Are Toxic Ingredients Harming Your Skin Care? Transcript

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Introduction to Toxic Ingredients

Why Skincare Safety Matters

FDA, EPA, and Regulatory Gaps

Hidden Chemicals and Everyday Exposure

Hand Sanitizers and Antibacterial Risks

Personal Care Products and Unstudied Ingredients

Environmental Toxicity and Long-Term Effects

Generational Impact of Toxins

Reading Labels and Choosing Safer Products

Health, Aging, and Individualized Care

Hormones, Skin Changes, and Balance

Natural Alternatives and Root-Cause Treatment

Lasers, Collagen, and Skin Repair

Questions About Treatments and Clean Living

so let's talk about toxic ingredients I so let's talk about toxic ingredients I mean you've got some slides here I want mean you've got some slides here I want you to go to because I think this is a you to go to because I think this is a huge area that women are just very Not huge area that women are just very Not educated in so let's let's just go for educated in so let's let's just go for it and educate people on what this is it and educate people on what this is and while I'm pulling that up I'll just and while I'm pulling that up I'll just talk for a second I'll do this share talk for a second I'll do this share screen is why I started formulating this screen is why I started formulating this skincare line it wasn't something I skincare line it wasn't something I formulate for the nutrition industry I formulate for the nutrition industry I do a lot of formulation a lot of studies do a lot of formulation a lot of studies a lot of research but and finally I was a lot of research but and finally I was looking for looking for myself what what you know what's not myself what what you know what's not toxic and I tried a bunch of products toxic and I tried a bunch of products and they weren't efficacious they just and they weren't efficacious they just didn't seem to work well so my first didn't seem to work well so my first step is looking at who's protecting us step is looking at who's protecting us who do we trust we'll go quickly through who do we trust we'll go quickly through these but um just because something says these but um just because something says FDA approved uh doesn't mean that we can FDA approved uh doesn't mean that we can uh guarantee that it is it is non-toxic uh guarantee that it is it is non-toxic and by the way most skincare and and by the way most skincare and skincare products are not approved they skincare products are not approved they are registered there's a difference are registered there's a difference between registered and approved so the between registered and approved so the environmental working group um has given environmental working group um has given us many many quotes in the recent uh uh us many many quotes in the recent uh uh past of that we've got direct conflict past of that we've got direct conflict of interest sitting on the FDA um a lot of interest sitting on the FDA um a lot of uh people that are trying to study of uh people that are trying to study these ingredients so here's the EPA these ingredients so here's the EPA Environmental Protection Agency it Environmental Protection Agency it wasn't created until the 70s by that wasn't created until the 70s by that time 62,000 substances were already time 62,000 substances were already already in use and they grandfathered in

already in use and they grandfathered in that means we haven't even studied them that means we haven't even studied them and 99% of those chemicals by volume and 99% of those chemicals by volume were grandfathered in not a great great were grandfathered in not a great great not a great um way of saying that we not a great um way of saying that we think we're safe so here are some we've think we're safe so here are some we've got 82,000 industrial substances that got 82,000 industrial substances that are are are registered um and we know and and again registered um and we know and and again I won't get too much into this but the I won't get too much into this but the EPA is not attempted to ban a toxic EPA is not attempted to ban a toxic chemical since 1989 sorry that chemical since 1989 sorry that went away fast and only 11% of the new ones are fast and only 11% of the new ones are being tested so when we go and we say being tested so when we go and we say that listen adapost tissue that's a fat that listen adapost tissue that's a fat tissue on us and that that the common in tissue on us and that that the common in most people in this study us residents most people in this study us residents had 700 kimal contaminants that haven't had 700 kimal contaminants that haven't been identified that's not the ones we been identified that's not the ones we know that shouldn't be that are toxic know that shouldn't be that are toxic these are the ones that aren't even these are the ones that aren't even identified and the EPA gets request of identified and the EPA gets request of five to seven new ones per day and so five to seven new ones per day and so how many I mean we inhale it we eat it how many I mean we inhale it we eat it we inject it we apply it to our skin and we inject it we apply it to our skin and we know that we've got a real real we know that we've got a real real problem so uh one thing I want to bring problem so uh one thing I want to bring up is washing it away um one of the up is washing it away um one of the biggest things that we've got um in some biggest things that we've got um in some of these uh non-toxic hand sanitizers of these uh non-toxic hand sanitizers we've got hormone uh disrupting we've got hormone uh disrupting chemicals trasan and and trlo carbon chemicals trasan and and trlo carbon they're antibacterial cleansers and they're antibacterial cleansers and there's no evidence to show that they're there's no evidence to show that they're better than soap and water so therefore better than soap and water so therefore you can definitely be using a non-toxic you can definitely be using a non-toxic soap or um ingredient and not worry that soap or um ingredient and not worry that you're leaving uh too much bacteria in you're leaving uh too much bacteria in fact what happens is that you're washing fact what happens is that you're washing away the the really uh the bacterias away the the really uh the bacterias that aren't that bad for us and you're that aren't that bad for us and you're leaving more surface area for the bad leaving more surface area for the bad guys to grow so antibacterial soaps bad guys to grow so antibacterial soaps bad guys um we don't want to use them those guys um we don't want to use them those disinfecting wipes even the AMA is disinfecting wipes even the AMA is saying uh we can't really don't have saying uh we can't really don't have studies to support that to make us studies to support that to make us healthier so now here we go personal healthier so now here we go personal care products that's what we're talking care products that's what we're talking about 23,000 ingredients for analyz about 23,000 ingredients for analyz 22,500 contained one or more ingredient 22,500 contained one or more ingredient that had not been assessed for safety that had not been assessed for safety 1300 um said there's insufficient data 1300 um said there's insufficient data to determine whether they're even safe to determine whether they're even safe or not so we really don't know I'm going or not so we really don't know I'm going to the next slide here we've got some to the next slide here we've got some national toxicity programs we've got national toxicity programs we've got things starting to try to look but the things starting to try to look but the point is we don't have anybody that's point is we don't have anybody that's really watching over us the way that really watching over us the way that they should or could or can and what are they should or could or can and what are all the things that can go wrong your all the things that can go wrong your immune system mitochondrial dysfunction immune system mitochondrial dysfunction which we know now is linked to cancer which we know now is linked to cancer altered G microbiome uh your methylation altered G microbiome uh your methylation which is all your kind of systems that which is all your kind of systems that are either going to work well or not are either going to work well or not your iron homeostasis and this epigenome your iron homeostasis and this epigenome and transgeneration uh transgenerational and transgeneration uh transgenerational epigenetics let me stop this share and I epigenetics let me stop this share and I want to tell you about something because want to tell you about something because this is very interesting is that we're this is very interesting is that we're seeing now by a new study that seeing now by a new study that something your grandmother did is something your grandmother did is affecting your genes today so we know affecting your genes today so we know these environmental toxicities we know these environmental toxicities we know are affecting at least two generations are affecting at least two generations past us and it's probably farther past us and it's probably farther than that so what you choose to put on your that so what you choose to put on your face and on your hair and your makeups face and on your hair and your makeups now is affecting your grandchildren so now is affecting your grandchildren so that's why it's not just is this bad for that's why it's not just is

this bad for us what about the other us what about the other Generations you know and it part of me Generations you know and it part of me gets really um really angry gets really um really angry that I think we you know as in the that I think we you know as in the country we're sort of like oh but you country we're sort of like oh but you know the FDA or well you know it says know the FDA or well you know it says it's okay it's not okay and I think what it's okay it's not okay and I think what we're learning is as and okay the we're learning is as and okay the audience is mainly women but what we're audience is mainly women but what we're learning is we are responsible for for learning is we are responsible for for everything we are responsible to everything we are responsible to researchi to figure it out to take researchi to figure it out to take responsibility that this is affecting responsibility that this is affecting everybody it's not I want to look everybody it's not I want to look younger today so I'm gonna you know poke younger today so I'm gonna you know poke my face it's let's really take this my face it's let's really take this seriously with ingredients right right seriously with ingredients right right baby powder is a great example now I baby powder is a great example now I mean the jury's kind of still out but mean the jury's kind of still out but Awards multi-million dollar Awards by Awards multi-million dollar Awards by Johnson and Johnson have been given to Johnson and Johnson have been given to women with ovarian cancer there is a women with ovarian cancer there is a link there enough of a link losing baby link there enough of a link losing baby powder oh baby powder with ovarian powder oh baby powder with ovarian cancer so oh my go things we think are cancer so oh my go things we think are benign that we may have used a long time benign that we may have used a long time and since baby these um are really and since baby these um are really coming into U question so what we can do coming into U question so what we can do is learn how to read those labels what is learn how to read those labels what we can do is know the things that are we can do is know the things that are known to be bad for us and ask for known to be bad for us and ask for analysis on products that we are using analysis on products that we are using to make sure the testing is being done to make sure the testing is being done uh so that what they're telling us is uh so that what they're telling us is the truth about what's in that product the truth about what's in that product and we do our best and it's something and we do our best and it's something what I tell patients is something you're what I tell patients is something you're going to put in your body take a going to put in your body take a supplement or put on your body on a supplement or put on your body on a daily basis it's up to you and you daily basis it's up to you and you really need to analyze that and make really need to analyze that and make sure it's safe and effective and that sure it's safe and effective and that it's uh you've done your diligence um it's uh you've done your diligence um and not just hope somebody else did it and not just hope somebody else did it for you you're right no one is so just for you you're right no one is so just so the audience knows in our next so the audience knows in our next interview I'm Denise and I are going to interview I'm Denise and I are going to talk again and we're really going to go talk again and we're really going to go into ingredients in this one we're not into ingredients in this one we're not really going to go into ingredients really going to go into ingredients we're talking more on over an overview we're talking more on over an overview but um so do watch the second half of but um so do watch the second half of this that I'll post next week but um so this that I'll post next week but um so let's go back to this I mean yeah I mean let's go back to this I mean yeah I mean all of this is It's kind of mindboggling all of this is It's kind of mindboggling it's very mind you deal with people it's very mind you deal with people every day who have like really serious every day who have like really serious illnesses and because you know medicine illnesses and because you know medicine and natural bath I mean what what are and natural bath I mean what what are you seeing when people start to change you seeing when people start to change what they're putting on their body what what they're putting on their body what do you kind of witnessing do you kind of witnessing here uh you know symptoms are all over here uh you know symptoms are all over the place and so when we clean up a body the place and so when we clean up a body it's just not internally what they're it's just not internally what they're putting in and teaching them that but putting in and teaching them that but also what they're putting on top so it also what they're putting on top so it could be from a grandma seizure to some could be from a grandma seizure to some skin issue first of all skin is skin issue first of all skin is reflective of what's going on inside the reflective of what's going on inside the gastrointestinal tract when we're in gastrointestinal tract when we're in embryo we flip wrong side out it's kind embryo we flip wrong side out it's kind of the same cells so if this is upset so of the same cells so if this is upset so is the GI so we as nature pass always if is the GI so we as nature pass always if somebody comes in with any kind of skin somebody comes in with any kind of skin issue psoriasis rosacea acne it doesn't issue psoriasis rosacea acne it doesn't matter we start looking at their gut we matter we start looking at their gut we fix the gut and the skin start starts fix the gut and the skin start starts reflecting better right but then we say reflecting better right but then we say now what are you going to put on on a now what are you going to put on on a daily B basis and what do have that daily B basis and what do have that might act build collagen and elastin so might act build collagen and elastin so that we're not dragging so much we're that we're not

dragging so much we're not wrinkling so much and what is that not wrinkling so much and what is that particular patient what's their goal and particular patient what's their goal and what are they willing to do so it it's what are they willing to do so it it's really is individualized there's not a really is individualized there's not a on size fix fits all care either as you on size fix fits all care either as you are well aware well I'm well aware and are well aware well I'm well aware and and also I think we've been kind of and also I think we've been kind of brainwashed into this idea that you know brainwashed into this idea that you know if I just get this right serum then if I just get this right serum then everything's going to like I'm going to everything's going to like I'm going to look younger and I can still eat my look younger and I can still eat my Cheetos and you're you know I think the Cheetos and you're you know I think the reality is Health Care um and and Beauty reality is Health Care um and and Beauty um anti-aging all these subjects that um anti-aging all these subjects that everybody is so um you know we get everybody is so um you know we get excited about as we get older because excited about as we get older because we're like oh my God things are starting we're like oh my God things are starting to what's happening yeah what's to what's happening yeah what's happening what's happening it's healthy happening what's happening it's healthy aging there is no such thing as aging there is no such thing as anti-aging aging right we've gotten some anti-aging aging right we've gotten some things that we know neutraceutical and things that we know neutraceutical and even topically that um that might help even topically that um that might help decrease the speed of the tiir breaking decrease the speed of the tiir breaking down so there are some things things down so there are some things things that we know of now that can help us that we know of now that can help us with longevity in fact a a researcher at with longevity in fact a a researcher at Cambridge says the person who's going to Cambridge says the person who's going to live to a thousand is alive today and live to a thousand is alive today and then I say okay that's great but how are then I say okay that's great but how are they going to feel and more importantly they going to feel and more importantly how are we going to look can you imagine how are we going to look can you imagine at a thousand and we better get pretty at a thousand and we better get pretty darn good at this skin care or we're not darn good at this skin care or we're not going to be looking very good so you going to be looking very good so you know it is individualize you have to know it is individualize you have to look at the person's skin you have to look at the person's skin you have to analyze you have to know but there are analyze you have to know but there are certain Basics and that is eating certain Basics and that is eating healthy your emotional Wellness we know healthy your emotional Wellness we know that it reflects immediately if we're that it reflects immediately if we're unhappy we see it in the skin and that's unhappy we see it in the skin and that's because the GI gets upset so you have to because the GI gets upset so you have to work on all of it if we want healthy work on all of it if we want healthy aging and to look our best well exactly aging and to look our best well exactly and you know because you do medical as and you know because you do medical as well as natural and you can talk about well as natural and you can talk about all of this in such a fluent way I mean all of this in such a fluent way I mean what is kind of your take on you know I what is kind of your take on you know I mean I think I'm being super General mean I think I'm being super General here so it's not you know you probably here so it's not you know you probably say yeah that's too General but I'm say yeah that's too General but I'm thinking you know sometimes we do have thinking you know sometimes we do have to take medical medicines right like the to take medical medicines right like the chemical compounds um I know sometimes chemical compounds um I know sometimes that is necessary but on the whole do that is necessary but on the whole do you notice people you can pretty much you notice people you can pretty much move people into a natural paic place move people into a natural paic place where they're just doing natural stuff where they're just doing natural stuff and be completely healthy I mean is this and be completely healthy I mean is this what are we talking here with this so what are we talking here with this so most of the time if somebody comes in most of the time if somebody comes in and they're on meds I want to know why and they're on meds I want to know why because I want to know what's causing because I want to know what's causing that symptom why do they have that that symptom why do they have that problem let's fix that now they don't problem let's fix that now they don't need a medicine or a neutraceutical they need a medicine or a neutraceutical they don't need to be taking a lot of things don't need to be taking a lot of things if we find the root of the problem we if we find the root of the problem we fix that okay so that's the first step fix that okay so that's the first step uh second is if there is a a a medicine uh second is if there is a a a medicine that they really do need to take at that they really do need to take at least for a short period of time or it's least for a short period of time or it's period of time the problem with those is period of time the problem with those is they strip certain nutrients and we know they strip certain nutrients and we know what those are for the most part now we what those are for the most part now we can put back in the nutrients that are can put back in the nutrients that are being stripped because of that medicine being stripped because of that medicine now we're not seeing it in our skin and now we're not seeing it in our skin and we're not seeing it um you know affect we're not seeing it um you know affect our bodies as negatively as it as it is

our bodies as negatively as it as it is uh traditional medicine you know put on uh traditional medicine you know put on my allopathic hat put a prescribe a my allopathic hat put a prescribe a medicine you just say let me know if you medicine you just say let me know if you have a side effect you're not looking have a side effect you're not looking into the depth of what's it depleting in into the depth of what's it depleting in the body that's affecting all these the body that's affecting all these other things but when you really other things but when you really diagnose and really look at you want to diagnose and really look at you want to look at that individual and say what are look at that individual and say what are they lacking what do they need and what they lacking what do they need and what do they not need so I say health is do they not need so I say health is pretty easy in a technical difficult way pretty easy in a technical difficult way health is easy take out what it doesn't health is easy take out what it doesn't need and put in what it does and that need and put in what it does and that includes emotion spiritual physical includes emotion spiritual physical eating healthy skin care all of it put eating healthy skin care all of it put in what it needs take out what it in what it needs take out what it doesn't and it's going to age doesn't and it's going to age healthfully is that a new word yeah and healthfully is that a new word yeah and I just want to touch on this as we kind I just want to touch on this as we kind of kind of move forward here we've been of kind of move forward here we've been going for about 25 minutes but um the going for about 25 minutes but um the you know I notice as I get older because you know I notice as I get older because I think this is a subject a lot of women I think this is a subject a lot of women are interested in and I get this are interested in and I get this question a lot is I start getting age question a lot is I start getting age spots I've gotten you know melasma I've spots I've gotten you know melasma I've got like stuff is happening now how much got like stuff is happening now how much of this is just it's going to happen and of this is just it's going to happen and how much of this is you know that's how much of this is you know that's actually stems from your hormonal actually stems from your hormonal imbalance or like what can women what imbalance or like what can women what can you tell women about these things can you tell women about these things yeah it is hormonal it is environmental yeah it is hormonal it is environmental we know these envir environmental toxins we know these envir environmental toxins are affecting our skin as well and are affecting our skin as well and environmental toxins affect our hormones environmental toxins affect our hormones so yes when we balance our hormones so yes when we balance our hormones things are better when hormon when things are better when hormon when estrogen drops so does our skin so we estrogen drops so does our skin so we doesn't mean that we have to take doesn't mean that we have to take estrogen it just means that we need to estrogen it just means that we need to be more in Balance progesterone be more in Balance progesterone testosterone estrogen as we age and testosterone estrogen as we age and maybe if there's something blocking maybe if there's something blocking those estrogens maybe we do need to be those estrogens maybe we do need to be on a little tiny bit of a hormone if on a little tiny bit of a hormone if it's appropriate for that patient um it's appropriate for that patient um looking at the risk factors and making looking at the risk factors and making sure they understand it so hormones does sure they understand it so hormones does play a piece but I will tell you more play a piece but I will tell you more than hormones because we've played with than hormones because we've played with that for years it really is a lot of it that for years it really is a lot of it mindset SU an being okay um and mindset SU an being okay um and noticing some skin changes now if there's a dark some skin changes now if there's a dark spot hydroquinone is a known carcinogen spot hydroquinone is a known carcinogen known don't do it we've got other known don't do it we've got other natural things that I know in the next natural things that I know in the next show we'll talk about that can lighten show we'll talk about that can lighten those dark spots that can help the those dark spots that can help the elastin come back and strengthen it that elastin come back and strengthen it that can build collagen we have natural can build collagen we have natural things to do that so uh uh it's we can things to do that so uh uh it's we can get people better far better and um but get people better far better and um but but you have to work on all of it but you have to work on all of it Suzanne it's not just a I wish we could Suzanne it's not just a I wish we could put on the cream and we all look 20 put on the cream and we all look 20 again right but we can definitely fight again right but we can definitely fight this darn thing because I started when I this darn thing because I started when I turned 50 I started really looking for turned 50 I started really looking for what is there I was already doing it on what is there I was already doing it on everybody else and getting great everybody else and getting great effects and I thought okay wait wait a minute and I thought okay wait wait a minute it's happening to me now what do I need it's happening to me now what do I need to do so over the past 10 years I've to do so over the past 10 years I've really really dug in and been studying really really dug in and been studying uh the types of injections the types of uh the types of injections the types of therapies the types of lasers and things therapies the types of lasers and things that I Iz and it's not hot lasers with that I Iz and it's not hot lasers with oblation therapy it's cold lasers it's oblation therapy it's cold lasers it's about stimulating collagen what can we about stimulating collagen what can we do to stimulate your body to make its do to stimulate your body to make its

own repair and slow down this aging own repair and slow down this aging process so this is like a whole subject process so this is like a whole subject and I would love I think do whole and I would love I think do whole another show on lasers and on everything another show on lasers and on everything you just said because this is women ask you just said because this is women ask me this stuff all the time and I me this stuff all the time and I honestly really don't know I mean I honestly really don't know I mean I haven't experimented that much I'm haven't experimented that much I'm really nervous to try a lot of things really nervous to try a lot of things because I'm so because I'm so you know trying so hard to keep my body you know trying so hard to keep my body clean I've how you trying keep the clean I've how you trying keep the toxins out but this is there's such toxins out but this is there's such