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

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Introduction and regenerative medicine background

Awesome. I want to welcome you guys back to this next incredible interview I have for you in the Peptides and Bio Regulator Summit. I have joining me today, doctor Jeffrey Gross.

Doctor Jeff, you are the man. You are a spinal neurosurgeon. You're the king of exosomes. And my mind. And you have this incredible clinic out there in Nevada called We Celebrate.

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

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

Take it away, Jeff. What is it you 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. 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 I just 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 had 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 used significantly in the clinical space, meeting with patients in Europe, in Asia for decades, and we are now just tapping into it here in North America.

Wow. So, so I said, well, we're going to add that for my spine patients. But it 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 cells like, yeah, I'm tired.

I'm not going to heal that for you. So we want to rev that back up. And that's the basis of regenerative medicine. So we tap into what those stem cells are telling our cells to do.

How plant exosomes are made and delivered

And we're skipping that stem cell delivery and using the small little out bubbling called exosomes that all cells make exosomes clinically I do a lot of joint and spine work and, you know, anti-inflammatory work for people with hyper inflamed syndromes and all kinds of problems.

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

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

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

So, so a lot of those phytonutrients are in encapsulated cell bubbles or microbes smaller than the cells are nano bubbles actually called exosomes. It's almost silly if you if you go to the vitamin store.

And I've done this myself right for years and get a capsule of some phytonutrients, some, some plant derived nutrient that you need, like let's say resveratrol, you heard resveratrol might help you live longer, stimulating the sirtuins one gene in your mitochondria, you know, oh, I want that because the worms that had the 2 in 1 gene lived like twice as long.

Right. I want some of that. So resveratrol. Right. You're tapping into that. So and that's just an example. So plants make resveratrol in an exosome. Wow.

And but if you go to the vitamin store and get I'm going to get some resveratrol capsules that make sense. That means some company is taking the plants, you know powdered it, assessed it, attracted out of the exosomes and the plants, the resveratrol.

And then your body and you take it in, you digest some of it in your gut, right? Some of it gets into your bloodstream. And maybe if you're lucky, some of it gets into your cells.

But you may have also learned that all liposomal vitamins do better at getting into your cells, because that's that's a like a membrane, like a cell membrane that has artificially attach 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 your system. And nature's already got this figured out Michael why work so hard.

The plants I 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 ten years.

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

So take out the pulp and the fiber. You'd have to drink a liter. This juice. Now think about it as a lot of sugar. Right, Frito. Which we're all trying to avoid because it's toxin and but but the nutrient load is incredible.

So not only that, the encapsulated exosomes, exosomes do survive our gut. So you don't really digest them. They they get in through our gut cells into the bloodstream and deliver to the cell.

The concentration of the exosome compared to the fruit is 70 times, and the delivery to the cell is another 10 to 50 times. Put those math through the math together.

You got 700 to 3500 x concentration of cell delivery. Because 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 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 the Mediterranean blue zone.

So we've got 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 and we have we have blended these exosomes only in a capsule.

You need a single one a day in the morning to small capsule. And you can give up your as their trial, your care setting, your physician, your 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're not a methylated, you don't have to worry about it. They're handled for you.

Longevity exosomes product details and benefits

You just we just plants don't put B12 in an exosome. So we've got this. You can get rid of a lot of your capsules. And 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 longevity. Let's go. Great. From our our brand. Our Celebrate 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 plastic.

Oh, I love that. But that's that's what we're up to. Thanks for letting me run away with that. Let's go I love 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 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? In our exosomes, the ultimate adaptogen exosomes as a delivery vehicle?

Okay, the adaptogen are the molecules you're getting in the Rashi and the lion's mane in the shotgun and all that and all the goodness of those. And I think the real question, if I can let me try to rephrase it the way I think I think you're asking is, are those adaptogenic molecules exosome delivered?

And can I my cells get a more concentrated delivery from a small or does if we could extract the exosomes? The answer is I don't fully know about each one of those.

Yeah. Are we in our development. You know list of things we're looking at. We're looking at some different fruits and plants from aloe to moringa to, to 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, I continue to be amazed of how many of the nutrients from plants and mushrooms and other species, are exosome like the cells of the plants.

Nature's already figured this out. Liposome is a synthetic exosome, right? Nature's already got this figured out. Nature's liposome is an exosome. So?

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 a lot of work. And you know now you don't have to eat, you know, bushels and bushels of fruit every day.

What you couldn't. Anyway, we've got that sorted out. And the development platform is just, you know, the ideas are great. That's incredible. So the doc, when I get my bottle of longevity eggs 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 bio accumulative? Does it

keep getting better? Is it literally directing the stem cells in my body to function better?

Or what's the what's the mechanism of action of plant drives exosome would have in my body. Like what should I save my hair going to grow? Is my skin going to glow?

Well, listen, these exosomes will work to help improve the quality of the function of all your cells. Suppress the inflammatory pathways, improve the more optimal functioning pathways.

So could it. Could it help your hair grow, your skin quality, your liver function, your organs? Your mood? Everything? Yes, we know from the preclinical studies, at least from the anti-aging, you know, blend that we came with for longevity that we came up with.

But we have increased sirtuin one 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 cells the quality and the function of all your cells. So this this is so powerful and so concentrated and we're so excited about it.

Like because I'm a nerd and I'm like, this is so cool. Like I, I can't believe that no one else has figured this out. It's the only regenerative supplement on the market available.

That's besides being tons and tons of fruits. So you know, we're going to we're going to have another product we're working with broccoli to to get the sulfur vein.

You know, it has all kinds of autophagy and anti-aging qualities. And that's exosome. It comes in a plant. It's the same. So why extract it to get it.

Because when you extract it from the plants separately from the exosome, you're really not getting as much to the cell. Well it's incredible. So you're basically going to build a line of products to mimic nature's most powerful delivery system, which is an exosome.

And basically you're going to either have to come up to the exosome level that you're at, or you're not going to be relevant anymore. Is the way that I die goes, you know, that's cool.

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 biohacking get you a super optimal amount.

Wow. And we are studying or we're are studying this clinically. We're doing metabolomics, you know 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.

Clinical use, stacking, and future products

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 it in the morning.

Yeah okay. Perfect I love that. And so just one small capsule is like my daily dose of this rose reduction. And my energy capacity probably systemic inflammation probably is markers going down.

There's probably a lot of it reminds me of because you know I'm in the peptide realm. Yep. There's I usually tell you know, patients or clients. There's no side effects. There's 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 stake take my longevity 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'm curious, doc, if you're in the clinic and you give a patient like an exosome injection for joints or something to for rapid tissue healing regeneration, do you nurse them, post injection with longevity?

Yeah, I recommend they pair with longevity before and that we like to we like to get their cell quality better before too. And we so we usually pair that with options on the peptide spectrum.

And the, the plant derived exosome spectrum. Right. And we know this people with lots of joint pain and inflammation, they clean up their diet. Right.

You go from eating what you shouldn't be eating to plants and and healthy organic good meats. If you're, 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. So we have it now in a in a concentrated capsule like it's too easy.

You know that's incredible I love that. It's so cool. It's 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, pulverized powdered version of probably something that was actually a little bit tough on the liver because, again, delivery system is everything.

And then you kind of fast forward, you know, ten years later in life, ASM takes a rise and you kind of I feel like you're on the wave, the future wave where, you know, exosome delivery is going to be the gold standard for the supplement industry.

So I just appreciate people who come out with, you know, 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. So, Doctor Jeff, thank you for making something that is wildly unique and so wildly powerful and accessible.

I mean, price wise, it's really reasonable. I feel like you get that two months supply and compliance wise it's easy to take. So it's like, what more could you ask for?

You know? Yeah, if you have even if you have trouble with those, you can actually open the capsule and put it in a drink or something. Yeah. Okay. Perfect. Yeah.

I was going to will do just fine. And, and we've had people ask about that and yeah, we're doing a 60 day supply in the, in the bottle in the refill bag.

Just save on shipping and make it easier for people. Hey, getting that mortgage payment every month. This is easy. Do every other month. It's that you 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 you're like on the next level of of the way that you think about your own body.

And obviously, I say this all the time. That pedigree, a lot of times means more than a degree to me. And so I used to say, man, if your doctor took his shirt off in the office, would you trust them?

You know, because I ironically, my, my stepmom's cardiologist died of a heart attack. It's like a joke, you know? And so I just feel like those in longevity medicine, we should look the part we should be having our cells flooded with exosomes, peptides, like using the regenerative therapies that we're saying are in the forefront of medicine.

And I can't think of a greater example than you, Doctor Jeff. So I just appreciate that from someone who's going to

be consuming your products that, you know, it's proof's in the pudding.

And so and your whole team, I mean, Sophia, Brian, I got to meet all of them at, at Rad Fest and they are all radiant. Whether you have Bryant, who's a giant, you know, 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.

Brand mission and where to find ReCelebrate

I'm excited to highlight your product on our summit, because I just really feel like it's going to change a lot of lives, and 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 and your clinic, start to juice your cells up now and and yeah, I'm just excited about it.

It's really cool. Yeah. Well. Thank you. Yeah. Thanks for not making me take my shirt off here on a hot right. Yeah. You know, that's that. We in the interview, we take our shirts off and we walk off camera.

This is, Yeah. Not safe for work. Yeah, sure, but no, thank you. And listen, we, we we want to, you know, you know, you know, practice what we preach and and walk the walk, not just talk to talk.

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

Doctor J your practices re celebrate because we're celebrating the renewal of your cells through regenerative medicine. Let's go. You can find us on Instagram at re celebrate on the internet re celebrate.com.

Any social media platform, just look for re celebrate. I think we cornered the market on that word. Okay. Awesome. Yeah. Spelled resell e Brodie. So check us out and then we'll we'll get you a link.

If you're interested in longevity try it out. We'd love your feedback but we'll give you a link. You can put it in the show notes or what have you, and people can give it a try.

Awesome. Sounds great. Well, Doctor Jeff, thank you so much for your time today, and thank you for all the healing that you're going to be doing and that you've already done.

I appreciate you, brother. Thank you.