Korean Retinol Tea: Hype vs. Health Transcript

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Opening Reflection and Podcast Intro

It's like cleaning out your closet. You're cleaning out your body of these things, these resentments, these traumas, these thoughts. And what I find is when I clean them out, you go deeper, there's stuff that pops out that you don't even realize.

And I experienced that this weekend, right? Where something has been sitting inside since eighth grade. And to have a conversation with a friend and with doing the session today, it was amazing what came out.

And then you feel lighter, you feel better, and you can handle more things. It's like a cup. This is Dr. Talks. Welcome back to Holistic Truth. I'm Jamie Dorley, CEO of Nutritional Frontiers and welcome to the Holistic Truth podcast.

I have a very special co-host, the one and only Christine Genovese. And I want to talk to you about something because my feed has been overflowing Social media is popping, you know, everyone talking about this even though my juice bar I saw this Korean retinal tea You know, you've probably seen this right?

It's a bright orange Drink it claims to do everything reverse wrinkles boost collagen help with energy, you know And even some of the Hollywood types, not you, but other Hollywood types like JLo, have been swearing about this anti-aging effect from it, right?

I'm a little skeptical, but you know, let's get a couple of things straight. Number one, do you know there's no retinal in the retinal tea? What? Yes.

Debunking Korean Retinol Tea

So what's going on here? You know, what is in these drinks, right? And what do they actually do? That's what I want to talk about today because, you know, I've been at this 34 years and I know there's a lot of hype with this juice.

I just want to make sure we know what exactly are people getting roped into. So Christine Genovese, the author, of incredible book healing through soul intelligence and the creator of the soul intelligence method.

And I'm of course your favorite client. So welcome back to the show. Well, thank you so much. I'm excited to break this all down today. You know, I love a good trend, but I love it even more when we get to the energetic truth behind this hype in the marketing.

You know, Korean retinol tea sounds magical and the visuals are stunning. And I have to be honest, I did go through my feed. I did scroll a few times.

I was like, is this legit? Is it really K-pop stars? Was that really J-Lo enforcing this one? But when we look at this, like spiritually and scientifically, I think there's a big difference between drinking a carrot hibiscus smoothie and actually working with retinol or aging gracefully on a cellular or soul level.

Let's unpack what's in these teas while they're getting so much buzz and what you can really do inside and out to glow. How about that? Yeah, I like that idea, right?

Cause you hear about these teas and these drinks, right? Let's get the facts straight. So what is Korean retinol tea really, Jamie? Well, what I've actually looked at looks like a homemade wellness juice.

Okay. Doesn't mean it's bad, but it's gotta be a little skeptical of all the hype, right? Cause it's got a lot of pineapple

and carrots and ginger. you know, hibiscus, green tea, you know, why?

Because these are really rich in beta-carotene, which is the precursor or the natural form of vitamin A, which you've always thought about vitamin A, of course, for the eyes.

But, you know, in some of these, you'll find even like some goji berries and collagen powder and things like that. So again, doesn't mean that there's anything wrong with them, but, you know, sometimes you gotta have buyer beware, and that's the case right here.

Interesting. Well, one of the craziest ingredients I saw was like ground deer antler to help supercharge somebody's glow factor, which sounded kind of crazy.

deer antler velvet in the right form will actually increase IGF-1, insulin growth factor one, growth hormone. So that will get people leaving. That's why they like the Testa 180 liquid.

However, it's a very good extract and very potent bioavailability.

Whatu2019s Really in the Trendy Drinks

So… Well, if we didn't want to just make one of these homemade crazy teas ourselves, you know, how about our pro colors line, Jane? What would be like the…

the best equivalent for the Korean retinol tea that you've seen so far? Well, I would have to say one of the best things would be the pro-purples. Okay.

Because when you look at pro-purples, it has a lot of these exotic berries that you were talking about in there, right? It has nutrients for the eyes.

It has anti-aging factors like PQQ and transverse veratrol. It also has alpha GPC for the brain. So first choice would be pro-purples. A close second would be the Pro Reds, because they're really looking at eye health.

It actually has Ludamax in the Pro Reds, right? It actually has Lycopene in the Pro Reds. It actually has DMG in the Pro Reds. So a lot of nutrients in there.

You can go Reds or Purples, and they'll both give you a great result. Some people even, if you want to get wild and crazy, you ready to get crazy today?

Totally, let's do it. They'll do one scoop of the reds and one scoop of the purples right in our soup of shake. What's fruity pebbles? Is that fruity pebbles?

That's one of the versions. Awesome. Well, it was one of my favorite cereals as a kid, of course, you know, but we don't eat that anymore. But I do get that nice flavor profile when I mix the reds and the purples together with the vanilla shake.

So looks like fruity pebbles and tastes even better. Awesome. Well, JD, you know, I just got back from a girl's trip celebrating my birthday. We called it the Thelma and Louise trip.

I was Thelma. So. I saw some videos and some pictures like a wild trip you to well so aging gracefully Amongst women is always a topic, right? I have my own skincare routine to keep my skin healthy and a lot of what I use our NF formulas like our collagen creamer my coffee and Proline greens with my shake and certainly our HA plus which is hyaluronic acid plus and I do use a topical hyaluronic acid on my face when I use my red light therapy to help with fine lines naturally.

I'll use a peptide enhanced face cream, all natural facial cleanser. I use really clean makeup, right? Because when you think about your skin, right, it's the largest organ in our body.

Skin Care, Hydration, and Anti-Aging Habits

So we really need to consider what we're putting on it as well as what we're putting in our body. And I also hydrate a lot. So I think the tea is really this case of gorgeous branding, right?

Retinol tea sounds sexier than beta carotene smoothie, right? And when celebrities like J. Lo or Marissa Tomei are celebrity influencers that have these perfect skins, they start sipping it on camera.

We want to believe the magic is in the cup. Now, I'm pretty certain these are AI generated endorsements. I know Oprah sued somebody for doing that. And I have a sneaky suspicion that they're probably fake interviews, but I totally wanted to believe it.

Well, when women's, uh, biological clocks are ticking, you gotta try and slow it down a little bit. Yeah. And you want to have a really practical approach because these drinks come and go.

Well, yeah, it was not, it was noni juice. You know, you get all these different things coming through the years and now it's. Retinal Korean retinal tea, but let's look at what happens in the body and let's feed the right types of systems.

Number one, mitochondrial support. We talked about this as a blast furnace, you know, your fireplace. This is where all your nutrients and your energy is produced, right?

Energy for energy, but also energy for healing. We forget about that part. So I mentioned PQQ, that's in the pro purples. Enter CoQ10, something I take every morning.

It's really helped my gums. It helps my recovery from workouts. I don't get as sore. I have more energy, but it's cellular energy. It's not a stimulant.

So that combines 300 milligrams of CoQ10 and 300 milligrams of DMG, otherwise known as what? Darn mighty good. There we go. Very technical, of course.

Thank you. And the brand new one is NAD+. Right. Now, this got a tremendous amount of hype, rightfully so. But NAD actually works better when you combine it with curcumin.

Did you know that? Yeah. I mean, we were just kind of talking about how they boost each other, right? And can help lengthen telomeres. So I want to boost mitochondrial support, number one.

Two is we got to detoxify every day in a healthy way. It's not something you do once in a while. It's like I tell my kids, sometimes they listen, sometimes they don't.

The best time to clean your room is when it's clean, right? So you want to keep your body clean. You don't want to wait till it becomes really toxic because some of that damage could be long term.

So detoxify every day in a healthy way. We have the brand new liquid glutathione. What do you think about that? I think that is super cool. It's like taking a shot, you know, instead of, you know, you know, instead of the fireball, it's liposomal glutathione.

Mitochondrial Support and Daily Detox

So you can do the glutathione in a liquid, highly bioavailable. It's a liposomal version. We also have milk thistle in our Live Clear, Live Clear 2, and my favorites are Live Complete.

We have the proline greens. There's so many different ways that you can detoxify in a healthy way every day, plus eating real fruits and vegetables organic whenever possible.

But the best way to detoxify is by limit your exposure of toxins coming in. So give everyone out there a little wine hack. If they're going to drink wine, what type does it have to be?

Oh, it's got to be, well, you want to have it be organic, but my preference, like ideally, right? But my preference is to actually drink an Italian red or even a French Bordeaux, something like that, because there's less stuff in it than what's required in the United States and in California wine production.

Yeah, it should be done in a healthy way, in a fun way, in a social way, right? You know, I tell people in moderation, everything's okay, but really be careful with those things.

You know, don't forget about the importance of hydration. We've talked about this, right? People drink a lot of water. I always ask the question now, not if they drink water.

Other than water, what else do you drink? Is it soda, juice, teas that are loaded with sugar? Eliminate those right away. A little bit of coffee. We have the organic coffee.

We have the collagen creamer you can put in coffee. You can have coffee again as a social thing, right? But don't go get Those lattes with milk and sugar and all those things, they're loaded with fat.

Some of them have 50 grams of fat and 50 grams of sugar. Recipe for disaster because the liver will get congested. We hear about non-alcoholic fatty liver disease.

Well, what's that from? the bad fats and too much sugar. So the only thing is we want to regenerate the skin. Obviously you work on your skin. Look at you glowing today.

Thank you very much. I love it. Looks very nice. Of course your skin is super hydrated, right? And we're rebuilding and regenerating that collagen. So you can do the collagen cream like I'm doing in a little afternoon delight coffee.

You can do the clean collagen protein, which you do every day. You can even do the HA plus. in our Beauty Complete. So you have different ways that you can ingest and rebuild collagen.

Even our buffered vitamin C is one of the co-factors in collagen generation. So always choose your supplements wisely. At Nutritional Frontiers, we have more comprehensive formulations.

That way you get better results and a better value. What about inflammation control? That's a big one. You're an avid tennis player and very active with your lifestyle.

Yeah. What do you do to help with inflammation? I always recommend essential fats first. Right. What about you? Yeah. I use our SPMs, the Specialized Pro-Resolving Mediators, to help with inflammation.

And I also look at X-Flame because that has turmeric in it, which also, and a number of other incredible ingredients to help with inflammation, especially in the joints.

So I use those two together along with our HA plus to lubricate the joint. So that's really my trifecta of goodness for sports. I love it in just essential fatty acids, right?

In Italy, which I can't wait to go next year. You know, they'll use olive oil instead of butter.

Collagen, Inflammation, and Healthy Fats

People use avocados on their salads and natural nut butters. I will throw a scoop in or. You know, it really takes the edge off for any cravings too. So ingest essential fatty acids too.

Fat have more than twice the energy of carbs and protein. They balance blood sugars. They slow down the absorbability of carbohydrates. And your brain is fat.

Your hormones are fat. You know, they called fats a four-letter word in the 80s and what happened to our country? Well, we all got fat. We got really sick in fat because they replaced the natural fats with artificial flavorings, sugar, and salt.

So a recipe for disaster accompanied the country actually almost doubled in size, figuratively and literally. So you've got to have a plan in place. That's why at Nutritional Frontiers, we do the holistic truth.

We believe in mind, body, and soul. And speaking about energetic truth, Tell me about the energetic truth behind the glow. Yeah. Well, when you combine all of these incredible nutrient tools, right, and nutraceutical tools with a bio-energetic adjustment, that's really where you're going to get the deepest, deepest results.

So if you'd be honest, right, we chase outside beauty trends because we're probably trying to fix something deeper, right? Wrinkles can't always be smooth with a serum because they're often holding these energetic imprints of irritation or anger, frustration, stress, worry.

So if you're noticing more of those, consider who or what's getting under your skin. Like what are you not expressing that you need to say? You know, one technique you can try on your own is to get in a real quiet, relaxed space and ask whoever you pray to, divine intelligence, to help you release all irritation, anger, frustration, criticism, invalidation, insecurity, anything that you're carrying in your skin, as well as any of those unhealthy patterns or any and all positive or negative charges that contribute to the condition.

And just kind of repeat the word clear in your body until you feel a shift. You know, I know it's difficult to get things to shift on your own, especially when you're not really sure what caused them in the first place.

And that's truly where my soul intelligence method comes in. I'm able to help people clear those root cause patterns that can dull your light emotionally, spiritually, physically and energetically.

Because when your nervous system is regulated and your energy is aligned, your skin reflects that. You know, Jamie, you are very kind. You always tell me I'm glowing without filters.

You know, you can also glow without deer antlers. My take is go ahead and fit, you know, sip your fancy tea or your pro colors drink, but don't skip the deeper work because true radiance really comes from the inside and you glow when your soul shines outwardly.

Energetic Healing and Soul Intelligence

Yeah. And I love the soul intelligence method. I've been a client of yours for four years now. I highly recommend that you do the program and look, it's like working out.

You can't just do one session, right? You feel kind of good, but I would highly recommend to set up a series of sessions with you. You also offer some free podcasts and webinars.

So you need to go on there. You also go to her website, but The cool thing about the program is I've never heard one person say that they didn't like it.

Everyone loved it. They may not know what it is going in, but coming out, they do. I say, it's like cleaning out your closet. You're cleaning out your body of these things, these resentments, these traumas, these thoughts.

And what I find is when I clean them out and you go deeper, there's stuff that pops out that you don't even realize. And I experienced that this weekend, right?

where something has been sitting inside since eighth grade. And to have a conversation with a friend and with doing the session today, it was amazing what came out.

And then you feel lighter, you feel better, and you can handle more things. It's like a cup. If the cup is full to the top

with stress and trauma and resentments bad memories, and you put one drop in like you're in traffic, it overflows.

What if you can drain your strain and lower what's in that cup? Now if you're in traffic, who cares? Put some music on and listen to Stevie Nicks, right?

If someone sends you a text message, no problem. You can answer it later, right? But the cool thing about soul intelligence is if you're a healthcare professional or you're looking to find a new path in your career, You have a program to certify coaches.

Tell us more. I absolutely do. It's called the Soul Intelligence Method and I'm looking to add this in wellness centers across the country because this can actually help heal people holistically, mentally and emotionally, along with the incredible physical care that you're giving your practitioners.

So it is a course you can complete in about four months or someone in your office. And if you're interested in learning more, you can go to soulintelligencemethod.com.

Now, let's give the audience a final takeaway. All right, final truth, here we go. Korean retinal tea is a cool, colorful, antioxidant drink, right? There's no retinol in there.

It's no magic potion. And it's definitely not your solution for anti-aging. If it was that simple, everyone would be doing it. And we would say on it, I always look at formulations of companies that have been around a while.

let them see if their formulations have legs, right? The formulas we're mentioning, some have been around 10 years or more, right? So Nutritional Frontiers has your solution.

We're not anti anything. We want to age in a graceful, healthy way. The cool thing is we're hitting our prime now. The prime is your 60s and 70s, right?

It's not the 30s or 20s. And you can do this when you follow Nutritional Frontiers program, do the soul intelligence, through your chiropractic, all the different things that it takes, because that's the way you help with your mind, body, and soul.

Final Takeaway and Closing Remarks

So real healing, real glow comes when you combine science with soul, nutraceuticals with the nervous system work, topicals with truth-telling, and trends with discernment.

So sip smart, glow deeper, and question everything that promises perfection in a cup. That's how I'm good at questions, right? You are, you are the master.

Thank you so much for tuning in to the Holistic Truth podcast. We like to have fun, of course, because when your fun and emotions are elevated, that's where your learning becomes the best.

And this is not a punishment. This is an opportunity to better yourselves. So if you like what we're doing, support us at Nutritional Frontiers, schedule your soul intelligence, and most importantly, give the gift of health passes on to someone else so they can tune in and learn from us.

Yeah, so if you like this episode, please share it, subscribe, and head to NutritionalFrontiers.com or SoulIntelligenceMethod.com to learn more about how you can work with us.

And until next time, stay radiant, stay rooted, and most of all, stay aligned. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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