Introduction to Dr. Shino Bay

I had sex since I was three and a half years old. I have a really tough childhood growing up. It was under a lot of abuse. Sexual abuse, bullying, I should hate people.

And questions about God and everything that I read about the Bible. Join us as we welcome world renowned cosmetic dermatologist, Dr. Shinobe Aguilera.

With over 17 years of experience, he's a pioneer in non-invasive treatments, top international speaker, and developer of groundbreaking techniques. Don't miss this episode with one of Aesthetics leading voices.

Explain that to me a little bit more, that everything has… Consciousness. Yeah. I didn't believe that even a rock has consciousness. Really? My oldest patient is 94. She looks 60, she does Cotra on the voice.

But she needs to take human. We don't want to get wrinkles. So as you get older, you need supplementation. As humans, we live in a very harsh environment with all this pollution and all these…

A lot of toxins. Toxins. You are the god of the universe for all yourself. How important is nutrition for skincare, for aesthetic? It's very important because…

Now, hydration. how important it is hydration for skin? We are actually… I want talk about alcohol. What effects do alcohol truly have to your skin.

It is. Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata, and today we have a special, special guest. Those of you guys who know aesthetic medicine, you, guys, have seen this guy.

He's world renowned. he's a very well-known doctor based here out of South Florida where I am at. Actually, for this one, I want to do a nice drum roll.

So, ready? We have Dr. Shino Bay. Dr Shido Bay, how are you doing? Good. Thank you for having me here. I'm so excited about this episode. You know, obviously, before the podcast, we had the opportunity to talk about some of the topics that we could talk And, you know, all of our viewers are listeners of viewers.

They understand a lot of the stuff that we do on the functional medicine side. Right. We have a lots of consumers that listen to the podcast alongside with, we distribute our vitamin therapy product to over four thousand doctors throughout the United States that a of them tune into the podcasts.

So one of things that I found very attractive about what you do is functional aesthetic medicine. which has so much to do. But before we start with any of that, you know, I've been following you on Instagram for a long time.

And there is something about you that you just are always vibrating at the right frequency. Your energy is just on point. Man, where does he get this energy from?

How does they have that positive mindset? In your bio, you have aesthetic medicine, and then you also have spiritual advisor. So I want to talk a little bit about what do you do as a spiritual adviser?

And I have a strong feeling that that's one of the reasons why you're always vibrant and at the right frequency. Well, I'm a self-appointed spiritual advisor, but it just came natural to me because usually I think since I was little, people would come to for answers, especially mystic things.

I come from Panama, so they, you know, they believe in brujeria, like witchcraft, all kinds of stuff. Santeria,

brugeria. And then religion as well. And I had a really tough childhood growing up, so since I can't remember my life, since it was three and a half years, I was under a lot of abuse.

Any abuse that you can imagine, sexual abuse, bullying, and I should hate people. I really should. But I never did. I always had this inner guidance within me that would tell me the forgiveness was the way to go, not to judge anyone, including those that hurt me.

Childhood Trauma and Spiritual Awakening

Because if I would go through that door, my life would be as chaotic as their life. And I always wanted a better life for myself. I grew up extremely poor.

We didn't have toilets, we had a hole in the ground. And always felt like I didn' belong there. Even though I was happy, you know, I did not any better, but something inside me, it was this burning desire to be bigger or be in better places.

But it had nothing to do with monetary, I had this assignment that I have to do and the assignment was to become a doctor and that kind of doctor that will help people feel better physically and emotionally.

And I always knew that, I've had to come to the United States to be that kinda doctor. So my childhood in terms of, in school I was a really good student.

Nobody ever helped me. My grandmother raised me, but she was illiterate, so she couldn't help me with homework. So I did everything on my own. Nobody every forced me to do homework or make me do home work.

Do you feel like you were gifted, a gifted child, when it came to? No, I was disciplined. I, uh, was preparing myself since age five to come to the United States, go to UCLA, become a doctor.

And there was nothing that would make me think otherwise. And through my trials and tribulations, everything was going really well in my life. I mean, I had sex since I was three and a half years old with relatives, with neighbors, friends of my relatives.

With everybody. That was the only time that I felt loved or caressed. Most of the time I was getting beat up. So I really liked it. I liked people kissing me and touching me.

It was the nicest part of my life on my day. And I could have, as I did with different people three or five times a day, I didn't even know they were doing that to me until I had to do my first communion.

I learned about religion and I learn about sin and sure knew I was going to hell if all of that was true. And I remember that during my confession, I lied to the priest.

I also felt like, why should I tell him something so private? But then again, when you're a race Catholic, guilt is, you know, and punishment is always on the back of your mind.

So I remember that I felt even guiltier that My parents, and I'm very close to my parents now, but my father had to come to the United States to become a jockey.

My mom, she remarried somebody. Around what age did your parents come here? My Mom? I was saying you're supposed to be born, to tell you the truth. My mom was like 16 going on 17. It was probably during carnival because I was born in November.

So if you're born November, it means you have a carnivore baby. You're connecting the dots looking backwards. So, you know, a night of lust, my two teenagers, and they were very afraid because my father actually wanted to be a doctor himself.

And he got accepted to medical school, but then his whole life changed with me because then he had to get a job. um but uh before they came clean to to their parents they did everything to abort me so they took things they went they even went to a clandestine place and they scraped me probably i'm so skinny because they scrape half of my body just kidding You're in good shape, by the way.

Thank you. So I wasn't supposed to be here. But then my mom got really sick with hemorrhage and they had to tell their parents that she was pregnant. And my grandmother, you know, got a broom, chased my dad, nobody's going to do something like this to our family.

Right. You have to marry her. And that marriage lasted like two years only. I mean, they were kids. And they're just good people, just life happened. So my grandma raised me.

For me to tell my Grandma what I've done with my life, what was I doing with social sin, talking about incest and sex where you're not supposed to, And I thought she's the only, because at that time, I felt that my parents didn't love me because they left me with her.

So I didn' like my name. My name Shino Bay comes from a horse. When my mom gave birth to me, my father was riding this horse named Sheno Bay. Bay is the color of the horse, and the owner was Japanese.

He won the race, name after the horse and now that horse's name is all around the world it really is so i had that energy in me right yeah a thoroughbred um so I remember that I even liked that story when I was little uh I felt like you know that shows that they didn't love me they named me after an animal But now I can't understand being a man older.

There were kids having kids. And my grandma also was never home at night because it's a whole different story. My grandfather from China, my grandmother from Costa Rica.

They had three kids in Costa Rica, moved to Panama. He left her with eight kids and she was illegal and beautiful and the only thing that she can do for a living was she's a prostitute.

So that's how I got bullied because One thing is being poor and one thing's being for and the grandson of the prostitute Right you're getting it. You're gonna hit from all the angles on there and also I spoke differently like you hear my I'm neutral now, but I don't I never spoke like a Panamanian because my grandmother was Costa Rican so spoke Like a Costa Rica, even though I was born in Panama So I would get bullied because of my accent in Spanish and I got bullied Because I very androgynous to be to this day and and I'm not the most masculine looking man, and there's nothing I can do about it.

That was something I hated about myself too, because people would just look at me and then have this assumption. Sexually, to tell you the truth, I am fluid.

I fell in love with women, then I was bisexual. And I wasn't pressing my other tendencies because I would abuse and feel like, okay, maybe this is the reason why I like this, my attraction for, for men too and happily married.

But going back to my story, I didn't want to tell my grandma because I felt like she would not love me if she found out this secret life of mine. And to this day, my mom, and my father know that there's song abuse in my life.

And my mom doesn't know from, they don't from which side of the family. And I will never say, a lot of times people say you know, the stuff that my friends know about, that happened to me, you should have a movie about your life.

I go, I couldn't even write a book about my life because I would wait until my parents are dead. Until they pass away. Because I don, don't want to put that guilt, I think they already feel guilty enough for what happened to me and being left behind, but I also know that they love me, and they're very proud of me.

And out of respect to that, negativity into their life, because it's not gonna help anybody. It's gonna create strain between brothers and sisters, it is going to destroy the family.

What am I gonna gain with that? I don't gain anything. That's a powerful thing that you're doing. You know, that is not an easy decision, but what you are saying, this all goes back to your spiritual life.

and thinking about the energy that you're gonna put out into the ether and how that can affect so many other people. Yeah, and I think that is the beginning of my spirituality started me after, well, at eight years old, that's when I did my first communion and then my whole world just changed completely.

And I was in a very dark place at age eight. And at night I attempted suicide. So I drank DDT, you know what that is? It's a pesticide. Well I heard there was a, it was poison.

And I know, so I don't know if this story was true or no, but I hear that a little girl had drank the DD and she passed away. Maybe that's where I got the idea, I'm pretty sure.

And I drank DDT, obviously I didn't die but I woke up in the hospital wearing diapers and hands and feet tied like Jesus Christ. And always been very private about my business, like if I want to do number two, I don't want people to know that I'm the bathroom.

I won't people think I do a number three. It's okay. Smells like roses. But I was very private, so I, it was humiliating that for two weeks I like that and then they asked me why.

And I didn't want to say the real truth. I just said I. Was depressed because I blame it on the easiest thing to do is my situation. Everybody will believe me.

My parent left me, right? But I remember begging my grandmother to come and to get me out of there. And she came one night and she stole me. I was a sick child.

We have asthma and boils on my face and my body because hygiene, you know, when you grow up poor, hygiene is not like this priority and she came and then because my asthma attacks, every time I would go to the hospital, I will have a different name.

There was no computer, they just had a notebook and they would write the name, there's no way to check who my real identity was. So I promised myself that when I get to have some money, to the hospital in Panama City because they really took good care of me.

Is the hospitals still around? Yeah, I was born there. Have you ever gone back to visit as being a physician? I haven't, yeah. And now I'm going back to Panama.

For a long time I didn't want to go back because when I left I wanted to reinvent myself. I was like being reborn again and nobody would know who I am.

You know, like I told you about my grandma, what she did for a living. I just wanted to start fresh and being this new identity. So did you have to go through your own healing process?

I had to because I think when I tried to commit suicide that's when i became the spiritual seeking person. Okay. And I have questions about God and everything that I read about the Bible there were some things that it makes sense and because i feel God in me and I felt like how these spiritual guys constantly guiding me telling me how to act to every scenario like somebody spit on me or punch me like I knew exactly how respond Wow instead of react and I do have to console myself, you know, because I couldn't tell anybody my dark secrets and ask for help.

Faith, Consciousness, and Inner Guidance

You know I remember when I would get bullied, my uncle would say, You come back here and you've been beat up and didn't beat them up yourself, we're gonna beat you up.

And they would hit me. So I was not going to tell anyone that I just got beat-up. My whole life, you know, like the

worst was elementary school. The first three years of elementary at five o'clock, I would get five kids and they would just beat the crap out of me.

I will just let it happen. You know a lot of people don't understand some of the things that people go through living in third world countries. you Know, um, i hear a, lot, of, the stories i was born in dominican republic and I hear a lot of stories.

Beautiful place, by the way. I was in Punta Cana last weekend. Oh, nice. Yeah, I want to book a trip out there soon. Love to go back over there. So but, you know, the Dominican Republic, these several countries, they don't have necessarily what we have here.

Now, a of them have developed a little more. But back in the day, yeah, this things would happen, And for you to get where you're at today, right, number one, go through the healing process, which I want to hear more about that, but not just go to the feeling process which, I wanna know, what form of spirituality you tapped into.

But you didn't just got through to healing processes, you became a healer as a physician. So let's dig a little bit deeper and hear about what you tap into when it comes to spirituality.

So seeking for truth and having this idea of God that it was taught to me that God, he was a jealous God. And these are the words that come from me. These are words came from pastors or from priests.

That God was the God of wrath if you weren't righteous. So I grew up that, but he loves you. You know, like, if you do this and you want to burn in hell forever, but God loves you, you know?

And I'm more like that's impossible. You cannot be like if I am a parent or if father like God and he sees us as his children, I would never do that. I will never.

And if i'm God, I will help out and do everything in my power. You know, you have a child that's sick or misbehaving, and you do every thing in your power to make sure that you teach him the right way.

And violence is not the way right. If you're God, why would you be jealous? is your God. This is me as a child, you know, having all these questions. And I remember asking older people and even religious people, and, even priests, I was never satisfied.

You never got the answer? Never satisfied and I'll be like a typical example. I go, And I remember asking this to one of the priests, I go, why would God would tell Abraham to kill Isaac just to show his faith?

Why would he have to do that? Number one, if he's God, he already knows what's in your heart. So, to me, this is not like thinking like God. It's like, thinking, like another man, only man gets jealous.

I think I forgot what he said, but it was just the way God sometimes operates. The other thing is, I find it very sadistic, because if I have a child and I love my child, and my proof of love to God is to kill him, I got maybe enjoying this.

So I don't believe it. I think Noah's Ark and all this stuff, I can see that maybe in history we have, like in Fort Lauderdale when we had the flood. That could be written 2,000 years from now.

And they didn't know what it was. Exactly. But I've mentioned that before, too. We have bad storms and, all of a sudden, people look at it differently 2 thousand years ago, right?

Where now it's just like, oh no, it just bad weather. Yeah, definitely. So I think, I mean, there's some stories that are really good, but things like that, it bothered me.

I wanted to move away, remove myself from the Catholic Church and all the teachings that I had for my first communion. And I started reading things like Buddhism, Hinduism, Kabbalah.

And basically at the end of my journey I realized that they're all trying to teach the same thing. So it's like if you have Verizon, I have AT&T, somebody else has Spring.

And we all communicate with each other through this invisible force. You know? And then to a main source, which is God. But we have different ways to connect to the intelligence or the light, as I like to call it, or this source.

That should be very personal. Whatever ways, if you want to do it in a catholic way, do with that as long as you have God in your heart. It doesn't matter what kind of traditional, because that's not spirituality, right?

That's, although they say religion is spirituality. Spirituality is religion. But I think spirituality is like you have this inner knowing. You tap into the source, everything you download, you feel the presence of God, You share this energy.

It's a personal connection with the higher power, right? And that was powerful what you said, by the way, where you had people from different spiritualities, Kabbalah, Buddhism, in multiple different ones, but at the end of the day, it's, you know, that is their cell phone to the connection of The Higher Power.

But we're all connecting to The High Power, which is the same higher power. So that, to me, is powerful because I have a very strong mindset, and I believe the exact same thing when it comes to that.

And I'm a Christian, you know, but I do believe that there's more in the universe as well, too, when it comes to the different frequencies and energy medicine.

And, my mentor, Dr. Robert Willicks, who unfortunately passed away five years ago at the age of 80, He was a shaman, and he studied with the natives in Peru.

And he was big into energy medicine. It's not something that's common that you find a former heart surgeon who's also a Shaman. He's the one that I learned functional medicine from, but the things that would hear and really start relating with him on was things like what you're talking about.

Yeah, no, everybody should have their own unique way to connect to the source of the God and not trying to seek Him outside themselves. Right. I don't need to go to church.

It's nice to to churches and maybe because part of my tradition, part my culture, to got to a wedding on a church is beautiful. But to find God, I do not need go there.

I go here, I got in. But a lot of people do that. A lot people just can't see the right way to be connected to God all the time. Do you have a specific spirituality that you follow right now?

Actually I follow everything. Everything I read. So sometimes I meditate with Buddhism chants like Om Mani Padme Om. Sometimes I just go to Jesus Christ and I do, you know, Padre Nuestro.

And sometimes I even go through an image of the Virgin Mary and i pray to her. Sometimes i prayed to Ganesh, which is the protector of, he basically, the destroyer of obstacles.

Because all these are representations of prophets or deities or part of the divine that took a human form to just change the consciousness of humankind.

And that happens every so often. If you read in history and religion, the story of Jesus Christ happened many, many times with other people many time.

Same thing with all the stories that we read. And so people say, no, there's just only one. If believe in quantum physics and stuff like that, At this time, at this present moment, there's so many different realities of Shinobe happening at these moment.

The Shinhobe that didn't come to the United States, the Shinnobue that died at the age of nine, The Shinobu that his parents did not leave him behind, and the Shinobae that's 80 years old.

There's everything because in the spiritual realm, everything, time is experienced vertically. Over here, as human, with our human brain, we're trying to make sense of time as past, present, and future.

And most of the time, in our mind, instead of enjoying the present. So, according to my choices, there's different worlds or realms where I exist as something else and it's called a quantum leap and I'm trying to do that like if I want to manifest something in my life I want to create habits and see it in my mind, visualize it, and quantum leap to a different reality that exists about my life.

I wanna see manifested. Like if I'm suffering here right now, and there could be a better version of myself, then I will try to do that. You try find it, right?

You change your habits and your mindset and you live into the reality. So are you into bio-quantum? I'm through everything. We're so egocentric on the way we think.

I think this is a big problem sometimes in medicine because when you are a doctor, you think to yourself that you're very, very smart. There's so much that we really don't know.

Yeah, so I know that. But there's a lot more things that I don' know and that comes with consciousness. I'm conscious expressing myself as Shinobi right now wearing all yellow and you are your own consciousness and I've experienced your consciousness.

And that's very important to take when I take my message about functional aesthetic medicine because everything in this universe has consciousness and expresses itself at something.

Some are lower levels. Explain that to me a little bit more, that everything has… Consciousness, yeah. So for example, a plant, you have a cactus nest to you.

That cactus is aware of itself. Okay. so that's the consciousness, and he is self-aware as, I'm a He, or she, I don't know, but is aware of you. In a way that he's probably feeling your heat, maybe your vibration of the voice.

So he may not see you in the way you and I see, But he is, aware, of, you and you are aware of it by using your senses, right? And you're aware, of your body, and your spatial arrangement on that chair.

So that's your consciousness. And your being self-aware of you, as you and yourself aware. Or me, at the experience that I am, Shinobi, dressing yellow, talking, doing a podcast with you.

So, since everything has consciousness, I even believe that even a rock has a consciousness. Really? Even a Rock. And I had this feeling since I was a little kid.

You think about it. A lot of stones, rocks, they have different frequencies. They choose you. Yeah, you have all types of healing stones that have those different frequency.

So I would believe it, and they recharge in the sun with the full moon. So now, do you follow that type of spirituality as well, too? Yeah, yeah, because this is like a different issue.

Anybody hear me? It sounds very scientific. Yeah. It's very spiritual. And everything I'm saying can be. There's books written about it. They can't be measured.

And it is true, everything has consciousness. Going back to functional aesthetic medicine and my goal after the publication that we did last September is like I came to the realization after many years thinking that I was always a very kind person and a great person, and I like to put all these needs before mine and be kind, all this stuff.

Realized as a dermatologist and what I did to my patients In order to get better skin, it was very close to the Spanish Inquisition when it came to my cells.

It wasn't until I wrote this paper where I realized, okay, I'm putting spirituality and then explaining consciousness and knowing that everything has consciousness, even a rock has a consciousness.

These cells also are living organisms. But what happened to humans is we decided that Everything that has a brain has consciousness because they can think and that's completely different.

That's the mind A plan has conscious there, but it doesn't have a bring right a cell has Consciousness they communicate with each other. They have tasks to do in your body They are very important and they know they have to the way and you have two way perfectly otherwise you will have A disease process So, they need the same thing that you and I need.

They need nutrition, protection, and dehydration. Because the environment can be very harsh. As humans, we live in a very hard environment with all this pollution and all these toxins.

So we as human, me, experience it myself as Shinobi with this consciousness that is aware of me as a Shinoboi. I'm also aware that I live in a very polluted, very harsh environment, a stressful environment that affects me physically and emotionally.

So I don't watch the news. Same thing, I am a universe for myself. I AM that God that those cells pray to. Right. So you could take care of them, right?

Instead of continuing to expose yourself to all these toxins causing the oxidative stress, which then creates all of these other issues, inflammation and everything else.

You know, so that's very interesting the way that you're mentioning that. You are the God in the universe for all yourselves. I am, and as God, I'm supposed to protect them.

So, how do How do we get collagen and elastic fiber as aesthetic providers? Most of the time, we burn ourselves with lasers, sometimes with chemicals, like chemical peels.

That's a harsh chemical. You're really burning the skin. And sometimes could be toxic, right? I know that there was a young man on Instagram that died of phenol peel.

He went to a place to get a chemical peel, just walk in, walk out, and he died because phenyl is very toxic. But we do that, we can also electrocute or fibroblast, you know, with devices.

energy devices that do that, or we stop them with micro-needling. And we do all these things and we get great results and the patient loves us for it.

There's a wood-killing cascade that happens after you injure, but you are creating an injury. So I started thinking that we really terrible to ourselves.

And if we are going to do something like that, I should at least provide these cells, which are all by the way, because you're not doing this to a 15 year old, you know, unless it's for acne scar, but you you doing these to an older person that you trying to make the skin look or behave younger.

So you're actually being harsh and really hurting these old fibroblasts. Fibro blasts have a lifespan. They live 70 to 80 years. To work for you and do all these beneficial things.

And this is how we treat them, right? So the idea of functional aesthetic medicine is biology-based understanding that if you can find the cause or the root of the problem or disease, then we can fix it.

And then, we may not have to be so aggressive in searching for the fun of youth for patients ourselves. And it will also unlock the answers to the aging process.

I am very grateful that I'm in this space in statics, because when I did general dermatology, I would tell some patients that they saved their life. They came for vanity.

Could you remove this? more here that just showed up like a few months ago. I go, what do you mean like few month ago, you there? And then I looked at it and it was a melanoma.

And I just, okay. Your vanity saved your life. Wow. and I saved so many people with different disease by that. They came because they have something that look unsightly to them and they wanted to get rid of it because it's unsighly.

and then they have no idea that was something that could have taken their life.

Functional Aesthetic Medicine and Cellular Health

And so I feel like this world aesthetics where it comes to the space of beauty and staying young because through this medium because what we know about the aging process and even at the cellular level, we are going to unlock how to help every other disease that happens, because we're just talking about a few cells on the skin, and then that translates to how can we make the liver cells young too, so you don't have a liver disease.

How can So you know, a lot of the medical practitioners that get into the aesthetic space, they don't think like that. It's very superficial. A lot of the medical practitioners that go into aesthetics, it's the basic, let me do the neurotoxins.

Let me the dermal fillers and keep it at that. But when you're taking that deep dive to figure out the root cause, and then even like the things that you are saying here, you diving deep into the biochemistry of that individual.

You're looking at the metabolic pathways, the detox pathways to make sure that the body is performing at its optimal levels, right? Because if it's not, correct me if I'm wrong here, you have the scientific background, but if its not then that's where you're gonna start seeing the aging cells, the senescent cells.

And you gonna see it in the face, in your hands, all throughout the body. Yeah, so I feel like we, you know, a lot of other disciplines in medicine look at us as, oh, that's frivolous, it's vanity, age-grade.

You have no idea what we're going to unlock because this pursuit of staying youthful, staying younger. or appearing younger, this is the pathway to unlocking the secrets of staying young longer or staying healthier longer and be able to manage every disease process that is out there.

So I'm happy that I am in this. The space and marrying the spirituality with being a doctor in this space is very important because sometimes people see this as non-essential, but this is essential for a human experience.

Are you, on the functional aesthetic medicine side, are you doing any kind of comprehensive blood work or any speciality bloodwork? No, no, so I leave that to my functional medical doctor.

So I definitely have a relationship with my own functional doctor, you know, they practice pre-care instead of regular medicine and they do post- care, right?

So I refer those patients to her, that's her business. The way I want people to see the aging process in my space as a static provider is using skin boosters that have nutrition, protection, hydration in the form of biometric peptides, antioxidants, vitamins, minerals, hyaluronic acid, and everything that is needed to change the environment of the extracellular matrix so the fibroblasts thrive.

Yeah, so let's talk about that because obviously liquid Vita we're big into nutrition, right? We have again well over

4,000 doctors that buy our vitamin IV therapy for all types of different issues with the patients.

How important is nutrition for skincare for aesthetics? It's very important because again food is medicine, and a lot of Food out there, whether it's in the form of the vegetable or fruit, it has a lot of great chemicals, phytochemicals, that we as humans need and even have receptors in our body to respond to these chemicals.

It's like, for example, I don't do marijuana because it never worked on me. I try every form. And my doctor, well, okay, but I'm very transparent. Hold on, hold on.

What do you mean it didn't work on you? It didn't work for me. My sister, she's a pothead and she always wanted to bond with me doing marijuana and I tried.

You didn' t try the right one. I try everything. It doesn't worked on this brain. And I don't like the way it made me feel. Okay. To be sharp, I need to be on my A game.

I'm a Scorpio, so I need to be in control of every situation. If there's gonna be something that's going to go bad, I have to very aware, ready to save where I am.

So that is my personality. If God or the universe or this source didn't want humans to smoke marijuana, why do we have receptors for it? And why it makes some people feel good?

No, so we're getting everything in moderation. That's why I don't judge anyone. Maybe I don't have those receptors. I'm a mutation. That's why it doesn't work on me.

Somebody need to study me because I sure would love to feel what everybody else feeling because they look like they're having a lot of fun or at least just relax.

And me, I want to jump out of a building. Oh, boy. No, that's not good. But again, we have receptors and we need these things. We need food. So, your cells do that.

They need that too. And they need micronutrients. Even dermatologists, they don't go beyond what we learn in books and in journals. and they get very resistant.

Sometimes doctors can be like very, they don't have an open mind. If it's not written in a journal, then they ignore it. And the funny thing that I write tons of articles in journals, I also peer review articles from colleagues on different subjects.

So I know that an article, 10 years from now can be contested and what you wrote is not valid anymore. I know also that who has the most money can publish something as well.

That's true. So I am very skeptical of everything. Every article and there's some great work and stuff but that doesn't mean that And I'm not a devil's advocate, and I am not gonna be skeptical when I read it.

I will read with an open mind and an opened heart. And if it resonates with me, I'll give it a try. Sometimes it does, but I give a it try and it doesn't work.

Then I move away and fight. But you know, Dr. Chitobre, one of the things that I always say is, as a physician, especially the new physicians that are coming up, right?

That are graduating, They can't just take what everybody else has put together and what they've learned, what have been taught. I feel like it's their responsibility, it is their duty to take those things and elevate from there.

Put further research. You know, go out there and see if there's a better way. Right. And that's how new things develop that new innovative technologies, new, innovative, you know, supplements, all of that stuff.

Like if we sit here, I feel like you're not fulfilling your full purpose if you just sit and take everything that you've just been given. Yeah, I know.

And that's why I struggled. I'm glad I have a voice in the industry and I always want to use it for good. That's part of my spirituality in this space.

I don't go to a podium to take or look at me, I know a lot or stroke my ego. I'm just there to share. Yeah. You are a rock star when I go these conferences.

The line of people that wanna take a picture with you, it's up there. Thank you. But my voice in the industry, It is important because I feel like I'm non-inflammatory when I speak.

So I don't feel I piss a lot of people off. I say the things that I said in a way that they may agree with me and that's okay. And that is beautiful because that means that there is more homework to do and somebody is going to try to disprove me.

whether I'm right or wrong, somebody wants to disprove me, that means that we are going to even get closer to the right answer because somebody is going take my work further, or the work of my colleagues further.

And that's very important. For example, there's a lot of people that go on social media, especially plastic surgeons. The majority is a good friend of mine.

There's no ill intention, and we talk behind the scenes, but they talk bad about Sculptra, they don't want Scolptr, the other companies talk about about Scultra.

And why is that? What do they have to say? Well, I think you fear what you don't know. And so they don' know, those people that talk about Sculptra, they either had a bad experience with it, it doesn't work on their hands, or they just don"t know what the potential of this product is.

Now, I sympathize with my plastic surgeon friends because when they do come out as a public announcement that don't do Sculptra because it's gonna create nodules.

Yeah, well, if you dilute it the wrong way and you inject it too superficial, you are going to get nodule. If you get it into a muscle that contracts, If it's too concentrated, you're gonna get nodules.

So it depends how you gonna use it. But if they find it in the fascia, well, the person that inject it doesn't know anatomy because none of my colleagues that are plastic surgeons should be finding Sculptra in their fascias.

Also, understanding that most referrals to plastic surgeon come from people like me. Some of them come because people find them in social media now. But I send a lot of people to plastic surgeons, colleagues of mine, depending where they are in the world or in United States, or even Florida.

So I am a great source of referrals for plastic surgeon. And I don't want my patients that are referred to a plastic surgery as a Sculptra user to have an adverse reaction, that they have paralysis because they cut a nerve, because it couldn't get the scultra out of the plane where they found.

So I work together with plastic surgeons and I prepare my patients for the surgical day. I'm the first one to tell them okay I want to keep you looking good until this decade we look we revisit but at this before your 60th birthday you need to cut because if you don't cut you want look weird because either once the fascia gets loose you'll need time or you inflate so either you look inflated like a potato head or a pillow face, or you go and get cut.

Or we continue doing what we do, but you're going to be having some laxity around the jawline, on the neck. For me, Sculptra is an amazing product. And before people used in 2009, when I would say, this is what I see clinically, patients that do Succultra on their bone, they age slower.

Even though I'm putting on a bone the skin gets better. Why is that? Why I think this cross communication between the fibroblasts on the bone and the fibers on their dermis?

But can you prove that no, I don't have the money, the resources. I'm not a scientist that has a lab and time to do this, but the companies do. But nobody ever pay attention to me.

because companies makes more money when they say ashy fillers, hyaluronic acid. And to this day, this resistance to shift to bioregenetic aesthetic medicine, where you actually get your patients to get younger instead of making your patient appear younger.

Even plastic surgery, even plastic surgeries doesn't make your patience younger, it makes them appear young. But talking in a physiological way, it doesn't make you 100% younger.

Right, right. But when you do bio regenerative, aesthetic medicine, and functional aesthetic, medicine. And I'm talking like, well, if I put it on the bone, the skin gets better.

This cross communication, we will study that. How do they communicate? We know that they have chemical signals. Now we know about exosomes, right? Exosome is the language of the cells.

They communicate with each other. Are you actively using exozoom? I use exosoom. I just don't inject it. Topical. I use topical microneedling, stuff like that, until there's more studies, right?

I know that there are people doing IV exosome treatments, and I'm sure that they're probably getting it from a company that is not in the United States.

I am telling you to do it because the companies that are legally in United State will advise against that until they do more research, because we're talking about things that can have prions and DNA material that really intercalate in your DNA and create some teratogenicity and some sort of cancer.

But again, I'm happy that now we know that these little vesicles that we observe being spilled out of the cells, that in the past, we thought it was waste material.

like a cell taking a dump, basically. And no, there's not a self taking down those little vesicles. It's the language, it comes in a little envelope, that envelope.

That little round envelope have an important message for the other cells to do something. But imagine if We just think that hyaluronic acid fillers, HA, is the holy grail for anti-aging.

That's no progress. We're not advancing. And the resistance is that, yes, it's easier to do hyluronics acid. You need to know anatomy so you don't hurt somebody.

blindness, necrosis, and you need to have an artistic eye. But that's it. That's where you end. And I do that, too, for younger patients. You know, making them younger, they will appear younger.

But if you chronically just use hyaluronic acid and you don't rely, you use bio regenerative techniques or energy devices or you do not send them to get plastic surgery, I don´t care if your the best injector in the world, that patient will have problems.

with a pillow face syndrome, you affect the lymphatics, You are not making them younger. They appear younger for a finite amount of time before they start having problems.

This is really good information, especially for the practitioners that are getting into medical aesthetics. What do you recommend for these practitioners to make sure they're staying up to speed on all of this information that you're Well, they need to first have an open mind and be open and get curious about aging at a cellular level, and knowing that you are in a space where you can affect that.

So I know that people that don't do Sculptra, the fear because they feel that the nodules that they're gonna get, well, you're getting nodule, it's your fault.

Unless it's a granuloma, but you can get granoloma with anything, even with a hyaluronic acid. The other thing is, get trained. as the company to train you right.

So you take that fear out of the equation. Understand, read articles about it. You know, I have published a lot of articles on calcium hydroxyapatite, about to publish one on Sculptra.

I published in the past in Coulter, my technique on the bone in 2014. And at that time I was just seeing Scolter as a good way to preserve the bones. But again, to this day, I have some ideas, you know, some of my colleagues think that this perforating fibroblasts, that when you put PLLA, even Caja, calcium hydroxyapatite on top of the bone, these fibroblasts that are on the top, they perferate into the bones.

Maybe there's a little bit of bone formation, not enough to… Look at, oh my god, I made all this bone. But enough as it appears that it's not disintegrated as a faster rate.

Because patients that do scoltera on the periosteum, on top of the bone, they look 20 years younger, the chronological age. I said it then in 2009. I say it now and I have all the photos to prove.

So now when I speak, nobody's calling me a quack. Nobody, you know, I had to defend myself, my way through through the position that I am. First of all, Amadio.

And there was always a big fight, no fight. MD's looking at Adio as a lower caste citizen. I had enough of that growing up as a child, you know, being the grandson of a prostitute, been poor.

I was always treated as second class citizen and I remember being at the Academy of Dermatology and there were these high school kids passing these flyers and when I got, and was with the mom of my kids, which also dermatologist and also other dermatologists, I grabbed the flyer at Academy Dermanology And he says some very nasty things about somebody, about Dios in dermatology.

And I remember I grabbed a paper with tears in my eyes because it really hit home. And I said, by my own merit, I'm going to change this for every single D. O.

out there. So we get the respect that we deserve because we study on the same books, we went to the clinics, We went through the hospitals. But just because my letters were D, O, no, M, D., I was treated as less almost like a second class citizen.

And at one point even felt like that. And I go, no, I cannot feel like this. I can not feel this my whole life. And so going back to the story, Sculptra, it was like me publishing 2009, Asadio, you know, a lot of snares, comments, he doesn't know what he's talking about.

You know I always know like, okay, just I'm not gonna react, and I will just respond the Shino way, Namaste, I like that. You know, namaste. No, but I don't react.

I'm human. Sometimes I do. But you do it in a professional way, you know. And sometimes they feel it more when you it that way. It's better to respond to react, I think.

There's no progress if you react because if react they'll react and then react in bigger form with more negativity. top down, I generate more negative, nobody wins, no.

But I think with Sculptra, is that I keep pressuring the company, because there might be great things for Succulpra. Because Succultra was like Cinderella, or you want to take all this HA, whenever a company get bought out, you need to do Sccultrat too.

Even mercs that have radios, they didn't know what they had. They put all the effort and their money and the marketing on the Belotero portfolio of HA.

We don't need another HA in the world anymore. And if they're going to be, there better be producing collagen and elastic fiber, which I know that there are some now that are doing that.

in the aesthetics. So if you're gonna bring another HA, it better be bio regenerative HA. And it don't like just bio-regenerative because it stretches the skin, and that stretches a little bit of collagen.

As a residue, no, a lot of collagen, A lot elastic fibers, just like Sculptra, Just like hyperalgae radius. But again, This is progress that we are now talking about exosomes and stem cells and revitalizing polymicronutrients and all this stuff that are being outside the United States for a long time.

But in the U. S., the resistance is that it's easier to inject HA, that is reversible, the results are immediate. That is what makes so attractive for a mess pad to continue to only do HA.

That's no progress, that's cutting corners. And it's not really… focus on the root cause of what the issue is. So especially when you start looking at a lot of the things that are happening out there, you said environment, toxins, and things people get exposed to.

And even what we eat, right? What we're eating, a lotta the foods that we have are nutritional deficient. It's growing in soil and dirt that has no nutrition, so your body's not getting what it needs for the cells to do what they need specifically.

So, when it comes to the nutrients therapies, are you giving people oral supplementation, topicals, what is it? Both. So for what I do, because when comes the functional medicine aspect, I have a colleague of mine, she's a functional medical doctor.

and she will check nutritional deficiencies through saliva, through the blood. And she would recommend that for what we do in our practice. When it comes to Sculptra, anybody that's 60 plus, there's a product called Juvene.

I have no stocks on the product or anything. We're used in hospitals. As an in-patient for patients that have wounds that will not heal. I love Juven by the way.

Yeah, you do? Yeah. The HMB in it. Allergenin and glutamine. Actually take it now for weight training. Me too. That's what I do because I actually scar my kidneys with a creatine when I was in…

So I want to talk about Juvent really quick because they got bought out by What's the company? Insure. Now before it was actual prescription product and it being given to HIV patients for muscle wasting.

And I remember back in the day when I used to do bodybuilding years back. You still look like you do. Thank you. Thank you. I got my trophies over there, by the way.

That I actually did something with the bodybuilding. And, you know, that was something that recommended to me by a physician. He was also D. O., Dr. Jason Zanis, years back, and he said, Dr Zana said This is a good product, you know, has different things here that are going to help you build more lean mass.

And I started taking this product back then. They stopped producing it. It was prescription only and they stopped reducing it and I starting making it myself or doing all the different.

And then eventually, Insure came out with it, and I used it twice a day, how the direction said, within two weeks, you see significant change. Definitely.

On your skin, everything. And my patients too. So for me, like I said I was being thin and wanted to have muscle. And so I would take creatine, and that kind of like makes you retain water in your muscles, so it makes me look

bigger.

And if I stop taking it, I will go back to my size. I didn't want to do testosterone steroids because I don't wanna damage my liver. But I took creatinine from age 23 to age 42, another water drinker.

I had to force myself to drink water. So if you take it, you better drink a lot of water, and it's not a product you should be for the rest of your life.

And it is so innocent, right? You get it on GNC. I put myself on stage to renal failure with that. So, I cannot take a lot of protein like what I used to do when I was younger, so I take Juven to keep my muscle mass and it works quite well.

So for patients, aesthetic patients this is how my guidance, my spiritual guidance works. I noticed that patients that were older, they weren't responding as well, And a lot of colleagues will say, well, we don't give Sculptra to, and to this day, people say that patients are 70 or 80. My oldest patient is 94. She looks 60. she does Scutra on the bones, but she needs to take Juven.

So how do you find out about Juvent? So I was perplexed, you know, like, why can't they respond? so I'm walking into Publix, the supermarket, And I walked in and I see Juve, tissue builder.

And then that's it, the light bulb went on. And they said, it's about nutrition. Their gut cells are all too, so they could be eating as much. So they need supplementation.

They need suplementation like anything else we need. Sometimes I may need three supplementations if we don't go out on the zone all the time because we do not want to get wrinkles.

As you get older, you need a suplementation. I started buying it for my patients for free. And those patients 70, 80, even 90, they respond like anybody else.

Nutrition, Hydration, and Lifestyle Factors

So I started talking about on my lectures about if you have, and then everybody caught on to the point that the Jube got back order because we all, It's been very tough to get it, and it's not cheap.

It used to be the price went up. Now there's actual white papers. There's actually clinical research for Juven. That's a product that's proven to work.

So that bite mouth in my practice, we actually dispense it too, because you know all the patients, why do you have an accent? And we can find it. You can even get on Amazon.

I sell it not because I'm making money out of it, the practice, but just out convenience for my older patients that can remember what I said or where to get it.

And the other thing is finally we have Toscani Medical in the United States. This is a company that is 53 years old from Barcelona. It's pharmaceutical and they have pharmaceutical grade products for mesotherapy.

Okay. Now, my paper that I wrote was with NCTF on film. And this is showing NCTF and these products are to be injected outside the United States. In the U. S., they never come to being injected.

But then again, they're created to injected, like nutrients. To do it in an injected form in the US, you're doing something off-label. So when I talk for the company and do trainings, I have to show it on label.

But the paper that we wrote last September is mixing radius with NCTS from Filmin. Toscani have NCPR, which is the same product, the seven ingredients, just different brands like Pepsi Cola, Coca Cola.

Right, right. And I was very grateful that Toscani came because the way we came out with this idea of localized nutrition because with juve is you have all the ingredients but you still have to pass through your gut.

How important is gut health when it comes to extremely important, I mean, even for antidepressant, you know, like, your gut health, if your, gut is not, it's optimum.

You're not secreting serotonin. Most people think like most of the serotony is created on the brain, but you, know. And even your microbiome. Exactly.

So, and the skin, the emotions, You know, your state of mind shows on your skin. And that's why we see people that never had psoriasis and they have a death on their family and their full of psoriasis plaques.

They had a gene, but something turned it on. Your emotions, so your gut, you skin and your emotions are tied in. And that's why we all have beautiful skin, because we feel better about ourselves.

And you also, you have a beautiful skint, people find you attractive because you are advertising your health. So everything is interconnected. access with your brain access is very interconnected and that your emotions are connected to your skin so everything is intertwined so having a good biome in your gut is going to show us having better skin very function and physiology of the skin and overall skin health will be very apparent.

So it is important to do those prebiotics, probiotics, especially after doing these. Most people, they take antibiotics from doctors and they don't do their homework.

They're happy that they got the antibiotic. But they just, again, we're just terrible. You got to follow up with the probiotic, the prebiotic, you know, all of those, they digestive enzymes, oh, that stuff is important magnesium.

We haven't been taught to be to care for ourselves. That's the problem. we we care about all the things, but we as humans, which just don't care much about substance at all level.

Even, we don't care about Mother Earth. We're so egocentric, that's the problem. I feel like it's so reactive. People are not taking the true proactive approach to their health and wellness the way they should.

They wait until it is a problem, right? Yeah, and that's the problem with medicine, right? Who gives money to medical school? Pharmaceutical companies.

And we learn pharmacy, you know, how to use pharmaceuticals and they teach us everything that we need to know. But they don't teach you how help our patients avoid taking those pills.

Because the goal is, my goal, is I don' want to take anything. You don't want to take an aspirin if I can't help it because everybody calls side effects.

No, there's no side effect. There's never side-effects to medication. It's a direct effect from the medication because if you're not taking that medication, then you don' have that effect, but we call it side affect to make less of a problem there.

Doc, let me ask you this. Right now, I've been seeing on the news record heat that's outside. I came from Las Vegas, and it was the hot record. It's like 118 degrees.

You go outside, it stings from how hot it is. Now, hydration. How important is hydration? It is very important. We are actually, you know, our body is mainly water.

So again, I'm a folder. I have to force myself. Uh, kind of like blame my grandmother for me not liking water because I grew up with Kool-Aid. So any liquid that I had with food had a color.

What was your favorite Kul-aid? I like the red color, but I don't know what flavor it was. The fruit punch or the

cherry. Yeah, the cherries. But I grow up Kula and I thought the green one, that the neon green, one kind like what I am wearing was so cool.

Now I'm thinking, that probably was radioactive. But it was so cool. So they were my two favorites. That's awesome. Yeah, I think we need to teach everybody out there to be conscientious that you are a universe and you're a goddess.

You want to see the way of the universe. And every single cell in your body depends on you to thrive. And they will do great things for you, like keeping your longevity pain free and even more attractive because you look youthful and more beautiful.

But it is time for people to understand, again, like I started this conversation with you, that everything has consciousness. And your cells have consciousness, and they realize like, you know, we do all this for this Shino guy, he's just eating Twinkies and all these sugar, He doesn't go to the gym and he is smoking and drinking tequila every day, Our cells are self-aware of themselves, and they're aware of me.

Just like that character is aware you, you're also aware. Your cells have consciousness, they are aware and aware that you do it to them. They're kind.

They're really kind to us because despite all the crap that we do, and even in aesthetics, how we're trying to achieve our skin to look better by burning it with chemicals or lasers or foreign substances like Sculptra and Radius, we know we just put tin on the skin and the steel, are kind.

They still will give you the collagen that you want and they still give the elastic fiber. So that is my new goal this year is to create consciousness and awareness about that there's a different way to achieve youth, a better way.

And that's through functional aesthetic medicine. So, you know, when we talk about functional aesthetic medicine and we're talking about a lot of things you mentioned, which is lifestyle, right?

The twinkies and not working out and the gyms and all of that stuff is is I want to talk. About alcohol. What effects do alcohol truly have to your skin?

Well, you get dehydrated. So it goes about, again, it is an inflammatory, an inflammation. And I follow that. I like alcohol. Like my tequila. Out of all the alcohol, the best one to take is tequilla.

Because it comes from the agave. It comes for the Agave and the least inflammatory. You have the most time because it's an upper. Everything else is a downer.

Okay. So, but alcohol is detrimental. It is. I mean, if you can live without it, I'm hoping I do at least once or twice a year, a whole month of dry month.

Okay. And what do you do that to kind of just detox and reset? And I am honoring my body and I let myself know that yes, actually I don't have an addiction to alcohol but I have a social addiction because I'm shy and for me to not be shy in a social scenario.

As a doctor, what I am doing right now, I have confidence, but if you take me out to a party with you and I don't know anyone, and you know everyone or you don' t know anybody, I would not start a conversation unless somebody comes to me because I'm extremely shy inside.

I am afraid to do that. It's more for you to kind of loosen up and be able to socialize. Yeah, so when I take my tequila it gives me powers. All of a sudden I don't feel shy anymore.

And I want to dance floor and I talk to people. So I guess maybe it's not too late for me maybe when i get older. But I try to balance everything in moderation.

If I drink, if I do things that are not good for my body, I'm going to do a lot of other things. So I eat organic, intermittent fasting, don't eat a ton of meat, stuff like that.

Nothing that's gonna create more in sugars carbs So to that is gonna add to the inflammation I will give and those mommy and I tried to just drink socially right like I promised myself because my mother was an alcoholic for 32 years of her life I don't and my family have an addictive personality.

I Don't want to end up like them. So I I really put limitations on everything, even on Instagram. I give myself 20 minutes in the morning, 20 minute at night.

Right now I'm taking a whole month not being in social media to have a- Digital detox. Dopamine detox, right? So I just- That's good. So, I have to- Set boundaries for myself so I can thrive but I do think about myself and Because I am kind to myself because I think About them everything that I go well with this damage myself cells I know that they are aware of me thinking about them.

They're going to be even more kind To me in my goals, which is have good longevity, look younger than my chronological age for a long time, and teach others to achieve those same goals through a way that doesn't require injuring the skin all the time or putting foreign substances on it all time.

And using this platform to have scientists and companies to spend money on this. to spend money on finding the root cause of aging. You said earlier, senescence and inflammation will lead to more cells that turn into zombie cells, which are senesis cells.

So we know all these things. We know the pathways. But what fascinates me is we know all these things, yet we're not advancing because we don't want to advance.

Because we are comfortable with ironic assets because it's a commodity, it is easy to do. We come in corners, we make the money that we need to. But no, I don' want stay in this space.

I want be in the future where you are 100 years old and you have no osteoarthritis, that you're 100 year old, and don't have any macular degeneration, where you 100-year-old still running marathons.

We can do that. I think we can. When you look at the world of biohacking and seeing what people are doing out there, it's really coming far along. We can do that, we will be there.

One of the things, like right now, our Chief Medical Officer, Dr. Christopher Davis, who by trade, he's an interventional cardiologist, but got sick and tired of traditional allopathic system, and got more into functional medicine.

And one of things that he is an expert at is toxins. and how it has a direct effect on your mitochondrial health, and your powerhouse cells for everything.

Disease formation is coming from those mitochondria potential going down. So we have a test. We don't do it here in the US. we actually do a blood test, we send that out to Germany, that test looks at over 900 different toxins.

But then it also will tell you the toxins that you have, and it'll show the DNA adduct and what gene expression it's turning either on or off, right? So now you can go even deeper, but even better, it is an actual blood test that shows mitochondrial potential.

And when you start actually putting them through like the detox, you know, in enhancing their detox pathways, glued a thigh on and doing all these different things and do it, uh, phosphatocoline, you know, the lipid membrane exchange therapies and stuff.

You just start seeing all the numbers change. And I don't, we don' say this publicly, but we're seeing disease go in the opposite direction. Yeah, no, and it is there.

We just have to all collaborate. Right. You know, collaborate and put little pieces of the puzzle so then we can see the whole picture. But again, when it comes to aesthetics, it's like people just want to continue to honor harmonic acid, which is my bread and butter.

I do a lot of it. Well, I want also do the bio regenerative and the functional aesthetic medicine to make sure that we have progress in this space. And that's a beautiful thing to see in the future that we did right by nature to ourselves.

And I have people to start thinking about the aging process. Not just want to appear younger, but actually. get younger and healthier, and that's my actual goal for this year.

And I think when you look at the world of functional medicine, like, you know, a lot of the accredited organizations that are out there, the A4M, American Academy of Anti-Age and Medicine, AMMG, They talk about a lot of whole body, but not necessarily aesthetics.

Aesthetics is AMSPA, it's going there, then the AMSPAS not really going into the functional medicine side of it. Let me ask you this, who would you say is the founder of functional aesthetic medicine?

I have no idea, man. I think you are. No, no. You are? No. Do you know why you're here? I got a surprise for you. When we first started talking about, you know, I'm big into functional medicine.

I've been in it since I was 19 years old. On 37, Dr. Willis, he's in my book, which I want to give you a copy of my books before you leave. The importance of functional medicines is critical for the aging process.

It's critical. For the change in the course of medicine, And what you're saying, I resonate with all of that very closely. So I've been in the industry for many, many years and I haven't heard anybody talk about functional aesthetic medicine.

I'm going to appoint you as the founder of functional esthetic medicine and what I have done is I've purchased functional aesthetic medicine dot com. Oh, and you and I and i'm going to do this.

This is yours. I purchased it for you. For you for. You and. To take this to the world. We are going educate the. World. And if you go on there right now, you'll actually see a picture of you on it.

So, we're going to make it happen and I have a lot of functional medicine doctors that we are going partner up. Obviously, I'm the chairman of the association in the IV hydration space where I had all the top companies there, 10X Health, Revive, Drip Bar, and we have scientific advisory board which is doing R&D and everything else.

So I'd like to add the aesthetics to it and make you part of it. That's great. We need more voices out there. Just kind of be just a few of us and just reach out to our colleagues and made sure that they make sense to them.

There's science behind. So there's no quackery. Yeah. The time is now. You know, it's now and we'll make it happen. And I want everyone to hear. I didn't just purchase this because he said it.

I purchased it for him. So it's public. It's not mine. it is for Him and I'm doing it with Him. And I am partnering up with him and we are getting functional aesthetic medicine out to the world.

aiming to that. That what else? Let's finish up here and talk about where do you see besides the functional aesthetic medicine side, where you do see the industry going in the aesthetics world?

Because it's blowing up. I mean, there's just med spas opening up everywhere. Some make it, some don't. Well, I think, like you say, we just moving into that space.

Hoping that by 2030, we already fully, what we've been discussing is something in the past, and we actually doing, well, I can tell you a little bit, this era, epidemic reprogramming of aging.

So the way this work is borne by this exosome technology, And this is, something that I think is on phase one now.

Future of Regenerative Aesthetics

and the exosome is called Uterna, and it's a synthetic exo-some. And then borrowed from the technology of the COVID vaccine using mRNA. So this company, Biotherm, they are able to get the mRNA, put it on the Exosomes and make any old cell in the human body get young again.

So, no go to a pretty important stem cell, but only to get young again. Old cell gets to this point and it's young, again, and what that means is that we are going to be able to make sure that, we conquer and find a solution for osteoarthritis, microgeneration, And one of the areas of interest of this company is the skin.

I lectured like maybe three years ago about this. And they're doing studies just to make sure how we're going to deliver it and if there's going be any adverse reaction.

think that there's not going to be problems like with stem cells. While we worry about stem cell and exosomes, which will be a potential formation of a cancer.

Because when you have a protein cell, they can turn into anything. on a gene. Same thing with exosomes. We cannot worry about things like that. If there are DNA material in the formulation, prions, we worry things about creating teratogenicity, creating cancer.

With this technology, a cell can only turn young and can become that type of cell. So a skin cell can only be a skinny cell. It's just going to be skin cells that was old and now it's young, but it is going be young skin.

And the old cells malfunction or they turn into cancer cells themselves. So we believe that there is not going a potential adverse event where there's any teratogenicity with this technology.

So we are very grateful for this. And I think that's where we're gonna be. We are just going to be getting younger at a certain level everywhere. So that is where I see the future.

It is part of functional aesthetic medicine. But that it's already on its way. I love it. I'll be watching it closely. Yeah, so it's very exciting to know all these things, you know, and sit on advisory boards where I get to hear all this great technology that's going to be available to us.

It gets better and better. So everybody else who's listening, you need to start with bio-cology stimulators. That's the beginning for those of you that are getting excited about what we talked about.

Because you know, You need crawl before you run. So I'm grateful to hyaluronic acid. I still use a lot of it, but I moved into bio-cholinger stimulators and found a way to help my patients achieve a better better results on the bone loss bone remodeling by putting Sculptra on their bone.

Now we have Renuba. My patients don't need to get a very, very expensive fat grafting. I can inject this product and bring their fat back. Well, let's talk about that because right now there's a lot of talk of ozempic face.

Oh, yes. Right? Yes. Where people are utilizing these GLP-1 drugs. And they're losing fat, but they are also losing muscle. Muscle, yeah. And then they losing the fat from all over their body, including the face.

So it's not an osmotic face, it is an osemic body now. It's everywhere. Oh, the other day there was an Osempic butt also. You don't want to see an Osmic Butt, I promise you.

He's like a pancake. Because they lose the muscles, so then the skin is very flabby. So what are your recommendations for that? For people like me, I think it has its place.

Just make sure that you don't think this is the holy grail. Even though it does seem like it, because you can lose

weight a lot. I actually have my baby brother on it because he's skinny like me but he looked nine months pregnant and that's not healthy because that big belly full of fat.

He lost 45 pounds but I make him work out because I don't want him to lose muscle. And I tell her, this is going to be your new lifestyle. So I get up in the morning, seven knock on the door, we go to the gym together.

And now this has become his lifestyle, he's doing paleo, which is the diet that I follow, I do a pale diet. He's going intermittent fasting because once I told him you got 30 more pounds to go and once you lose those, you're going achieve it through diet and exercise and your lifestyle because you are not going be on it for a long time.

So everybody else that's doing it, they choose to do the same thing with this idea in mind. If you think that it's like a magic shot that is gonna keep you skinny forever, you're gonna have repercussions that are gonna be negative.

The meaning that you go off it is you are a person that don't like it. to go to the gym and work out at least minimum three times a week, I recommend five, you're gonna hate what's gonna happen to you.

Yeah, your gonna rebound. You're going to rebound, and you are going hate whats gonna to happen. So it is for short term. Yeah, you can't use it as a crutch.

It has to be something to kick off your weight loss training. No, it will help you and it is very helpful. I see it with my own eyes, but you better have Plan B.

Right. Again, because all these things, all this chemicals that we put, again, back to being kind to yourselves. you will stress all the cells out. Nothing comes without a price.

Right. Exactly. You're polluting. Pollution is pollution. And you got to put in the work. Yeah. Awesome. Doc, if people want to find you, where do they find me?

Oh, I mean, like social media. Oh. She obeyed it because my practice has she obey. I don't manage that. And I manage my own social media and I try to answer everybody.

That's awesome. A message. Then you have your channel also where you put a lot of the spiritual and energy stuff. I follow that as well. Yeah. So that's.

Awesome. So I try to do my best. Successful aging depends on the alignment of mind, body and spirit, and that's what I do. I have spiritual rituals in the morning where I pray, I meditate.

On the floor I also do a few sit-ups, a push-up, honoring my body. And then through meditation, I have reflections about things and then I write them and those are the spiritual things that I share in my personal social media channel.

Because I feel like I gotta teach people successful aging and if you look at my wall on my Instagram, You can see it represents me quite 100%. You see things that I do for work.

You'll see me dancing because I love to dance. See me celebrating life at every moment. I teach people to live in the present like it's your last day.

And that keeps you young. That's actually one of our core values is celebrate life. and to understand that our telomeres are social so if you ever see me like a clown going on stage dancing I have a purpose is at that moment I'm reducing your cortisol level because we are all in celebration you have to be in my presence in that lecture about the psychosocial aspect of aging, to understand why I come out dancing and sharing some of that energy, because telomeres are social.

I can be a jerk and make you mad, and that's gonna lead to high level cortisol and inflammation, so your telomiers are getting short. Or I could make to get up and dance, at that moment you don't thinking about your problems at

work, with your spouse, your children.

You got up, you're dancing, I promise you, if we check your blood, Your cortisol levels are low and your telomeres are staying longer. So I'm making you make collagen.

You see, it's not just a big show that he puts on. There is science behind what he's doing when he goes up there. And that's why Dr. Shinobay is a healer.

Thank you doc. I appreciate you coming on the podcast. This was great This is information that people are looking for they're gonna vibe on it. And I know this podcast is gonna do very very well so if you're looking Dr Sheena Bay want more info find them on social media and and he's always posting stuff.

He's very consistent with it. And he speaks at some of the biggest conferences out there. Guys, thank you for tuning in on the Healthy Point of View podcast.

This was a great episode. Make sure you check the next one.