of Spirulina & Chlorella on Brain Health, Vitality, and Longevity with Catharine Arnston | <https://open.spotify.com/episode/3pDA1bY-CrdldRvsUIBEwjD>
164. **Functional Nutrition Podcast with Dr. Jockers** | October 2021| Using Algae & Chlorophyll for Deep Cellular Healing | <https://drjockers.com/episode-164-using-algae-and-chlorophyll-for-deep-cellular-healing-with-catharine-arnston/>
163. **Holistic Nootropics** | September 2021| The Amazing Health Benefits of Algae with Catharine Arnston | <https://www.youtube.com/watch?v=tWllrw6l7i0>
162. **Health & Fitness Redefined** | September 2021| Algae for Everyone | <https://anthonyamen.com/podcast>
161. **Forever Young Radio Show** | September 2021| Food for the Future – Algae the Ingestible Nutrient Rich Superfood | <https://www.americasnaturaldoctor.com/2021/09/ep-279-food-for-the-future-algae-the-ingestible-nutrient-rich-super-food/>
160. **Fitness, Wellness, & Longevity** | September 2021 |ENERGYbits to the Rescue with Catharine Arnston | <https://podcasts.apple.com/us/podcast/fitness-wellness-and-longevity/id1299265407?i=1000536375718>
159. **Sweat and Sauvignon** | August 2021| The Superfood That's #BetterThanBotox, and How to Use it to Hack Your Workouts with ENERGYbits CEO & Founder, Catharine Arnston | <https://open.spotify.com/episode/53YqFydlzLEK5yKhxFkits>

158. **Mind Body Peak Performance** | August 2021| Natures Perfect Superfood: The Science of Spirulina & Chlorella | <https://mindbodypeak.com/spirulina-chlorella-best-superfood-energybits/>
157. **Build with Brabec** | August 2021| Catharine Arnston, CEO of ENERGYbits, on the Power of Algae in our Everyday Diet | <https://anchor.fm/buildwithbrabec/episodes/Catharine-Arnston--CEO-of-ENERGYbits-on-the-Power-of-Algae-in-our-Every-Day-Diet-e1641ek>
156. **Inside Out Health with Tara Garrison** | July 2021| The Incredible Benefits of Algae with ENER- GYbits Founder | <https://www.taragarrison.com/blog/catharinearnston>
155. **Dr. Steven Gundry Podcast** | July 2021 | Would You Eat Algae? | <https://drgundry.com/Catharine-Arnston/>
154. **The Sweet Life Coaching Podcast** | July 2021 | Coach Tavia Morse talks with Catharine Arnston, Founder & CEO of ENERGYbits | <https://open.spotify.com/episode/7262YJfxtLtvLOVJ6hdJgW>
153. **A New Way of Living Podcast** | June 2021 | Is Algae the Food of the Future? | <https://open.spotify.com/episode/5RMmBquOXYBbzbJMP-KST6m?si=2d63e4aa22db476f&nd=1>
152. **The Over 50 Health & Wellness Podcast** | June 2021 | The Worlds Most Powerful Superfood with Catharine Arnston | <https://open.spotify.com/episode/3L5NBkQQ4IDUJUSOfzkPX>
151. **Inspire Podcast** | June 2021 | Catharine Arnston of ENERGYbits | #18 - Catharine Arnston | ENERGYbits (EN) - Living Sisú
150. **Oh My Health...There is Hope! Podcast** | June 2021 | The Truth About Spirulina & Chlorella with Catharine Arnston | <https://www.janashort.com/episode-187-the-truth-about-spirulina-and-chlorella-with-catharine-arnston/>
149. **Natural Health Influencer Podcast** | June 2021 | The Power of Algae with Catharine Arnston | <https://open.spotify.com/episode/398BwdENL8q905knTGHyfa>
148. **Reset Renew Revive Podcast** | June 2021 | Dr. Bindiya Ghandi Interview Catharine Arnston | <https://anchor.fm/resetrenewrevive/episodes/Reset-Renew-Revive-Podcast-Episode-012-Dr--Bindiya-Gandhi-Interviews-Catharine-Arnston-e11hgjg>

147. **Loving Your Own Soul Podcast** | June 2021 | A Deep Dive into the Most Nutrient Dense Food on the Planet (Algae) with Catharine Arnston of ENERGYbits | <https://www.lovingyourownsoulpodcast.com/ep-69-catharine-arnston.html>
146. **The Live Damn Well Podcast** | May 2021 | A Nutrient-Dense Superfood for Immunity, Hearth Health, and Inflammation with Catharine Arnston | <https://open.spotify.com/episode/19GxCAfJ5BsaYZKTCp28jr>
145. **Ever Forward Radio** | May 2021 | Why Algae is the Perfect Food That Can Boost Your Energy, Immunity, and Vitality with Catharine Arnston | <https://chasechewning.com/podcasts/episode/474>
144. **Kenkohacks** | May 2021 | Catharine Arnston, ENERGYbits: Are Algae the Secret to Japanese Longevity? | <https://kenkohacks.com/2021/05/11/catharine-arnston-energybits/>
143. **Tired Girls Inc.** | April 2021 | Bringing Algae to America with Catharine Arnston, Founder & CEO of ENERGYbits | <https://open.spotify.com/episode/3Eg-PLwimVZuUGpzSOYdOQQ>
142. **Whole Health with Rob Carney** | April 2021 | Optimized By Algae – ENERGYbits for Health & Vitality with Catharine Arnston | <https://open.spotify.com/episode/2SfZlBkTjZJQPGuJkMYrTc?si=ff576559d32e44c4&nd=1>
141. **Salad with a Side of Fries** | April 2021 | The Algae Advantage | <https://saladwith-fries.simplecast.com/episodes/the-algae-advantage-feat-catharine-arnston>
140. **Hotter Than Health Podcast** | March 2021 | Eat Your Algae! The Most Nutrient Dense Food On the Planet and Why We Need It With CEO of ENERGYbits, Catharine Arnston | <https://open.spotify.com/episode/6lCMh1mHDfCzhQdVXy4Ooz>
139. **The Steve Jordan Experience** | March 2021 | The Superstar of Superfoods! Essential Nutrients For Health and Wellness Featuring Catharine Arnston. | <https://open.spotify.com/episode/51EfRFIDBIAO6dD5LPq41U?si=J560ldX-tRzunH2Hg7NITmA&nd=1>
138. **Plant-Based DFW** | March 2021 | 101: The Power of Algae: Spirulina & Chlorella | 101: The Power of Algae: Spirulina & Chlorella |

137. **Tita Talks** | March 2021 | The Healing Power of Nutrition: A Selfcare Tool for You! | The Healing Power Of Nutrition: A Selfcare Tool For You! Tita Talks
136. **Doctors +** | March 2021 | Heart Disease: Prevention and Reversal Diet | Doctors+ - AFN - Alternative Food Network
135. **Keto Kamp with Ben Azadi** | March 2021 | The Most Significant Nutrient Missing from your Keto Diet. | The Keto Kamp Podcast With Ben Azadi: Catharine Arnston | The most significant nutrient missing from your keto diet KKP: 241
134. **Anti-Aging Hacks** | February 2021 | Deep Dive on Algae: Is it the Best Superfood And How to Eat it For Maximum Benefits | Anti-Aging Hacks | Podcast on Spotify
133. **1 Fit Foodie Podcast** | February 2021 | Catharine Arnston, Founder & CEO of ENERGYbits | CATHERINE ARNSTON [Founder, CEO: EnergyBits] - 1FITFOODIE Podcast
132. **Not Another Wellness Podcast** | February 2021 | All About Algae | E. 56 All About Algae
131. **Wellness & Wanderlust with Valerie Moses** | February 2021 | Boosting Your Immune System through Algae with Catharine Arnston | Wellness and Wanderlust |
130. **You Lost Me At Namaste** | February 2021 | Feel the WOW! What is Nutritional Algae Wellness with Algae Guru, Catharine Arnston, CEO of ENERGYbits | Feel The WOW!
129. **LT 360 Podcast** | February 2021 | How Algae Can Improve Your Fitness | LT360 Podcast | Catherine Arnston - How Algae can improve your fitness
128. **Clean Beauty Scene Podcast** | January 2021 | Boost Your Immune System and Enhance Your Health with the World's Most Powerful Superfood | Boost Your Immune System & Enhance Your Health With The World's Most Powerful Superfood
127. **Holistic Health Masterclass** | January 2021 | Blue Green Algae | #095: Blue Green Algae - Holistic Health Masterclass

## 2020 Podcasts

126. **There's A Hack For That Podcast** | December 2020 | Health Hack: Hack Your Nutrition with Algae with Catharine Arnston | <https://open.spotify.com/episode/6w38oVlj1dGHIUeDBfdvjq>



125. **How We Solve Podcast** | December 2020 | How to Start a Business in a Brand New Market with Catharine Arnston from ENERGYbits | <https://howwesolve.com/podcast/ep56-how-to-start-a-business-in-a-new-market-catharine-arnston/>
124. **Not Basic Blonde** | December 2020 | How Spirulina Algae Can Help You Build a Strong Immune System and Helps Stop Growth Of Viruses Including COVID-19 | <https://open.spotify.com/episode/3LNv8yhvvuUMb6DtRtcONx?si=9cMHS-giVSpSKPa4VySpwGA>
123. **Reversed Podcast** | December 2020 | Charles talks Catharine Arnston ENERGYbits® Founder | [YouTube.com/watch?v=hHyZaDsrlFE&feature=youtu.be](https://www.youtube.com/watch?v=hHyZaDsrlFE&feature=youtu.be)
122. **The Islands of Venus Podcast** | December 2020 | The Powerful Benefits of Algae with Catharine Arnston | <https://www.islandsofvenus.com/podcast-1>
121. **The Naked Point of View Podcast** | December 2020 | Episode 3: ENERGYbits | <https://open.spotify.com/episode/09o33VT1c8mUieLS4z4ufe>
120. **The Low Carb Athlete Podcast** | November 2020 | Bits of Energy for Vitality and Resiliency! | <https://debbiepotts.net/episode-386-bits-of-energy-for-vitality-and-resiliency/>
119. **The Secret Scope** | November 2020 | Catharine Arnston Founder and CEO of Energybits on the Healing Benefits of Algae and Chlorella | <https://open.spotify.com/episode/3izV8tsTyhT2f6qotKL3w7>
118. **Joe Cannon Health Podcast** | November 2020 | Algae Health Benefits | <https://joecannonhealth.libsyn.com/algae-health-benefits>
117. **The Inside Out Wellness Podcast** | November 2020 | The Unknown Superfood that Boosts Detoxification, Immunity, Longevity, Energy, Focus, Skin, Hair and So Much More! | <https://open.spotify.com/episode/7bs06HOeWtwBbCEsr8RtA8>
116. **The Committed Lifestyle Podcast** | November 2020 | The Power Of Algae with Energybits Founder Catharine Arnston | <https://jodyconnacher.libsyn.com/the-power-of-algae-with-energybits-founder-catherine-arnston>
115. **Well & Why Podcast** | November 2020 | The Story of a Product that Speaks for itself in the form of Energy | <https://open.spotify.com/episode/6LmM59ANvrsdntpxBaHPoR>

114. **The What Would You Ask? Podcast** | October 2020 | Ep. 32 - Catharine Arnston - ENERGYbits | <https://www.whatwoulduask.com/s2-ep32-catharine-arnston>
113. **The Epoch Life Podcast** | October 2020 | Alkaline Your Life with Catherine Arnston | <https://open.spotify.com/episode/79SaZvw-cO-gaSZ41HrOPFAj?si=n58BSY1URCi81dqKcELrUg>
112. **Alternative Food Network** | October 2020 | Algae: The Food of the Future? | <https://www.alternativefoodnetwork.com/plant-based-diet/episode-5-algae-the-food-of-the-future/>
111. **The Toxin Terminator** | October 2020 | The REAL Superfood with Catharine Arnston | <https://shows.acast.com/the-toxin-terminator/episodes/the-real-superfood-with-catharine-arnston>
110. **Sustainable Act Podcast** | October 2020 | The Future is Algae | <https://open.spotify.com/episode/1StRJKHpDbtbJzpkjAnEhH?si=949OrLRtRbG5GM4Vi5QoCw>
109. **The Refined Hippy** | October 2020 | Algae: The Ultimate Superfood with Catharine Arnston | <https://www.therefinedhippie.com/podcast/podcast-ep-50-algae-the-ultimate-superfood-with-catharine-arnston>
108. **Glow Radio** | October 2020 | Going BANKRUPT Didn't Stop Her - ENERGYbits Founder, Catharine Arnston | <https://audioboom.com/posts/7693259-going-bankrupt-didn-t-stop-her-energybits-founder-catharine-arnston>
107. **Mind, Body, Music** | October 2020 | From The Ancient Aztecs to NASA Astronauts - Why So Many Are Fascinated With Microalgae With Catharine Arnston | <https://open.spotify.com/episode/2UkA2vgjDs28JBciByFPrU>
106. **Matcha Mornings** | September 2020 | The Healing Power of Algae with Catharine Arnston | <https://www.spreaker.com/user/11468954/catharine-arnston-mm>
105. **Dr. Bond's Life Changing Wellness** | September 2020 | Health Benefits of Spirulina and Chlorella | <http://radiomd.com/show/life-changing-wellness/item/43103-ep-115-health-benefits-of-spirulina-and-chlorella>

104. **Just Bein' Honest** | September 2020 | Catherine Arnston | The HEALTH SECRETS of ALGAE | ENERGYBITS | <https://justbeinhonestkb.wordpress.com/2020/09/08/health-secrets-of-algae-a-wellness-gift-of-longevity/>
103. **Superwomen** | August 2020 | Green Goddess: Catharine Arnston of ENERGYbits | <https://www.rebeccaminkoff.com/pages/superwomen>
102. **A Scoop of Balance** | August 2020 | ENERGYbits: Amazing Health Benefits of Spirulina & Chlorella Algae with Catharine Arnston | [https://open.spotify.com/episode/6CdGJoz-nVUQ1vBJrXUz4hl?si=CPwjF0uZRT6\\_w0eQyk25Cw](https://open.spotify.com/episode/6CdGJoz-nVUQ1vBJrXUz4hl?si=CPwjF0uZRT6_w0eQyk25Cw)
101. **Forged From Fat** | August 2020 | The Power of Algae w/ Catharine Arnston | <https://forgedfromfat.podbean.com/e/the-power-of-algae-w-catharine-arnston/>
100. **Real Health with Rach** | August 2020 | All things algae - Health benefits and how it can support your immune system in light of COVID-19 | <https://anchor.fm/realhealthwithrach/episodes/6-All-things-algae---Health-benefits-and-how-it-can-support-your-immune-system-in-light-of-COVID-19-ei0ngj>
99. **Health Sovereign** | August 2020 | Chlorella and Spirulina with Catharine Arnston | <https://healthsovereign.com/chlorella-and-spirulina-with-catharine-arnston/>
98. **The Hacked Life** | July 2020 | The Power of Algae: Spirulina & Chlorella | <https://soundcloud.com/joel-aylworth-475461573/catharine-arnston-energybits>
97. **The Rising Summit** | July 2020 | Efficient Nutrition Through Algae with Catharine Arnston | <https://soundcloud.com/user-358709152/efficient-nutrition-through-algae-with-catharine-arnston>
96. **A Healthy Glo** | July 2020 | How Algae is an Immune Booster, Energy Provider & Detoxifying Agent | <https://www.buzzsprout.com/1085243/4752785-how-algae-is-an-immune-booster-energy-provider-detoxifying-agent>
95. **Healthy Harmony** | July 2020 | What's the Big Deal About Algae? With Catharine Arnston | <https://www.inspirehealthyharmony.com/media.html#/>
94. **Holistic House Podcast** | July 2020 | How Algae can Reduce Inflammation, Support Your Immune Function, Help you Detox, and Give you Amazing Skin and Hair! | <https://theholistichouse.org/podcast-2/>

93. **Inspire Her Health** | July 2020 | Algae, The Secret To Health, Beauty & Wellness From Within - With Catharine Arnston | <https://inspireherhealth.com/algae-the-secret-to-health-beauty-wellness-from-within/>
92. **The Road To Health** | July 2020 | Catharine Arnston - Founder & CEO of EnergyBits | <https://theroadtohealth.buzzsprout.com/706038/4616609-041-catharine-arnston-founder-ceo-of-energybits>
91. **WOWSA Live** | July 2020 | Catharine Arnston Talks About Efficient Nutrition | <https://openwaterswimming.com/2020/07/catharine-arnston-describes-efficient-nutrition-on-wowsa-live/>
90. **The Keto Diet Podcast** | July 2020 | Immune Support & Protection with Catharine Arnston | <https://open.spotify.com/episode/4b2Vz5WVgWjp2Z7oVKLaki>
89. **Fit as a Mama Bear** | July 2020 | Boosting Your Health with Algae | <https://fitasamama-bear.com/boosting-your-health-with-algae/>
88. **Get The Glowdown** | July 2020 | Discovering the World's Best Superfood with Catharine Arnston | <https://gettheglowdown.libsyn.com/website/51-discovering-the-worlds-best-superfood-with-catharine-arnston>
87. **Healthy Hormones for Women** | July 2020 | Detox, Inflammation, Energy, Gut Health – The Many Benefits of Spirulina and Chlorella | <https://holisticwellness.ca/episode112/>
86. **The Grace & Grind Podcast** | June 2020 | Demystifying Algae with ENERGYbits CEO Catharine Arnston | <https://www.graceandgrind.co/podcast/episode/4dbe35bb/demystifying-algae-with-energybits-ceo-catharine-arnston>
85. **Fearless Health Podcast** | June 2020 | Seaweed Superfoods feat. EnergyBits Founder, Catharine Arnston | <https://www.stitcher.com/podcast/fearless-health-podcast/e/73076513?autoplay=true>
84. **Nurture Me** | June 2020 | The Benefits of Algae with Catharine Arnston | <https://anchor.fm/nurtureme/episodes/The-Benefits-of-Algae-with-Catharine-Arnston---Episode-22-efflao>

83. **This Podcast Burns Fat** | June 2020 | Can Algae Be Used in the Battle Against Covid? | <https://thispodcastburnsfat.libsyn.com/can-algae-be-used-in-the-battle-against-covid>
82. **Million Pound Mission Podcast** | June 2020 | The little known food that makes a BIG difference | <https://www.transformationcoach.me/blog/energy-bits-algae>
81. **Life and Health Matters** | May 2020 | Algae and Why You Should Have It Daily | <https://anchor.fm/drshakib/episodes/Algae-and-why-you-should-have-it-daily-eejqtp>
80. **Simply Walk The Talk** | May 2020 | Catharine Arnston on ENERGYbits and the Power of Algae | <https://soundcloud.com/user-645485360/catharine-arnston-energybits-algae>
79. **Healing Powers Podcast** | May 2020 | Healing Benefits of Algae with Catherine Arnston | <https://www.stitcher.com/podcast/laura-powers-2/healing-powers-podcast/e/69743101?autoplay=true>
78. **The Felicity Fueled Podcast** | May 2020 | Catharine Arnston of Energy Bits on the benefits of Algae: Chlorella and Spirulina | <https://soundcloud.com/felicity-fueled/catharine-arnston-of-energy-bits-on-the-benefits-of-algae-chlorella-and-spirulina>
77. **Awesome Health Podcast** | May 2020 | How Algae Can Boost Your Immunity with Catharine Arnston | <https://www.stitcher.com/podcast/the-awesome-health-podcast>
76. **Naturally Savvy** | May 2020 | Optimize Your Health with the Power of Algae! | <https://www.stitcher.com/podcast/naturally-savvy/e/69569977?autoplay=true>
75. **Woke Wellness** | April 2020 | All About Algae with Catharine Arnston from EnergyBits | <http://wokewellness.libsyn.com/ep-34-all-about-algae-with-catharine-arnston-from-energybits>
74. **Kiki & The Muse** | April 2020 | Getting to know ALGAE in all it's glory | <https://radio-public.com/kiki-the-muse-G4ryBp/s1!279ac>
73. **Wellness Force Radio** | April 2020 | Catharine Arnston: How to Build Better Immunity, Now | <https://wellnessforce.com/podcast-2/>
72. **Courageous Wellness** | April 2020 | Catharine Arnston of ENERGYbits on Why Spirulina and Chlorella Can Change Your Life and Why We Should All Get Passionate About Algae | <https://www.courageouswellnesspodcast.com/podcast/episode/19d5493c/catharine->

[arnston-of-energybits-on-why-spirulina-and-chlorella-can-change-your-life-and-why-we-should-all-get-passionate-about-algae](#)

71. **Body is a Temple** | April 2020 | The Power of Algae | <https://karilifeart.com/energybits>
70. **Drama-Free Healthy Living with Jess Cordon** | April 2020 | ENERGYBits Founder Catharine Arnston On Turning Her Passion For Wellness Into A Business | <https://drama-free-healthy-living-jess-cording.libsyn.com/tk>
69. **I Tried It Podcast** | April 2020 | Breaking Down The Science of Algae with Catharine Arnston | <https://www.stitcher.com/podcast/i-tried-it-podcast/e/68610128?autoplay=true>
68. **NoBS Wellness Podcast** | March 2020 | Algae is the New Superfood | <https://www.nobswellnesspodcast.com/copy-of-episode-13>
67. **Spirit, Purpose & Energy** | March 2020 | The Most Intelligent Food on the Planet | <https://open.spotify.com/episode/2t3bhiR3yh10XrqPAzsM65>
66. **Lifestyle Locker Radio** | March 2020 | Energy Boosting with Energy Bits with Catharine Arnston | <http://www.lifestylelocker.com/CatharineArnston2/>
65. **Waist Away** | February 2020 | Chlorella vs. Spirulina Supplements, and Talking Everything Algae - With Catharine Arnston! | <https://chantelray.podbean.com/e/wa213/>
64. **Wellness Realness** | February 2020 | CATHARINE ARNSTON ON THE HEALING BENEFITS OF ALGAE | <https://christinaricewellness.com/podcast/277-catharine-arnston-on-the-healing-benefits-of-algae/>
63. **Pushing The Limits** | February 2020 | Optimising your health with the power of Algae with Catharine Arnston | <https://www.lisatamati.com/page/podcast-catharine-arnston/>
62. **A Whole New You** | January 2020 | Health Benefits of Spirulina & Chlorella | <https://www.kimmaravich.com/awholenewyoupodcast/2019/12/9/episode-056-health-benefits-of-spirulina-amp-chlorella>
61. **Beyond Your Wildest Genes** | January 2020 | Benefits of Algae | <https://beyondyour-wildestgenes.com/benefits-of-algae/>



60. **Success Unfiltered** | January 2020 | Catharine Arnston Shares Why it's Important to Celebrate Small Victories | <https://www.thepitchqueen.com/catharine-arnston-important-celebrate-small-victories-episode-136/>

## 2019 Podcasts

59. **Decoding Superhuman** | THE AMAZING HEALTH BENEFITS OF ALGAE WITH CATHARINE ARNSTON | December 2019 | <https://decodingsuperhuman.com/energybits/>
58. **Integrative Wellness Radio** | The Benefits of Algae in Chronic Illness: Featuring ENERGYbits® | December 2019 | [https://www.youtube.com/watch?v=QyAd\\_hCT0o4&feature=youtu.be](https://www.youtube.com/watch?v=QyAd_hCT0o4&feature=youtu.be)
57. **LT 360 Podcast** | Catharine Arnston - ENERGYbits® | The Most Nutrient Dense Food in the World. | December 2019 | <https://www.youtube.com/watch?v=B-85i2nP08w&feature=youtu.be>
56. **The Path Nutritional Therapy** | ENERGYbits® for Improved Immune System, Recover, Repair, and Detox. | December 2019 | <https://www.youtube.com/watch?v=i7jtHydH7Jc&feature=youtu.be>
55. **Biohacker Babes Podcast** | ENERGYbits® with Catharine Arnston! | November 2019 | [biohackerbabes.buzzsprout.com/357767/1988872-energybits-with-catharine-arnston](http://biohackerbabes.buzzsprout.com/357767/1988872-energybits-with-catharine-arnston)
54. **Primal Blueprint Podcast** | Catharine Arnston | October 2019 | [blog.primalblueprint.com/catharine-arnston/](http://blog.primalblueprint.com/catharine-arnston/)
53. **The Food Heals Podcast** | The Magical Power of Algae: Heal, Detox, and Rejuvenate! | September 2019 | [foodhealsnation.com/276/](http://foodhealsnation.com/276/)
52. **Women Wired for Wellness** | Facebook Live Interview with Catharine Arnston and Dr. Nisha Chellam | September 2019 | [facebook.com/NishaChellamMD/videos/499612494192184/](https://facebook.com/NishaChellamMD/videos/499612494192184/)
51. **The Health Hub** | The Amazing Health Benefits of Algae with Catharine Arnston | September 2019 | [cathybiase.com/4597-2/](http://cathybiase.com/4597-2/)
50. **GSMC Health & Wellness Podcast** | Interview with Catharine Arnston | August 2019 | [spreaker.com/user/gsmc\\_mma/gsmc-health-wellness-podcast-episode-193](http://spreaker.com/user/gsmc_mma/gsmc-health-wellness-podcast-episode-193)

49. **The Healthification Podcast** | Algae, the most nutrient dense, sustainable food on the planet with Catharine Arnston from ENERGYbits® | August 2019 | [strongbodygreen-planet.com/e628-algae-the-most-nutrient-dense-sustainable-food-on-the-planet-with-catharine-arnston-from-energybits/](https://strongbodygreen-planet.com/e628-algae-the-most-nutrient-dense-sustainable-food-on-the-planet-with-catharine-arnston-from-energybits/)
48. **Mainly Plants Podcast** | Special Guest: ENERGYbits® CEO Catharine Arnston | August 2019 | [mainlyplants.com/podcast/137-special-guest-energybits-ceo-catharine-arnston/](https://mainlyplants.com/podcast/137-special-guest-energybits-ceo-catharine-arnston/)
47. **180 Nutrition Podcast** | Catharine Arnston – Discover the Most Nutrient Dense Food in the World | August 2019 | [180nutrition.com.au/180-tv/catharine-arnston-interview/](https://180nutrition.com.au/180-tv/catharine-arnston-interview/)
46. **Vegan Danielle Podcast** | America's Algae Gal | August 2019 | [soundcloud.com/user-46485143/episode-176-americas-algae-gal](https://soundcloud.com/user-46485143/episode-176-americas-algae-gal)
45. **Learn True Health** | Debunking Algae Myths | July 2019 | [leartruehealth.com/spir-ulina-chlorella-safe/](https://leartruehealth.com/spir-ulina-chlorella-safe/)
44. **The Foundation of Wellness** | Algae for Energy & Detox. Spirulina & Chlorella w/ Catharine Arnston from ENERGYbits® | July 2019 | [spreaker.com/user/marisamoon/algae-energybits-51](https://spreaker.com/user/marisamoon/algae-energybits-51)
43. **The Journey** | Ask the expert: algae, can it fight our modern challenges or is toxic itself? We look for answers... | July 2019 | [thejourneydot.com/episode-20-ask-the-expert-algae-can-it-fight-our-modern-challenges-or-is-toxic-itself-we-look-for-answers/](https://thejourneydot.com/episode-20-ask-the-expert-algae-can-it-fight-our-modern-challenges-or-is-toxic-itself-we-look-for-answers/)
42. **GSMC Health & Wellness Podcast** | Interview with Catharine Arnston | June 2019 | [spreaker.com/user/gsmc\\_mma/gsmc-health-wellness-podcast-episode-181](https://spreaker.com/user/gsmc_mma/gsmc-health-wellness-podcast-episode-181)
41. **Total Wellness Radio** | ENERGYbits® Founder and CEO Catharine Arnston | June 2019 | [anchor.fm/TotalWellnessRadio/episodes/E178-ENERGYbits-Founder-and-CEO-Catharine-Arnston-e476ih](https://anchor.fm/TotalWellnessRadio/episodes/E178-ENERGYbits-Founder-and-CEO-Catharine-Arnston-e476ih)
40. **Ask Dr. Ernst** | Lunch & Learn Live w/ Dr. Aaron Ernst: Interview with Catharine Arnston, Founder of ENERGYbits® | May 2019 | [facebook.com/askdreinst/vid-eos/346010246109484](https://facebook.com/askdreinst/vid-eos/346010246109484)
39. **BioCurious** | The World's Most Powerful Superfood with Catharine Arnston | May 2019 | [anchor.fm/biocurious/episodes/The-Worlds-Most-Powerful-Superfood-With-Catharine-Arnston-19-e401tp](https://anchor.fm/biocurious/episodes/The-Worlds-Most-Powerful-Superfood-With-Catharine-Arnston-19-e401tp)

38. **Plant Trainers** | The World's Most Powerful Superfoods with Catharine Arnston | May 2019 | [planttrainers.com/the-worlds-most-powerful-superfoods-with-catharine-arnston-ntp302/](http://planttrainers.com/the-worlds-most-powerful-superfoods-with-catharine-arnston-ntp302/)
37. **Health Coach Academy** | Persistence is the Key with Catharine Arnston of ENERGYbits®! | April 2019 | [healthcoachacademy.libsyn.com/persistence-is-the-key-with-catharine-arnston-of-energybits](http://healthcoachacademy.libsyn.com/persistence-is-the-key-with-catharine-arnston-of-energybits)
36. **Soul in Wonder** | The Health Benefits of Chlorella & Spirulina with Catharine Arnston | April 2019 | [soulinwonder.com/podcast/catharine-arnston](http://soulinwonder.com/podcast/catharine-arnston)
35. **Coffee & Kettlebells** | The Most Nutrient-Dense Superfood in the World | Catharine Arnston | April 2019 | [coffeeandkettlebells.libsyn.com/77-the-most-nutrient-dense-superfood-in-the-world-catharine-arnston](http://coffeeandkettlebells.libsyn.com/77-the-most-nutrient-dense-superfood-in-the-world-catharine-arnston)
34. **This Podcast Burns Fat!** | How to Use Algae to Burn Fat! | March 2019 | [podcasts.apple.com/us/podcast/how-to-use-algae-to-burn-fat/id1419896582?i=1000433627046](http://podcasts.apple.com/us/podcast/how-to-use-algae-to-burn-fat/id1419896582?i=1000433627046)
33. **Keto Savage** | Catharine Arnston from ENERGYbits® on the power of algae! | March 2019 | [ketosavage.com/catharine-arnston-from-energybits-on-the-power-of-algae/](http://ketosavage.com/catharine-arnston-from-energybits-on-the-power-of-algae/)
32. **Burpees in My Thirties** | Algae 101: Only Four Billion Years Later... Algae Is Finally Having Its Moment | March 2019 | [burpeesinmythirties.com/2019/03/12/algae-energybits/](http://burpeesinmythirties.com/2019/03/12/algae-energybits/)
31. **Wellness Speaks** | Wellness Speaks with Catharine Arnston | February 2019 | [wellnessspeaks.com/episode-035-wellness-speaks-with-catherine-arnston/](http://wellnessspeaks.com/episode-035-wellness-speaks-with-catherine-arnston/)
30. **Live FAB Life** | Fueling Your Body Naturally with Algae | February 2019 | [stitcher.com/podcast/naomi-nakamura/live-fab-life-podcast/e/58872150](http://stitcher.com/podcast/naomi-nakamura/live-fab-life-podcast/e/58872150)
29. **The Dr. Taz Show** | Is Algae the New Superfood? | February 2019 | [radio.com/show/dr-taz-show/item/38930-ep-117-is-algae-the-new-superfood](http://radio.com/show/dr-taz-show/item/38930-ep-117-is-algae-the-new-superfood)
28. **Exploring Mind and Body** | Benefits of Spirulina & Chlorella | February 2019 | [exploringmindandbody.com/benefits-of-spirulina-chlorella/](http://exploringmindandbody.com/benefits-of-spirulina-chlorella/)

## 2018 Podcasts

27. **The Platform** | Making Algae Sexy | November 2018 | [thisistheplatform.com/podcast/39](http://thisistheplatform.com/podcast/39)
26. **Shock Your Potential** | The Queen of Algae | October 2018 | [shockyourpotentialpodcast.com/the-queen-of-algae-shark-tank-contestant-and-ceo-of-energybits-catharine-arnston-season-2-episode-10/](http://shockyourpotentialpodcast.com/the-queen-of-algae-shark-tank-contestant-and-ceo-of-energybits-catharine-arnston-season-2-episode-10/)
25. **I AM Healthy & Fit** | Spirulina the First Life on Earth | October 2018 | [anchor.fm/i-am-healthy--fit/episodes/Spirulina-The-First-Life-On-Earth-Ep-20-e2b0no](http://anchor.fm/i-am-healthy--fit/episodes/Spirulina-The-First-Life-On-Earth-Ep-20-e2b0no)
24. **Beyond Your Wildest Genes** | The Healing/Nutritional Benefits of Algae | September 2018 | [beyonyourwildestgenes.com/energybits/](http://beyonyourwildestgenes.com/energybits/)
23. **Straight-Up Wellness** | Catharine Arnston on Unlocking the Power of Algae for Chronic Disease and Everyday Health | July 2018 | [straightup.show/017-catharine-arnston-on-unlocking-the-power-of-algae-for-chronic-disease-and-everyday-health/](http://straightup.show/017-catharine-arnston-on-unlocking-the-power-of-algae-for-chronic-disease-and-everyday-health/)
22. **Blackbelt Beauty Podcast** | The Superfood Every Single Human's Health Can Benefit From | July 2018 | [blackbeltbeauty.com/podcast/p78ph8p9k2d4zdhjraw8pckczs2n8](http://blackbeltbeauty.com/podcast/p78ph8p9k2d4zdhjraw8pckczs2n8)
21. **Learn True Health** | The Importance of Vitamin K2 | June 2018 | [learntrue-health.com/vitamin-k2/](http://learntrue-health.com/vitamin-k2/)
20. **Learn True Health** | Why Chlorella and Spirulina Are Superfoods | June 2018 | [learntrue-health.com/chlorella-spirulina-superfoods/](http://learntrue-health.com/chlorella-spirulina-superfoods/)
19. **Menopause Moment** | All About Algae & Brain Fog | May 2018 | [menopausemoment.com/2018/05/episode-6-all-about-algae-brain-fog/](http://menopausemoment.com/2018/05/episode-6-all-about-algae-brain-fog/)
18. **Lifestyle Locker Podcast** | Spirulina, Chlorella, Energy, Health and Healing (with Dr. Josh Handt) | April 2018 | [lifestylelocker.com/catherinearnston/](http://lifestylelocker.com/catherinearnston/)
17. **Wellness Mama** | Algae: The Keto & Vegan Superfood with More Nutrients Than Veg-ies (& Where to Get It) | March 2018 | [wellnessmama.com/podcast/algae-energy/](http://wellnessmama.com/podcast/algae-energy/)
16. **Learn True Health** | Algae for Natural Healing | March 2018 | [learntruehealth.com/algae/](http://learntruehealth.com/algae/)
15. **Clean Eating Kitchen** | Health Benefits of Algae with Catharine Arnston | February 2018 | [cleaneatingkitchen.com/health-benefits-algae-energybits/](http://cleaneatingkitchen.com/health-benefits-algae-energybits/)

14. **FSL Modern Podcast** | Supercharge Your Life with Algae... Seriously | January 2018 | [fslmodern.com/2018/01/05/benefits-algae-76/](http://fslmodern.com/2018/01/05/benefits-algae-76/)
13. **2QuestionsTV** | Inspiring Women in Business - An Interview with Catharine Arnston hosted by Susan Baroncini-Moe | January 2018 | [youtu.be/VGz-gYnlQaY](https://youtu.be/VGz-gYnlQaY)

## 2017 Podcasts

12. **Beyond Macros** | The Forgotten Foods With 1000x The Nutrient Density of Kale | December 2017 | [beyondmacros.com/forgotten-foods-1000x-nutrient-density-kale-catharine-arnston/](http://beyondmacros.com/forgotten-foods-1000x-nutrient-density-kale-catharine-arnston/)
11. **Hailey Rowe** | A Meal That Heals with Catharine Arnston | December 2017 | [hai-ley-rowe.com/algae/](http://hai-ley-rowe.com/algae/)
10. **Business Leadership Series** | Passion in Action with Catharine Arnston (with Derek Champagne) | November 2017 | [theartistevolution.com/businessleadership-series/bls/interview-catharine-arnston-founder-ceo-energybits-inc/](http://theartistevolution.com/businessleadership-series/bls/interview-catharine-arnston-founder-ceo-energybits-inc/)
9. **The Neuro Lifestyle** | Spirulina & Chlorella to Hack Your Health and Energy (with Dr. Brady Salcido) | December 2017 | [stitcher.com/podcast/the-neuro-lifestyle/e/52523327](http://stitcher.com/podcast/the-neuro-lifestyle/e/52523327)
8. **Longevity & Biohacking** | Passion in Action with Catharine Arnston (with Jason Hartman) | November 2017 | [podtail.com/podcast/the-longevity-biohacking-show-with-jason-hartman-f/ls-138-the-benefits-of-eating-algae-with-catharine/](http://podtail.com/podcast/the-longevity-biohacking-show-with-jason-hartman-f/ls-138-the-benefits-of-eating-algae-with-catharine/)
7. **Voyages of Tim Vetter** | Travels with Algae Featuring Catharine Arnston | October 2017 | [soundcloud.com/user-245889323/episode-033-travels-with-algae-featuring-catharine-arnston](http://soundcloud.com/user-245889323/episode-033-travels-with-algae-featuring-catharine-arnston)
6. **Joe Rogan Experience** | Joe Rogan Experience #994 - Dom D'Agostino | August 2017 | [podcasts.joerogan.net/podcasts/dom-dagostino](http://podcasts.joerogan.net/podcasts/dom-dagostino)
5. **Natural Stacks Podcast** | Algae Superfoods Spirulina and Chlorella with Catharine Arnston | July 2017 | [naturalstacks.com/blogs/news/top-5-benefits-of-spirulina-and-chlorella](http://naturalstacks.com/blogs/news/top-5-benefits-of-spirulina-and-chlorella)

4. **Ben Greenfield Podcast** | Why Algae and Chlorophyll Prevents Aging and Disease | July 2017 | [bengreenfieldfitness.com/2017/07/the-10-leading-causes-of-aging-disease-and-one-single-nutrient-that-targets-them-all/](http://bengreenfieldfitness.com/2017/07/the-10-leading-causes-of-aging-disease-and-one-single-nutrient-that-targets-them-all/)

## 2016 Podcasts

3. **Cellular Healing TV** | Nature's Most Potent Superfood (with Dr. Pompa) | August 2016 | [drpompa.com/podcasts/130-natures-most-potent-superfood/](http://drpompa.com/podcasts/130-natures-most-potent-superfood/)
2. **Ben Greenfield Podcast** | Is This the Most Dense Source of Nutrition on The Face of The Planet? | May 2016 | [bengreenfieldfitness.com/podcast/nutrition-podcasts/algae-health-benefits/](http://bengreenfieldfitness.com/podcast/nutrition-podcasts/algae-health-benefits/)

## 2015 Podcasts

1. **Plant Trainers Podcast** | ENERGYbits® Founder Catharine Arnston | March 2015 | [planttrainers.com/energybits-founder-catharine-arnston-ftp011/](http://planttrainers.com/energybits-founder-catharine-arnston-ftp011/)

---

# SPEAKER BIO

## Catharine Arnston: Founder/CEO



Catharine Arnston is the Founder/CEO/Chief Scientific Officer of ENERGYbits® - the first premium brand of algae tablets sold nationwide through wellness, spa, longevity, and biohacking clinics. Catharine has spent thirteen years researching the healing, longevity and nutritional benefits of algae which are documented in 100,000 scientific studies but virtually unknown outside of Asia.





Catharine makes the science of algae easy to understand so you can improve your health and longevity with nutrition that is effortless, science-based and safe. Catharine has an MBA, thirty-five years as a corporate executive/entrepreneur, is a Board-Certified Health Coach and has been a guest on 250+ podcasts/conferences/television shows including ABC's *Shark Tank*.

ENERGYbits® spirulina and chlorella algae tablets are “*bits of food*” that effortlessly reduce aging, disease, protect mitochondria, remove toxins, improve energy, brain, gut, sleep, skin and longevity. Algae is endorsed by the United Nations and NASA as the most nutrient dense food in the world. Learn more about algae or purchase yours at [www.energybits.com](http://www.energybits.com). Learn more about Catharine LinkedIn: [https://linkedin.com/in/catharine\\_arnston](https://linkedin.com/in/catharine_arnston)

Catharine's contact info: cell: 617-642-0782 email: [catharine@energybits.com](mailto:catharine@energybits.com)  
Speaker contact/requests: Erin McDonough cell: 603-560-5158 email: [erin@energybits.com](mailto:erin@energybits.com)