Introduction to Beauty and Hormone Health

Hi. Welcome back. Today we're talking about something that many women never think to question. And it's the products that we put on our skin every single day.

And as we move through perimenopause and menopause, many women become aware of what they're eating. Yet very few realize that the skincare, the makeup, the personal care products that they use daily may also expose them to ingredients that can affect hormone balance and overall health.

My guest today is Trina Felber, founder and CEO of Primal Life Organics, a registered nurse, clean health and beauty expert, and the best selling author of Beauty's Dirty Secret.

She founded her natural dental and skincare company in 2008 after uncovering what she describes as the hidden, hormone disrupting chemicals in conventional beauty products.

Since then, Trina has been recognized on the Inc. 5000 list. Five years in a row. She's been featured on Doctor Oz, ABC, CBS, NBC, Fox affiliates, Paleo Magazine, and hundreds of podcasts worldwide.

Plus, she's a regular contributor to my detox program, I would say. Trina is faculty in our program, so welcome, Trina. We're so happy to have you here.

Laura. It's always great to chat with you because you're one of my favorite people. Oh. Thank you. Likewise. Well, today we have a great talk in store for our audience because we're going to discuss the hidden chemicals that may be contributing to hormone disruption, to inflammation, to brain fog and even accelerated aging.

And, you know, we're going to talk about why many conventional anti-aging products may be doing more harm than good, and the simple changes that women can make to reduce their toxic load and support healthier aging during menopause.

And honestly, this is one of the biggest topics in my community. Everybody always wants to know. Laura, what are you putting on your skin? What are you using?

What is what is approved? So I think we want to dive right in. And, you know, many, many women work hard to eat healthy, to take their hormones, to move their bodies, to prioritize sleep.

But they rarely think about what they're putting on their skin. They might read a label and they might buy a product that seems clean, or it's free of all the things, right?

It's it's free of phthalates and parabens, and it's vegan. And, you know, they look for some pretty, pretty big, I would say, claims on labels, right?

For lack of anything else, they're looking for some really important in claims, but there's other hidden toxins. Let me start here. What's really interesting when you talk about the claims on the label and women in general, because we're the ones buying this stuff more than men.

Men do buy some, you know, products too, but it's majority women. But the marketing on the label is made to make you believe that you're buying the promise, when in reality you're buying the ingredients.

So if you're only reading the marketing claims, like you said, you're going to be very disappointed. 99% of the time, because in my guess, it's totally greenwashing.

And let me let me also say this, this is kind of interesting because you were talking about, you know, our age group, you know, the perimenopause, menopause, postmenopausal women and how we are taking care of ourselves in a way that probably our mothers didn't.

But, you know, our mothers weren't necessarily exposed to the things that were exposed to. So it's just a totally different world. But there's two times I believe in a woman's life where she feels like her body is totally out of her control, and so she starts to inquire and and the mind starts going, oh my gosh, what's going on?

How Beauty Labels Hide Toxic Ingredients

And so those two times are during pregnancy and during menopause. Or I can even say trying to conceive for the women that are trying to conceive. And most of us, you know, that are together here have were past the pregnancy stage.

But if you think back to when you got pregnant, if you, in fact were pregnant, had children, and you think about the first time you thought about, oh my gosh, what am I feeding myself?

Because now I'm growing a human inside of me. So many times women stop and think about products and and consuming what they're consuming during pregnancy or when they're trying to conceive, but also during menopause.

Because during menopause, or as we reach that stage, we start to experience things that we didn't experience the hot flashes, the night sweats, you know, we're starting to lose our mind.

Where's my keys? Where's my phone? I just had them, those types of things that start coming up and you start to think, my body is deceiving me. What's going on?

What can I do to control this? Because, believe it or not, you are in more control of your body than the world wants you to believe. Because if you take control of what you're putting on and in your body, the less control that everybody else outside influencers, the medical field everybody has over you.

So education and what you're doing here, education is so important. And clean beauty or beauty and what you're putting on your skin is one of the most important things that really makes a big change or shift in how your body functions.

So thank you so much for including me. So you've already touched on it, but I want to know if you have anything else to say about this. So many of the symptoms that women are experiencing during menopause, they're fatigued. They have brain fog.

They've got mood changes, they feel inflamed. They feel like their skin is accelerating faster. And a lot of times it's blamed on hormones. Right. Like, oh, you need more estrogen or you need more testosterone, or it's just a part of the aging process.

So I want you to connect the dots really clearly for our audience is how might conventional beauty and personal care products be adding to that burden of symptoms without even women realizing it could be my daily routine, my skin routine?

Yeah, yeah, thanks for asking that because that's really important to connect the dots. So if you go to your your cabinet where you keep all your stuff and you start reading label after they've see the laundry list of things that look like chemicals because they are chemicals.

Most of these products contain multiple ingredients that will disrupt our hormones, and they can disrupt our hormones in a couple of different ways. They can mimic our hormones.

So your body thinks it's the hormone. It can block the hormone so that your body doesn't even you might be making

the hormone, but it's not on the receptor.

It can't get to the receptor because it's blocking the receptor. It could increase or decrease your body making your own hormones. Because if your body thinks that that's a hormone and it's on the receptor, but it's not doing anything because it's not the real hormone, then your body's not going to make the hormone because your body thinks you already have the hormone in the body.

So it's unbelievable. The number of hormone disruptors were exposed to just through our beauty products. And it's not a one day thing. It's over time.

So when you're looking at what you're using every single day, I'm just going to run some numbers by you here. Lords, you care if I put up on the screen the beauty products that you can go ahead.

Go ahead and good. Okay ladies. So what I put on the screen is products that you might be using every single day. Because when we stop and think, Laura, I mean I've done this exercise with you in the group.

And when you Google or when I ask women how many products do you use every day, the number that they come up with? Or if you look at Google, Google, say women use between 10 and 12 products every single day.

So I went through and made a list of products because we don't think about these every single day when we're getting ready or getting up in the morning and getting ready for work or our day, we don't think about all the little things that we just do because they're habits.

So if you can see the screen, I pulled up a list of products. I just want everyone to do a mental checklist of how many products you're using every day.

So when you say facial cleanser, when you see it, that's number one. I use a toner, moisturizer, eye cream, face serum. Just keep do a running total face exfoliator, face mask.

Sunscreen. Makeup remover. Foundation. Concealer. Blush. Makeup is a big toxic area for women. Most makeup is extremely toxic, and it sits on our skin all day long and gets absorbed all day long.

So, you know, right? There could be 5 or 6 products that you're using every day blush, highlighter, bronzer. An eyebrow pencil. Eyeshadow. Eyeliner, mascara, lipstick.

Any kind of lip stain. We actually eat our lipstick. So lipstick is probably one of the worst products because you put it on and you literally eat it throughout the day.

Unless you're me. Trina, I have a superpower. People always want to know what lipstick do you use because it's always still on after you get done eating.

I'm like, that's just me. Somehow I don't eat my lipstick. I just want to share that. That is one of my hidden talents, that somehow it stays on all through a meal.

Daily Product Exposure and Chemical Load

I love that secret. That's I wish I how I do it. It's no special thing because I'm always trying to use like natural lipsticks and stuff. So it's just me.

Your lips must just hold the color. Really well, I don't know. Funny, right? Lip balm, lip balms. The same thing though as lipstick setting spray. So you know, if you use a setting spray for your makeup, any kind of hair product.

So shampoo, conditioner, hair oil or serum, any dry shampoos, heat protectant, some of these you might not use every single day. But just do a general you know, if you use a dry shampoo on the days you're not using shampoo, I would count those as one together.

Hairspray, hair dye and hair dye. Would you know if you die, your hair that would count as a daily. Because just because you're not on the dye on, you know, like in the salon, it is still on your hair.

So moving on to body care products, body wash, body scrub, body lotion or cream and body will hand cream, foot cream, deodorant, shaving cream, dental products.

We don't even think about these. When people add up theirs, they always forget dental. So toothpaste or two powder. Mouthwash, dental floss, whitening strips, tongue scrapers.

Only on here, because the plastic isn't really good. There are different metal ones that you could use which are actually better nail products. Nail products would be a daily.

If you've got any kind of nail polish on, because your cuticles absorb those toxins and so does your nail. So nail products would count as a daily. If you do get your nails done nail polish remover, cuticle oil, hand sanitizer, and then any kind of fragrance or body mist as well.

So I would invite you to think about the number that you've got of how many products you're using every day. And Laura, I know we discuss this in your group, but the average that I have come up with from the hundreds of women that I have talked to, is somewhere between 15 and as high as 25 products a day.

So anywhere from 15 to 20 as kind of more the average. But Google, of course, is saying around 10 to 12. Here's the other problem that Google has not updated.

You know, when I started this whole mission 20 years ago, Google was saying women use up to 12 products a day. They absorb around 168 chemicals. If you Google that today, it still says the same thing.

However, I have reworked the math because 20 years ago products were made a little bit different. They weren't using as many chemicals, there weren't as many artificial ingredients.

So today they're a lot more filled with chemicals. So what I say I'm just going to advance this. This is what I say. You're chemical. You're toxicity level.

What you're exposing yourself to on a daily basis. You have to take the number of your products that you use. So if you have, let's just make the map 15 to make it easy.

15 products a day and your guesstimate of how many chemicals are per product. Now, I can tell you in the research that I've done, most products on the market have somewhere between 50 and 100 chemicals in them.

If the word fragrance is listed on there, fragrance alone can have 60 or 70 chemicals in it. So right there would just be 60 or 70 in the word fragrance.

And many of those chemicals, because they're synthetic, the body breaks down and the byproducts become toxic as well. So it's really hard to define how many chemicals are in the product.

But I can tell you on average it can go as high as 100, sometimes higher. I did there was one company, it was a deodorant company advertising as natural, and one of my clients wanted to know if this was a good product.

And so I looked it up and they had their they wouldn't they didn't disclose what on the label, what their fragrance or they called it natural fragrance.

But if you clicked on it, it opened a little box that gave all the ingredients and their natural fragrance. And let me tell you, there were like 80 chemicals in there, what they called natural fragrance.

So you really, really have to know that most products on the market and less they're really disclosing all of their ingredients contain somewhere between 50 and 100, possibly even more.

So let's do the math. You use 15 products per day. That's and we'll just say on the low end there's 50 chemicals in that each product you are exposing yourself to 750 chemicals or toxins that many of those either can cause cancer because of the way they are processed in the body, or they're hormone disruptors.

They're neurotoxins. They're literally disrupting the way your body functions. If you bump those numbers up just a little bit, 20 products per day and your products have around 75 chemicals, now we're talking 1500 chemicals, a far cry from the 168 that Doctor Google is still reporting.

So this is where when women see this, they go, no wonder why I don't feel good. No wonder why I feel crazy. Because I just keep absorbing these chemicals and I don't even have a baseline like I call it being under the influence.

Like when you're under the influence of alcohol, you know, you don't feel like yourself. You you can't make really good decisions because you're kind of in an altered state.

Well, when you're living in this altered state, day after day after day after day of these chemicals, you don't even know what your body normally would feel like without them.

And that's what my mission is. Yeah, to help women just recognize because awareness is the number one thing. It's the first, you know, it's the first level of any kind of change that happens.

And so, you know, just listening to this and becoming aware of what you're putting on your body and how it could literally be affecting your body and the way you feel is golden, is golden.

So I, I'm so glad that everyone's here and you have the opportunity to hear this and don't keep it to yourself. Passed this to other women in your life.

You know. Trina, layering on to this women obviously every year spend trillions of dollars in this country. I mean, the beauty industry is a multi-trillion dollar industry.

So women spend, you know, each each woman in the country spends probably a few thousand dollars individually and then collectively the population spends trillions.

And a lot of the time it's with the promise of anti-aging. And but on the contrary, they may actually be accelerating the aging process. So can you explain why that is and what women should know before investing in products?

I mean, we're trying to age slower, age and reverse, and it always blows me away. I have you always disclose your age when we when we do our, our classes together, because you don't look even close and you don't wear makeup.

You just have this youthful, beautiful glow about you. And that's not a filter. Everybody, if you're if you're watching this video, that's what Trina looks like.

I know Trina in real life. So you know what's up with this, with this huge spend in the promise of anti-aging? I mean, it's a multi-billion dollar industry, really.

I mean, just trillions. It's multi-trillion dollar industry.

Anti-Aging Products, Botox, and Skin Aging

And I mean, you have to collectively think of this not just as what you're putting on your body and you're buying at your at the beauty counter or the drugstore or Amazon or wherever you're getting your products.

You have to think about the industry going further into Botox, esthetician fillers, those and facelifts as well. And I'm not saying that the people that are performing, those are themselves, you know, causing harm, because I think so

many of them just want women to feel beautiful and look beautiful.

But the products themselves are it's not the way to get there because what they're actually doing, and this is including products that you're using that are filled with chemicals.

It's it includes Botox, it includes fillers. And it also includes facelifts that none of those things actually promote health and wellness of the skin and beauty.

Most of those, or all of them, truly promote aging. I can touch on Botox and fillers because it's just easier, but you have to understand that it's easier to think, oh yeah, I can see how Botox and fillers can cause more aging in the skin, that it's easier to see that sometimes than the moisturizer you're putting on your skin every day.

That you paid $100 for that jar that they promise you is going to make you look younger, it's hard to connect that with you not feeling like you look younger, but it's all the same because inside the body, what happens is that the body is not able.

It doesn't have the nutrients it needs, it doesn't have the stimulation it needs. So let's talk about Botox really quick. Botox is a neurotoxin. It gets injected in a local area.

However, it doesn't stay local, which is why you have to reinvent yourself or go get reelected. I should say I hope people aren't injecting themselves with Botox yet.

You might have some practitioners here who inject themselves, but well, besides practitioners, yeah, I mean the everyday person. But yeah, so you have to go back for reinfections.

I think it's like every three months typically it wears off. So basically your body is breaking it down. Why is your body breaking it down? Because it doesn't like it.

It doesn't know it. It's foreign. It's not normal. It's trying to get rid of it. But in that breakdown process it mobilizes it. It moves it and it tries to get most of it broken down in the way that it's supposed to be broken down through enzymes, through the liver, wherever that process really should happen.

There's multiple ways your body can break things down. But in that process, that chemical, the botulism travels, some of it gets absorbed into the bloodstream, travels in areas of the body that it isn't meant to go, like when you're getting injected above your eyebrows, you're not thinking in either.

As your practitioner, this Botox loves fatty tissue, so not only will this get reabsorbed into your fat tissue, but it's going to get absorbed into your fatty brain tissue and could potentially cause a paralytic brain, is what I call it, which we also know as like dementia, Alzheimer's, dementia, that kind of thing.

So you it's but that's the that's the ugly truth that a lot of people have already heard about Botox. So it's kind of become normal to hear that. So it's not as scary when they normalize it and it doesn't become as scary.

But let me tell you, Botox paralyzes your muscle and think about. And almost everyone has had a situation where you've gone to the gym, you've worked out, you've been eating very healthy.

You've lost. Even if it's 10 pounds, 5 pounds, you start to feel really good and then you stop working out for what feels like just three days and you feel like a fat blob again, like you've gained it all back.

And basically what happens? And it might be longer than three days. But what happens is when you stop moving, your muscles stop becoming stimulated. So they just like I'm not needed.

So they atrophy, which means they get smaller. So when you're doing this to your face and injecting so that the muscle gets paralyzed and doesn't move, you're literally going to make it so that your muscles become smaller and smaller and on the face where you want those prominent cheekbones and you want, you know, tissue.

When you lose the muscle, your skin has nowhere to go but get, you know, start to droop, sad and drop and droop, but also that stimulation. So when you lose the muscle, you lose the stimulation of collagen and elastin.

You lose the stimulation of hydration, blood flow, decrease blood flow. When you have no muscle mass and no muscle you're going to have your skin is like, well, I don't really need blood flow, and your muscles are like, we don't need as much, so your body doesn't send as much blood there.

So you get less nutrients, you get less detoxification because less blood flow there, less detoxification leaving the tissue. So all of a sudden you're using Botox.

You promised you're going to look younger, and all of a sudden three years goes by, 4 or 5 years goes by and your skin is sagging, it looks lifeless. It doesn't have the bounce, it's lost the tissue.

And so what is your you know, that's when your the next step is typically fillers. Let's boost it. So let's give you some filler. So the next is filler.

Filler has its own problems. There's been a lot in the media about how it it stays there longer than we think. And it's going to be distorting because it pulls in water.

Your body doesn't like it. It's inflammatory, all of those things. But then the next step is typically, let's get you a facelift because we've got this extra tissue.

We're not fixing the root cause of aging. We're not doing anything to fix it. The whole process of aging I have I teach about the five pillars of beautiful skin, and the five pillars of beautiful skin are what is needed in order to prevent aging in the way that we don't want to age, which is what I'm discussing.

Like the saggy skin, the loss of muscle tissue. There's things that we can do naturally that will prevent all of that. But when you're doing drying the skin out with the products that have alcohol and chemicals and then injecting Botox, injecting fillers, and then lets you know a facelift isn't going to cause the problem, it's literally going to pull the sagging skin, which is thin up, get rid of those wrinkles so you will look younger.

But it's all going to happen again because you're not stimulating the muscle. You're not stimulating collagen and elastin. There are ways to stimulate collagen and elastin.

There's ways to hydrate the skin and keep your skin looking younger without being detrimental to your beauty. Most people, when they think about clean beauty, they think it's not going to work, and it works so much better for the reasons that I just mentioned.

You're not destroying your skin and your body's ability to oxygenate, detox, have nutrients, stimulate collagen and elastin, and even stimulate the muscle mass to keep those high cheekbones and to keep your eyebrows up.

And you know all the things that we like. So. So, Trina, now you get to disclose your age so people know because yes, I did. Yes. Yeah. I'm 92. No I'm kidding.

I'm I'm 58. I'm 58. I was born in 1968, so I actually I'm 57. I will be 58 probably when, when the summer comes out. I turned 58 in July. Okay. Wow. So it's.

Yeah, we're filming this in July. So it's year 58. Yes. It's extraordinary. So my claim to fame is I've never had Botox in a wrinkle. I can fully lift my eyebrows and I've never had fillers.

I have had Botox in my eye lid. It was spasming uncontrollably for an entire year, and an ophthalmologist said, let me just get you a whiff of Botox in that eyelid.

And boy, that's all. And that's different. I mean, that's not different. They're using the same thing, but it's for a medical reason. One time and it was, yeah, less than a fraction of what you put in a wrinkle.

I mean, it was tiny. So yeah, that's my claim to fame. Yours too. Your skin looks amazing. It's vibrant, it's youthful, it's full, it's plump. There's you actually have collagen.

So that kind of brings me to my last question as we wrap up today, for women who are feeling overwhelmed by all the information about clean beauty and they don't know where to begin their, you briefly mentioned there are some things that they can do that will make big differences in supporting a healthier, more vibrant looking skin. And you kind of touched on them.

But if you could tell our audience what are the things they can start with if maybe they haven't gone down the filler and Botox road yet? Or maybe they're thinking, gosh, I just I don't want to do that anymore.

Yeah, and no shame. I'm never here to shame someone. If anyone has had Botox or fillers, no shame in that. And please don't feel like you know, I look down on anyone because we all live our own lives.

I just think that at this point, when you're living and you're at this age and you're you're here, so you're obviously questioning, how can I make myself healthier, that we can make better choices.

But I would say, first of all, looking at your ingredients on your products that you're using and starting to just, you know, before you buy something, flip it over.

So just making sure you're looking at your labels and just starting to become more aware of that, you know, the next thing is really, you know, there's a lot of brands out there and a lot of influencers out there talking about clean beauty and what clean beauty is.

But I challenge you to just think outside the box and question that, because just like everything else, most people don't go deep into it.

Clean Beauty Basics and Skin Absorption

So they look at the age. We didn't even talk about that. But the EWG think dirty and yucca. There's so many health influencers that say, you know, this product is good, it has a zero rating on EWG.

But I'm here to tell you the AG think dirty and yucca. Don't look at the hidden toxins in products. So looking at packaging, if most of your products are in a plastic container, you are being exposed to toxins that are not listed on the label.

So same thing as food. You know, the majority of the food that you want to buy, you want it to look like it started out and ended up as food, like an apple should look like an apple.

It shouldn't have 12 ingredients. You know, when you're buying bananas, they look like bananas. Most companies are using what they would call natural ingredients.

So they'll say this ingredient, XYZ, that looks like a chemical is actually from coconut. And what I can tell you is when you're looking at branding and marketing and they're saying they're natural and they use natural ingredients, and you go look at the label and it looks like chemicals.

But they're saying that they use ingredients that come from plants. Most companies are using highly processed ingredients that might have started from coconut, but after they processed it down to, you know, using chemicals and heat and all sorts of things, it no, I wouldn't even call it something that came from coconut anymore.

Like it's been so processed. It's just like the foods that we're eating. So becoming aware that your skin absorbs about 60% of what you put on it and it absorbs it within about 60s.

And so your second gut is your skin. And if you're looking at the ingredient list and you wouldn't put that on your salad, and I don't mean that literally, I wouldn't put my face serum on my salad because the oil aren't as good.

But literally if I make a face serum or I buy a face serum, it's going to say pomegranate oil, coconut oil, Hoba oil. I recognize those as plants. I could put that on my salad and eat it.

I would put that on my skin. But if I look down and it's like water and chemical and chemical and chemical and chemical and chemical and oh, there's a whole bulk and chemical and chemical, I wouldn't put that on my salad, I wouldn't eat that.

So I shouldn't put that on my skin because your skin is going to absorb it. And we didn't even get into this. But your body, your body processes what you absorb through your skin differently than what you eat.

And so that's another problem, I think you can't open that can of worms without telling us a little bit more about that. You just opened it because I know you wanted me to keep going.

All right. Okay. No, I don't mind going. Yeah, I know, I know, we could be here all day, so really, really quick. I'm going to give you the down low when you eat something.

And you know, we're all, you know, you can't you can't be perfect. I'm not here to tell you. You have to be perfect. Laura knows that neither one of us are 100% perfect.

No one can be. But when you eat something, your body was designed with a protective organ called the liver. So your liver, the blood goes to the hepatic vein into the liver.

The liver uses its function to detox, and most of the things that are toxic to us are all soluble, which is what we call lipid soluble or fat soluble.

So it can cross over membranes through membranes. And so the liver's job is to really convert those to water soluble so that the majority of that whatever it would be, toxin, drug, whatever we call it, first pass through the liver can then get excreted from the body, either through the breath, through sweat or through the urine, even through the gut.

So that's what the liver does. So when you eat something it might have had a pesticide on it. Your body throws that into the liver. The liver breaks it down you you're not even affected by it.

And this is why eating clean is so important. Because as long as your body isn't overwhelmed with toxins over toxic, you can handle that and your body will cleanse itself.

However, when you ingest through your skin, it gets ingested into the blood vessels, and blood vessels are traveling back to the heart. So I'm going to take you back to anatomy class.

So the blood vessels these toxins go through, they get into your blood vessels. That's blood going back to your lungs to be and then to your heart to be pumped everywhere.

So your blood from your heart a little bit goes to the liver. But the function there is to supply the liver with oxygenated blood. So the liver can function not to detox that blood.

And it's a very small percentage. When you look at where is the blood from the heart going. Well, a lot of it's going to the brain. We've got to get oxygen in the brain and it's going to your vital organs, and then it's going everywhere else.

And so those, those toxins when, when the beauty industry says, oh, but there's only a tiny amount of toxins. Those toxins are like microdosing every single day because they are not broken down.

They're not going to the liver. Their traveling throughout the body. They love fat tissue. So you're going to end up storing these in your fat tissue, in your brain, in your organ tissue.

So that's why it's really important. One of the reasons after you start working out and you start losing weight, you got, you know, first three days you feel amazing.

You're like, gosh, this is great. I could do this all the time. Day three hits and you're like, I can't even get off the couch. I have no energy. What's going on?

Well, probably what's happening is you're burning fat, but in that fat we forget that we have toxins. And some of those toxins are from skincare, some are from food, some are environmental.

But when you're burning that fat tissue, those toxins almost retakes you, which is good because you got to get rid of them. But the body has to be able to assimilate and get rid of them.

And it just takes time. So don't give up through that brain fog, in that feeling low and feeling like, oh my God, I can't do this. This is ridiculous.

You're actually doing a good thing. But it's because those toxins do get absorbed into the fat tissue, and that's where they can live for years. Okay, so as we wrap now we're going to go back to wrapping is what are your final words of encouragement for our listeners here.

Because this is a changing your routine, your body products, becoming a detective like this. This is this can feel like a lot sometimes it can feel like a lot for some people.

So yeah, it can be.

Simple Steps to Reset Health and Beauty

Yeah. No, it totally feels like a lot. But I'm here to tell you, once you start and you realize how little you really need, you know, when it comes to making the switch, I don't use a lot of products.

I don't spend any time in the bathroom. In fact, many days I don't even know if I don't put makeup on. I don't even really wash my face because your face, your skin is auto cleansing, so washing too much isn't is just as bad as not washing.

Ever. So the more in tune you become with your body and what your body really needs, you realize, wow, this is actually really easy. I only need really one product.

1 or 2 products can service my entire body as far as moisturizing, hydrating and your skin will actually glow and look better than it did. One of the things that happens with my clients is they do what I tell them for two weeks, and then after two weeks, they're like, I'm starting to get compliments.

Like it doesn't take long. Your body is amazing, so don't feel overwhelmed. It really just starts with knowledge and start looking at the labels and start understanding that you can control this.

And it's nowhere near as hard as you think. Nowhere near. Trina, thank you so much for all the information you've shared. Can you tell our viewers, our listeners where they can find you?

You've mentioned that you work with people, you have clients, and we bring you into our programs every year, and many of our community works with you as well. So where can they find you?

Absolutely. The best place to find me is just my name, Trina Felber. That's my website, and I have an online course that is a five week course called the Holistic Health and Beauty Reset Program.

Because you're not just resetting beauty, you're not just resetting health. They're interconnected. And when you change what you're doing and what you're feeding your skin, you reset both health and beauty, and it amplifies everything else you're doing.

As far as the health and wellness journey. So I would say start there. And of course, you can always reach out to me. If you have any questions. You can always reach out to me through the website as well.

So good. And Trina, I just want to thank you for everything you're doing in the natural and holistic health space. You know, you've been holding the torch for a long time with all the companies that you've started in the past, you've been dedicated to natural body care that's nontoxic for a long time.

And so thank you for paving the way. It's becoming more mainstream now. It used to be, you know, people used to think we were crazy for wanting all these natural products, but you paved the way for the rest of us.

So thank you, Trina. So thank you, Laura. I'm so, so happy that you invited me on for this summit and I appreciate you so much. Yes. Until next time, everyone. Take good care. Bye now.