Why Your Supplements Aren’t Reaching Your Cells Transcript

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Podcast Intro and Guest Introduction

Exosomes is a delivery vehicle. The adaptogen are the molecules you're getting in the reishi and the lion's mane and the shaga and all the goodness of those.

And I think the real question, let me try to rephrase it the way I think you're 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 exosomes?

Welcome to the Peptides and Longevity podcast. Each week, we'll dive into groundbreaking science, innovative therapies, and the future of health and longevity.

Alongside visionary physicians and experts, we'll explore how peptides, cutting edge medicine, and lifestyle strategies can redefine the way we age. Get ready to transform your health, optimize your vitality, and unlock the secrets to a longer, healthier life.

Let's get started. Awesome, I wanna welcome you guys back to this next incredible interview I have for you in the Peptides and Bioregulator Summit. I have 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.

How Re-Celebrate Uses Regenerative Medicine

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 speaker. So 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 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. Luckily, I have some background in molecular biology, which is the science that's behind what's going on with stem cells and regeneration.

I decided about seven years ago to tap back into that. 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, 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. When you get older, your cell's like, yeah, I'm tired.

I'm not going to heal that for you. 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 exosomes. So 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 and all cells really make exosomes.

Wow. And plants, turns out, make phytonutrients, right? We're all taking these supplements, you know, we got our little daily, you know, 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. So we need some of those things. And because our diets, at least in America, so watered down and processed and bleached out and 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 nanobubbles actually called exosomes. It's almost silly if you go to the vitamin store, and I've done this myself for years, and get a capsule of some phytonutrients, some plant-derived nutrient that you need, like let's say resveratrol.

You heard resveratrol might help you live longer, stimulating the sirtuin 1 gene in your mitochondria.

Plant Exosomes and Longevex Explained

You know, oh, I want that because the worms that had the sirtuin one gene lived like twice as long, right? So resveratrol, right? You're tapping into that.

And that's just an example. So plants make resveratrol in an exosome. Wow. But if you go to the vitamin store and get, oh, I'm going to get some resveratrol capsules, that makes sense.

That means some company has taken the plants, powdered it, processed it, extracted out of the exosomes in 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 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, then have to re-bubble them to put them back into your system. Nature's already got this figured out, Michael.

So 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 partnering with a lab in Italy that is able to extract plant exosomes. And so each capsule of our product, which I'll tap back into why we chose 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 of 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. Plant exosomes do survive our gut, so you don't really digest them.

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.

So you put those, do the math together, you got 700 to 3,500 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'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 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, your physetin, your glutathione, your spermidine, and most of your B vitamins.

And by the way, naturally, they're methylated. So if you're not a methylator, you don't have to worry about it. They're handled for you. 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 Longevex. Let's go. Great name. From 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. So that's what we're up to. Thanks for letting me run away with that. Oh, 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 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 exosomes 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 the shaga and all the goodness of those. And I think the real question, let me try to rephrase it the way I think you're asking is, are those adaptogenic molecules exosomally delivered?

Adaptogens, Exosomes, and Delivery Efficiency

And can I, my cells, get a more concentrated delivery from a smaller dose if we could extract the exosomes, the answer is I don't fully know about each one of those.

We in our development list of things we're looking at, we're looking at some different fruits and plants from aloe to moringa 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

continue to be amazed of how many of the nutrients from plants and mushrooms and other species are exosomal.

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 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 a lot of work. Now you don't have to eat bushels and bushels of fruit every day, which you couldn't anyway.

We've got that sorted out. And the development platform is just, the ideas are great. That's incredible. So, Doc, when I get my bottle of Lunggev 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?

What's the mechanism of action a plant-derived exosome would have in my body? What should I see? Is my hair going to grow? Is my skin going to glow? 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.

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 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 cells, the quality and the function of all your cells. So this is so powerful and so concentrated and we're so excited about it because I'm a nerd and I'm like, this is so 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. Tons and tons of fruits.

So, you know, we're going to have another product we're working with broccoli to get the sulforaphane, you know, which has all kinds of autophagy and anti-aging qualities.

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

Benefits, Mechanism, and Clinical Use

Wow, that'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 feel like.

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 people that take it feel some type of energy. So we recommend you take it in the morning. Okay, perfect.

I love that. And 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 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 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 body.

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

Yeah, I recommend they pair with Longevix before. 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. So 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 supplement technology because I feel like back 18 years ago when I put my first adaptogen in my body, it was just a 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 10 years later and liposome takes a rise and you kind of there 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, Dr. Jeff, thank you for making something that is so wildly unique and so wildly powerful and accessible. I mean, price-wise, it's really reasonable.

I feel like… you get that two-month supply. And compliance-wise, it's easy to take. So it's like, what more did you ask for? Even if you have trouble with those, you can actually open the capsule and put it in a drink or something.

Oh, OK, perfect. Yeah, I was going to ask that. And 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. 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 you're like on the next level of the way that you 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 so I just feel like those in longevity medicine, we should look the part.

We should be having ourselves flooded with exosomes, peptides, like using the regenerative therapies that we're saying are in the forefront of medicine.

Where to Find Re-Celebrate and Longevex

And I can't think of a 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.

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's a giant, you know, Viking-like man, super strong.

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

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 in your clinic, start to juice your cells up now. And and yeah, I'm just excited about it.

It's really cool, Joe. Oh, thank you. Yeah. Thanks for not making me take my shirt off here on. That's how we end the interview. We take our shirts off and we walk off camera.

Yeah, this is not safe for work. But no, thank you. Listen, we want to, you know, you know, practice what we preach and walk the walk, not just talk the talk.

And we're doing that. So thank you for noticing. Heck yeah. Yeah, I appreciate you, brother. So if anybody's interested in Longevex, or even if they're interested in 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. 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 spell. Awesome. 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 Longevex, try it out.

We'd love your feedback, everybody. Perfect. 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, Dr. 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. Take care. Thanks for joining us on the Peptides and Longevity podcast. If you enjoyed today's episode, don't forget to subscribe, share, and leave a review.

It helps us reach more listeners passionate about optimizing their health. For more insights, resources, and updates, visit our website at www.holtorfmed.com.

Together, let's embrace a future of health and vitality. Until next time, stay inspired and keep thriving.