The Future of Aesthetics Isn’t More Filler - It’s Better Biology Transcript

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The new era of aesthetics

If you've ever wondered why some people If you've ever wondered why some people get Botox, fillers, lasers, skin care, get Botox, fillers, lasers, skin care, and still don't look refreshed, while and still don't look refreshed, while others seem to age backwards with far others seem to age backwards with far less work, less work, I've seen this pattern for years in my I've seen this pattern for years in my practice.

practice. practice. And the difference isn't the injector. And the difference isn't the injector. It's not the device. It's not even the It's not the device. It's not even the product. It's whether the skin is being product. It's whether the skin is being treated as an organ or just as a treated as an organ or just as a surface.

>> I'm Dr. Fred Bloom. I'm an integrative >> I'm Dr. Fred Bloom. I'm an integrative and regenerative physician. and regenerative physician. And today I want to talk about where And today I want to talk about where aesthetics is actually going, and why aesthetics is actually going, and why the future of skin care is deeper, the future of skin care is deeper, smarter, and far more effective than smarter, and far more effective than most people realize.

most people realize.

Skin as a biological mirror

If this resonates, like, subscribe, and If this resonates, like, subscribe, and stay with me. stay with me. Early in my career, I noticed something Early in my career, I noticed something that bothered me. Two patients, same that bothered me. Two patients, same age, same product, same technique. One age, same product, same technique. One looked vibrant and rested, the other looked vibrant and rested, the other looked swollen, tired, or barely looked swollen, tired, or barely changed.

changed. changed. That's when it clicked. That's when it clicked. Skin reflects internal biology. You Skin reflects internal biology. You cannot out-inject chronic inflammation.

cannot out-inject chronic inflammation. You cannot out-laser hormonal imbalance. You cannot out-laser hormonal imbalance. And you definitely can't mask And you definitely can't mask mitochondrial dysfunction with filler.

mitochondrial dysfunction with filler. I've treated patients who kept chasing I've treated patients who kept chasing procedures until we addressed what was procedures until we addressed what was happening underneath.

happening underneath. That's when results finally lasted. That's when results finally lasted. The skin is a biological mirror. The skin is a biological mirror.

Skin isn't cosmetic tissue. It's Skin isn't cosmetic tissue. It's biologically active. It responds to biologically active. It responds to hormones. It reflects immune function.

hormones. It reflects immune function. It reacts to metabolic stress. It reacts to metabolic stress. What I see every week, low estrogen, What I see every week, low estrogen, thinning fragile skin, thinning fragile skin, insulin resistance, sagging and insulin resistance, sagging and dullness, chronic infections or mold, dullness, chronic infections or mold, accelerated aging, accelerated aging, poor detox, pigment, and inflammation.

poor detox, pigment, and inflammation.

Bio-stimulation over fillers

This is why I stopped separating This is why I stopped separating medicine and aesthetics. They were never

medicine and aesthetics. They were never meant to be separate.

meant to be separate. Volume replacement alone is yesterday's Volume replacement alone is yesterday's solution. solution. solution. The future is biostimulation.

The future is biostimulation. Teaching the skin to rebuild itself, Teaching the skin to rebuild itself, improving structure, not just shape. improving structure, not just shape.

In my practice, I focus on collagen In my practice, I focus on collagen signaling, vascular support, tissue signaling, vascular support, tissue quality, long-term skin integrity.

quality, long-term skin integrity. When skin quality improves, less filler When skin quality improves, less filler is needed. Botox lasts longer. is needed. Botox lasts longer.

Faces look natural, not done. Faces look natural, not done. Patients often say, Patients often say, "People tell me I look healthier." "People tell me I look healthier.

Hormonal health foundations

" That's exactly the goal. That's exactly the goal. One of the biggest blind spots in One of the biggest blind spots in aesthetics is hormones. I see women with aesthetics is hormones. I see women with low estrogen whose skin simply won't low estrogen whose skin simply won't respond.

respond. respond. I see men with low testosterone losing I see men with low testosterone losing their facial structure and resilience. I their facial structure and resilience. I see cortisol excess destroying collagen see cortisol excess destroying collagen faster than any sun damage.

faster than any sun damage. You can inject perfectly, but if the You can inject perfectly, but if the hormonal environment is wrong, the skin hormonal environment is wrong, the skin cannot rebuild.

cannot rebuild. When we correct estrogen balance, When we correct estrogen balance, support testosterone, and optimize support testosterone, and optimize thyroid function, skin starts behaving thyroid function, skin starts behaving like younger skin again.

like younger skin again. That's when aesthetics becomes That's when aesthetics becomes restorative. restorative. restorative.

Combating systemic inflammation

Inflammation is the real aging enemy. Inflammation is the real aging enemy. Wrinkles are not the main problem. Wrinkles are not the main problem. Inflammation is. Chronic low-grade Inflammation is. Chronic low-grade inflammation breaks down collagen. It inflammation breaks down collagen. It damages elastin. It worsens damages elastin. It worsens pigmentation. And it slows healing after pigmentation. And it slows healing after procedures.

procedures. procedures. Results improve dramatically when we Results improve dramatically when we reduce inflammatory foods, support detox reduce inflammatory foods, support detox pathways, address gut health.

pathways, address gut health. Correct micronutrient deficiencies. Correct micronutrient deficiencies. This is why some patients heal This is why some patients heal beautifully and others struggle.

beautifully and others struggle.

A thoughtful medical approach

It's not luck. It's biology. It's not luck. It's biology. Here's what I see clearly. Less chasing Here's what I see clearly. Less chasing lines, more restoring tissue lines, more restoring tissue intelligence.

intelligence. intelligence. Fewer aggressive treatments. Fewer aggressive treatments. Better timing and sequencing. Better timing and sequencing. Smarter integration of medicine and Smarter integration of medicine and aesthetics.

aesthetics. aesthetics. The best results I see today look The best results I see today look subtle, subtle, subtle, age well, and hold up over years. age well, and hold up over years.

That's not trendy medicine. That's That's not trendy medicine. That's thoughtful medicine. thoughtful medicine. This approach isn't for instant This approach isn't for instant gratification.

gratification. gratification. It's for people who say, "I want to look It's for people who say, "I want to look like myself again. like myself again. I don't want to overdo this. I care I don't want to overdo this. I care about long-term results. If that's you, about long-term results. If that's you, aesthetics should support your health, aesthetics should support your health, not fight against it.

not fight against it. Aesthetics done well is not superficial. Aesthetics done well is not superficial. It's deeply medical. And when done It's deeply medical. And when done right, it restores confidence without right, it restores confidence without erasing identity.

erasing identity. If this helped you, like the video, If this helped you, like the video, subscribe to the channel, and share it subscribe to the channel, and share it with someone considering treatment. And with someone considering treatment. And leave a comment below. What has been leave a comment below. What has been your biggest frustration with skin care your biggest frustration with skin care or aesthetics so far? Thanks for or aesthetics so far? Thanks for watching.