Can Exosomes Really Rejuvenate Your Face? Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Facial Rejuvenation and Exosomes

So Scott says to me, well, you know, the light skin is acidic. It could actually kill the exosome. Like, oh, yeah, that's a good point. But we don't want to cause pain.

So he said, well, try it. Try it at point five, see if it hurts. So I've just screwed on the cartridge, the disposable single use sterile cartridge. And you can see perhaps the pins coming up.

That's 2.5mm. That's max. So that hurts. And you need the belt. We said try it. And for the last, you know, 6 or 7 procedures. I haven't been doing two and a half.

I mean, I'll do it if it's a thick part of the base. Meaning the cheeks, you know, the chin. But if you just go 0.25, it's barely felt. It's like a cat licking you, and you'll see it's not painful.

So that's the goal. Just break the surface like the surface of a creme brulée and then paint in the exosomes. You're good to go. Don't need the belt.

I think it's probably my preferred method now. This is doctor Talks. Hi, everybody. This doctor Ed Park, the host of Richard's biomedical podcast. And in this episode, we're going to be talking about facial rejuvenation.

And we have a very special guest, Kathleen Seymour. And to my left or right, you can see Kathleen had a spider bite a month ago. And a boy, she was hospitalized for a week.

They gave I. V. antibiotics. It was quite actually a lot worse than what you're seeing there. She was about six weeks ago. I met her four weeks ago at Bob's house.

Bob Johnson is the guy I wrote about with the neuropathy, and he's had some improvement with the injections in his nerves and his spine. So, he and his lovely wife Kathy were like, oh my God, my sister in law.

My sister got bit. Can you help her? So she came over the next morning and this was her face. Those aren't whiskers. That's just gauze from what she was wearing.

And we treated her and it got pretty much better pretty quickly. So let's look at the next slide Kathleen is on. So she's a 75 year old woman a gardener.

She went to bed and she woke up with a pain in her face. On August 20th. This was and so, that's what we did. We gave her a shot. Just one milliliter of lux there around the periphery.

And two days later, you can see it's already less inflamed, less red. Closing up six days. She was very dutiful about setting by these pictures. 11 days and then 30 days.

That was yesterday. She sent me that. Which is amazing. So, Kathleen, you're on the line. Tell us about your journey. The first week of the spider bite. What was that like?

Well, I didn't get treated right away because I thought it would go away.

Kathleen's Spider Bite Recovery Story

I didn't realize that a blow up the way it did, but a week later, my head was twice the size. And like my face. I saw it. Yeah, your face was so swollen.

It was really quite alarming. So they hospitalized you. They gave you epoxy. They give you steroids or not really. Not. They gave what? They gave me heavy antibiotics.

Yeah. I mean because they didn't know what to do. But yeah, your face was big like a pumpkin. And so they presumed it was either Black Widow, but probably a brown recluse.

Well, they didn't know and they didn't speculate, but I think it was a brown recluse as I looked it up. And when they bite you, it did the same thing that happened to me, which was the dead tissue.

Oh, yeah. Your face was necrotic. So if you look up the articles, this can take months to heal and sometimes it doesn't heal. They have to do a skin graft.

But, as of yesterday, to my left, you can see it's almost normal, isn't it? It is almost normal. And in fact, my EMG woke me that the hardness that I was experiencing in my face, which went all over, up into my face, by my cheekbone and and back by the hinge of my jaw, he said it would last for months.

Months. And so that's we call that in duration when the skin is hard, is it softening up? Now, I know you had, we sent you three more vials and you just finished injecting.

So every week you've had one more. Just a tiny, one mil of lux here. Is it still hard for you? No. In fact, it's softening up. Quite nice for a. And I told you the other day that it was harder around that.

The final place where it's healing and it's it's softening up from there. Oh it's extraordinary. Well, I'm so glad. It's so great that Bob is your brother and he was able to refer you.

And I'm. I'm happy you don't need skin grafts and that you can go out and everything looks great. So thank you for letting us try that. Was terrified because they told me that they they would have to clean it out if something.

And they did. Yeah. Amazing. All right. Well thank you so much. It was great seeing you and so happy for you. So, yeah, that's a pretty cool story. So let's talk about aging.

So, you know, she had necrosis of her face from the spider bite. And then presumably we think this could have helped accelerate. Why. Well here's me 25 years ago I was very heavy.

I had fatty liver hypertension and gray hair reading glasses. And over the last 25 years, I've been able to slow down the aging. I believe that's explained in my books.

Tell me Time Bombs, the Telomere Miracle for hay House and the exosomes songs of healing. So what is a telomere? A telomeres, the end of a chromosome.

And every time a cell divides, the chromosome shortens. And that leads to stem cell mutation and death and depletion. How do we know this? Well, this young lady, with premature aging, if you look at keratosis congenital, it's a glitch in one of three things, either the tert, the turc or the disk.

And above me. Hence this carcasses congenital. And if you have a genetic problem with that, you age very fast, you die in your teens and you have wrinkles and gray hair and everything.

And the diagram to my left shows why that is. It's implicated in all forms of disease. So I like to say there's only one disease with many faces. Speaking of bases, we're going to if we stay till the end, I'm going to microneedle myself with these exosomes.

So people obviously love to look young. There's Botox fillers. The gold standard is, to my left, a right to doctor me or facelift. They do an incision and they tighten it up.

And of course, if you live well and long enough, you're going to get wrinkles. That's just par for the course. In the

old days I would do laser. There's different kinds of lasers NDI, yag, and they target different things.

CO2 is great, but erbium was even better for it being a gentle kind of laser. And then there's, ones that are attracted to other chroma force that can get rid of pigmented lesions, etc..

One case I had was this remarkable Rs. He came in with two of his friends, 48 year old Hungarian Jewish severe food intolerance, couldn't eat anything with, processed foods, gluten, dairy.

But he loved his Taco Bell. And so, he had this irritable bowel syndrome, fatigue, decreased libido, erectile dysfunction, exercise intolerance, spider veins on his legs, eczema, his hands, swelling of his face.

And he was very diligent about documenting his changes over 2 to 3 weeks. And basically the spider based on his legs went away. It was very amazing. Yeah. Eczema.

His hands went away. His ability to eat Taco Bell came right back and everything was great. He eats junk food and dairy products again. It's probably not the best thing, but the most remarkable case.

And you could see on his face these look totally fake, but it's not. In two weeks he became, well, less inflamed and less angry. So why is that? Because when he ate, the food particles went through the tiny gap junctions that are supposed to be tight.

And so he had Taco Bell in his bloodstream. It was causing inflammation. Kim Kardashian, about 15 years ago, interest introduced the world to PRP, so-called vampire facials.

This is her. Hopefully this is not me. In 12 minutes, when I do myself. But she's bleeding and that's normal. Don't be alarmed.

Aging, Telomeres, and Why Exosomes Matter

But when you put the PRP, which is that middle fraction in the middle, it's, platelet rich plasma. And you paint that on or drip that in, it causes inflammation.

And this is true of any indication that we use that some sport. Right. So if you sprain your ankle again paper cut you're going to inflammation. Your stem cells are going to come and they're going to secrete exosomes to decrease inflammation and try and regenerate.

So the thought is you do a microneedling you put the PRP in, it causes inflammation. Your stem cells come in and your stem cells release exosomes. And the process of regeneration and healing starts.

The FDA has, authorized microneedling for the treatment of facial acne scars, wrinkles, and, so yeah, we do that. But in the old days, you had the PRP, and you look really red for 4 or 5 days.

We don't have anymore. In fact, if you do Microneedling with the anti-inflammatory exosomes, oftentimes you might look a little pink the next day. Sure, you might kill in three days or flake, but it's really a same day thing.

People can't tell you had anything done in general. So that's really benefit of using exosomes. So we don't need the stem cells. We don't need the inflammation.

No PRP, no stem cells, just the exosomes. And indeed the South Korean company that gets exosomes from heavy Korean guys that need getting liposuction is called beneath.

And they are an $8 billion company worldwide. I gave lectures earlier in the year, and Kaku and I met a great, brilliant guy and he said, hey, doc, bar buddy, why are you doing the BLT?

BLT is benzocaine, lidocaine. Tetrick here. Usually it can be compound. It's 20% benzocaine, 8% lido, 8% Tetrick.

And this lady above me is having that applied.

You can put Saran wrap occlusive dressing to make it absorb faster and better. 20 or 30 minutes is usually recommended if you keep it on for longer. I could tell you you get like a headache.

Start to be systemically absorbed. It's unpleasant little brain fog. There's two forms. There's one that has preservatives as stable at room temperature, and it's one that's refrigerated.

And again, ideally it's about 25 minutes. Be careful not to get in your eyes in your mouth. So why do we do microneedling. So Doctor Scott who appeared in one of my podcasts early on, he said to me, you know, how deep is the stratum corneum?

And I said to him, not sure. I think it's like this. He goes, yeah, point 2 to 0.2 five millimeters. So the stratum corneum is this thick dead layer on the top of your appetite.

So if you're trying to get the zones in which are 100 nanometers and invisible, I mean, rightly, they could probably get into the water channels, but why waste it?

So what do we do? We punch the greens like we make holes. You see, on my top left, you see what it looks like. We do area greens and that's so you can make holes and let the roots thrive and decrease the problems with water circulation.

Analogous thing is when we do microneedling. So in the past I used to buy cranial to the max dept max damage max aeration 2.5ml. So if you look on this device there's a dial and you could see the pins coming out.

Maybe you can see. Maybe I will try to show. So Scott says to me well you know the lidocaine is acidic. It could actually kill the exosome. Like, oh yeah, that's a good point.

But we don't want to cause pain. So he said, well, try it. Try it at point five, see if it hurts. So I've just screwed on the cartridge, the disposable single use sterile cartridge.

And you can see perhaps the pins coming up that's 2.5mm. That's max. So that hurts. And you need the belt. We said try it. And for the last, you know, 6 or 7 procedures.

I haven't been doing two and a half. I mean, I'll do it if it's a thick part of the base, meaning the cheeks. You know, the chin. But if you just go 0.25, it's barely felt.

It's like a cat licking you and you'll see it's not painful. So that's the goal. Just break the surface like the surface of a creme brulée and then paint in the exosomes. You're good to go.

Don't need the belt. I think it's probably my preferred method now. So there's one FDA approved microneedling device. They spend a lot of money, so rightfully they have the right.

But, doctor Pen, I presume, is a Chinese company, and it makes a good product. They're on their 11 or probably nine iteration, but I like the eight S.

It's portable. You don't have to keep it plugged in as keeps a good charge. And at this time I prefer the 18 pin set up variable speed. Oh, this is air.

It's not wired anymore. It's wireless. And it's about two bucks a cartridge. It's all the tools I brought for you are a sterile urine cup. Of course, it's just a sterile cup.

And, it's a cosmetic brush. My friend Jessica taught me this. It's very soothing as you painted it. It's not technically sterile. What do we do to clean Doctor Scott uses, which is all use Betadine, air dry, and then wipe it off with sterile sailing.

So once I get the sterile gloves on, everything is sterile. Sterile. So let's talk about. And if you go to any shows this kind of bait shows exosomes.

Are these meets. Everyone's got it. Everyone cleans it. And it's because it actually works. And why wouldn't it? That's how the body heals. And so if you can cause a little damage and break the surface of the creme brulée and put it in the ultrasounds, then you're in good shape.

We age because our telomeres shorten and our stem cells deplete. But what if we could support both? I've been taking care 65 for 17 years. It's the only supplement I trust to support better mood, better sleep and exercise recovery.

At age 57, I don't have any gray hair and I don't need breathing glasses. 265 is available now. Go to Recharge Biomedical E-commerce to hyphen 65 and enter promo code recharge ten to save 10% off.

So when I'm looking at a patient, okay, I just squeezed out this ultrasound gel. And so it's sterile. I used to use hyaluronic acid, but it tends to oxidize and get a little yellow.

So they're single use packets. So we will just kind of after we sterilize the face either with witch hazel baby dye and wipe off the beta dye. We will then put the gel on the face and that helps it glide so it doesn't get stuck. Stuck, stuck.

So this is the way I kind of think about this face. And you have to be cognizant that when you're doing the forehead, especially in older people, it's kind of thin.

So if you are doing the belt with numbing, you might not be able to go 2.5.

Microneedling Technique and Device Settings

It'll be too painful. So the places that are painful are generally the forehead where it's thin. The temples and nose. There's more nerves around the mouth, but it's pretty well tolerated, so you can just dial it up and down for the depth.

Again, we asked them to, with gloves, wash off the anesthetic they've used that if they have a strong history of, herpes cold sores, then they might want to consider prophylaxis with Valtrex.

Oh, I am remiss. Let me, for this out. It's halfway thawed since we started the webinar. This is the Vive product. It has fragrance because of the sulfur containing amino acids.

Make it smell like eggs or bad. So I'm going to pour that into my sterile cup. The reason I said 80% is because, you know, I mean, you could 100% thought, but you can see here that the exosomes are in there.

They're still not thawed. This is really exosomes with normal saline. And so yeah, we're going to, let some glide or I'm going to put my sterile gloves on and then you will see how it's going to go.

So sterile gauze bleeding is good. Adjust the depth. Yeah a all right. So I will go top right because I'm right dominant. The forehead. So I will, make the holes and then I'll use the gauze to wipe off that region, and then I'll paint them in.

Okay. And then I will microneedle the left side with the gliding gel of the forehead gauze, wipe it off, paint them in. And the reason why we don't do it all the face at once is because, you know, even in those seconds after you make the horse the body naturally bleeds, puts fiber, and tries to seal a hole.

You got the hole, use the hole right. So then I'll work my way down to the right temple. And the right cheek to cheek is very thick usually. And it can you can do nasolabial folds.

And so this is just the way we break it up into regions. So we'll do the right cheek and then clean off the blood in the gauze, the gel. And it paints in the right cheek and left cheek.

And then we will do chin. If they have got enough product they purchase enough for chin and neck. We'll do that. Chin and nose is last and under eye. You can kind of do it separately because it's very thin.

It could be painful, could bleed as well. So it's pretty easy. And people do this at home actually to themselves with the freeze dried cocks. So why is why is this going to work.

Well it's anti-inflammatory. It's disrupts the microneedling is punching the grains and then the exosomes will cause the accelerated regeneration. So you can be red for a few hours the next day.

People can't really tell. Again, you can flake or peel on day three. Anything that's inflammatory, like I used to do this with laser. If you're a Fitzpatrick four or up, these are the dark the melanin content one through six.

There's this thing called post inflammatory hyperpigmentation. So you can zap someone's melasma. And then in three weeks you'll start to get dark again.

People say it came back. It didn't come back. The inflamed exploded, damaged skin became inflamed and it got new pigment. So I looked at some obscure Southeast Asian journal.

And when I was doing lasers myself, I would just have them compound a moisturizer with a mild steroid or moderate steroid and bleach and cream and even a lot of the dermatologists.

I would say the past majority didn't know about this, so they would be loathe to treat somebody with this. Patch it for like myself or darker like, I'm here to tell you that there is a way to remediate you.

Don't start the steroid bleaching right away. You start in about two weeks and that will abate the creation of this new post. Inflammatory hyperpigmentation.

So after hair transplant, we'll talk about hair transplant in this week's podcast. After laser after skin burns. This is a patient, friend of mine's wife who had a terrible fire exploded.

She got second, third degree burns on her face. This she got weekly IV exosomes because the inflammation made it go to the burns. And her face looked wonderful after just a week or two.

So again, aging is ubiquitous and exosomes can accelerate that healing. It appears. This is my son. Five years ago. He had some pretty bad nodular cystic acne, and we started giving him treatments with exosomes, regular and amniotic paste.

And at nine months, a lot of those ice pick scars abated. Finally, another poster I show in addition to Richard the Hungarian Dude with that IBS or the Taco Bell Allergy.

Allegra. Amazing woman. Her son had a terrible gymnastics action. His apparatus froze and the kid went around the the high bar and broke his wrists and shoulders.

So she rushed him in the next day from Chicago and reaches injections into a shoulder joint where there was a fracture and into his wrist. I mean, this was, you know, a couple weeks after and, hopefully it abated some of his limb length discrepancy because he came in as like a 13 year old and now he's six foot like 70 year old.

But anyway, she had 11 children. Not a religious person, just liked having kids. And so she's going to get another treatment soon I will meet I'm not licensed in Illinois, but we'll meet.

And you could see she sent me a bunch of pictures and, you know, obviously it's different lighting, better makeup. But, after her treatment with just 6 billion exosomes, that's one of the regular things, not the Vive.

She looks great. And she felt great. And I think that's a good result. Tighter, smaller pores smoother. So yes, there is hope. All right. So, this is, me at the Museum of Modern Art a few years ago.

You can see I have zoom eczema, so you could see there's a lot of dry. There's flakiness on my skin. So intermittently it's coming back. I did a couple months ago.

This is an expired lot. You can see it's kind of dark and oxidized, so I don't waste the good stuff on me. But if I was really serious about looking good, then I would probably use the good stuff as a library did.

Well, that's my Substack. If you want to join, I'd love to have you. I send out weekly announcements and private guests three question interviews.

Exosome Application, Safety, and Treatment Workflow

We've done 24 already to date podcasts, and you can also subscribe to my YouTube channel, doctor part 65. Join my weekly newsletter at Recharge Biomedical.

And if you're provider and you want to learn this and all the other procedures throughout the body, there's a 20 lesson 12 hour online course that you can purchase as well at Recharge Biomedical.

All right. If somebody had PRP prior exams with one affect the other not not same panel common pathway PRP, inflammation stem cells exosomes. So we don't need the first three. We just go to exosomes.

Of course the trauma is going to cause inflammation and your own native stem cells and exosomes. But the real secret source who is in the exosomes, is that so?

Question from Mark. Does mixing the exosomes with normal saline or sterile water affect potency? Great question. Of course. Point 9% normal saline is isotonic ISO osmotic.

So it's not going to cause those little buggers to explode. I would never use sterile water because of the osmotic factor will cause them to explode. Good question.

All right, let's get ready. Here I I'm going to grab my sterile gloves. Just keep those questions fired away. And, let's see I'm going to put all zero on one to help it glide okay.

And then we got our little handy dandy thing rejigger doctor pen aids. So this is max depth two and a half. You see this little spikes coming out. Maybe adult.

Yeah. You can kind of see now if I dial it back to zero, they're going back. And now I'm at zero dead. So let's dial it to 0.25. And I will show you that.

It's don't hurt. It doesn't feel like a cat licking me. So I'm breaking just the surface layer. There's different speed and power settings. Let me go up to 0.5 because I'm not really getting my money's worth there.

I'm going to dial up point five okay. So we're defined through the stratum queen. Again, not all people without anesthesia. So okay. All right. Let's see if we can get the sadist some bleeding here.

We'll go to Max to two and a half. Oh, I can feel that. Hurts a little bit. Ooh, yeah. That hurts. So if I was going to two and a half, that is gonna need some anesthesia or just a real tough person who can see the, I think bleeding coming.

Maybe not. Thick skin. Anyway, I don't want to feel pain, so I'm going to go down back to 0.5. We'll just continue. Because really, you know, I used to sell, glue that I own, bound to a mark molecule to sneak in through the water channels.

Because these are so small, they'll get into the water channels. But why not increase the efficiency of delivery? Right. So make holes. Really? Not painful. All.

I mean, it's not going to help the two small bands, but the thought is we're going to regrow is the dermis can get better. It's going to help my eggs, my neck.

Yeah. But uncle Billy doesn't hurt. So I prefer this technique. You don't have the, anesthesia and all that jazz. Why bother? So this is actually expired.

Lot is kind of yellow. I bought it back from a nurse friend of mine who is using exosomes. The penev, it smells. The Vive smells because it has sulfur, amino acids in there.

And they cover it up with rose fragrance, rose water, fragrance. So we're going to take our cosmetic brush. Feel so nice. And we're just going to paint in a mask I put my bits to even I didn't do having an eczema flare today.

Because of the stress of preparing this lecture for you, I was stressed anyway. So any other questions? As I I probably will do my face actually. What dedication to you viewers and doctors and torturing myself live online.

Okay, I hope you guys are subscribed. We've been doing some great podcasts. Psychedelic assisted therapy. We've been doing, mold toxicity, autism. Amazing results some people are getting with autistic kids.

So doctors, providers, they're really moving the needle, so to speak. One day I just delivered her a bunch of inhalers this morning. Wonderful doctor helping people.

So again, this is totally not going well. It's something people can probably do when self. So it smells. You can smell the big sulfur and then the fragrance.

So this is not something you want to be playing ivy or anywhere else. But if people can afford the good stuff then use the good stuff for the microneedling with assistant and a logger did Doctor Alsup knows that one that was very popular in Korea at $8 billion worldwide market.

Q&A, Product Discussion, and Closing Remarks

They take liposuction and may allegedly get exosomes and then they lie applies that and you can learn about life in my podcast with Doctor Adam Bender, who's a peptide manufacturer who I also lectured with in Cancun, and Doctor Martins, who represents another exosome brand.

I also interviewed in my podcast. So, A lot to learn on those podcasts. We have some people who've taken the probiotic force. It's a great way to learn how to use exosomes, even if you're not going to do it for your patients, you can do it for your friends and family like I did my son.

And it's all good. Again, I was patient number one. I've done 3200 treatments and over 650 people. And so even if you're not going to do it in your practice, do it on yourself because you want to look good and feel good and anything gets damaged.

You can fix it up real nice. Okay, I think that about does it. I am heated, I'm on Bell, my next podcast come to an end supine Netflix on November. Oh oh and I did a rotation yesterday.

I've had how improvement with rosacea as well. All right everybody, thanks for joining. Well see you next month on our next Ask Me Anything webinar. Again this Doctor Ed Park completing a webinar on facial rejuvenation.

Take care. Bye bye. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your wellbeing.

For more insights and strategies, subscribe to our podcast and visit our website. WW dot doctor talks.com. Stay connected, stay healthy and join us next time on Doctor Talks.

Real talks from real doctors on the issues that matter to you most.