This Solves The Problem Your Supplements Still Have… Transcript

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Introduction to exosomes and plant delivery

And so how are they different than a traditional supplement? Well, traditional supplement is extracted. They break open the cells, the plant cells the exosomes, and they have, let's say it's resveratrol.

I heard resvertrol makes me live longer. It's from red grapes, you know? Yep. And that is true in a petri dish. Those resVERTROL molecules, if you can get them into the cell, will stimulate anti-aging activities like ser2-in-1 gene activity.

Well in nature, nature's already got this figured out, right? Right. The grapes and the citrus fruits that make resveratrol package it in this exosome, nature's liposom.

So when you get the exostome which has been hard to get until recently, you'll get a very high delivery. One capsule requires seven liters of fruit. Oh my gosh.

This is a huge sort of quantum step in a proven in delivery of phytonutrients. What if aging isn't about slowing down, but leveling up? I'm Dr. Izzy Jones.

This is the Longevity Leaders podcast. Hi, I am Dr Ashley Beckman here at the longevity leaders podcast and I have Dr Jeff from reCelebrate. How are you today?

Great. Thanks for having me. So let's dive in and talk about exosomes. I love it. That's my favorite topic. Where do we start? Exosomes are the signaling that cells communicate with one another.

They're the signalling a stem cell gives off. All our cells make small exosome. The cells are already small, of course, but exostomes a small out-bubbling, a little bit of a membrane, and that cargo is microRNAs and peptides and growth factors that are delivered to another cell by, remember this word, endocytosis.

So it delivers the contents at high degree of bioavailability to the next cell. So we are warning the neighbors, hey, we're under attack. I'm infected.

Protect yourselves. Or, Hey, We're going to optimal health mode, restore, heal, whatever.

How exosomes work in cellular communication

And we lose a lot of that healthy signaling and using exosomes strategically, whether they're from stem cells or from plants, our way to improve our cellular health, cellular longevity, and then of course, organism health and longevity.

So you utilize plant stem cells and plant exosomes? We use human and plants, different things. I do a lot of interventional injections with human based products to restore cartilage and joints and spine and IV wellness for hyperinflamed states.

But plants I stumbled on, they make exostomes. That's how they communicate with us. That's how they deliver most phytonutrients, the plant-derived molecules that our cells and our gut biome need to help us.

So we created the first regenerative, first exosome supplement. The first one to deliver phytonutrins at that high degree of bioavailability to our cell.

And so how are they different than a traditional supplement? Well, traditional supplement is extracted. They break open the cell, the plant cells, and the exosomes.

And they have, let's say it's resveratrol. I heard resvertrol makes me live longer. It's from red grapes, you know? And that is true in a petri dish. Those resverbrol molecules, if you can get them into the sell, will stimulate anti-aging activities like sirtuin1 gene activity.

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This is a huge sort of quantum step in a proven in delivery of phytonutrients. And tell me a little bit more about your products that you have available to practitioners.

That's the product. It's a lot. As far as we know, the only true longevity supplement, it's only product that delivers phytonutrients at that high capacity.

And it is a single daily capsule. You can get rid of a bunch of, a handful of carcetin, physitin, superoxide, dismutase, catalase. So many things. All the B vitamins except 12 and vitamin C are all handled by that.

Plant exosomes versus traditional supplements

Because sometimes we're taking a meal's worth of capsules. We may need them. I've got it down to one single, simple, small capsule. It's been a journey in the last year since we launched it.

it's our baby and it has been an amazing ride. And we are developing new plant exosome products based on this model. Because now we have the technology to actually extract them So some of the nutrients you mentioned are what are used a lot for zombie cells.

Yes. Right. And senescent cells, can you go into that a little bit more? Yes, and we haven't measured yet. We're going to be investing in a new clinical study on top of what we've already done to look at things like seniscent cell death, zombie cell.

I know it's dramatic. natural killer cell activity, if you want to boost that, and other metabolomics. It's the actual sign and signal that the pathways in the cells have improved from an inflamed to an anti-inflamed state.

That's a longevity marker. So you're saying you can replace quite a few supplements with your one capsule. Right. Is it serving one capsules? One capsule a morning, yeah.

On the day. Okay. We just prefer the morning because some people get a little energy. So we recommend the Morning. Yeah. But you can take it whenever.

It's a small capsule. it's vegetable-based, so it is vegan. And it doesn't have anything in it except a rice extract just to fill the capsule, obviously.

You could put it in water if someone asked me about that today if you wanted to. Yep. but it a smaller capsule and most people have no trouble with it.

So then what are some of the top benefits that you're seeing, at least clinically? So in the last year, people report energy boosts, cognitive clarity or speed, and then specifically hair and nail growth.

And the ladies are more attuned to it for various reasons. So we see that. It's not across the board, but when we hear something good, it's usually that Is it helping with brain fog and cognition?

We've had a couple of people say they didn't approve cognitive activity. But when we, when you see someone with brain fog, we're doing so many other things that I can't, I don't have enough experience to say that's it.

Yes. And so you have some more in the pipeline. We do. Can you share some? I could, check and tease a little. I couldn't tease because we were going to, were gonna make a lot of supplement manufacturers unhappy.

Clinical benefits and the single-capsule product

Uh, We are working on a pomegranate product for Exosome, pomegranates produce elegic acid in exosomes, and elegic acid is converted by our microbiome to urolithin A, which is a very useful mitochondrial supplement.

So we're probably going to make some uralith in A makers very unhappy. I'm aware of who they are, yes. That'll be very interesting. and we have a kids gummy on the longevity product coming because it's not just longevity, it is cellular health.

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When I run lots of labs on kids and it's crazy what they're dealing with already, I know a big part of it I think also is that we're running labs and kids earlier and I wish that.

We've done that when I was a kid, but the labs are really not good, right? I mean the all these different diseases are not even metabolic, that are little kids with Hashimoto's.

Again, I focus on toxins, so I run a lot of toxin panels, but it's quite alarming. It's probably a stuff in our environment or our food, as I imagine.

Yeah. That's hard to change. The kids see it at the vending machines, at schools, your friend's house. All right, that's tough. Good. I'm glad you're identifying those things because it'll help us help them.

Well, and it's good to have something that they can take that's easy. That's the big thing with kids. There's a lot of pushback. We're working on a sugar-free, vegetable-based gummy for that very reason, yeah, for kids And so, back to exosomes, what are some of the benefits of utilizing those?

How are you seeing that play out for your clients? I think I've given you the list of things that people report, but we are looking to study these metabolomic changes in the body.

That's going to be the big thing. We are also looking long-term, longitudinally over years to see what labs look like, things like that. Yeah. And do you have practitioners that are running labs alongside this and seeing the long-term effects?

It's only been out for a year. Right, it's been for years. So that's why we don't have a long term yet. We're looking at longterm. Some people do. I mean, most clinicians run periodic lab tests anyway.

Future products, kids formulas, and lab testing

And we have lot of consumers looking this or clinics looking it this, where lab test on everyone before you start and stop every supplement is probably too much.

But we're looking at the big picture. We're not looking to change any one marker immediately, but we know from the preclinical, you've got increased her two-in-ones.

You've gone decreased reactive oxygen, decreased markers of DNA damage, and decreased cellular markers lipid peroxidation. So we now the cells are happy with this longevity move.

And we're going to continue to study it and characterize it. And as we come with new products, we'll continue look at that. I would say, too, for practitioners that use True Diagnostic and that a lot of the markers you mentioned are always tested so we can see changes along that…

Yep. So epigenetic changes, DNA methylation. We also look at glycan changes in antibodies. Those tend to be more sensitive and change quicker. But these are expensive tests.

If looking at the cost of the supplement and the costs of before and after tests, sometimes just try the supplements, see how you do. Yes. Yeah. I know we always get very lab happy, but I always am encouraging clients and patients, you know, we don't want to spend so much on labs that you don t have enough to allocate for the things that will change your labs.

Exactly. Right. That's always something to consider. Do you have, or as I was going to say, what are some of the inspiration that had for creating this?

Well, I stumbled on it because I do human exosome regenerative procedures and recovering neurosurgeons. So I'm doing spine and joints and other things.

And I read the literature every morning. I have a Google alert. Anything published on stem cells or exostains comes to my feed in the morning, have my coffee, read my literature, and I stumbled on plant exasomes.

So I don't have to look at it this morning. And there is a wealth of research. These are being used for liver dysfunction, for cancer, and for all kinds of things.

They not just feed us, they feed our microbiome. Those exosomes are also taken in by our biome and then our bio then gives us other things back in return.

So there's sort of this triangle love pattern going on. So we're trying to support that. It just became a necessity. Since I'm kind of the access zone guy out there, I just thought I would really push this and bring it to market so people could experience it.

Yeah, so more people get access. Right. That's the big thing. There's all these amazing treatments, but they're not always accessible. True. And then the same, especially if it's something that even kids can take, we can get them healthier at a younger age as soon and just change their whole health trajectory.

I think that is a big goal for most of us. Yeah, We love that. So that's why we're here. That's the Hippocratic Oath in a nutshell. We're to do that and we want to it in the best way.

And if that means replacing some old tech, old supplements, then so be it. we got to move forward. And there's a thing. So with, um, I'm an herbalist first and foremost, and I think a lot of people forget just how miraculous the plants are.

Right. And everything is in there together for a reason. Often things get isolated out and then you've removed something that was extremely beneficial, but nature is very amazing.

Nature figured this out, right? Yeah. I love that. So it made it easy for us. The hard part was extracting the exosomes. That is a labor intensive, lab intensive activity.

We have to ultra centrifuge these and get them down. You say, well, why haven't we had this before? It took a bit of work.

Origins of the idea and the future of regenerative medicine

So we have the technology. We take up a full-time lab for this to expand our product line. And we'll create some investment in that as well. But we're pushing it.

Yeah, I think it's definitely the future of medicine and especially herbal medicine. Any last thoughts to share with people if they're new to this, if I've never heard about it?

Yeah. I mean, you know, listen, I was practicing traditional medicine and I put down the Kool-Aid and it's okay. You know most doctors haven't yet. So if your doctor hasn't offered you something when they're listing all the options that includes a regenerative option.

or a holistic option or natural option, ask. If they still don't, maybe it's time for a second opinion or third opinion, and it is okay. You should do what's best for you.

And sometimes that requires speaking up for yourself. I love the fact that this is incorporating and basically replacing multiple supplements. Agreed.

Sometimes a handful of supplements get fatiguing to swallow, right? Yes. Then you're full. Well, I guess I'm missing out on protein I should be having right now.

Well, and there's kind of a new trend of saying that people should only be on four supplements, let's say. You can't really cover everything you need in four supplement, but when you have something like this that can replace multiple, it's a good start.

I don't know about that. that four supplement trend, but there are people out there who may get by with four supplements who are super healthy eaters.

Yeah. There are most of us, probably not, especially in an inflammatory world. We have to do extra, we need those omega-3s, the vitamin D, We need these things extra.

we're just not getting it like our ancient ancestors did. Yeah. No, we're not dealing with the same plants and nutrients and absorption. And they didn't have a pro-inflammatory world.

So we do. We're fighting it daily and that's why the disease is rampant. That's what obesity is. Rampant, that why so many problems exist. Any last words to leave?

No last words because there's always going to be another word or something new. We're pushing the envelope, so maybe we'll do this again in a year and we will have some news.

A new product. Right. Yes. Well, I'm excited to learn more and try it out because again, i really believe in the amazing, powerful nature of herbs because they had changed my life.

I know they changed lives for many people and they're so easily to assimilate in I agree. Thanks for having me. Thank you.