

[#33: Dr. Jill Interviews David Roberts on the Power of Sulphoraphanes](#)

Dr. Jill 00:11

All right, I think we're live. Hey everybody, welcome to another Facebook Live with Dr. Jill and Dr. David Roberts [sic]. I'm so excited to have him on today and to grill him on all things related to sulforaphanes. If you haven't heard of this pretty profoundly amazing molecule, we're going to talk about it and tell you why it might benefit your health.

Dr. Jill 00:36

Just a little background: Of course, you can find all of the past videos either here on Facebook or on my YouTube channel, which you can find by just searching my name. If you haven't already subscribed to the YouTube channel, I highly recommend it. We've got two or three new interviews every week. It's all free content and just great, great informational stuff. I know I learn every time.

Dr. Jill 00:56

So I want to introduce our guest. We have not met before, but I have heard amazing things about him and his company, so I'm super excited to bring him to you today. David Roberts is the founder of BrocElite, and he has a master's degree in public health from the John Hopkins School of Public Health with a focus on epidemiology and international health. He also has a master's degree in biomedical engineering from the University of Virginia. And that's very cool, David, because I have a bioengineering degree from the University of Illinois.

David Roberts 01:29

Oh, okay.

Dr. Jill 01:30

Yes, we have a little bit in common. It's funny because I always thought, "I'm not really a bioengineer." I love medicine, and I love that. But it's complex problem-solving, isn't it? And even though I don't think of myself as a bioengineer, there's a piece of it. He has a bachelor's degree in electrical and biomedical engineering from Duke, and he has more than 20 years of experience working on quantitative research and public health across three continents, serving as founder and member of New Dominion Philanthropy Metrics, American Pain Research,

RESTORE, and now Broc Elite. And like I said, I have heard the most amazing things about you and your expertise, and I am just delighted to have you here.

Dr. Jill 02:11

So tell us a little bit. I love starting with [one's] story because [a] story really gets our brains into remembering the content. Tell me: How did you get interested in sulforaphanes and this research? And even maybe a little before then, what led you to it?

David Roberts 02:25

Yes. My wife was diagnosed with breast cancer in 2012. She was very keen on treating it mostly naturally. With my background in sciences... One of our promises to each other was that—just doing something alternatively or integratively doesn't mean it has to be crazy—it had to be based on science. And actually, my colleagues will give me a hard time. I actually don't have a doctorate, so I'm not a doctor. You introduced me as a doctor, so I have to just clear that up, or else I'll never hear the end of it.

Dr. Jill 03:18

I'm sorry about that, but you're brilliant nonetheless.

David Roberts 03:20

Basically, it was through her cancer journey. We ended up deciding to do more of a personalized medicine approach, where we got some of her cancer cells and grew them in our lab. Basically, one of my colleagues and the gentleman who stabilized the sulforaphane to put into broccoli is John Gildea. I met him the first week that Mara was diagnosed, and we've been fast friends ever since. We had an incubator and grew them. I grew her cancer cells in our lab, and then he was able to put 60 different supplements on them to see what directly killed her type of cancer. Sulforaphane ended up being number three.

David Roberts 04:28

So I went out to buy it. I found a broccoli supplement that had sulforaphane glucosinolate in it. I was like, "Ah, sulforaphane," and bought quite a bit of it. She was taking it for a while. It didn't really seem like it was doing anything. Come to find out, sulforaphane glucosinolate is actually the precursor chemical to sulforaphane. It really wasn't doing what we thought it was doing, so we ended up shifting to growing broccoli sprouts. We probably had enough broccoli

sprout-growing material for 10 families. We'd grow them and juice them every day. If you've ever had them, they're really pungent and taste bad. So anyway, we made a good-tasting juice and did that for a while.

David Roberts 05:28

I think I had asked John, and I was like: "Hey, can you come up with a stable form of this so we can put it in a supplement so we don't have to grow all these sprouts?" A couple of years went by, and then he was just like, "Hey, I think I did it." I think I'd even forgotten that I had asked him. So we sent it off to get tested. Sure enough, there was a stable form of sulforaphane. At the time, my wife was like: "We have to get this out! This is a game changer to have this." At the time that she was diagnosed, we had a one- and three-year-old, and they grew up with us sprouting. But it's a lot because it smells really bad. It tastes really bad. And then, if you grow a crop, you can get fruit flies or mold, and it goes bad, and you lose a crop. So anyway, just having an option was easy.

David Roberts 06:38

Unfortunately, my wife died in September 2017. She had made a move to raise some seed money, which came in about a week later. So at that point, we formed the company and ended up getting the supplement in a capsule to market in April of 2018. It's important because it does a lot of things. I always say it's easier to not get a chronic disease—I'm sure you tell your patients this—than to get it and try to fix it. Sulforaphane is great at really keeping things at bay. So that's a little bit of the back story of how BrocElite—and it sounds like I'm saying broccoli, but BrocElite is the name of the supplement—came to be.

Dr. Jill 07:39

Oh, thank you so much for sharing that personal information. And gosh, I'm sorry for your loss, but I just had this real sense as you were speaking that your wife must be so proud of you and what you're doing and bringing this [about]. And I don't know if you know, but at 25, I had very aggressive breast cancer. My heart really, really goes out to you and what you're doing because I've lived that and I happened to survive. I was in a group of young women under 40; I was 25 at the time. And of course, as you know, it's so aggressive in younger women. I am the only one of that young women's group that's still living. So I know the statistics—like, I'm a miracle.

And I didn't know this before we talked about how much [we had] in common with that passion for...

Dr. Jill 08:23

I mean, there are so many other uses we'll talk about today. But that's one reason I wanted to bring you on: I only bring on things that I love, use, and believe in myself. I'm not a salesperson. But this is something I can get so behind [on] because I've lived it. And we'll talk about glyphosate in a minute. I grew up on a farm, so I had massive exposure to Roundup and glyphosate, and I know it affected my body and my microbiome. I've been searching ever since, and I've talked to patients—it's a big, passionate project of mine as well—[about]: What else can we do? So let's talk a little bit with your background about your perspective on glyphosate. And I know a little bit about what it does to the microbiome; I'd love to hear your perspective. And then what can sulforaphanes do for that?

David Roberts 09:02

Yes, that's a very important question. It's a very timely question. There's a lot to say. Basically, before BrocElite, I helped start another supplement company called RESTORE.

Dr. Jill 09:24

I didn't realize that, David! That's my other favorite thing. I feel like that was a game changer for my gut health—like [for] my permeability issues that had been [affecting me] for years and years and years. I had Crohn's disease; I had Celiac [disease]. Both were undiagnosed until after the cancer. RESTORE changed my gut.

David Roberts 09:43

Yes. So through RESTORE, we did a lot of research on glyphosate and looked at shifting your microbiome. And glyphosate does a lot in shifting your gut permeability—so, tight junction function. If you have leaky gut or intestinal permeability, [in the] near term, you can get things like allergies or sensitivities. And as your immune system is always on, you can get a stronger allergy and then an autoimmune [disease]. So, having your gut closed is important—so, tight junctions. The research we've done at BrocElite to kind of build on that has been... And this is with Dr. John Gildea, who was also the person who determined...

David Roberts 10:53

So yes, I basically gave him a bottle at the time; it wasn't RESTORE. And given my commitment with my wife, Mara, we had to figure out what he did. So I gave it to him, and he was able to figure out that it was a gut supplement. With John, we basically wanted to see: What does glyphosate do with Nrf2?—to get a little bit of background on what Nrf2 is. And then, also, what does it do with cellular communication networks?—so, gap junctions. Gap junctions—every cell is connected through a series of gap junctions that allow communication from cell to cell. So, cells aren't just individuals; they're functionally coupled, and that's how wounds heal and all sorts of things. Also, when cells stop talking to one another, that's how disease occurs, specifically cancer.

David Roberts 12:10

Basically, I'll start with the gap junctions since we're talking about it. So with gap junctions, we showed that glyphosate decreases that cell-to-cell communication by 30%. That's a lot. And that decrease in cellular communication—actually, there are a couple of papers that we can point to that show specifically that the lost gap junction communication can cause cancer. So that's a big issue. So we looked at, "Okay, well, what if you put... " And this is the amount: It's about a hundred parts per million, I believe, of glyphosate, maybe less; it's been a year since we did the study. But it's something you can get from a large serving of soybeans or maybe even a fast food meal. So that communication, if you take sulforaphane specifically in our form, which is a BrocElite, actually gets leveled out, so you're back to baseline. Now, if you don't take glyphosate and you take... BrocElite, it actually improves cellular communication a lot. I can't remember the exact number. I think it's about a 50% improvement.

Dr. Jill 13:45

So let me try to restate what you're saying really quickly to make sure our listeners understand that I'm getting what you're saying because it's profound. First of all, you're saying a typical meal with glyphosate...

Dr. Jill 13:53

So for people who are listening, most of you know [about] Roundup and glyphosate. I've talked about it for years, but just to be clear, genetically modified corn, soy, cottonseed, and certain other crops that are really common in the US, and the majority unless they're certified organic, are going to have Roundup residue on them because they're sprayed before they're harvested with this wheat killer, and

genetically modified organisms are made to resist that, so they don't die. Especially corn and soy, which are pretty much in any processed food that you buy—corn syrup, soy lecithin, and other things—are almost always genetically modified unless noted or unless organic. So unless you're deliberate about [eating a] 100% organic diet, you're probably getting exposure to glyphosate. And the latest studies have shown that even organic California wines have residues, so this is everywhere. So we're all getting exposure.

Dr. Jill 14:42

And what you're saying is that glyphosate decreases cell-to-cell communication by like 30%. But if you have BrocElite before the exposure, so say you're regularly taking it in the morning with your pills, and then in the evening you had a meal, you would actually decrease that effect of glyphosate on the cells. Is that correct?

David Roberts 14:59

That is correct. Yes.

Dr. Jill 15:00

Okay. Fantastic. Amazing. And then if you don't have glyphosate, which is even better—for me, I try to avoid it—you're going to have an increase in cellular communication.

David Roberts 15:09

Yes, exactly. Yes. And people ask, given my story: "Well, if there's just one food you can avoid because you're worried about cancer... If I'm worried about cancer, what foods should I avoid?" Without hesitation, I'll say "high fructose corn syrup" because it's in so much and [because of] what it does to your metabolism. But I'll really make it two, because I'll throw in really quickly, "and soybean oil," which is also in a lot of things. People think that if they're eating a salad, it's good for them. Well, if you are eating a salad with conventional dressing, it always has soybean oil or vegetable oil in it. That's bad.

Dr. Jill 16:03

Oh, so I want to comment really quick if you're okay [with it] because I ate a completely soy-free and corn-free diet, partially for this reason. But I want to tell you that what you're saying, David, is so real because I have one brand of salad dressing. I'm going to name it because you're probably wondering. Organic Girl is completely soy-free, but there are others. I have no affiliation with them, but it is

actually incredibly hard to find soy-free salad dressing and soy-free chocolate. So if you're a chocolate person or chocolate lover, there are a few brands out there that are gluten-free, dairy-free, soy-free, non-GMO, organic, fair trade, etc. But it's hard to find, and you have to be a very good label reader to find these things.

Dr. Jill 16:38

And then here's the other thing: If you're cooking at home, you can avoid it because you can use olive oil and [other] good oils. I have no trouble because I mostly—99%—eat at home. However, if you're eating out, you can almost guarantee that you're getting exposed to these things. That's where there is a difference. And people are like, "Well, I eat really healthy, but I'm eating out five meals a week." You're going to get exposure there as well.

David Roberts 16:57

Yes. So a trick I'll do is if I eat a salad out, I'll just say, "Hey, do you have olive oil and vinegar?" And if they're not sure if it's olive oil, then it's not.

Dr. Jill 17:11

Exactly. Exactly. You got it. And some people have celiac [disease]; that's a hard thing to deal with. You avoid gluten from rye, wheat, and barley. I think it's actually much harder if you have a soy or corn allergy. There are so many more foods that have those two food groups in them.

David Roberts 17:26

Yes. So communication is important. The other study we looked at was something called Nrf2. Basically, it's a protein, and it's in our cells. Basically, when you take sulforaphane, it can go into the nucleus and then begin turning on a lot of different things. So what it does is actually turn on something called the antioxidant response system, which is responsible for about 200 antioxidants. People think of vitamin C as an antioxidant. It's probably the most popular. That's one molecule, and one vitamin C molecule can take out one pro-oxidant. Well, with sulforaphane, it actually generates, for 72 hours, this antioxidant—200 different ones—to begin helping take care of those pro-oxidants. So the antioxidant response system helps with inflammation. What else? Basically, Nrf2 is responsible for phase 2 detoxification. So there are a lot of things going on there. Nrf2 is one of those systems that, if you don't have it, you'll pretty quickly get sick and probably die. That's how important it is.

David Roberts 19:10

So what we did was look at: What happens to Nrf2 if you have this amount of glyphosate that you can get in a meal? And what happens to Nrf2 if you have the amount of sulforaphane that you can get from a 10-milligram dose of BrocElite? It's a 30% decrease in Nrf2. It's like, "Nah, that's not that much." But that's a huge amount. Especially with detox, we think your liver is responsible for detoxification. Well, yes, it does quite a bit of detox, but every cell in your body does detox, and that amount of glyphosate basically retards every cell in your body's ability to detox. So it's kind of the mother of all toxins because it makes every toxin that much more toxic because you can't get rid of it. So basically, with BrocElite, it brings it back to baseline. And then, if you are exposed to glyphosate, it actually improves it by around 30% to 40% [of an] increase in Nrf2 activation. So yes, those are some of the things that glyphosate does. Because it's everywhere, we're excited to have another tool in the tool belt to be able to help.

Dr. Jill 21:01

Yes, so a little story about that. Five years ago—and I actually had a mold exposure, so I was kind of toxic from that—I was like: "I'm 100% organic. My diet is super clean. I'm going to check my glyphosate levels, and I'm assuming they'll be zero." I was shocked when I got the results because, at that time, in 2015, they had a comparison. This was an older lab that was just doing it for public awareness, so it's no longer available. But on that particular test, they compared it to some studies of glyphosate around the world. One of them was a comparison of farmers on application day after glyphosate exposure, so it was a pretty high level. That day, they measured them, and I was triple the amount in [inaudible] of farmers on application day. And I'm like the organic Nazi. I'm really, really careful about it.

Dr. Jill 21:46

So I had to really think, "Okay, here I am trying to do my best, avoiding all kinds of non-organic foods and all corn and soy." Now, I have two dogs, and I have a condo, so I don't take care of the landscaping. And I'm pretty sure that [by] my dogs walking in the sprayed [areas]... And then they sleep with me. I think that was my exposure. And then shoes; of course, I don't wear my shoes inside. There are all these little things. So I changed, and since then, I've come up with zero measurements since that time of knowing. But it was profound to me, because even

if your diet is really clean and you have dogs that walk on public grass that's been sprayed... And of course, it'll kill the grass, but around the trees where the dogs like to pee, they'll spray around the trees, and it'll be brown and bare right there. And if they walk on that and sleep with you... I don't know for sure, but I'm guessing that was my exposure.

Dr. Jill 22:30

I was really shocked that someone who is so careful could have those high levels. And it could have been from some past [exposure] because I grew up on the farm as well. So this is a big deal to all of you; even if you think you're eating super organic, you're probably getting some exposure.

Dr. Jill 21:45

Now, the reason I brought you on is because I have used sulforaphane in my practice for a long time. I will tell you, as far as just plain old sulforaphane, it's just like your experience with your wife. I was kind of like, "Uh, they're supposed to be good, but I don't see a dramatic shift every time I use them." So to me, your patented process is a big deal. And I had heard there's one other place in France that has stabilized sulforaphane. But what makes yours different? Let's talk about why the stabilized form is really a big deal, because I think this is a game changer.

David Roberts 23:15

Yes. So, Prostaphane is the one in France. They're really good. There's nothing to really knock about them. But they're two different processes. They do a chemical extraction—a chemical solvent extraction. We don't; we do water extraction. So that's one difference. We talk about sulforaphane because it's hard enough to get people to understand what that is. There's a whole potpourri of cousin chemicals in the various...

Dr. Jill 23:51

Sprouts.

David Roberts 23:52

Well, yes, in broccoli and all the cruciferous family. So... Excuse me, my nemesis is a fruit fly. I keep [inaudible]. So anyway, the sulforaphane is in broccoli. The reason we hear about broccoli and sulforaphane is because it's the highest and most well-studied. It's probably one of the most potent, if not the most potent, of this

family, called isothiocyanates. In our BrocElite capsule, the supplement, there are five other isothiocyanates, and they all work in synergy. So actually, there is a synergistic effect.

David Roberts 24:43

We also extract a cousin chemical called phenethyl isothiocyanate—PEITC is how most people in the science hear about it. That's from watercress. We did that because there's a study—and we've shown this ourselves internally—published and peer-reviewed that shows that sulforaphane plus PEITC has a truly synergistic effect; one plus one equals three to five. So it's a three-to-five effect. And the mechanism—I don't know exactly the mechanism, but it basically does all these things we talked about more. So that's something that's a little different than Prostiphane. Also, if you're in the U.S., you can actually get our product without having to import it. You can go to our website and buy it, so it's much more accessible. But, yes, the other product is also stable.

Dr. Jill 25:48

Okay. Oh, this is amazing because that watercress—I didn't know. And again, I knew there was something special. I know I'm going to be recommending BrocElite versus the regular sulforaphanes from now on. And shelf stability is a big deal, like you said, so this had to be quite a complicated process. Tell us a little bit more about that.

David Roberts 26:05

Yes. Every BrocElite supplement on the market has a precursor chemical. It's actually not even sulforaphane. It's called sulforaphane glucosinolate. But glucosinolate is the precursor. So what happens is that if you have a head of broccoli and you start chewing it, that precursor chemical, which is called glucoraphanin, is stable. That's why people—

Dr. Jill 26:38

Ah, that's why the other brands.

David Roberts 26:40

That's why other brands, because it's naturally stable. So you chew it; you break the cell wall of the head of broccoli through chewing, and it releases an enzyme called myrosinase. That enzyme converts glucoraphanin into the good chemical

sulforaphane. You swallow it, and then the amount of sulforaphane that you internalize gives you the benefit. You try to store that sulforaphane, and historically, it degrades. That's why it hasn't been on the market, and that's why, again, 100% of the broccoli supplements on the market are these precursor chemicals.

David Roberts 27:20

I've had physicians at conferences adamantly tell me that they have sulforaphane, and 100% of the time I'm like, "Well, let's look it up." So we'll just go right there, and inevitably, it'll be sulforaphane glucosinolate. I'll explain to them that that's glucoraphanin, and they're shocked. One lady even started crying. She was so upset. And she knows what it means. Basically, with glucoraphanin, you swallow it on average, and 10% to 20% gets converted into sulforaphane, but you have to have the right gut bacteria.

David Roberts 27:20

Dr. John Gildea has a hypothesis that the people who need it the most actually don't have the right gut bacteria to convert. So it's possible not to actually get any benefit from taking a glucoraphanin supplement. A lot of these companies will put the myrosinase enzyme with glucoraphanin. Again, it's an enzyme. It's basically a protein, and likely it doesn't survive through your stomach acid because proteins are digested, so your stomach acid is designed to do that. Anyway, I think it's more of a marketing ploy. And with the actual sulforaphane, if you take a sulforaphane capsule, it's been shown that 70% gets in.

David Roberts 29:14

The percentage is important, but really what's most important is: What's getting to the cell, and does it have a biological effect? So people who take BrocElite typically feel the difference. And that's so super easy to solve because they're like: "Oh my goodness." And we've had a number of testimonies where people have actually stopped it because "it's not doing anything." And then after they stop it, they're like: "Holy smokes, it was doing something!" So in most of our testimonies, detox people typically don't walk around and say, "Hey, I feel less toxic." But what they do say is: "My joint was hurting, and now it's not hurting."

David Roberts 30:04

So we did a study internally looking at: How quickly, if you take a dose of BrocElite, does it actually work?—because it seems like it's working pretty fast. So we did a

three-day study. We looked at IL-6, interleukin 6, which is upstream from NF-kappa B, which is the molecule... It's the holy grail for inflammatory research with pharmaceuticals.

Dr. Jill 30:32

COVID is all about IL-6. So this is very relevant.

David Roberts 30:36

Yes. IL-6 in urine. We did a baseline on day one, a blind placebo on day two, and then just one dose of BrocElite sulforaphane on day three. So we looked at IL-6 and within 24 hours of taking the sulforaphane, IL-6 dropped by 20% or 30%. So a 30% decrease in IL-6 in 24 hours. That's enough so you can actually feel it. That's a substantial decrease. Most of our testimonials are from people who say: "Hey, my joints were hurting enough; now they're not." We had a lady email us and say, "Hey, I haven't been able to use my kitchen knives for years because my hands hurt so much. And now I can, and I'm really blessed because I can make food for my kids now." Stuff like that.

David Roberts 31:46

I actually play the guitar some. I'm not a good guitarist, but it's more recreational. I put it down for about six months, then picked it back up. And I couldn't—actually, this was before BrocElite—play more than a couple of minutes because of my hands. And then once we had released the BrocElite, I was taking it more, and I realized: "Okay, I'm able to do it." By far the most noticeable differences are in the pain levels.

Dr. Jill 32:23

Got it. This is great. I love hearing about IL-6 because I actually measure cytokines in a lot of patients. That's a big player for inflammation. So this makes a lot of sense. Now I'll frame it [in terms] of the types of patients that I typically use [this for]. So hormonal issues—hormonal detox is a big deal with phase 2. For a lot of patients with excessive bleeding, PMS, excessive estrogen dominance, or fibroids, I'll use DIM, sulforaphanes, and calcium D-glucarate. And I want to talk about the differences between those and sulforaphanes. But I also want to say, like we started out talking about, that this is always one of my arsenals for cancer because it's so profound. And I'm assuming it's the glucuronidation pathway, which is phase 2 of the liver. Is that correct?

David Roberts 33:11

Yes. I'm sorry; can you say that again one more time?

Dr. Jill 33:17

Sure, yes. I think it's the glucuronidation pathway in the liver. It's part of phase 2 that this can affect as well?

David Roberts 33:27

I believe so, yes.

Dr. Jill 33:27

Okay, got it. Yes. So, basically, just a review for you guys who are listening: These toxic chemicals and even hormones and medications can be in that category, [such as] glyphosate, etc. Your liver is where we process that, and if everything's working, we can handle a load of chemicals and be just fine. So those chemicals come in phase 1, and they go to this intermediate. The intermediate is often more complex and toxic than the first thing that came in that process. So, if you get stuck there and your phase 2 is really sluggish, you can actually become sicker, more toxic, and more prone to cancer or disease because your phase 2 is slow.

Dr. Jill 34:05

So, the reason we're coming back to, what's the deal with phase 2? [and] why would we use something like BrocElite? is because having that phase 2 run smoothly is incredibly important because if you're pushing phase 1 [by] drinking a lot of coffee, which increases the cytochromes, and your phase 2 sucks, you're going to get stuck and you're going to get sicker instead of better. So anything we can do to really support phase 2 is critical to overall health, to auto-immunity, to the gut, and to cancer. And this product—sulforaphane stabilized—works on that level.

David Roberts 34:35

Yes. I like to talk about detoxification and toxicity and sulforaphane because it works in all three phases if you think of the third phase as binding and excretion. But it's the best natural chemical for phase 2 detoxification, and it actually works in phase 1 by slowing it down, which is helpful if you think about it. So what you were describing, I've heard called the 'detox flu,' basically. You feel like you're sick because of the various toxins that you have from phase 1 that have built up and you can't get rid of them. It seems like everyone and their brother has a detox formula, and some of them may work fine, but the issue is that they're not researched. So

with sulforaphane, there's actually a whole body of research showing what it does in detoxification, so we don't have to do the research on that. It's already been done. We just say, "Hey, we have sulforaphane, and it does detox."

Dr. Jill 35:54

And you have the only stabilized form in the US. This is so exciting to me. And what you're saying makes so much sense because, again, that phase 1 upregulated, phase 2 downregulated... If it makes sense, what I just explained for those of you listening, that's the reason why it's an issue because you get stuck in the middle. And the middle is more toxic than the first thing that came through, so it's a really bad place to be.

Dr. Jill 36:16

And like you said, David, there are not a lot of things—there are maybe no other things—that I know of that downregulate phase 1 while upregulating phase 2. There's a ton of stuff that upregulates phase 1, like coffee, which we all love. And there are all kinds of other things. That's a cytochrome pathway. So it's very easy to push phase 1; that's not hard to do at all. The hard part is to slow that down so that phase 2 can keep up with it and that you can go all the way through. And then you mentioned phase 3, which I love to talk about because that's all the gut. That's why this has such a profound effect on glyphosate in the microbiome because phase 3 is where we eliminate the toxins through the bile acids in the stool. And it sounds like BrocElite affects that as well because it affects the microbiome in a healthy way.

David Roberts 36:58

Absolutely, yes. We have not done a rigorous microbiome study on BrocElite yet, but we will, so stay tuned.

Dr. Jill 37:12

Got it.

David Roberts 37:13

But I feel certain that it does impact the microbiome. And there may already be a paper out there.

Dr. Jill 37:22

I'm sure. That's another thing that I love: There's already so much research on sulforaphanes out there. I'm just postulating in my head. I wonder—spore probiotics

are real game-changers in my world. The way they work, I really like the mechanism over some of the older probiotics. And I'm just curious: Someday it'd be fun to combine those and see if there wouldn't be a synergistic effect. Often, spores will help with the glyphosate as well. I don't know; this is just me purely thinking outside the box. But I bet that there's some synergy there with BrocElite and spores.

David Roberts 37:57

Yes. Quite possibly.

Dr. Jill 37:59

You have given us some wonderful information. Like I said, I'm so excited to share this. I did include, for those of you listening here, a link so you can get 27% off if you want to check out the product. I know your website, BrocElite.com, has tons of information. [Is there] anywhere else where people can go? Is that the best place to find the research and the information?

David Roberts 38:19

Yes. That has quite a bit on there. BrocElite.com has a lot of information.

Dr. Jill 38:29

Got it. And we've got a special code here. And again, when this is on YouTube, you will have the same code below if you guys want to check it out and get your own. You can always call my clinic too because we'll be carrying it. But I want you to be able to have access wherever you're at... And I just believe in what you're doing, David. Thank you so much for sharing your journey, for sharing your research, and for just committing to this level of science.

Dr. Jill 38:53

And I'm so sorry for the struggle, the difficulty, and the loss that you've been through. But I know your wife is smiling down because this is such a game changer, and I have such a heart for what you've been through because of my personal experience with breast cancer. So I really, really appreciate you coming on and sharing with us!

David Roberts 39:11

It's been my pleasure! Thank you very much for having me.

Dr. Jill 39:14

You're welcome!