

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

### Podcasts

#### 2023 Podcasts

- 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/5ECml7lWv2Xqgtb0MpYr3n?si=7TOAHjiqTI-WWXzU8SY3lPg>
- 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/the-rsb-show-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](https://www.youtube.com/watch?v=...)

#### 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 \(flipfifty.com\)](https://www.flipfifty.com/the-importance-of-mitochondria-energy-health-and-longevity)

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/2Rj0DUFUR2A26WzI2PkV8?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 Sanche**| 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, & Biohacking | <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](https://myersdetox.com)
178. **The Melanie Avalon Biohacking Podcast** | January 2022| Catharine Arnston | <https://melanieavalon.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.podbean.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://thegutsgynecologistshow.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/3L5NBikQO4IDUJUSOfzkPX>
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://saladwithfries.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://rapublic.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?au-toplay=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 | [speakr.com/user/gsmc\\_mma/gsmc-health-wellness-podcast-episode-193](http://speakr.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 | [beyonduyourwildestgenes.com/energybits/](http://beyonduyourwildestgenes.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/p78ph8p9k2d4zdhnjraw8pckczs2n8](http://blackbeltbeauty.com/podcast/p78ph8p9k2d4zdhnjraw8pckczs2n8)
21. **Learn True Health** | The Importance of Vitamin K2 | June 2018 | [leartruehealth.com/vitamin-k2/](http://leartruehealth.com/vitamin-k2/)
20. **Learn True Health** | Why Chlorella and Spirulina Are Superfoods | June 2018 | [leartruehealth.com/chlorella-spirulina-superfoods/](http://leartruehealth.com/chlorella-spirulina-superfoods/)
19. **Menopause Moment** | All About Algae & Brain Fog | May 2018 | [menopausemoment.com/2018/05/epsiode-6-all-about-algae-brain-fog/](http://menopausemoment.com/2018/05/epsiode-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 Vegies (& 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 | [leartruehealth.com/algae/](http://leartruehealth.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-gYnIQaY](https://youtu.be/VGz-gYnIQaY)

## 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/](https://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/](https://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/](https://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/](https://planttrainers.com/energybits-founder-catharine-arnston-ftp011/)

## Webinars

7. **Weight Loss for Women over 50 Masterclass** | [Catharine Arnston - YouTube](#) | November 2022
6. **ENERGYbits Corporate Webinar** | UNRAVELING THE MYSTERY OF MITOCHONDRIA HEALTH | April 2022
5. **Michelle Rogers Webinar** | How ENERGYbits Algae Boosts Immunity, Wellness & Longevity | Hosted by ENERGYbits Nutritionist, Stephanie Plaisted MS | September 2020
4. **Dr. Joel Kahn's Webinar** | Wellness Professionals Intro to ENERGYbits with Dr. Joel Kahn MD, Cardiologist and Founder of Kahn Center for Longevity | June 2020 | <https://drive.google.com/file/d/12kQ6NQ0Rr2rcGeGYJUipZf6Tp0HCKIG9/view>
3. **ENERGYbits Corporate Webinar** | "How Algae Improves the Immune System Natural-ly" | June 2020
2. **Washington State Chiropractic Association** | "How Algae Boosts the Immune System for Natural Protection from COVID-19" | May 2020
1. **INNOCOS** | "How to Improve Your Immune System with Algae" | April 2020

## Speeches and Lectures

18. **Biohacking Congress** | Reverse Biological Aging | Miami | October 2022 | [\(17411\) Lectures, Panel Discussions, Interviews BiohackingCongress, Miami 2022 - YouTube](#)
17. **Total Wellness Mastery Summit** | Healing & Longevity with Algae Nutrition | online | October 2022
16. **Quit Sugar Summit** | online | September 2022
15. **8<sup>th</sup> Annual Biohacking conference** | The Secret to Mitochondria Health is Algae: The Science Revealed | online | September 2022
14. **Biohacker World Summit** | Using Algae to Increase Energy | online | August 2022
13. **Diabetes Transformation Summit** | Algae as a Food for Diabetes | online | July 2022
12. **KetoCon** | KetoCon Austin 2022: Algae: A Game Changer for Keto | Austin, TX | July 2022
11. **Biohacking Congress** | Unravel the Mystery of Mitochondria Health with Algae | Boston, MA | June 2022
10. **CryoCon** | The Science and Secrets of How Algae Boosts Cryotherapy, Longevity, and Wellness | Dallas, TX | March 2022
9. **Biohacking Congress** | *"Algae is the Hack that Changes Everything"* | Las Vegas, NV | March 2022
8. **Biohacking Congress** | The Genius, Science, and Secrets of Biohacking with Algae | Miami, FL | October 2021 | Webinars
7. **INNOCOS** | "Algae Ingestibles for Plant-based Beauty and Sustainability" | Scottsdale, AZ | March 2020
6. **US Micro Algae Industry Summit** | "Helping Consumers Understand the Value of Algae with Education and Marketing" | Ft. Lauderdale, FL | May 2019
5. **Florida Chiropractic Association** | "The Therapeutic Benefits of Algae" | St. Augustine, FL | March 2019



4. **Low Carb/Keto Conference** | “Improve Wellness & Correct Metabolic Disease with Algae” | San Diego, CA | July 2018
3. **BLOOM Wellness & Beauty Conference** | “Improve Wellness with Algae” | Beverly Hills, CA | June 2018
2. **Low Carb/Keto Conference** | “Therapeutic Benefits of Algae” | West Palm Beach, FL | January 2018
1. **Low Carb/Keto Conference** | “Therapeutic Benefits of Algae” | San Diego, CA | July 2017