Introduction and Sponsor Welcome

Hello. Hello. Welcome back to Mastering the Menopause Transition Summit 4.0. I'm still your house doctor, Sharon Stills, and I am excited to be here today.

I have one of our sponsors with us and we are very grateful for our sponsors because without them we would not be here. So we're sending sponsor love you know, this is Debbie Barbour and she is the the face, the genius, the everything.

But behind vitality skincare and she tells me how good my skin looked before we came live. And I was like, that's because I'm using your products and it does look good.

And this is near and dear one to me. And part of why I love hosting summits, because we all get to learn and grow together. Me too. You know, I may be your leader, but I'm learning along with you often and get exposed to amazing products.

And I am pretty addicted to the vitality skincare line. This morning I was like, is my cream finished? Did I do I not have another one? I'm moisturizer right?

I just stock up now so that like when I run out, I have like a back stock so I don't have to go into panic mode. So Debbie, Barbara is like I said, the the brains, the beauty behind vitality regenerative skincare company.

And I'm instead of reading her bio, I'm just gonna let her introduce because she so part of there's so many reasons why I do this summit and why I'm so passionate about changing the conversation around menopause.

And we're going to talk skincare health because that's really important. And we're going to talk GHQ, which is like why I love the, the, the product. So much because it's got this special peptide in it.

But what how you created this company and if you all share your age like to me is like the epitome of what I'm, you're living in, in action. And so not only are you going to learn about skincare today, ladies, but you're going to be inspired just by who Debbie is.

Oh, that's so nice. I am 69 and, I retired in 62. I was in the corporate world 37 years, in marketing and fundraising and retired to help with my grand grandchildren, which was a wonderful two years, three years.

And because I was so inspired by what I saw with GHQ, this beautiful blue peptide, I wanted to share it. And, you know, I've shared with you, Doctor Ferry, who's been on here with us.

I had asked her, because she had exposed me to several peptides that had helped me in my 60s.

Debbie's Journey and the Origin of Vitality Skincare

You know, with body fat, you know, just building muscle, inflammation in, you know, muscle aches, things like that. And, so I one day said, can you please tell me what I can do for crispy skin?

I thought, you know, she has peptides for everything. And she said, you can use what I use GHQ. I'll get it from the compound pharmacy and long story short, I started at the compound pharmacy, but it was a foam and I it wasn't the greatest, you know, experience, but it worked.

I saw something different in this peptide. So within six months, we started the Tally Skincare and have, we're in like 18 countries now and have just this wonderful, you know, group of customers and really friends that love the

peptide because they also had basically spent so much money on things that did not work.

And I had a trashcan full of them, you know, or that's where where they went. So this peptide, and then the products that we combined with it truly gives a, it gives your skin something that it needs.

It's naturally occurring. That's what I love about it. You know, it's a bio regulator peptide where it can go in and you Suzanne for these words doctor free.

It goes in and tells your skin cells to act younger. And that's how she. And that's how it works. And, you know, since we're talking about we're, you know, the focus is menopause.

It could not be a more perfect product because during menopause, we lose 30% of our collagen. You use, like, you know, 1% a year up until pre pre menopause, then that five years during menopause 30% of your college and and then 1% post menopause.

And that is what keeps your skin firm. That's what holds your skin together. You know what high. It helps hydrate the estrogen helps the hydration of your skin.

There's so many things that happen. And GHQ goes in and provides that collagen. It provides elastin, which helps your skin, you know, bounce back, you know, be spongy and bounce back.

It helps hydrate. Almost every it's like the perfect, you know, if you had a prescription for what do you do with menopausal skin? I hate to use that word.

GHQ is a perfect answer. So that that is why we started the business. I wanted to share it and say, you were how old when you started the 64? I had retired for two fun years with the grandkids and then 64 we started back.

So this is our fifth year. And, I love it because I love sharing it and telling people and having I have so many stories. In fact, one this morning, this morning, just to share with you, scarring is one of the things when we, as we age, you know, we do not heal as fast.

I'm sure we've all seen that. I see my granddaughters, and they can, you know, get a big scrape and it just heals right up. And, you know, I am nursing something, you know, much longer now that I have my serum that goes on.

But I had, a customer tell me that I had, told her about the product and she used it. She had breast reduction, I mean, a breast lift 15 years ago. And she said her right breast healed normally.

I mean, she had a scar. And I'll tell you in a minute, with GKE, you can really minimize scarring. But the left side, she said it stayed thick and red, different than the the other side.

And she said she used the serum for three weeks, and she said it is totally no redness. It's flattened out and it looks like the other one. And I said, we'll keep using it.

It'll probably look better than the other one if you, you know, that'd be a great way to test it. And that's after 15 years. So one of the things that a lot of people have questions about scarring is, if you use it at the time, like with a procedure, you know, so many procedures, even most surgery, my husband had this huge scar from most surgery, like, look like Frankenstein.

And I was really worried about this one. But we took the before, and he was very good about using, you know, even he even started when he still had the stitches, but he used the serum.

The 3% serum twice a day, put the bakuchiol all after and the before and afters are amazing. You can barely tell he had this surgery. So I know I went on and on because I'm excited about what this does.

That is why I came out of retirement and I'm 69. I'm going strong. Yeah, yeah, I love it. So I have some questions.

Yes. Because one of the questions I get a lot from patients is should I use estradiol on my face to get rid of wrinkles and, I always say, like, I know y'all can help, but I always say no because, like, we've got you on the right estrogen, and if you put it on your face, it's going to absorb.

So I always say no use, Vitaly. Use the okay. See you. But I'm curious like what your thoughts are on estrogen for the face and the well I use. Okay, that is a good question.

I'm on astral and I use it a gel that, you know, rub into my arms. It's just, you know, I use it twice a day. I do know that Marie does use periodically with the serum estradiol on her face, and she uses it after the serum.

So I would say if if you would want if someone wants to use it, that's how to use it. But she does not use it in place of the serum. The way she uses it as the moisturizer on top of the serum.

Okay, so the g k is going to have better effects on your skin than just astral.

How GHQ Supports Menopausal Skin

Is that accurate? That has been my experience since because I have done both and but I will. I'm just sharing what she said she does sometimes is put the on top of the serum at night.

So was your skin always so gorgeous or is no. The skin has improved and so I've used this five years and I use it twice a day, and I use it before I go out in the sun, because I know that, I mean, it's not let me say it is not a sunscreen, but it protects against the UV.

I mean, the UV damage, it protects your DNA. So there is a protection, but you it does not protect you from burning. But since I've been using it and I use, you know, the, the actual oil and the squalane all, I use the lactic acid to, remove the dead skin cells and these.

It's very simple. What I do, I do not, you know, there's no elaborate. I don't do a lot of elaborate things. I have microneedling maybe twice a year. And I love that because I use the serum.

I take my serum and apply it, you know, while it's while it's still fresh. To do that. So my skin has improved. My skin looks better than it did in my 50s.

It looks fantastic. Do you wear sunscreen? Absolutely, absolutely. But you haven't made a sunscreen? No, we're working on it. Okay. With you work. You're working on it.

Sunscreens are so toxic. Most of them say are. I'm putting in a request. I need a natural. I have a long request. I could probably sell out. And and I want it to be perfect.

And we're getting there, but it's not perfect. But I will let everyone know when we have that. But you do need to wear that. Absolutely. You must un in in your.

I never say this. Your hands. You really need to wear sunscreen on your hands. And you just. I have it in my supplement, you know, basket we call it. And when I'm doing my supplements, I put the, you know, I put it on my hands because I'll put I'll have on my foundation and or tinted sunscreen or whatever.

But the hands you can forget, it's so easy to run out the door and that really ages you, you don't protect your hands. So. Yeah. And I'm we're going to do a, webinar, a much deeper dive after this summit is over.

And because we've done webinars before and Debbie will show before and after pictures when I do this, I know, and they're like, like mic drops. So just keep your eyes open for emails inviting you to a webinar with me and Debbie where you will actually.

So, you know, it was fun. I really yeah, I enjoyed that when we did. It is worth a thousand words and the pictures

are amazing. So I have another question.

The GHQ, is it at all helpful for like itchiness, a rash, eczema, psoriasis? It it's an anti-inflammatory so it provides that kind of help. It has. So I've seen it on redness I mean that I just you know Vivian, the person who wrote me this morning said I couldn't believe the redness was gone.

So it can help. I it can tone down and calm down eczema. But it's not the you know, that's a bigger issue. Eczema is a much bigger issue with the gut.

There's so many things. But yeah. And of course right. We want this skin is often a representation of what. Absolutely. I, I'm just curious though as like I'm thinking of a patient in who were working on her gut in her liver, but she's got like a rash going on.

And I was like, should I have her put the kasu on it? Like, I think she could test it. I think she could test it because it is a healer. It is a I mean, it goes in and truly tries to heal what's wrong?

I mean, that's that's how it works. Okay. Now you've mentioned a few things and it's funny, I had a I was telling you before we came live, I had a few weeks ago, I had a diamond glow facial, which I thought was going to be very benign and very natural, and my body thought different and was so red and so itchy and so miserable.

I had to even cancel patients one day. But two things. So one, the facial is the detection was like, you have to use my, my budget, but you but you know, how do you say patchouli oil but like oh okay.

Yeah. The oil that you have in your product I'm probably saying it wrong. Oh. But couture I'm so sorry, but couture. Oh, I'm so sorry. I thought you said the two.

Okay, I thought that was cool, but. But couture say it wrong. Yes. So. And I was like, why is the best? So I'm sure it's in there. I went home and I was like, yep, it's in there.

So I have the couch all out. Can you talk about that and why that's important and why you put it in your products? Because yes it is. Well, I, it's actually my instead of a retinol a retinol retinol retinoid.

Retinol. We decided to go with a natural alternative. Bakuchiol is from a plant, and it is much more gentle. And yet it still promotes cellular turnover, which is wonderful.

After the kind of treatment you have, you want to, you know, really help speed that turnover. So we decided because there's plenty of retinol out there, that we would this was a new work that's been around for a thousand years.

And you know, Indian medicine etc. a great healer. But just in the last few years, it's really being recognized for skincare. And I tried it and I fell in love with it because I have so many customers and actually friends who cannot use retinol, you know, it's too irritating it.

You know their skin can't handle it. So this is a more gentler way to do the same thing. And it would be perfect for you to use after your diamond glow.

So you had you had some it have some vitamin E and it also ours has never getting a diamond glow again. But that's and so and you have a new product that I was learn about a lactic acid. Yes.

So yes.

Using the Products: Estrogen, Sunscreen, and Routine

Why did you create this product. What this do. Where does it go? Absolutely. And I've got it. I've got it memorized like I do my serum first and I do my eyes.

Yes, and I do my hydration. And then I do the the the moisturizer. Yes. And I just take the body stuff and put it on my hands and like the. Isn't it wonderful?

The body, the body cream is just people that there are so many people buy two at a time. I just think, what do you do with this body cream? It's it is wonderful.

So the serum, what is so wonderful? The serum goes in and restores your skin cells. I mean, it goes in, it works. The the, you need something to help break the bonds of the older skin cells and help move them out.

So we love lactic acid. It's something I've studied from the very beginning of, that I use lactic acid as an exfoliator before I even knew about GHQ. And as I studied what we would do to really support the work on the GHQ, I decided that our cleanser would be a cleanser with lactic acid, and that's our gentle exfoliating cleanser, which we've had that for 2 or 3 years.

Use it only once a day, and it does help bring up the cells, the dead cells and the damaged cells. But I really wanted a stronger product that people could leave on.

So we just released the mini size, and we will by July, which is when we will be there. We'll have the full size, it's a resurfacing the it's the resurfacing 10% lactic acid.

And it you just put it on and you can feel it. It'll tingle a little bit and leave it on overnight. Did you not, I prefer no other products with it. Just let it go in and break the bonds of those dead skin cells, move everything up, and in the morning you wash it off in your skin.

Certainly, in my case. And customers who've been testing it, it just feels so soft and so, you know, clean and good. And that helps the GCC work better.

So that's why we that's our that's why that's our next product. So how often. Because I've got it sitting on my counter. How often can y see. Twice a week.

Twice a week at night. And your skin will become more could be more sensitive to sun. So just be aware, you know, and wear your sunscreen. And is that for like three days after use that What sense?

Yes. You're more sensitive to the sun. You don't feel anything. It's not. It's just I'm telling you this because it's the right thing to do when you, you know, do this kind of cleansing.

If you think of a sort of like a peel, but it's a real mild one. So just keep the sunscreen on. I would tell you to do that anyway, it's and so I don't think I have the cleanser.

I'm like, so you don't have the cleanser I'll get you a cleanser. Sarah. Subscriber I saw your subscriber. So I'll make sure you have a cleanser for like, I'm in like I want to look like you.

So did I miss any of the products? There's the cleanser. And then. So maybe you could just take us through. Absolutely. In fact, what to do and why you do what you do.

Yeah. Like, I love to show and talk a little bit about the serum, because you can find, other serums. You can even find a K in Sephora, but you will not find one that is this color blue.

Can you see that, I hope? Yes, yes. Look, because we have two and 3%, like, we have a significant amount of GKE for the balance. And most that you find, keep waste it.

Most that you find are a half a percent, maybe 1%. So when you use the tallow, you are using a MF to really, you know, do something to make changes in your skin to help with fine lines, crappy skin.

That's one of the places it's really sweet is crappy skin. So, like, you use that serum, like, women get crappy skin

on their arm. And that that's my before and after.

That's my favorite picture is my crappy skin. Because, I play tennis, and I do not like showing the crappy skin. And what you do, you use the you use the serum, and then you use the lactic acid, like that would be a place that you would use it.

You put it and leave it overnight. The just the lactic. And it will help, you know, the damaged skin cells come up. Then you put the serum and then your hydration or your bakuchiol.

So it's again, there's only 7 or 8, seven products. It's simple. I like it simple. I, you know, the next product, will be a stem cell product. But we and we've been working on this for almost two years, hopefully this fall.

But I'm just so careful that what we do is really important and works with what we're already doing. You know, we're not just trying to come up with a product.

What about like, what do you think of mud masks? Like, you notice I did a mud mask when I was, Nat and Adam. Do you know Nat and Adam? I was I went to her retreat, and we did mud mask from, like, the mud in the natural.

What? You know. Yeah. I took it out of the water and put it on. That's the last one I've done. Is there are they not good? No, I think it's good. I actually I think it's good.

I think it can help remove impurities and be good for your skin. And I just it's just not something I have these products and that really is all I use.

I feel like I think it needs to be because I want to show what you can do with these products, if that makes sense. Other than sunscreen. Yeah. Because I notice you don't have, like, a mud mask or. No.

So, you know, you don't even really need it. I don't think you do. I think it just isn't one of the top things that come to mind. I mean, I know what I'm working on, and it's it's really repairing with something as natural, not that mud is not natural, as natural to your body as possible.

And one of the other things that's so important, doctor sales, is that we have formulated with really good ingredients.

Bakuchiol, Lactic Acid, and Product Formulation

There's not a lot of chemicals. We use a lot of natural oils. We have shea butter. The the, body cream has rosemary oil, which is good for circulation.

So it helps with cellulite, the appearance of cellulite. I mean, we have, the squalene all, which is like your it's most like your own sebum. And we have that.

And an individual, you can buy just the squalene all, which is just the most wonderful primer to put on before foundation or sunscreen. I mean, it's I use it, I have it on now, I use it every day and it protects your skin and it keeps it hydrated in a different way.

So I think one of the things we wanted to do with Vitaly is not only have these wonderful peptides, and we have four different peptides we're working with, but we wanted to formulate them with something that would boost and help, not harm, because I see products that may have one really strong active ingredient.

But then when I read the other ingredients, I put it down like, I don't want to put all that other stuff on my skin. So that's that's really important to us and super important to me.

And I know my audience were very all about. Yeah, because, you know, your skin is your largest organ and. Absolutely. And, you know, I prescribe glue to my own through, you know, you rub it in through the skin.

And so we are I think we often don't think about it, but we're absorbed. What we put on our skin is just like what we're swallowing. And so absolutely.

You're so right. Absolutely. So that's so important. So your products to to look like you, that's like oh you need to use them. Morning and night is just once a day enough.

You can use them once a day. I think when you start, if there's something you're trying to work on, like fine lines or, you know, just creepiness. For example, if you wanted to work on creepiness, you're going to have better or faster results.

Let me say, if you use it twice a day, it's not that you're not going to have benefit using it just once a day. And I don't use every product twice a day.

I use a serum twice a day. I just, I love it, I love how it feels on my skin. I feel protected against free radicals. So I use the serum twice a day on my hands and my face, and I use some pump pop up on like I think I'm using too much.

And sometimes I use eye cream. Only you know, I'll put the eye cream on only at night because I'll, you know, get the serum. I'll put the serum, you know, all over so I can, you know, if I'm rushing out the door, I'll just put the serum and then my all and tinted moisturizer and go, but that was the body cream. Yes.

What's the best? Like I'm using that on my hands, but it's. It's great for your hands, but it's wonderful for your arms and legs. I mean, I keep I have one by the bathtub and it is wonderful after your skin is, you know, your pores are open.

It feels wonderful to just rub it on your arms and legs and knees. It really you will feel if you use it at night after a shower or bath. You will. You will feel the difference in the morning.

I mean, you will touch your skin and it will feel different. So it's going to feel softer, it's going to feel softer. And it again it has shea butter and rosemary oil as well as the GHQ.

So you're working on those, you know, skin cells you know, making them younger. You're replacing we have we lose 60% of our g k from age 20 to 60 there.

So there's I thought about doing a whole podcast of all the losses, because some, you know, you lose the estrogen, you lose, you know, you lose, you know, collagen.

But, one of the things that had help you look the way you did in your 30s and 40s is you have GHQ. You it is naturally occurring and topically you can replace it for your skin using products like Vitaly.

People also inject it. You can inject it. So if you did inject it like I feel like it wouldn't have the same effect, but it's more concentrated putting it.

Yeah. You want to on your skin. People inject it. I have injected it. It burns. I will tell you one reason. It's not one of my favorites is it burns when you inject it.

I mean, you really, you feel it, but people use it, and it it it enhances skin that way. But it, you know, you can do it topically as well. Yeah. I think I, I'm a fan for the there's enough things we have to inject.

Isn't that the truth. I feel like when we're addressing skin, just putting it on your skin to me locally makes the most sense. Yes it does. So oh my goodness.

I'm like, I'm asking a lot of questions that I want to know the answer to. I think other because I'm perfecting my, vitality. Every time I talk to you, I learn something else.

And I just think it's so, so as long as you use it like you're 69. Yes. And you're going to use this every day, twice a day. All right. Are you going to look like that at 79?

Like I hope so I hope so if I take care of other thing, you know, I've got to eat right and take care of my gut. You know, that's something that Suzanne has always taught me.

You've got to take care of your gut. And, you know, there's things exercise, you know, exercises. You just absolutely for your skin. I mean, it's for your whole health, but your skin, sleep, those things are all part of it.

But this is definitely helping me fight the aging all the way. Yeah. I can't wait to watch me too now, but I can't wait. I think your skin is. I do think your skin looks smoother than when I first met you.

And I'm really. I said that when I first saw you. You know, with your background there, my fake beach is your fake beach. Yes. And of course. Yes. I'm glad you said that, because everything is always multiple factorial.

Skin Health, Aging, and Special Offer

So when we talk about the benefits of hormones or we talk about skincare or whatever it is we're talking about, it's always even if I'm not saying it like, yes, it's the whole gestalt of what you do, the eating right, the sleeping, the exercise, the movement, the stress reduction, the relationships, all these, all of that is a part of it.

Yes, but, you know, there's nothing. Is there any like, I know the K is making our skin look beautiful. Is there any other like, medicinal benefits that you get from putting it on your skin, from putting it on your skin?

Well, it goes in to your I mean, it goes into the cells and it helps. Seriously. It goes into the DNA and helps turn on and off it and set your DNA to healthier.

So I mean, that's what you know, it's it works on so many other issues that I have to believe applying it to your skin can be only good. And I know unless you are allergic to copper or have some issue with copper, I can't think of one reason you would not use this product.

You know, there's, that would be almost the only reason I just so if you have like a copper overload. Yes. Which often can be from a zinc deficiency. So. Correct.

So it's worth figuring out how to get rid of the copper overload so you can use the products. Exactly. I've only had one person in five years, and I'm not even sure it's because of the product.

But they did the mineral tests and they were high in copper, and that's in five years. I've only had one person that it was higher. But yeah. And you know, you can't necessarily like hair mineral analysis can be very misleading because if their hair is high in copper, well, it can just be high because they're excreting it.

It doesn't mean they're absolutely. So I look in like serum. I look at similar plasmon, which is the transport. I look at some copper. You can look at a red blood cell, copper.

So if you are concerned, I don't think there's any need to be concerned. But though no doctor should be, I check those, patients all the time. So any last words of wisdom?

I just think what I would it if you're in your 30s, I would be so happy to know there's a product that can help me prepare for my 40s and 50s and 60s.

I didn't get this product till I was in my 60s, and of course all my daughters are using it. I have four daughters and they are all using it, and using it on their hands as well.

They hear me say that all the time, but I think, you know, get started, start using it because, especially 30s, 40s. And then I have patients, I have patients all the way to 90.

I mean, people care about their skin, the health of your skin, the health. So I guess that's my last word. Words is it can work. It will work. I have it working with a lot of people.

We will help you use it. We, you know, I take questions from people every day. I want questions, I want to help people use it to be successful. So that's. Yeah. And I think I think, it's it's good to feel good about your skin.

Right? You know. Absolutely. Confidence. Yeah. We're confidence thing. And of course, like, your internal health is super important. But like I said before, your skin is reflecting your gut.

It is reflecting your lymph flow. It is reflecting your liver. And so these things are all dancing in, in connection with each other. And there's nothing wrong with being superficial and wanting to like, you know, hair when you look in the mirror.

And so even sometimes if you are battling something chronic, you know, just having your skin look a little better is like, it gives you a little boost.

And there's nothing wrong with that. We deserve to feel good on the inside and the outside. Absolutely. I totally agree with that. So I know you have a special offer.

Yes. Listening. So, if you can tell them where to go if they want to try the products, which I have. Yes, they can they can use they can go to Vitale skincare.com.

And when they purchase they can use Dr. Stills Doctor stills. And they will receive a 20% discount sitewide on any of our products. Thank you, thank you.

Yeah that's BS and Victor I t is and Tom ally skincare.com. And that's very generous of you and very kind. And I just want the ladies to try it because they're going to get addicted.

Like it's like it's thanks to me. You know it just is like a source of joy. Right? I love this routine now. And I love how my skin is changing. And so I'm very I'm very grateful.

And like I said before, we always do a webinar, at some point after, after the summit. So stay tuned for that because then you can ask questions and get them answered live and we're going to show before and after pictures which are like, you know, if you're like maybe questioning, are we telling the truth here?

Which we are, we wouldn't be talking about it if it wasn't. But if you like to see it with your own eyes, you will. You will see it with your own eyes.

And I'm sure if they go to your website, you probably have pictures. We have some. I have some before and afters and a lot more information on all the products.

And then on a side note, just use Debbie's story as an inspiration to follow your dreams, follow your passions, understand it's never too late. Like it's never too late to take hormones.

It's never too late to start a new. To do something different. To take a risk, to leap and watch the net appear to all the things like we are. We are a force.

And just because that number 65 comes and we've been programed that this is when we need to retire, like, no, no, no, no, no. I mean, if you want to like more power to you if that's what you want to do, but if you don't and you have some kind of dream or passion, like don't let your age get in the way, it's never too late.

So I, I, I'm, I can I can attest to that. Yes. And you can look great doing it too. So. Well thank you. Thank you so much. Fun to be with you to everyone for being here again.

It's Vitality skincare.com. Use the code Dr. Stills and you get 20% off which is very nice. Okay. We'll be back with

another talk. So stay tuned. Bye.