Regenerative Aesthetics & Longevity: What is Beauty In Aging? | Episode 43 Transcript

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Introduction to Aging and Beauty Standards

What does it mean to age? With the med What does it mean to age? With the med spa market trending like never before, spa market trending like never before, we're seeing a new standard of beauty we're seeing a new standard of beauty and aging.

and aging. And what are the standards of beauty? And what are the standards of beauty? Are we chasing the right thing? And are Are we chasing the right thing? And are we doing it the right way? Should we doing it the right way? Should doctors approach skin health and doctors approach skin health and longevity by masking, quite literally, longevity by masking, quite literally, the issue? Or should we help patients the issue? Or should we help patients regenerate and optimize?

regenerate and optimize?

Med Spa Perspectives and Personal Aging Reflections

Welcome to the longevity protocol, the Welcome to the longevity protocol, the podcast about living longer and living podcast about living longer and living better. From healthy daily habits to better. From healthy daily habits to dynamic relationships with breakthrough dynamic relationships with breakthrough science, we help you feel alive and live science, we help you feel alive and live alive. This is your protocol for living alive. This is your protocol for living What do you think about this whole the What do you think about this whole the med spa kind of concept? It's certainly med spa kind of concept? It's certainly something we're something we're involved with and understand it.

involved with and understand it. >> Like from a business perspective. >> Like from a business perspective. >> standpoint. >> standpoint. >> standpoint.

>> Or from a personal >> Or from a personal >> from a clinical standpoint, yeah. >> from a clinical standpoint, yeah. >> Yeah. >> Yeah. >> Yeah. >> And from a personal perspective, I feel >> And from a personal perspective, I feel like it's a discussion that I have with like it's a discussion that I have with myself on a regular basis. It's a really myself on a regular basis. It's a really strange thing. I was talking about this strange thing. I was talking about this with some girlfriends of mine. I'm with some girlfriends of mine. I'm turning 48 in May. And in my head that turning 48 in May. And in my head that sounds like a big number, but in in my sounds like a big number, but in in my like, you know, in my spirit and in like, you know, in my spirit and in myself, I don't I don't feel like it myself, I don't I don't feel like it sounds like someone who's older, right?

sounds like someone who's older, right?

Health, Symmetry, and Regenerative Aesthetics

Yet I find myself talking about aging in Yet I find myself talking about aging in a way that I probably didn't even do a a way that I probably didn't even do a year ago.

year ago. >> Mhm. >> Mhm. >> Mhm. >> So I don't know. >> So I don't know. >> in a year? I mean, what >> in a year? I mean, what >> the thing. Is it just that this is like >> the thing. Is it just that this is like um um um a conditioning trigger that this is that a conditioning trigger that this is that mid late mid life time frame?

mid late mid life time frame? Is it because in in in our case, Is it because in in in our case, obviously my parents have had some obviously my parents have had some health issues, so it's making me more health issues, so it's making me more aware of the passage of time? Or is it aware of the passage of time? Or is it just that I've actually

really been able just that I've actually really been able to identify, you know, aside from gray to identify, you know, aside from gray hair, like now I can really look at hair, like now I can really look at myself and say, myself and say, "I look older." It it's it's weird. When "I look older." It it's it's weird. When I'm taking a picture, I I I think this I'm taking a picture, I I I think this is how I look and then I see the picture is how I look and then I see the picture and I'm like, "Hmm, that's not what I and I'm like, "Hmm, that's not what I thought it looked like." And I struggle thought it looked like." And I struggle on a Not struggle, that's too strong of on a Not struggle, that's too strong of a word, but I do process on a daily a word, but I do process on a daily basis the idea of how much intervention basis the idea of how much intervention do I really want to take so that I feel do I really want to take so that I feel like I don't look older like I don't look older versus versus versus thinking, "Why am older?" And And I'm thinking, "Why am older?" And And I'm also okay with that. So, also okay with that. So, >> I think and we're we're going to >> I think and we're we're going to certainly talk about this today. There certainly talk about this today. There There's a difference between There's a difference between being older and just and it's not being being older and just and it's not being healthy. Because there's health at any healthy. Because there's health at any age and really that's what it comes down age and really that's what it comes down to. People will look youthful for their to. People will look youthful for their age based on their expression of health.

age based on their expression of health. I mean, it's the outwardness is to a I mean, it's the outwardness is to a very large extent um an expression of very large extent um an expression of what's going on in the inside and and what's going on in the inside and and you know, really what your decisions you know, really what your decisions have been over time and those decisions have been over time and those decisions will, you know, eventually accumulate will, you know, eventually accumulate into what we have in front of us. So, into what we have in front of us. So, yeah, I mean, I think that's really been yeah, I mean, I think that's really been our perspective more so on how we're our perspective more so on how we're trying to help patients.

trying to help patients.

Beauty, Jawline, and Facial Structure

And really the you know, the name of And really the you know, the name of this particular episode, regenerative this particular episode, regenerative aesthetics and longevity, aesthetics and longevity, um what is what is beauty and aging? But um what is what is beauty and aging? But regenerative aesthetics, that concept of regenerative aesthetics, that concept of truly understanding how to truly understanding how to help someone's physiology help someone's physiology to help how they're going to present to help how they're going to present and therefore their definition of what and therefore their definition of what it means to look old or feel old.

it means to look old or feel old. >> Yeah, I mean, I think we can start with >> Yeah, I mean, I think we can start with a very simple summary of what I know my a very simple summary of what I know my conclusion will be. My conclusion will conclusion will be. My conclusion will be that people should do whatever makes be that people should do whatever makes them feel the best.

them feel the best. Um Um Um Truly, I truly believe that. And I Truly, I truly believe that. And I believe that because nothing makes a believe that because nothing makes a woman or a man, but nothing makes a woman or a man, but nothing makes a woman more beautiful and more sexy than woman more beautiful and more sexy than a a of self-love, a sense of a a of self-love, a sense of self-confidence, a sense of like self-confidence, a sense of like I look good. Like I I'm very happy with I look good. Like I I'm very happy with how I look. And we shouldn't have to how I look. And we shouldn't have to attach to that sentence for my age.

attach to that sentence for my age. Like, you look great for your age. I Like, you look great for your age. I always think that's that's funny, right?

always think that's that's funny, right? Like Like, wait. Like Like, wait. >> bit of an insult, yeah. >> bit of an insult, yeah. >> What does that mean?

>> What does that mean? >> It sounds like an insult. >> It sounds like an insult. >> Um so, my conclusion is at the end of >> Um so, my conclusion is at the end of all of this, I know that I'm going to all of this, I know that I'm going

to say do whatever whatever makes you feel say do whatever whatever makes you feel good and keep an open mind. Because what good and keep an open mind. Because what I'm saying right now, I don't want to do I'm saying right now, I don't want to do might change in 5 years, might change in might change in 5 years, might change in 10 years.

10 years. >> Mhm. >> Mhm. >> Mhm. >> So, >> So, >> So, you know, but beauty is a mathematical you know, but beauty is a mathematical equation. There is equation. There is math, math, math, a science to assessing beauty, which is a science to assessing beauty, which is why there are some faces that are why there are some faces that are universally beautiful, which is why baby universally beautiful, which is why baby faces are faces are traditionally universally beautiful. And traditionally universally beautiful. And it has a lot to do with symmetry.

it has a lot to do with symmetry. >> That's a big part of it. It's It's a >> That's a big part of it. It's It's a balance of that. And it's amazing what balance of that. And it's amazing what surgeons can do and what we can even do surgeons can do and what we can even do some some basic things to kind of tweak some some basic things to kind of tweak that symmetry a little bit that symmetry a little bit to improve how somebody would just to improve how somebody would just present.

present. present. But that symmetry, But that symmetry, any kind of symmetry in in in biology is any kind of symmetry in in in biology is a reflection ultimately of health, of a reflection ultimately of health, of how well I mean, symmetry of the entire how well I mean, symmetry of the entire body.

body. body. It really comes down to that.

Movement, Elasticity, and Youthful Presentation

But if It really comes down to that. But if we're talking about we're talking about aspects of the face and you know, aging aspects of the face and you know, aging is starting to affect that symmetry. Um is starting to affect that symmetry. Um and and and bone resorption, I think it's probably bone resorption, I think it's probably one of the one of the >> so big.

>> so big. >> Bone resorption and and fat pad descent. >> Bone resorption and and fat pad descent. We We always talk about skin laxity. We We always talk about skin laxity.

That's like the the obvious kind of That's like the the obvious kind of thing or is skin wrinkling. But what it thing or is skin wrinkling. But what it has a lot to do with actually is where has a lot to do with actually is where fat is going in fat is going in losing fat. And now with the whole thing losing fat. And now with the whole thing with the GLP-1 craze, we're seeing even with the GLP-1 craze, we're seeing even more of that issue. Um they're losing more of that issue. Um they're losing fat, but they're losing fat in their fat, but they're losing fat in their face.

face. face. Um and that is such a you know, a Um and that is such a you know, a hallmark of aging, yeah. So, where's fat hallmark of aging, yeah. So, where's fat going? Is it there? Is it descending?

going? Is it there? Is it descending? Um and what's happening particularly Um and what's happening particularly with the jaw because when we talk about with the jaw because when we talk about osteoporosis, osteoporosis, osteoporosis, we know that there's issues with that.

we know that there's issues with that. Again, we don't We're not measuring Again, we don't We're not measuring that. That's not It's typically in a that. That's not It's typically in a DEXA scan. They're checking your lumbar.

DEXA scan. They're checking your lumbar. They're checking your hips. They're checking your hips. They're not talking about the They're not talking about the >> the face >> the face >> the face the the >> the face the the >> know, you had said this idea about the >> know, you had said this idea about the decisions you make today affect the way decisions you make today affect the way you're aging. Like you're aging. Like for the younger audience, that's an for the younger audience, that's an incredibly important point. Like number incredibly important point. Like number one is recognizing that how you're one is recognizing that how you're living your life already starting in

living your life already starting in your teens, but let's say in your 20s is your teens, but let's say in your 20s is going to dictate what you look like in going to dictate what you look like in your 50s and beyond. And we do talk your 50s and beyond. And we do talk about skin laxity a lot. But we we do about skin laxity a lot. But we we do address fat loss a lot, which is why the address fat loss a lot, which is why the world of fillers came into play. People world of fillers came into play. People recognize there's a volume loss. What recognize there's a volume loss. What they're not recognizing is how much of they're not recognizing is how much of that volume loss is from the bones that that volume loss is from the bones that you're talking about that bone you're talking about that bone resorption, the fact that the bones are resorption, the fact that the bones are literally being worn away not just in literally being worn away not just in your spine and your hip, but in your your spine and your hip, but in your face. And if you are starting earlier in face. And if you are starting earlier in life, you're going to prevent bone loss life, you're going to prevent bone loss more effectively. But even for those more effectively. But even for those listeners that are starting later in listeners that are starting later in life, life, life, you can rebuild bone.

you can rebuild bone. >> Yes. >> Yes. >> Yes. >> So, that's regenerative aesthetics. >> So, that's regenerative aesthetics. >> Very much so. And so And we always talk >> Very much so. And so And we always talk about where muscle goes, bone goes. We about where muscle goes, bone goes. We definitely know that we have to look at definitely know that we have to look at hormonal balancing in order to optimize hormonal balancing in order to optimize bone to be able to regenerate certain I bone to be able to regenerate certain I just preserve it.

just preserve it. You know, You know, you were talking before about that you you were talking before about that you know, the math of it and and a lot of know, the math of it and and a lot of what goes on with beauty. And this is what goes on with beauty. And this is both for men and women. But let's say both for men and women. But let's say particularly for guys for a quick second particularly for guys for a quick second cuz you know, we don't want to We think cuz you know, we don't want to We think about beauty. We're only talking about about beauty. We're only talking about women here. No.

women here. No.

Critiquing Overfilled Aesthetics

For guys, the it's the jawline. For guys, the it's the jawline. >> Mhm. >> Mhm. >> Mhm. >> Our niece, if she's if she's listening, >> Our niece, if she's if she's listening, has has has And And And How old How old she? 16? 16. And she's How old How old she? 16? 16. And she's got a new boyfriend.

got a new boyfriend. And I of course said uh And I of course said uh you know, send me a picture. I want to you know, send me a picture. I want to see a picture of this guy. And uh see a picture of this guy. And uh and uh and you know, and and if and if and uh and you know, and and if and if he's listening he's listening uh uh uh I I I it it it could be tough for you, man.

it it it could be tough for you, man. Make sure you're being the way you need Make sure you're being the way you need to be with her because I will hunt you to be with her because I will hunt you down. No, I'm just kidding. No, no, down. No, I'm just kidding. No, no, really. No, I will I will hunt you down.

really. No, I will I will hunt you down. >> Right. >> Right. >> Right. >> Um anyway >> Um anyway >> jaw >> jaw >> jaw >> But his jaw. Man, this kid. I said, "Oh, >> But his jaw. Man, this kid. I said, "Oh, he's a good-looking kid." I said, "He's he's a good-looking kid." I said, "He's got a good jaw line." got a good jaw line." >> Yeah. It's true. Yeah.

>> Yeah. It's true. Yeah. >> just square jaw, you know, and he's he's >> just square jaw, you know, and he's he's an athlete, you know, good-looking kid.

an athlete, you know, good-looking kid. And um that has a lot to do with it. And And um that has a lot to do with it. And that has a lot to do with a reflection that has a lot to do with a reflection of health also when it comes to men.

of health also when it comes to men. >> Right. >> Right. >> Right. >> Um and there was this guy named Dr. John >> Um and there was this guy named Dr. John Mew.

Mew. Mew. And this is actually a trending kind of And this is actually a trending kind of concept for both men and women, but concept for both men and women, but again, probably particularly for guys again, probably particularly for guys where they're focusing on their jaw and where they're focusing on their jaw and doing certain exercises in order to doing certain exercises in order to enhance their jaw.

enhance their jaw. >> But it's isn't just the jaw. It winds up >> But it's isn't just the jaw. It winds up being the maxilla, which is the bone being the maxilla, which is the bone right in the front, right underneath the right in the front, right underneath the sort of the nose.

sort of the nose. Um and what we know for sure that sort Um and what we know for sure that sort of craniofacial structure will be of craniofacial structure will be improved through improved through chewing.

chewing. chewing. And what do you have to chew? You have And what do you have to chew? You have to chew meat and bones. It's it's it to chew meat and bones. It's it's it because it literally pulls the face because it literally pulls the face forward.

forward. forward. >> funny. Yeah. >> funny. Yeah. >> And and accentuates the jaw. >> And and accentuates the jaw. All of that is a reflection of health All of that is a reflection of health based on what you're eating.

based on what you're eating. >> Right. >> Right. >> Right. >> But also just now this outward >> But also just now this outward reflection and reflection and >> beauty.

>> beauty. >> beauty. >> And you're getting a balance. It's also >> And you're getting a balance. It's also helping to open up the nasal passages. helping to open up the nasal passages.

You have less problems with um You have less problems with um you know, breathing and these kind of you know, breathing and these kind of issues. issues.

issues.

Regenerative Approaches and Hormonal Support

>> Respiratory issues which can lead to >> Respiratory issues which can lead to heart issues and brain development. heart issues and brain development.

>> You know, we were just having we just >> You know, we were just having we just did an episode about um did an episode about um the age gap in dating.

the age gap in dating. >> Mhm. >> Mhm. >> Mhm. >> And we were talking about beauty in >> And we were talking about beauty in women and how it's really um stems women and how it's really um stems around fertility.

around fertility. >> Mhm. >> Mhm. >> Mhm. >> Well, when we're talking about men, >> Well, when we're talking about men, there's a bias with men as well. And there's a bias with men as well. And part of the reason why your jaw is your part of the reason why your jaw is your career or jaw dictates whether a man is career or jaw dictates whether a man is handsome is because a well-developed jaw handsome is because a well-developed jaw suggests suggests suggests that the man's physiology and literal that the man's physiology and literal physical capacity is going to be one of physical capacity is going to be one of stronger, faster, a better defender, all stronger, faster, a better defender, all of those things. So, of those things. So, you know, making full full circle to you know, making full full circle to that previous conversation, we have the that previous conversation, we have the same biases for men.

same biases for men. Um Um Um when a guy has a good jaw, it usually when a guy has a good jaw, it usually means he fed right. means he fed right. >> Yeah.

He was fed right. He was fed right. Uh yeah, right right right. He got what Uh yeah, right right right. He got what he needed when he needed it. Yeah, it's he needed when he needed it. Yeah, it's just so true.

just so true. Um Um Um so, know that there is something called so, know that there is something called mewing for those out there. Uh younger mewing for those out there. Uh younger guys, even older, um you know, I've guys, even older, um you know, I've certainly done certain things uh with certainly done certain things uh with with jaw exercises uh over the years with jaw exercises uh over the years um that certainly can can help uh with um that certainly can can help uh with with many things.

with many things. >> Oh. >> Oh. >> Oh. >> Helps with neck pain. I mean, many >> Helps with neck pain. I mean, many things. things. things. >> Yeah. And we're talking about beauty.

>> Yeah. And we're talking about beauty. That's what this episode is really That's what this episode is really about. Um I love about. Um I love part of what's interesting about social part of what's interesting about social it's a logical thing. It's actually it's a logical thing. It's actually logical parallels. I'm not sure that logical parallels. I'm not sure that people always see the forest for what it people always see the forest for what it is.

is. is. We see in social media a resurgence of We see in social media a resurgence of pro-man mentality. We want men to be pro-man mentality. We want men to be men.

men. men. We see in social media We see in social media information about jaw development. information about jaw development. >> Mhm. >> Mhm. >> Mhm. >> We see in social media a return to >> We see in social media a return to healthy eating with the stupid food healthy eating with the stupid food pyramid turned right side up, you know, pyramid turned right side up, you know, which really means you're getting those which really means you're getting those veggies and those fruits and those veggies and those fruits and those proteins and their fats.

proteins and their fats. People are just following the aspects in People are just following the aspects in social media that are most interesting social media that are most interesting to them, but I don't know that people to them, but I don't know that people are recognizing how intertwined all of are recognizing how intertwined all of that is.

that is. What makes beautiful humans are healthy What makes beautiful humans are healthy humans. humans. humans. >> Healthy humans, yes. >> Healthy humans, yes.

Glutathione, Skin Health, and Internal Wellness

>> And healthy men are manly, healthy women >> And healthy men are manly, healthy women are feminine, and both of those people are feminine, and both of those people can procreate with greater ease because can procreate with greater ease because they're well-nourished.

they're well-nourished. >> What are some of those characteristics >> What are some of those characteristics then? How are they sort of presenting then? How are they sort of presenting that nourishment and that that health?

that nourishment and that that health? Clear skin, even pigmentation, Clear skin, even pigmentation, you know, bright eyes. you know, bright eyes. >> Bright eyes, I was just about to say >> Bright eyes, I was just about to say that. I mean, I guess it's right there, that. I mean, I guess it's right there, but yeah.

but yeah. >> Yeah, uh flowing movement. I think >> Yeah, uh flowing movement. I think that's one of the biggest things. When that's one of the biggest things. When we talk So, now we're we'll talk about we talk So, now we're we'll talk about just sort of the generalization of aging just sort of the generalization of aging and what that means sort of and what that means sort of aesthetically. Um cuz it isn't just aesthetically. Um cuz it isn't just about our face, it's how we're moving in about our face, it's how we're moving in space.

space. space. And one of the biggest telltale signs is And one of the biggest telltale signs is that sort of achy movement that sort of achy movement that comes down to or the lack of that comes down to or the lack of movement cuz they're feeling achy movement cuz they're feeling achy because they don't have elasticity. It's because they don't have elasticity. It's when when when the tissues, when the fascia, the deep the tissues, when the fascia, the deep fascia planes in the body start to fascia planes in the body start to actually tighten to where you're not actually tighten to where you're not moving in an agile way. One of the moving in an agile way. One of

the clearest ways to see somebody and try to clearest ways to see somebody and try to guess their age, you watch them move.

guess their age, you watch them move. Watch how they sort of almost bounce Watch how they sort of almost bounce versus not. versus not. Um so, you can maintain these things, Um so, you can maintain these things, you can restore many of these things.

you can restore many of these things. Um so, it has a lot to do with Um so, it has a lot to do with longevity. longevity. longevity. >> that again brings it back to that idea >> that again brings it back to that idea of youthful energy. Like, what's going of youthful energy. Like, what's going to make someone look so attractive is to make someone look so attractive is their youthful energy. What's going to their youthful energy. What's going to make a woman in a tight dress look like make a woman in a tight dress look like she should be wearing the tight dress is she should be wearing the tight dress is not her age.

not her age. It's how well she can move in that It's how well she can move in that dress. dress. dress. >> Or the heels, like you always say. >> Or the heels, like you always say. >> Well, >> Well, >> Well, I just I just hate heels to be Excuse me, I think hate heels to be Excuse me, I think they're very pretty when you sit down.

they're very pretty when you sit down. That's a whole different topic. That's a whole different topic. But yes, how well do you move? But yes, how well do you move?

>> that, yeah. >> that, yeah. >> And with this idea of elasticity and >> And with this idea of elasticity and health and wellness, health and wellness, when you have weight gain and weight when you have weight gain and weight loss and weight gain and weight loss, loss and weight gain and weight loss, that creates more elasticity throughout that creates more elasticity throughout the body. And that's not pretty.

the body. And that's not pretty. >> Mhm. >> Mhm. >> Mhm. You know, all this the the med spa You know, all this the the med spa concept and concept and what's really happening out there cuz what's really happening out there cuz you know, again, we want to bring this you know, again, we want to bring this back to regenerative aesthetics. Our back to regenerative aesthetics. Our particular approach, what we think how particular approach, what we think how we approach things clinically from a we approach things clinically from a regenerative standpoint, what that regenerative standpoint, what that means, but um I think means, but um I think what's happening is and and and I think what's happening is and and and I think it's also starting to finally trend away it's also starting to finally trend away from it, but it still occurs with from it, but it still occurs with hyaluronic acid filler, which is regular hyaluronic acid filler, which is regular filler that's being done to try to help filler that's being done to try to help with balancing out symmetry on the face.

with balancing out symmetry on the face. Um they're just overfilling. It's It's Um they're just overfilling. It's It's just It's really It's It's a huge just It's really It's It's a huge problem, I think. And it's taking away problem, I think.

Comprehensive Aesthetic Maintenance

And it's taking away from what actually looks healthy. Or from what actually looks healthy. Or it's actually trying to almost redefine it's actually trying to almost redefine what healthy is looking like. And I'm what healthy is looking like. And I'm here to say that that is just not it here to say that that is just not it from a scientific standpoint, just from a scientific standpoint, just generally speaking, it isn't the generally speaking, it isn't the definition of being definition of being >> Well, and there's a there's a >> Well, and there's a there's a homogeneous presentation to these faces.

homogeneous presentation to these faces. I mean, now you all look alike. And I mean, now you all look alike. And whatever you had in your youth that you whatever you had in your youth that you liked, like my little nose or my little liked, like my little nose or my little chin or my eyes or it gets lost. So, chin or my eyes or it gets lost. So, you're not actually amplifying your own you're not actually amplifying your own natural beauty.

natural beauty. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> So, yes, you need to make sure you're >> So, yes, you need to make sure you're understanding the facial balance. I understanding the facial

balance. I think any good injector and what they're think any good injector and what they're doing, they really got to understand the doing, they really got to understand the the ratios, but patients are often the ratios, but patients are often coming in and they're following these coming in and they're following these trends. It kind of starts to go trends. It kind of starts to go sideways. Some of that is I think sideways. Some of that is I think because because because um um um injectors are sort of pushing for the injectors are sort of pushing for the sake of the sale. They're pushing sake of the sale. They're pushing towards more levels of filler.

towards more levels of filler. >> it. >> it. >> it. >> And yeah, and well, they see it and then >> And yeah, and well, they see it and then now they see the regularity. They see it now they see the regularity. They see it on social media and they go, "Well, I on social media and they go, "Well, I want it to look like that." So, want it to look like that." So, do not overfill. It has many many do not overfill. It has many many negatives to it. We also think that uh negatives to it. We also think that uh you know, hyaluronic acid just goes you know, hyaluronic acid just goes away. It can linger. Um so we just have away. It can linger. Um so we just have to be conservative with it.

to be conservative with it. >> There's migration when we think it stays >> There's migration when we think it stays in one spot, it doesn't. Um we've seen in one spot, it doesn't. Um we've seen this now now that it's being used for so this now now that it's being used for so long, you know, surgeons are seeing this long, you know, surgeons are seeing this decades later and they're still presence decades later and they're still presence >> Yeah. So it We're not saying that we >> Yeah. So it We're not saying that we don't like it or that you shouldn't use don't like it or that you shouldn't use it.

it. it. >> how it's being used. >> how it's being used. >> It's how it's being used. And as is >> It's how it's being used. And as is often the case, more is not more.

often the case, more is not more. >> Very much so. >> Very much so. >> Yeah. >> Yeah. >> Yeah. >> And there's other things that can be >> And there's other things that can be done from a filling standpoint.

done from a filling standpoint. >> point. >> point. >> point. >> You know, we approach things from again >> You know, we approach things from again a regenerative standpoint. What does a regenerative standpoint. What does that mean? What does regenerative that mean? What does regenerative aesthetics mean? It means when you can aesthetics mean? It means when you can approach approach approach healthy beauty healthy beauty from a healthy from a health standpoint, from a healthy from a health standpoint, from a longevity standpoint, from an from a longevity standpoint, from an internal standpoint, and then also internal standpoint, and then also actually literally use products that can actually literally use products that can regenerate skin and tissue.

regenerate skin and tissue. >> Um and bring it back to a original >> Um and bring it back to a original youthful state, um almost sort of youthful state, um almost sort of reversing the clock, dare I say, but reversing the clock, dare I say, but that's kind of what it is. Um but it's that's kind of what it is. Um but it's making it healthier at that given stage.

making it healthier at that given stage. >> So basically what we're doing is we're >> So basically what we're doing is we're amplifying restoration of the structure amplifying restoration of the structure as it is so that you can have as it is so that you can have youthfulness youthfulness youthfulness >> Mhm.

>> Mhm. >> Mhm. >> without changing >> without changing >> Yeah. >> Yeah. >> Yeah. >> the face. >> the face. >> Yeah, and you know, even and also >> Yeah, and you know, even and also without changing the face, you're you're without changing the face, you're you're you're amplifying, you're detoxifying, you're amplifying, you're detoxifying, so we're working from from an internal so we're working from from an internal standpoint. Just hormones alone. I mean, standpoint. Just hormones alone. I mean, just just giving women hormones for for just just giving women hormones for for 20 years now and they talk about the 20 years now and they talk about the glow and the change in my I didn't do glow and the change in my I didn't do anything with my hair and and my friends anything with my hair and and my friends are telling me they can say and they are telling me they can say and they didn't do anything else. They didn't didn't do anything else. They didn't have to the med spa. All they got was have to the med spa. All they got was the hormones and that alone.

the hormones and that alone. >> Yeah. >> Yeah. >> Yeah. >> So when you work with those things along >> So when you work with those things along with some of these external things that with some of these external things that can be done can be done um and from a regenerative standpoint, um and from a regenerative standpoint, stem cells, exosomes, platelet-rich stem cells, exosomes, platelet-rich plasma, um it's just so much more plasma, um it's just so much more complete of approach.

complete of approach. >> Oh, >> Oh, >> Oh, yeah. yeah. yeah. >> um person >> um person really more effectively achieves what really more effectively achieves what they're looking for. Because what most they're looking for. Because what most people are looking for most people, not people are looking for most people, not everyone, most people are looking for everyone, most people are looking for they want to look like themselves, but they want to look like themselves, but the best version of themselves. So, when the best version of themselves. So, when you take a multi-pronged approach, you you take a multi-pronged approach, you get that. With women, women really need get that. With women, women really need to remember that as estrogen declines, to remember that as estrogen declines, or let me word it this way, when or let me word it this way, when estrogen is at a healthy youthful level, estrogen is at a healthy youthful level, let's say, let's say, um we store fat in our cheeks, in our um we store fat in our cheeks, in our breasts, and in our butt.

breasts, and in our butt. >> Yeah. >> Yeah. >> Yeah. >> I talk about that all the time. I'm >> I talk about that all the time. I'm like, part of the reason why women look like, part of the reason why women look the way they look when they're young is the way they look when they're young is because of estrogen. Well, when you're because of estrogen. Well, when you're having rapid decline of estrogen, you're having rapid decline of estrogen, you're having rapid loss or redistribution of having rapid loss or redistribution of that fat, and it ends up getting fat that fat, and it ends up getting fat more so in the abdomen, in the middle, more so in the abdomen, in the middle, in the in the viscera, which are your in the in the viscera, which are your organs. So, when you are replacing that organs. So, when you are replacing that estrogen, you really are practicing estrogen, you really are practicing aesthetic medicine because you're aesthetic medicine because you're helping the body not drop all of that helping the body not drop all of that fat from those favorable places. And fat from those favorable places. And you're making your face and your your you're making your face and your your the rest of your body look a little bit the rest of your body look a little bit more youthful, more more youthful, more filled filled filled >> Mhm. Mhm.

>> Mhm. Mhm. >> without having to actually inject >> without having to actually inject anything. anything. anything. >> Yeah. >> Yeah. >> Yeah. And, you know, since you said that, it And, you know, since you said that, it it made me think of uh Renuva as well.

it made me think of uh Renuva as well. So, yes, hormonally for us it is a So, yes, hormonally for us it is a foundation for aesthetics. foundation for aesthetics.

Um but uh when it comes to fat, that's Um but uh when it comes to fat, that's one of the reasons why we like something one of the reasons why we like something called Renuva, called Renuva, >> Yeah, it's super cool.

>> Yeah, it's super cool. >> uh which is a >> uh which is a sort of cadaver-based fat product. It's sort of cadaver-based fat product. It's not actually fat, it's a matrix that not actually fat, it's a matrix that helps our own body then to accumulate helps our own body then to accumulate fat in the areas where it was fat in the areas where it was strategically injected.

strategically injected. >> areas. >> areas. >> areas. >> Um right. And so, it winds up being that >> Um right. And so, it winds up being that much more of a regenerative effect. Now, much more of a regenerative effect. Now, the I don't want to call it the the I don't want to call it the downside, but the issue may be cuz it downside, but the issue may be cuz it takes it takes more time. So, when takes it takes more time. So, when everyone's used to the concept of um everyone's used to the concept of um filler that I'm going to instant As soon filler that I'm going to instant As soon as I get this in I'm going to walk in, as I get this in I'm going to walk in, I'm going to walk out. You know, walk I'm going to walk out. You know, walk into the barber shop, I get the haircut into the barber shop, I get the haircut I walk out of her, I know what what I'm I walk out of her, I know what what I'm going to get. It's the same thing with going to get. It's the same thing with these these traditional fillers, they're these these traditional fillers, they're going to get the instant result with it.

going to get the instant result with it. But at a at a price. But at a at a price. Um so, biostimulators, things like Um so, biostimulators, things like Sculptra, Sculptra, Sculptra, um biofillers like the platelet-rich um biofillers like the platelet-rich plasma, they're actually providing a plasma, they're actually providing a regenerative effect, but it takes a regenerative effect, but it takes a little bit more if not a lot of time.

little bit more if not a lot of time. >> So, I mean, layering things on is really >> So, I mean, layering things on is really going to be the best approach because if going to be the best approach because if you want to consider that perhaps what you want to consider that perhaps what you don't love about the way your older you don't love about the way your older face looks, well, that aging was a face looks, well, that aging was a process it took time. So, when you want process it took time. So, when you want to reverse the aging, you have to allow to reverse the aging, you have to allow the process to be reversed, and the the process to be reversed, and the reversal is in and of itself a process.

reversal is in and of itself a process. So, when you're looking at your So, when you're looking at your aesthetics program and you're thinking aesthetics program and you're thinking of it as I want to practice regenerative of it as I want to practice regenerative aesthetics, then you're you're going to aesthetics, then you're you're going to layer on. You're going to layer on some layer on. You're going to layer on some of those things like the um of those things like the um neuromodulators and perhaps the HA neuromodulators and perhaps the HA fillers. You're going to layer that, but fillers. You're going to layer that, but you can have a more prudent hand because you can have a more prudent hand because you know you're also building onto the you know you're also building onto the matrix through hormone replacement, matrix through hormone replacement, appropriate nutrition, exercise, and appropriate nutrition, exercise, and these other cosmetic procedures that are these other cosmetic procedures that are really super cool.

really super cool. >> You know, it just made me think I had a >> You know, it just made me think I had a patient um patient um just come in yesterday, just come in yesterday, and she said to me um she has been doing and she said to me um she has been doing uh glutathione IVs.

uh glutathione IVs. And uh glutathione is your master And uh glutathione is your master antioxidant. Your body makes it. As we antioxidant. Your body makes it. As we get older, we make less of it. But we get older, we make less of it. But we offer this as a very easy 10-15 minute offer this as a very easy 10-15 minute push IV that puts this powerful push IV that puts this powerful antioxidant into the system, and um it antioxidant into the system, and um it helps cleanse the liver and there's many helps cleanse the liver and there's many reasons why to do it. We call it the reasons why to do it. We call it the triple B, so uh it helps with your triple B, so uh it helps with your brain, it helps with your bowels like brain, it helps with your bowels like IBS, but also helps with beauty. We you IBS, but also helps with beauty. We you know, brains, beauty, and bowels. So, know, brains, beauty, and bowels. So, it's helping to balance out skin tone.

it's helping to balance out skin tone. >> It's an incredible skin whitener. >> It's an incredible skin whitener. >> And what she wound up saying, yes, very >> And what she wound up saying, yes, very much so. And that was trying to explain much so. And that was trying to explain it to her, but that wasn't the effect it to her, but that wasn't the effect that she had.

that she had. Um and what she noticed, and actually Um and what she noticed, and actually she didn't notice, her aesthetician did. she didn't notice, her aesthetician did.

>> Oh, was she more luminous? >> Oh, was she more luminous? >> She said, >> She said, "You're dewy." And you know, all these "You're dewy." And you know, all these women out here you probably know what women out here you probably know what that means, right? Dewy. Um I guess it's that means, right? Dewy. Um I guess it's sort of a moisture standpoint is what sort of a moisture standpoint is what she was saying. You're more dewy. And I she was saying. You're more dewy. And I said, "You know, that's amazing because said, "You know, that's amazing because we've always said about hair, the best we've always said about hair, the best person to help me medically is the person to help me medically is the hairdresser. I said, "What does your hairdresser. I said, "What does your hairdresser say about your hair?" Is it hairdresser say about your hair?" Is it growing back? They see the baby hairs.

growing back? They see the baby hairs. Like, I know cuz the hairdresser is the Like, I know cuz the hairdresser is the best at it. And then they tell that to best at it. And then they tell that to the patient, and the patient tells me the patient, and the patient tells me that. So I said, "Now, you know, that. So I said, "Now, you know, especially with this, we do so much of especially with this, we do so much of this glutathione IV, you know, the this glutathione IV, you know, the aesthetician is going to probably be aesthetician is going to probably be able to get that understanding when they able to get that understanding when they work with them all the time, they'll be work with them all the time, they'll be able to see that." So we've seen this, able to see that." So we've seen this, we've seen skin lightening, I've seen we've seen skin lightening, I've seen people have hands spots on their hands people have hands spots on their hands go away, and many, many different go away, and many, many different certainly on their face. It just evens certainly on their face. It just evens it out. It's amazing what that can be.

it out. It's amazing what that can be. >> And and again, the regenerative >> And and again, the regenerative component there, that glutathione, like component there, that glutathione, like you said, is good for your gut, right?

you said, is good for your gut, right? So it's good for your bowels. So when So it's good for your bowels. So when you are healing the digestive system, you are healing the digestive system, you're healing the skin as well. So you're healing the skin as well. So you're getting that that double whammy.

you're getting that that double whammy. Yeah, it really is Yeah, it really is >> detox organ, so you would want to make >> detox organ, so you would want to make sure that we're detoxing correctly.

sure that we're detoxing correctly. >> Glutathione is again, >> Glutathione is again, >> super cool. >> super cool. >> That's my technical phrase for today.

>> That's my technical phrase for today. >> one of the hacks here with with >> one of the hacks here with with everything we're talking about. But know everything we're talking about. But know that if you are thinking about uh that if you are thinking about uh aesthetics and what you want to do for aesthetics and what you want to do for um longevity for your for how you're um longevity for your for how you're looking and how you're feeling that way, looking and how you're feeling that way, know that it is a regenerative approach know that it is a regenerative approach that we think is more comprehensive in that we think is more comprehensive in how you're going to get the best how you're going to get the best possible outcomes in the long run as possible outcomes in the long run as well uh with it. Meaning you'll be able well uh with it. Meaning you'll be able to continue to do these types of things to continue to do these types of things in the long run. Uh so I think this sort in the long run. Uh so I think this sort of generic approach of just, you know, a of generic approach of just, you know, a little bit of Botox, a little bit of little bit of Botox, a little bit of traditional hyaluronic acid filler is traditional hyaluronic acid filler is finite in terms of its ability of what finite in terms of its ability of what it can do.

it can do. >> Especially since beauty >> Especially since beauty standards have trends as well. So again, standards have trends as well. So again, the more you can maintain the more you can maintain your own your like most natural your own your like most natural What is your most natural face What is your most natural face but preserved or amplified or optimized but preserved or amplified or optimized or So if you're practicing regenerative or So if you're practicing regenerative medicine that you're slowing down and in medicine that you're slowing down and in certain aspects reversing aging, then it certain aspects reversing aging, then it doesn't matter what the trends are. You doesn't matter what the trends are. You don't have to worry about what the don't have to worry about what the trends are. You want to be trendy with trends are. You want to be trendy with your beauty change your lipstick. Like your beauty change your lipstick. Like don't don't change your jawline because don't don't change your jawline because of trends, right? That never quite of trends, right? That never quite translates.

translates. translates. So So So the regenerative options which we're the regenerative options which we're saying you want to look internally, you saying you want to look internally, you want to look at your lifestyle habits want to look at your lifestyle habits and then you want to use actual and then you want to use actual injectables that are going to help skin injectables that are going to help skin laxity and fullness, right?

laxity and fullness, right? >> Very much so. And again, that >> Very much so. And again, that nutritional support making sure I mean nutritional support making sure I mean the hormonal standpoint, you know, we we the

hormonal standpoint, you know, we we were talking we have of course we were talking we have of course we usually use things that either usually use things that either injections or pellets or giving the injections or pellets or giving the hormone from it like an inside out kind hormone from it like an inside out kind of concept.

of concept. But you can put estrogen cream on your But you can put estrogen cream on your face and we've we're getting great face and we've we're getting great results with that too.

results with that too. >> Estrogen cream on your face. I have and >> Estrogen cream on your face. I have and it's a pretty small sample size. I would it's a pretty small sample size. I would say maybe I have a dozen females say maybe I have a dozen females including myself that have been using including myself that have been using topical estrogen cream and I really do topical estrogen cream and I really do think all of us have reported in a think all of us have reported in a spectrum spectrum spectrum >> Mhm.

>> Mhm. >> Mhm. >> um improvement in fine lines and >> um improvement in fine lines and improvement in pore size and improvement improvement in pore size and improvement in just that texture where the face in just that texture where the face feels a little bit more tight and plump.

feels a little bit more tight and plump. >> Yeah. I inevitably it's attracting a fat >> Yeah. I inevitably it's attracting a fat again and again and you're able to get a localized effect.

you're able to get a localized effect. No, it's it it's it's great. So again, No, it's it it's it's great. So again, it's got to be comprehensive. You've got it's got to be comprehensive. You've got to think inside out. You've got to have to think inside out. You've got to have a even hand with how this is done and a even hand with how this is done and making sure you're going to someone that making sure you're going to someone that knows definitely what they're doing.

knows definitely what they're doing. >> you want to approach your aesthetics >> you want to approach your aesthetics program for men and women as something program for men and women as something that is maintained. Skin has very rapid that is maintained. Skin has very rapid turnover, so you really want to make turnover, so you really want to make sure that you're on top of that. So, sure that you're on top of that. So, when you're thinking about the the when you're thinking about the the products that you're using on your face, products that you're using on your face, this is a really important area, much this is a really important area, much like the food we consume. I think that like the food we consume. I think that we know that statistically most of the we know that statistically most of the chemical the toxic chemicals that people chemical the toxic chemicals that people are getting into their body comes from are getting into their body comes from their beauty regimen.

their beauty regimen. >> Mhm. >> Mhm. >> Mhm. >> So, >> So, >> So, picking those clean products, picking those clean products, picking the clean products that are picking the clean products that are medical grade, and then maintaining like medical grade, and then maintaining like your micro-penning on a regular basis.

your micro-penning on a regular basis. Um things that are going to be Um things that are going to be maintained on a routine basis so that maintained on a routine basis so that you can from the outside support all the you can from the outside support all the stuff that you're doing from the inside.

stuff that you're doing from the inside. >> Mhm. >> Mhm. >> Mhm. And it one works off the other, for And it one works off the other, for sure. sure. sure.

Okay, that's a wrap. Remember, the Okay, that's a wrap. Remember, the choices you make today shape the legacy choices you make today shape the legacy you live tomorrow. If this episode you live tomorrow. If this episode helped you feel alive, live alive, and helped you feel alive, live alive, and look alive, share it with someone you look alive, share it with someone you care about. Subscribe so you never miss care about. Subscribe so you never miss what's next. Until next time, stay what's next. Until next time, stay intentional, stay inspired, and keep intentional, stay inspired, and keep