The Science of Exosome-Based Nutrition: Why Nature’s Delivery System Beats Synthetic Supplements Transcript

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Introduction to Stem Cells and Regenerative Medicine

Stem cells have this amazing potential. They've been boost significantly in the clinical space, meaning with patients in Europe, in Asia for decades. And we are now just tapping into it here in North America.

Stems cells work by delivering messaging components to our cells. Our cells kind of wake back up and do what they're supposed to do. When you get older, your cells are like, yeah, I'm tired.

I am not going to heal that for you. So we want to rev that back and that's the basis of regenerative medicine. This is Dr. Talks. Awesome, I want to welcome you guys back to this next incredible interview I have for you in the peptides and bioregulators summit.

I am joining me today Dr Jeffrey Gross. Dr Jeff, you are the man. You are a spinal neurosurgeon, you're the king of exosomes in my mind and you have this incredible clinic out there in Nevada called Re-Celebrate.

You're just doing things on the cutting edge and I feel like you've created a product really that I have never seen before, which is plant-derived exasomes.

And honestly, until I saw you, I didn't even know that plants made exaomes, so… I'm sure we're going to have an incredible talk today. You're a genius and a great speaker.

Take it away, Jeff. What is Re-Celebrate? What do you do out there in Nevada? And what are these products you're coming up with? Well, thanks so much for having me.

So, you know, I added regenerative medicine to my practice for my spine patients.

Dr. Jeffrey Gross and Re-Celebrate

They were tired of hearing, well, nothing's working. Let's talk surgery. And I was tired of not having other options short of surgery. So, you know, luckily I have some background in molecular biology, which is sort of the science that's behind what's going on with stem cells and regeneration.

so I decided about seven years ago to tap back into that. And instead of going to the. neurosurgery conferences, I started going to the regenerative medicine conferences and learned what I had missed since my undergraduate years at what had changed, what has been known and studied in the stem cell realm, the regenerative realm.

And what we really learned from that is stem cells have this amazing potential. They've been boost significantly in clinical space, meaning with patients.

in Europe, in Asia for decades, and we are now just tapping into it here in North America. So I said, well, we're going to add that for my spine patients, but it's blossomed into so much more.

And we also learned that stem cells work by delivering messaging components to our cells. Our cells kind of wake back up and do what they're supposed to do, right?

Because when you're young, you can heal stuff. And when you get older, your cell's like, yeah, I'm tired. I am not going to heal that for you. So we want to rev that back up.

And that's the basis of regenerative medicine. We tap into what those stem cells are telling our cells to do and

we're skipping that stem cell delivery and using the small little out-bubbling called exosomes.

All cells make exasomes Clinically, I do a lot of joint and spine work and anti-inflammatory work for people with hyperinflamed syndromes and all kinds of problems.

We have cosmetic things on the clinical side. But I stumbled a couple of years upon, because I'm studying exosomes, plants in all cells really make exasomes.

Wow. And plants turns out make phytonutrients, right? We're all taking these supplements, you know, we got, our little daily, packs of vitamins and supplements.

I got mine too. Right. And why? Because we could not eat enough healthy fruits and vegetables to get those necessary things. We've evolved around plants.

They were here first.

How Plant-Derived Exosomes Work

So we need some of those things, And because our diets, at least in America, so watered down and processed and bleached out and, you know, non-nutritive, we really need that.

So, a lot of those phytonutrients are in encapsulated cell bubbles or micro bubbles, smaller than the cells or nano bubbles actually, called exosomes.

It's almost silly if you. If you go to the vitamin store, and I've done this myself for years, get a capsule of some phytonutrients, some plant-derived nutrient that you need, like let's say resveratrol.

You heard resvertrol might help you live longer, stimulating the sirtuin1 gene in your mitochondria. I want that because the worms that had the sirtoin1gene lived like twice as long.

Resverotrol, you're tapping into that. That's just an example. Plants make resvetrol in an exosome. Wow. And, but if you go to the vitamin store and get, I'm going to get some resveratrol capsules, that makes sense.

That means some company has taken the plants, you know, powdered it, processed it attracted out of the exosomes in the plant, the resvertrol. and then your body, and you take it in, You digest some of it your gut, right?

Some of that gets into your bloodstream and maybe if your lucky, some that it gets in your cells. But you may have also learned that liposomal vitamins.

Do better at getting into your cells because that's like a cell membrane that is artificially attached or put around the nutrient. So let's get this right.

The manufacturers take these nutrients, break them down, and then have to re-bubble them to put them back into their system. Nature's already got this figured out.

Michaels, why work so hard? The plants have already figured this out. What the difficulty had been is extracting exosomes is a relatively new science, right?

This is something over the last 10 years. So we are partnered with a lab in Italy that is able to extract. plant exosomes. So each capsule of our product, which I'll tap back into why we chose these particular elements, contains 10 billion exasomes which requires one liter of concentrated fruit juice.

Take out the pulp and the fiber, you'd have to drink a liter this juice, now think about it. That's a lot of sugar, right? Fructose, which we're all trying to avoid because it's toxic.

But the nutrient load is incredible. So not only that, they're encapsulated in exosomes. Exosome do survive our gut, so you don't really digest them. They get in through our guts cells into the bloodstream and deliver to the cell.

The concentration of the exasome compared to fruit is 70 times and the delivery to cell is another 10 to 50 times, put those math, do the math together.

You got 700 times to 3,500 X concentration of cell delivery. Cause remember, if you measure a nutrient in your bloodstream, that doesn't say how much is getting into your cell, where it does the work.

So we chose these, we've curated these organic Italian fruits, so they're farmed organically. And these particular fruits are known for their anti-aging properties in the blue zone, in Mediterranean blue zones.

Two different kinds of oranges, lemon, grapefruit, bergamot, which is kind of a lime for those of you who haven't heard of it. And then papaya and mango.

We have blended these exosomes only in a capsule. You need a single one a day in the morning. It's a small capsule and you can give up. your resveratrol, your carcetin, you're physetin your glutathione, and your sperm and most of your B vitamins.

And by the way, naturally they're methylated. So you don't have to, if you are not a methylator, or you have not to worry about it, they are handled for you.

You just, we just plants don´t put B12 in an exosome. We've got this, so you can get rid of a lot of you capsules. This is just the beginning. we are working on some other products, but this is our anti-aging product and we named it Longevity Exosomes Lungevex from our brand, our Recelebrate Nutraceuticals brand.

Comes in a glass bottle because we're trying to get away from the microplastics. Now I will admit the lid is plastic, but we have a liner up top, so you won't get it in the product.

And then you get a Mylar refill bag, also not plastics. Oh, I love that.

Longevex Ingredients and Delivery Advantages

That's, that's what we are up to. Thanks for letting me run away with that! Let's go! I loved that I have a question because part of my healing journey, I was using adaptogens of all different sorts, whether it was ashwagandha or reishi mushroom or all these different things to help my adrenals and to basically put me in a parasympathetic state.

Is it safe to say that I probably was tapping into the power of exosomes without realizing it? And are exasomes the ultimate adaptogen? Exosomes is a delivery vehicle.

The adaptogen are the molecules you're getting in the reishi and the lion's mane and shaga and all the goodness of those. And I think the real question, if I can, let me try to rephrase it the way I'm, I, think you are asking is are those adaptogenic molecules exosomally delivered and can I, my cells get a more concentrated delivery from a smaller dose if we could extract the exostomes.

The answer is I don't fully know about each one of those. We are, we in our development, you know, list of things we're looking at. we are looking some different fruits and plants from aloe to moringa to, to.

the ginkgo and all kinds of things for different properties. Adaptogens are on our list, but it requires, you know, I'm a nerd, right? So I've got to do the deep dive.

And I, continue to be amazed of how many of the nutrients from plants and mushrooms and other species are exosomal. Like the cells have. Nature's already figured this out.

Liposome is a synthetic exosomes, right? Nature has already got this figured out, nature's liposom is an exoseome. So we're just tapping back into that.

And now that we can extract those, we have the science for that, We can concentrate them and it's a lot of work. The processing is, is You know, now you don't have to eat, you know bushels and bushles of fruit every day, which you couldn't anyway.

We've got that sorted out. And the, and the development platform is just, the ideas are great. That's incredible. So Doc, when I get my bottle of Lung Jev X and I start to take it, what's the expectation?

Like, What do I see in my body? What are the benefits? Maybe like, you know, daily, is it bioaccumulative? Does it keep getting better? Is it literally directing the stem cells in my body to function better or what's the mechanism of action a plant-derived exosome would have in body?

Like, what should I see? My hair gonna grow? is my skin gonna glow? Listen, these exosomes will work to help improve the quality of the function of all your cells, suppress the inflammatory pathways, improve them more optimal functioning pathways.

So could it help your hair grow, your skin quality, you liver function, organs, mood, everything? Yes. We know from the preclinical studies, at least from anti-aging blend that we came with for Longevix, that we came up with, we have increased ser2-in-1 gene activity.

We think that's from the resveratrol. we see decreased reactive oxygen species, decreased ROS, which means decreased inflammatory biological rusting in your cells.

This doesn't just affect your stem cells, Michael. It affects all your cell, the quality and the function of all of your. So this, this is so powerful and so concentrated and we're so excited about it.

Like, cause I'm a nerd and I like, This is cool. I can't believe it. No one else has figured this out. It's the only regenerative supplement on the market available.

That's wild. Besides eating tons and tons of fruits. So, you know, we're going to have another product. We're working with broccoli to get the sulforaphane, which has all kinds of autophagy and anti-aging qualities.

Benefits, Mechanism, and Clinical Use

And that's exosomal. It comes on the plant exosome. So why extract it to get it? Because when you extract from the plants separately from exasome, you're really not getting as much to the cell.

Wow, that's incredible. You're basically going to build a line of products to mimic nature's most powerful delivery system, which is an exisome and basically you are going either have to come up to exsome level that you at or you not going be relevant anymore is the way that I feel like.

If you think about regular supplements, are supposed to replace or give you what you're not getting in your diet. We think these have the chance to really biohack and get you a super optimal amount.

And we are studying this clinically, we're doing metabolomics before people start and months later. So we'll have more data as it goes on, but I can tell you the early response.

Has been amazing. We launched this just over two months ago today and most, most people that take it, you know, feel some type of energy. And so we recommend you take into the morning.

Yeah. Okay. Perfect. I love that. So just one small capsule is like my daily dose of this ROS reduction and my. energy capacity probably systemic inflammation probably IL markers going down.

There's probably a lot of it reminds me of because you know I'm in the peptide realm. I usually tell you patients or clients there's no side effects there is only side benefits.

It's like it keeps getting better the longer you use it. And so I'm excited to take a stack of peptides and take my Longevex Exosomes and kind of mix the magic together and to see sort of the rapid advance in healing that you can have in the bodies.

I am curious, Doc, if you're in a clinic and you give a patient like an exosome injection for joints or something for rapid tissue healing regeneration, do you nurse them post-injection with LungeveX?

Yeah, I recommend they pair with Longevix before, and we like to get their cell quality better before too. So we usually pair that with options on the peptide spectrum and the plant derived exosome spectrum.

And we know this, people with lots of joint pain and inflammation, they clean up their diet. You go from eating what you shouldn't be eating to plants and healthy, organic.

good meats, if you're not a vegetarian or vegan, that kind of thing. Those people feel better, their joints feel, better. So we know that you need these things to help fight inflammation.

We have it now in a concentrated capsule. It's too easy. That's incredible. I love that. That's so cool. It's cool to be on the cutting edge of the forefront of like supplement technology because I feel like back, you know, 18 years ago when I put my first adaptogen in my body, it was just overized powdered version of probably something that was actually a little bit tough on a liver because again, delivery system is everything and then you kind of fast forward, 10 years later and liposome takes a rise and you kinda…

I felt like you're on that wave, the future wave where Exosome delivery is going to be the gold standard for the supplement industry. So I just appreciate people who come out with pioneering techniques and a product that's never existed before.

I feel like novelty in our industry is extremely rare. Most people are recreating something that already exists. Dr. Jeff, thank you for making something.

So wildly unique and so wildly powerful and accessible. I mean, price wise, it's really reasonable. You get that two month supply and compliance wise it is easy to take.

Even if you have trouble with those, you can actually open the capsule and put it in a drink or something. It will do just fine. We've had people ask about that.

And yeah, we're doing a 60 day supply in the bottle and the refill bag. Just save on shipping. and make it easier. People hate getting that mortgage payment every month.

This is easy to do every other month too. That's so true. I love that you have like environmental awareness because it is such a thing in our world of like how much microplastics we're eating and you know I feel like companies that are aware of the reduction of that just means that your like on the next level of of way that think about your own body and obviously I say this all the time but pedigree a lot of times means more than degree to me.

And so I used to say, man, if your doctor took his shirt off in the office, would you trust them? Because ironically, my stepmom's cardiologist died of a heart attack.

It's like a joke. And I just feel like those in longevity medicine, we should look the part. We should be having our cells flooded with exosomes, peptides, using the regenerative therapies that we're saying are in forefront of medicine.

I can't think of greater example than you, Dr. Jeff. I just appreciate that from someone who's going to be consuming

your product that, you know, it's proofs in the pudding.

Where to Find Re-Celebrate and Longevex

And so, and your whole team. I mean, Sophia, Brian, I got to meet all of them at RADFest and they're all radiant. Whether you have Brian who is a giant, Viking-like man, super strong.

You have Sophia, who's this beautiful skin and tan and olive. And you have you just, you got your whole crew is radiant. So I'm excited to see you guys at the next show.

I am excited. Highlight your product on our summit. Cause I just really feel like it's going to change a lot of lives. It's just an accessible way to tap into longevity medicine.

If you're not ready to do something like an exosome injection with you in your clinic, start to juice your cells up now. Yeah. Well, thank you. Yeah. Thanks for not making me take my shirt off here on a broadcast.

That's how we end the interview. We take our shirts off and we walk off camera. This is not safe for work. Yeah, sure. But no, thank you. Listen, we want to practice what we preach and walk the walk, not just talk the talk.

And we're doing that. So thank for noticing. Heck yeah. I appreciate you, brother. If anybody's interested in Longevex or even if they're interested you as a practitioner to support your clinic, where can people go to find out more about you Dr.

Jeff? Our practice is re-celebrate because we're celebrating the renewal of your cells through regenerative medicine. Let's go. You can find us on Instagram at recelebrate, on the internet, recelerate.com.

Any social media platform, just look for reCelebr8. I think we cornered the market on that word. spelled R E C E L L E B R A T E. So check us out and then we'll get you a link.

If you're interested in Longevix, try it out. We'd love your feedback. Everybody will give you link, you can put it in the show notes or what have you.

And people can give it a try. Awesome. Sounds great. Well, Dr. Jeff, thank you so much for your time today. Thank you for all the healing that you are going to be doing and that Thank you for tuning in to Doctor Talks.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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