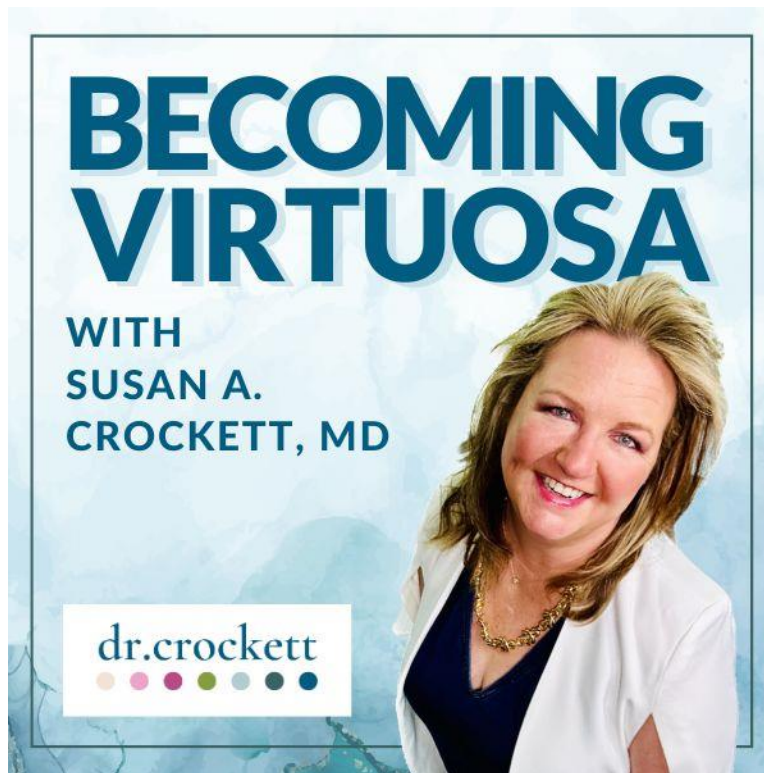


# Ep #95: Live a Longer, Happier Life with One Simple Food and Dr. Reed Miloy



## Full Episode Transcript

With Your Host

**Susan A. Crockett, MD**

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Dr. Miloy: Absolutely.

Dr. Crockett: You know what else does?

Dr. Miloy: Vodka.

Dr. Crockett: We're not doing vodka.

Welcome to *Becoming Virtuosa* the podcast. I'm your host, Dr. Susan Crockett. You are listening to episode number 67, miracle food, broccoli shots, and sulforaphane. Yes back by popular demand, please join me with my very special guest, board certified internal medicine physician, Dr. Reed Miloy. We share a fun conversation about transforming your health through, yep, broccoli.

Welcome to *Becoming Virtuosa*, the podcast that encourages you to become your best virtuosa self. Each week Dr. Susan Crockett goes where the scalpel can't reach, exploring conversations about how to be, heal, love, give, grow, pray, and attune. For the first time ever, she's bringing the personal one on one teaching that she shares with individual patients to you on this broader platform. A weekly source of inspiration and encouragement designed to empower you.

By evolving ourselves as individuals. We influence and transform the world around us. Please help me welcome board certified OB-GYN specializing in minimally invasive GYN surgery, internationally in the top 1% of all GYN robotic surgeons, a certified life coach, and US News top doctor, your host Susan A. Crockett, MD.

Dr. Crockett: Welcome back to the *Dr. Crockett Show*. Or welcome to the *Dr. Crockett Show*, I should say. We've got a fun episode for you today.

Dr. Crockett presents [Becoming Virtuosa](#)

## **Ep #95: Live a Longer, Happier Life with One Simple Food and Dr. Reed Miloy**

This is our repeat guest but by popular demand Dr. Miloy. Thank you for coming back again.

Dr. Miloy: Honored to be here.

Dr. Crockett: This is fun. We're doing broccoli shots. You're going what? What kind of shots are those?

Dr. Miloy: Healthy.

Dr. Crockett: Healthy shots. So broccoli is one of the miracle foods that we talked about on our last episode, the eat the rainbow episode.

Dr. Miloy: Yes.

Dr. Crockett: If you haven't seen that, go back and watch it because we had a lot of fun shopping the grocery store. This guy is just an encyclopedia of knowledge about chemistry and food. Today we're going to talk about a specific substance found in broccoli, and broccoli sprouts in particular, called.

Dr. Miloy: Sulforaphane.

Dr. Crockett: Sulforaphane. Sulforaphane. We're going to put that down in the link.

Dr. Miloy: Yeah, sulforaphane. So when we chew a cruciferous vegetable or we cut it, chop it, whatever, it activates an enzyme in the vegetable that converts the precursor of sulforaphane, which is glucoraphanin, over to sulforaphane. Then sulforaphane does its magic.

Dr. Crockett: Well, what is that magic? Why is it so good for us?

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Dr. Miloy: Yeah, I mean, it's an incredible molecule. A lot of this research was done at John Hopkins. Sulforaphane has an impact on hundreds of different genes and their expression. So when we ingest sulforaphane, it distributes throughout the body, and it turns off inflammatory pathways in the body. It also turns on antioxidant pathways.

Dr. Crockett: Double help, right?

Dr. Miloy: Yeah, double benefit. Then on top of that, it activates processes in the body that help to detoxify our body, particularly from things like benzene, acrolein. These are compounds found in cigarette smoke, super high quantity. So if you're a smoker, yeah, you really, really, really need to be getting your cruciferous vegetables.

Dr. Crockett: You want to double down on broccoli shots.

Dr. Miloy: Absolutely. But all of us can benefit from it. So. Then there's reduction in cardiovascular risk. We know it improves lipid profile, decreases triglycerides, and decreases fasting blood sugar.

Dr. Crockett: Awesome. Those are all awesome things. So we should be doing a broccoli shot a day, basically.

Dr. Miloy: I tell you, that would be ideal.

Dr. Crockett: Well, today we're going to show you how to grow your own broccoli sprouts and then how to make your own broccoli shot out of them. So we're going to start with our broccoli seeds. You can get these on Amazon, or where did you get yours?

Dr. Miloy: I got them on Amazon. There is something to be said about the reviews on different websites and so forth. I mean, when I was looking for a good brand, it was amazing at how many people were saying don't use

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brand dot, dot, dot. These are not broccoli seeds. It's some type of other sprout.

Dr. Crockett: Wow.

Dr. Miloy: Or yeah, I tried this brand, and only a third of the seeds sprouted. So I've had a lot of luck with this particular brand, Food to Live. It's performed really well.

Dr. Crockett: Cool. So the next thing you need is a sprouting jar. So here's an example of sprouting jar without any seeds in it. So you want a jar that's, this one's a basic mason jar, quart sized. It's got a strainer for the lid, and then you just need a little angle for it to sit on so it drains.

Then what you end up doing is you put your seeds in it. So this is a set that I started a couple days ago. I soaked them overnight. They're just starting to sprout. So when you, I've got these that are sunflowers because I like sunflower sprouts. They're a little sweeter for putting on your salads or sandwich. Then these are my broccoli sprouts. They're just starting to sprout up.

Dr. Miloy: I mean, if you just take a couple of tablespoons of the broccoli sprouts, put them in there. I like to soak mine overnight for 12 hours, and then you empty the water out and then you just add water and empty it out and just let it sit. Then I'll do that again at the end of the day.

Dr. Crockett: So twice a day.

Dr. Miloy: A couple of rinses a day.

Dr. Crockett: If you don't do that, like Starley found out, they get moldy.

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Dr. Miloy: Yeah, they get moldy. Within four days, you're going to have a mason jar just absolutely packed with broccoli sprouts.

Dr. Crockett: Look at that.

Dr. Miloy: The reason we're pushing broccoli sprouts is because broccoli sprouts have 100 fold as much glucoraphanin, which is going to be converted over to sulforaphane. Not 100%, but it's just loaded with 100 fold more than your mature broccoli plant.

Dr. Crockett: That's a lot more than the mature plant. So we're doing a couple of things to bring that out. One is we're going to make a four ingredient broccoli shot. So we're going to use a little bit of warm water, and we don't want our broccoli sprouts really hot because that would kill it but.

Dr. Miloy: Yeah. You can give it a little bit of warmth, but you definitely don't want to heat up your sprouts above six degrees Celsius.

Dr. Crockett: Yeah, so I've got a little bit of warm water, a cup and a half to a cup and a half of sprouts. I'm making a triple recipe because we are sharing with friends today. The shooting crew wanted to try some so.

Dr. Miloy: I mean while we're talking about this, I think the person who's probably done the best video out there that I can find on the internet is Rhonda Patrick. Okay, a lot of people have heard of Rhonda. Go check out her YouTube channel. She does an incredible video on sulforaphane, probably better than anybody else.

Dr. Crockett: We'll have to link that in the notes below.

Dr. Miloy: She's incredible.

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Dr. Crockett: We can do that. So I'm juicing three lemons so since I'm tripling the recipe. So the plain recipe is half a cup of water, half a cup of broccoli sprouts, and then juice of one lemon, and a little dash of sea salt.

Dr. Miloy: Okay, so I'm going to tell you people what's wrong with broccoli sprouts. What's wrong with broccoli sprouts is that they can be a little bitter. So what Dr. Crockett is doing here is she's taming that bitterness with her lemon. Yeah. To make this palatable is really the secret.

Dr. Crockett: The lemon juice tames the bitterness of the.

Dr. Miloy: Absolutely.

Dr. Crockett: You know what else does?

Dr. Miloy: What?

Dr. Crockett: Vodka. No, I'm just kidding. We're not doing vodka.

Dr. Miloy: We're not doing vodka shots yet.

Dr. Crockett: It's still early in the day.

Dr. Miloy: It's still a little early.

Dr. Crockett: Oh, I'm just kidding. We're not advocating alcohol.

Dr. Miloy: Yeah, doctors can't be promoting alcohol.

Dr. Crockett: No, there's nothing good in alcohol.

Dr. Miloy: So this sulforaphane molecule does all of these incredible magical things in our body. The question is how much. I don't think we

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really know how much is ideal, but I can share with you guys some findings in pilot studies and so forth. We know that if a woman consumes one serving of a cruciferous vegetable daily, it's going to reduce her breast cancer risk by 40 to 50%.

Dr. Crockett: That's a lot. On the other hand, alcohol, like vodka, increases it.

Dr. Miloy: Yeah. There's no safe dose alcohol, unfortunately. So for drinkers out there, you do have more risk of dementia and cancer. I'm not saying that sulforaphane is going to mask a deleterious effects of alcohol, but if you are a smoker, you are a drinker. You definitely want to be eating healthy.

Dr. Crockett: So we're going to mix this up in the blender. You're just going to put it on. That didn't take long.

Dr. Miloy: Looks amazing. Yeah.

Dr. Crockett: All right. So here is our shot.

Dr. Miloy: Yeah, for men out there, it's important to understand there is a very, very powerful correlation between cruciferous vegetable intake and prostate cancer. We know that men that are consuming a serving of cruciferous vegetables daily are going to probably reduce the risk of prostate cancer about 50%.

Men that have had prostate cancer and they have what we call a chemical recurrence, it means we can still detect the PSA level. That PSA level is going to creep up in an exponential fashion over time. We know that when men are given 65 milligrams of sulforaphane daily, it reduces the doubling rate of the PSA by 86%.



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So there's a lot of guys out there that have had a prostatectomy, had radiation therapy, maybe have a high Gleason score, and aggressive prostate cancer. Those are the guys who really, really needed be serious about this. So cheers.

Dr. Crockett: Cheers. Bottoms up.

Dr. Miloy: Wow.

Dr. Crockett: Delicious, right?

Dr. Miloy: Wow. That's delicious. That's not bad.

Dr. Crockett: For broccoli.

Dr. Miloy: Wow, a very tangy flavor, mixture. Yeah.

Dr. Crockett: A little salty.

Dr. Miloy: Yeah. A little salty.

Dr. Crockett: Yeah, it's strong.

Dr. Miloy: But it's powerful. Yeah. It really is.

Dr. Crockett: So go eat your broccoli and grow your broccoli sprouts and make some broccoli shots and get your sulforaphane in. Thanks for joining us today.

Dr. Miloy: Yeah, absolutely. I mean, it's not just broccoli, of course, guys. It's just all of those cruciferous vegetables out there. So focus on those, and you'll be glad you did.

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Dr. Crockett: Well, thanks for joining us today. Dr. Miloy, you want to tell everybody where they can find you?

Dr. Miloy: You can find me at [optimumhealth.doc.com](http://optimumhealth.doc.com), or you can reach me at [dr.miloy@gmail.com](mailto:dr.miloy@gmail.com).

Dr. Crockett: And as always, you can find me at [drcrockett.com](http://drcrockett.com). That's [drcrockett.com](http://drcrockett.com). Make sure to like, subscribe, and share. See you next time. Bye.

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