Introduction to Nadine Artemis

– Welcome back everyone. Thanks for joining us again here for our next really cool episode at The Medicine of Mindset Summit. I have a fellow Canadian with me on the virtual stage and I'm really excited to introduce you to Nadine Artemis. Now let me tell tell you a little bit about this amazing woman. She is a high profile expert in the health beauty and wellness industries. She is the creator of living libations, a luxury line of organic wild, created non Gmo serums, elixirs and essential oils.

And if you have not been to this website, everyone just do yourself a favor. We're going to let you know at the end how you can check out Nadine's amazing work.

She is a she speaks at wellness conferences all over the world is a frequent commentator on health and beauty in the media and she's got some highfalutin celebrity fans and I'm gonna do some name dropping because I was like, oh, so Renee Zellweger for me was like, you know that Jerry Maguire moment? I mean I love her in that film.

Carry on Mouse. Now, come on trinity from the Matrix. Like if this line is good enough for like a superwoman hero, like trinity, we need to give it a try and of course Mandy Moore who doesn't love Mandy Moore, she's the author of two books including renegade beauty and holistic dental care and she really is going to bring quite a unique perspective to this summit this week.

So Nadine, thank you so much for being here. – Oh thank you, It's so lovely to be here with you. – So we are going to talk, I mean there have been so many amazing experts that we've chatted with this week and no one brings this special package of beauty, like you do skin care, like you do dental care like you do.

From Perfume Curiosity to Natural Beauty

So I want to make sure that we have time to touch on all of these because I for one know that I can get swept up by big marketing and media campaigns and would love to understand a little bit more about how this came to be. You know, there always is a story, a journey a moment and so let's help us understand what brought you to, you know, be so intrigued by this area of life that you chose to make it, you know, your mission.

– Yeah, it's sort of yeah, it's sort of hard to know when to jump into that story because there were so many things that conspired in such a great way to create this moment.

I mean, I too was like, you know, obviously seeing a lot of beauty ads and stuff in my teams and I was definitely like, you know, came to a point where it's like the only way to achieve that is through photo shop, you know, and now, of course, I think everything has gotten just so much more like technical right now, we have filters that we can like put on our faces and stuff like that.

So it's it's really kind of crazy. And then we start this beauty industry that really is like dealing with the veneers. And then also just really a veneer.

There's really nothing inside these lifeless bottles of liquid that we're like, you know, told to primp and preen ourselves within the name of beauty.

And really, you know, the long term results are dehydrated cells you know, toxic in the body, methyl parabens in breast tissue. So many things can go from that. But besides all that really what led me to this was just the love and the exploration of the beautiful world of botanicals that can be used in beauty. So in grade nine, I was able to do a science fair project on perfumery. So that was really fascinating.

We got to choose our own subjects and I found this book at the library that was about cosmetics and really had this

great chapter on perfumery and I had a huge collection of perfumes at that age um because it was the youngest in my family.

So I get a lot of like cosmetic hand me downs and then just like the little samples back then, you know, there was like little airplane bottles of alcohol where they used to have like perfectly little shaped bottles of all the perfumes and stuff.

So I would like mix those, but didn't really know where they were coming from. Like, what was that thing that smelt in the bottle, I don't know. Or then I didn't know. So reading this book, it was like about the history and the mystery and how everything was distilled from plants.

And I found it super fascinating because one of the early cultures that advanced, it was Egypt and my great grandfather, you know, we had these paintings on our wall because he would go on archaeological digs with like Howard Carter, He was the president of the London Egyptology Society.

So I was so fascinated with Egyptian culture and then, oh my God, you throw perfumery onto that. I was like in heaven. So the book talked about distilling of plants and how that was done and that these things are called essential oils and that you could probably find them at a health food store.

So my mom, you know, drove into the big City of Toronto essential oils and that's where I had the first whiffs of like yellow tang, bergamot, orange jasmine.

And it was, You know, I didn't know at that moment like the difference between the nuances between natural and synthetics and especially in that 80 cents scape of like, you know, watermelon chewing gum and strawberry and glade air fresheners but it hit my old factory and it was just entirely different. This, you know, smelling these distilled plants.

I mean it was, it was like I never smelled anything like that. So I was so excited to blend them and concoct them and then I remade Nina Ricci. So that was super fun and it was just fun to get like a good mark on something you felt so passionate about and you weren't bored out of your mind with.

And then I, you know, I would just concoct in my bathroom again just mixing like, like I would when I was a kid and I would mix my mom's perfumes and like grade two or go over to a friend's house and like raid their, you know, their bathroom cabinets together and you know, make horrifying things in the blender as we dance to like Boney M so then I'm still mixing and stuff. But then I, you know, I get to university and I'm really starting to understand ingredients and food like food, the supermarket like what is all that and really seeing that you know there and I'm sort of exaggerating but there's only like about five companies that kind of produce all the foods and you know, there wasn't the choice is a bit of a myth and then like what our ingredients and secondary ingredients and like the things in all brand are like basically like wood fiber or like white brown sugar is really like white sugar with molasses.

So I just deep dove into all of that and I luckily I got to walk by this little store every day when I was at university, it was like in a house and it was called grains and beans and things and like I just you know would buy every book every being and so I was really understanding and they had this like early European natural path book like where it's like all these just things you know like what do you do?

I mean we have so much more of in our culture now, but it was like really revolutionary in the early nineties to be getting this information or like here's like sort of like a headache, you know, could be from constipation and digestion and so it was all these like things that you could do for the things in your body, nothing major right like, but just like all the little things that we deal with on a daily, daily basis, like you know an egg, Seymour, constipation, indigestion, you know all that stuff that really as a human you're managing that whether you're you know into beauty or taking care of your body, it's still going to manifest.

Leaky Skin and the Skin Microbiome

So I was fascinated with different ways to deal with it and because of course it just sort of grew up you got a stomachache, you take Pepto Bismol, a headache, it's aspirin, so to be free of all that because I sensed the bs in a lot of that realm to and then it really didn't take long to just look at what I thought was my green beauty, not that the word green beauty even existed then, but you know the body shop stuff I had was just, I was like oh my God it's just like another petroleum promised land.

The the pineapple face wash never met a pineapple. You know the fuzzy peach bath oil had never been impeached. It was just like total petroleum Bs and the many different ways that all those words are written. So I was super excited actually to finally have an excuse so to speak to just make my own things.

And so that's when I kind of converted my kitchen and I just started like I mean obviously this is a short form version but you know and then researching raw materials and then get in touch with like producers and distillers all over the world, this was pre internet. So I was writing a lot of letters and then I would get samples in of oils and even if it's just something common like a lavender and it would just be so much more mind blowing than what was available at the health food store and then just really learning the nuances. It's like almost like like a wine industry, right? You've got your box wine and then you have like you know the vintage, the very carefully grown and distilled and that's what that whole world was opening up on, you know organic farming, um hydro still hydro distilling so like low, slow like slow distillations at low temperatures um new methods like the supercritical extraction that was coming out around that time.

Just the whole I was so great. I loved getting into all the raw materials and of course they weren't all in Canada. So I just started importing and making my own things as I was going to university and like friends and family loved it.

So then I had opened up I knew what I want to like as always graduate like in my last year just really actually wanting to be finished with the university so I could get on with my life you know. And then within six months I opened up north America's first full concept aromatherapy store In 1992 – And really never looked back. Right. Yeah. Okay so as I was preparing for our conversation today there were a few things that came up that I was like huh I have never heard of that. And so let's start with.

I mean we've heard or we I'm sure a lot of us have heard about leaky gut. There's been lots and lots of media about leaky gut but as I was prepping for today I saw something in your information around leaky skin. Tell us about that.

– Yeah well you know the whole what we know now to is the microbiome which is the collection so to speak of healthy or beneficial. Well all bacteria in our body summer pathogenic. Hopefully you've got the majority being a beneficial bacteria and then that beneficial bacteria we now know is just as important just as voluminous as our cellular situation. So where we have billions of cells we have billions of bacteria that are of equal importance.

So it's not just cellular and then I mean we're really like these back there were like a host for this bacterial banquet and we kind of want to be a host of a good party.

We want to be good hosts you know we don't want to let the pathogens take over. And um so we know more about the microbiome of our guts. Well that is of course inextricably bound to the microbiome of the mouth and also wrote a book on dentistry as you mentioned. So there's like a whole connection there and it's all connected of course to the skin and what's not finding your its way out of your colon will eventually find its way out of your skin.

You know it will find a path to leave the body so to speak. And of course the microbiome of our body is is varying just like a landscape of geography or skins like this tapestry teeming with trillions of bacteria but the palms of our hands for example not too much activity. There are there are feet.

But like armpits have a lot there's even of course a yoni microbiome there's the ear, nose throat microbiome and then the face has a pretty active microbiome so it's like you know um But like your and so like your thigh or you know it's going to have less activity yet.

But the face is pretty active. And what's fascinating is that pretty much all of modern skincare disrupts the ecology,

the harmony of the skin's microbiome. And that's a bit of an issue.

– It absolutely is. And so when someone is experiencing leaky skin, is it very customized meaning you know my skin just be really dry. Really yeah. Okay.

All right. – And then and then it's going to look different. So what they know now too is if there's like, let's say an exam a flare up or psoriasis, there's actually a drop in micro in bacterial activity, healthy bacterial activity in that zone.

And then that kind of comes up as a response to it. And what researchers now know is that foaming cleansers. So anything with surfactants, it's like a synthetic surfactant.

So whether that's your harsh like drug store whatever or your dove bar of soap or what you think might be your lavender scented, mild foaming cleanser from the health food store all of those situations.

We can now tell because we know about the microbiome under a microscope.

Oil Cleansing and Gentle Skincare

What's happening is there are microscopic splinters, they look like splinters um from the surfactants they get lodged into the stratum corny um which is the very top layer of the skin so the top layer of the skin is like one cell thick or thin, so to speak, kind of like like the side of a credit card like that that thin and within that credit card slice so to speak is five layers in the strata meconium is the top layer and these surfactants get lodged in there and they don't rinse away with washing.

So there's like a microscopic daily build up over years and for some that may manifest as you know, dry skin or some weird patch that isn't going away but where we used to like in the sixties clinic created this sort of skin type hype which is really just a marketing thing that just really caught on. But it's really not based in reality because anything that's going on, whether it's thrush psoriasis, keratosis Polaris, Acne, hyperpigmentation, it's all related to microbiome imbalances but and it's going to manifest differently in each person.

– So where would someone start? Like I think sometimes we feel like genetics play such a role. Like you know my parents had acne in high school and I have had, you know, I had acne now my kids have how much of that.

– Well what that could be is inherent inherent, you know what I'm saying, inheriting a goddess by osmosis right? Or sort of a sluggish lymph system or a tendency to be constipated, right?

So that could be inherited but again, I mean really we know now to about epigenetic six. So you know, genetics are really not set in stone that they could be tendencies.

We could also be just learning eating habits generationally or what, you know what I mean? So we could just be passing that on. But it can be overwhelming because pretty much everything that we've been like maintaining our bodies with is pretty much problematic.

I mean that's a very generalized statement. So I always look back to you know what if we get out of the way, we know that we know if we really look at nature, the whole design of like the cosmos, what makes the sunrise in the morning is what created us and there's clearly a brilliant design that we will never quite cracked the code of.

And so when I'm thinking about the body and body systems, I want to step back and I want to kind of go back to like how is the body supposed to function and you know, let's go from there. And so what we now know with the microbiome is we actually want to really allow the microbiome to be our beautician.

And so we have to like not disrupt it. So when we're in the name of beauty washing our faces are taking care of our skin, we want to not disrupt that innate bodily intelligence. We don't want to interfere with those systems.

So usually it's a lot simpler than what we've been doing. And in the example of face washing, I looked, so getting out of the way and then looking at, well what do we do 1000 years ago and we were washing the body with oil may have been crocodile oil fat in Egypt or you know olive oil in a mediterranean climate. But it was with oil because oil has such a great way to you know, lifted out of the body and to cleanse and to take care of the cells and not disrupt the microbiome at all.

Holistic Dental Care and Tooth Health

So whether it was roman bass or the Gua Sha and with the struggle or the Gua Sha and Chinese culture um and many or some cultures use like horn bones and stuff but there was also a scraping of the skin and scraping sounds like a hard word but it really, you know it's like the back of a butter knife kind of thing or like the side of the car bone. So a gentle and that was like such a great way to cleanse the skin and that would be done to the whole body before baths.

And so um and the Berber women would would wash with oil so we wash with oil and that's just life changing for people. And it may sound scary for people that have had cystic acne for two decades but it really starts to shift and you know for some people things clear up in a day or two. But as you know whether it's a couple of days or like 2 to 3 months, everything starts to shift because we're no longer creating this like vicious cycle. This catch 22 with stripping the skin stripped from the lipid lipid barrier with chemicals using things like Benzoyl peroxide on a zit that like just like chemically basically chemically crashed, castrate the whole bacterial system in that area.

We need a bit of you know, and then we're over exfoliation over exfoliating. Which then also makes the skin too vulnerable. The young cells underneath that come up and we talked about that top layer of skin, the five layers.

And so the bottom layer, the basal layer is generating new skin cells every day. And basically making their way up to that top layer. And if we make the cells underneath come and be the top layer too soon, then we're leaving our two skin too vulnerable. The microbiome hasn't cut up.

It's kind of like leaving your front door open when you're going on a vacation. When we leave the house with our skin so vulnerable and stripped And then disturbed by the chemicals that we're putting on which you know over time when you're 60, 70. That's not the anti aging situation, right?

We're actually causing aging a slow aging of our skin. Which is the whole thing. We don't want to be doing right. That's what all the ads are for. – Exactly, right?

And we start we start to subscribe to that. And so I want to just go a little bit deeper into this concept of washing with oil. Like I would like, like what are the details of that? Like, do you just, is it straight up oil on your face? You water?

– We obviously make beautiful best skin evers, and that's like, that's the sea buckthorn, best skin ever. But I always like to give other options. You don't have to like at all, get anything I make.

And then you just want to work with like literally, you know, a beautiful organic olive oil or a ho ho bah period done like, and if you bought a beautiful leader of olive oil that would last you, like, you know, a year or so of washing your face and taking care of your body.

So it can be very, very budget friendly. Yeah, and you can just I mean, there's a few ways, but generally, you know, you could just like wet the face and then we love using this organic hemp cloth.

Or you could use a cotton pad or you can literally use your fingers and then you put a square, you know, put a spot of water on the cloth, squirt squirt a squirt of oil and then you just like massage on your face lifted up if you were wearing makeup, you know, maybe then use a cotton pad, all of it will lift off, then you splash your face with water and you can be done because some guys just that's it.

Or you could add another squirt of that oil and then that could be the finishing. And of course we make beautiful

serums and creams but literally it can be that simple with that squirt of oil for moisturizing and your skin will be like 1000 times better off than anything with synthetic ingredients or any soap. This face doesn't need soap, the body doesn't need soap, Love soap, we need soap in our lives but you just want to keep it for pits and bits and like scrubbing your nails.

You know those those ads of like you know the whole body frothing lathered with soap. No I don't need that. I mean unless you're going around the dirt but – The dirt yeah the dirt is good and so I want to switch gears a little bit.

I want to switch gears into holistic dental care alright because in my I mean in my world dental care is you know you brush your teeth morning and night, you floss.

You know I buy a used to buy like you know one of the leading brands of toothpaste and now I thought I was doing the right thing by going to the health food store and buying you know one that's two or three X. The price because it's all organic and I would just give us like the holistic dental care 101 primer for maybe what we don't know misconceptions that would be really helpful.

– Well we can have that leaky gut leaky skin and there is sort of like what I think of as a leaky tooth which can be you know that's the cause of cavity.

So again stepping back and trying to understand how we should take care of our teeth because you know our bodies of course are brilliant designed but we weren't born with a toothbrush in our hands so you know what's up, what's this what's the body doing innately to take care of the teeth And when I went into that it's so fascinating like so fascinating.

There's literally a dent, a nial lymphatic system. So every tooth has a lymphatic system that's connected to the rest of the body. First of all we have to like understand. Which seems so crazy that the tooth are connected to the body. Like literally that's what that's what we're coming out of. Like that mindset of like just the teeth are separate and they're not connected to like the stomach and digestion or that if we put a mercury filling in your head it's not close to your brain like anyway so there's this system I call the invisible toothbrush and that is your centennial lymphatic system.

So when we chew substrates with nutrients hopefully you've got nutrients in what you're doing is activating your parentage glands which of course activates the hypothalamus and I just say of course because I feel like everything somehow passes through the hypothalamus and then chemical messengers are released and then there's the digestion of the food, the making of that blood with nutrients so that blood starts to travel up to the teeth.

And then you've got your teeth with roots which is kind of like a tree with roots and those roots are drawing up the blood into the tooth into the pulp chamber which you may have heard of the pulp chamber and the pulp chamber is what they scrape out and put cement in when there's a root canal.

So the pulp chamber chamber is very key to the tooth. There's like and that's where it's like really yeah where the whole tooth is kind of happening. And then as it's in the pulp chamber that blood liquid gets penetrated through a whole bunch of really neat biology that then goes up through the audio blast which are sort of like these bone piston pumps that are put pushing up that beautiful emphatically liquid up out onto the surface of the teeth where it's like this microscopic sweat that coalesces with our saliva to buffer against cavities. Of course it's already brought the nutrients to the teeth and it's kind of like the sap running through a tree that's protective now when we're in stressful times poor nutrition times or like you know like teen teenage time with hormones or pregnancy with hormones. Or just like not enough nutrients or maybe even having a cell phone by our heads affecting the parotid glands many hours a day.

What happens is that don't know lymphatic system becomes stagnant and then you're not getting that nutrient flow up to the tooth and neither are you getting that expression of the microscopic fluid on the teeth.

So that's kind of like the beginning of the danger zone if that continues and we're not getting the minerals and vitamins that we need which are part of that substrate chemical messenger system. Then the system this fluid

system that usually goes inwards and upwards and out onto the tooth actually reverses and the tooth becomes like a straw where then the tooth is sucking in from the mouth and we all know you know that's where there's bacteria and virus et cetera.

Then that goes into the tooth into the pulp chamber. And that is actually the genesis of how a cavity is formed. And I feel like that's an important thing to know because then you can just you got to know the biology to really know the solution I feel.

And so anything you're doing for the mouth or the new it's also really shows you how the nutrient situation is very key and in my book I there's studies and things where I show you know that vitamin D. Three you know being sufficient can cease a cavity can reverse a cavity and we've known this since like the thirties.

And then of course signaling to our blood. Things like um uh phosphorus magnesium. Those are very important. And it's not about the sugar per se. It's about the effects to the blood sugar.

And then all the stuff that that creates for the body. So nutrients is so key. So we need our D. Three with our K. Two, we need sunshine, we need to eat um Or at least supplement with A. D. Three K.

Two or have like you know free range eggs or cheese or butter. Which is anything that's really golden yellow orange, that's really super high K. Two. And that's really key.

And then when we're eating in the shadows of factory farming and pesticides were not getting the K. Two and the D. Three from our nutrients, I mean you know especially if you're eating eggs or milk or dairy, they're just you're not that's not in there.

So that's really key to new on the nutrients. And then how are we gonna take care of our teeth with a lot of the chemicals that we're taking care of our teeth with like sodium laurel sulfate is pretty much in every toothpaste whether it's Colgate or tom's of maine. And that can cause bleeding and receding gums or in the health area. The danger is something like a glycerin which can coat the teeth again very invisible coating. But then that is not allowing the respiration of the tooth. So you're not getting the out or the in because there's a it creates a invisible veneer. The glycerin that doesn't rinse away when you just rinse your mouth and there can be a build up of that.

And just like I was mentioning olive oil for the teeth area. I mean every bathroom should have baking soda And all baking soda is aluminum free. It's actually baking powder that is the issue. So baking soda if you just have that and you can buy a bag right for not much at in a bulk section or whatever.

And that if you just switch to baking soda for the rest of your life you'll be far better off than using any drugstore brand at all. Now I think you can get better and I have rest.

You know I think you can make it more fun and you can add like organic peppermint or different essential oils which will really help because they're antiviral antibacterial antifungal.

But yeah so I make dental stamps and stuff. And the wonderful thing about really bringing in botanicals to that or combining it with the baking soda. Is that what we now know in our studying of the microbiome is that the botanicals that have been classically used cross culturally trans historically like tea tree Frankenstein's cardamom, clove, rose cinnamon Mastic.

Those ones have all been used for oral care. And now we can see through modern science understanding why why they're so effective and what they offer is something called quorum sensing inhibitors Q. S. I. For short.

Baking Soda, Charcoal, and Oral Care Tips

And they are able to like clove can clean up the pathogens while working with the beneficial bacteria and not disrupting the microbiome. So these botanical extracts are literally just such a potent solution for oral care because that's what we need right now. You know where an antibiotic is this indiscriminate assassin sort of taking out the

whole microbiome.

The good the bad things like botanicals like essential oils of clove or tea tree or even something like a hydrogen peroxide which isn't of course plant based.

They're able to clean up the pathogens while working with the beneficial bacteria so they're able to bust through a biofilm and really clean up clean up these areas.

So that's really just so amazing. And it was about A while ago now like 20 years ago where I create, I was with a holistic dentist. They weren't that holistic but the hygienist was really good.

And she was like well go home and make something with those botanicals because I had the start of a cavity and I didn't even know you know your mouth was like malleable.

I thought it was just right it's coming, you're done and we took an X ray and then it was gone. So that was really amazing to just see and feel and that's when I created the dental serums which is the happy gumdrops that we have, we have a few others now we have swishing serums.

So you can really work with these botanicals and you can even add them to the baking soda. But that really changes. People smells. And I've developed eight steps that if you follow that for, you know, I mean, I think hopefully following the rest of your life but really be diligent for like a month or two before you see a dentist.

Or if you've got some things going on or some receding gums, it can really help to rebalance the homeostasis of the mouse oasis. And then you know, just start to like move your mouth in a new direction.

– Okay. Two questions that came came to my mind. First of all, when you talk about the baking soda, are you, are you putting it on your brush with a little bit of water too?

And then you're just going, are you just putting it dry and away you go? What are you doing? – Yeah, I mean, I'm really interest starting dry because I think you got a good grip and away you go.

But of course you can make it, you know, taste better. I've got recipes to mix it up with like some, you know coconut oil, some different essential oils, like frankincense and peppermint so that can be fun.

You can also put a pinch in water and do a mouth rinse, which is great because it's super al colonizing, you know, our mouths are like a little ocean and we want to have them alkaline.

So definitely, I mean if your mouth acidic, it's good to get some litmus paper and keep keep an eye on that because all the time, except I mean directly after you've eaten or if you just have like a glass of orange juice or something, your mouth should be a sea of alkalinity. So that's very important too because you know, trouble starts when the mouth gets acidic. – Yeah. And what about this?

And maybe it's not a trend. It feels like a trend towards all these toothpastes that all of a sudden have charcoal in them. – Well, I think charcoal is great because it is detoxifying.

It actually whitens. So in the moment of brushing it's kind of black and scary. But it is really good and it's really good for the mouth and we love that for digestion and maybe it's trendy, but we even have a wintergreen clean charcoal paste.

It's black. – Okay, so again, would you, instead of getting the over the counter charcoal toothpaste, you could make your own. – Yeah, you could just mix it in with some baking soda really simply like no recipe needed or you could just take, I may have one with charcoal or if not you would just like take the recipes I have in my books, there's some in both books and then you just add like depend, you know just add a splash of the charcoal so easy, you can even do like swishing serums and on our site we have an article and oil pulling and then a different ways you could sort of upgrade your oil pulling and two that you could also add charcoal.

– So I'm making the assumption that bad breath is part of – That patient. Really indigestion. – Okay, just pause. Okay so you just said that bad breath is constipation, constipation indigestion. That's the root of it.

– Yeah, that's totally the root of it. – Okay. Alright, okay then. So I mean I love this conversation and gang those of you that are here watching. I hope that you are taking in a lot of this amazing information and so what I mean we'll we'll talk about your books again at the end and where people can find out more about you Nadine. But when we start really connecting these two worlds of skin care and dental care and I mean at the end like it's it's beauty.

Mindset, Sunlight, and Where to Connect

And then there's this concept of mindset and where everyone, all of my speakers this week are talking about mindset and how we see ourselves and our self confidence and our self love is often tied to belief systems that if you're beautiful, you are more worthy of love or you will be the one that gets that job or you will write and so as we start to wrap up our time together.

Can you do you have any, I love when our speakers can share a story about someone that they have you know taken through a process. Do you have someone that comes to mind that really you know their mindset truly shifted once they started understanding some of these simple, very natural ways to look at their skin care and their dental care.

– Oh my God. Just thousands. I mean right like just too many to know. We get emails every day like the doctor the dentist is like oh my God what are you doing or oh my God don't tell me.

But this is really good or like women have confidence to like leave their house without makeup again where makeup if you want. But isn't it fun when we're not having to be dependent on it. So I feel like there's too many to be specific except like you know babies have been made and born and skin has been cleared and teeth are shiny. I did want to say when we talked about constipation indigestion just to give one small tip so that we didn't leave people hanging.

I'm sure a lot of people have heard of probiotics but look into post biotics and of course pre biotics because probiotics give the the new the food for the bacteria and then the post biotics is really important and beauty rate or tribe you to rate just look that up, see how it's related to the colon and colon sites and it will just literally change digestion. So I think that's just good for people to know.

– And so the our audience that has been with us throughout the week. No, already this little pattern that I have that, you know, as the interview started to come to a close that I always ask these last two questions.

So I'm gonna ask them of you first off, you know, based on what you've created. You know how you've been. I just imagine like this, you know, this beautiful little mad scientists, you know, putting all these little tinctures together to create what you've done.

What do you think is not being talked about enough based on your area of expertise, your industry, your experience. – I think the sun and or maybe it's not being talked about in the right light, so to speak. But the sun is so important for our beauty, ourselves, our longevity, our health, our vitality, our immune system, our skin, our mitochondria. It's so key.

And so I think that's something we all we have to learn. We don't have to but like to learn how to work with it. It's like our greatest dance partner. And we really want to know how to engage with the elements of the cosmos because that's what actually revivify czar being right. It's not another jar of cream or another cup of coffee. It's like tuning into the elements that give us life and how to use that as almost like your beauty appointments, you know, like the, the air, the sun, the earth, like the botanicals from the earth are eating well and water and that's like the basic recipe and that's really what I go into with renegade beauty.

– Okay. Alright. – Like a whole chapter on sun and all that kind of stuff. – Amazing. Okay let's dive into one or two of your own personal mindset tools or strategies that you use and then let's let our audience know where they can

connect with you.

– Yeah, strategies in what area – In mindset. Like I just feel like – Mindset, right? – Yeah. Your mindset – Mindset strategies. Yes. I, well I think generally I'm a positive thinker. Which obviously I think some people are like, yeah, I've heard of that or it can be annoying or whatever, but let that go, it doesn't have to be super positive.

But I think a really good thing to know is just wherever you're at, find the next better feeling thought. So you have to be all like Mary Poppins about it, but just like find the next better one and then build up from there and it's like a little, you know, it's almost like if you had like a rock climbing a rock face in your, in your brain and you just have to find that next thing to grip on and the next one and the next one and then all of a sudden you'll be in a new world.

But it's important to have faith in life. And I think always you have to just know it feel it or at least sometimes put that out as a thesis that you were in the right spot at the right time at all times every time.

I think that's important. Just a good way to orientate, you know, your life view, I think start with the mindset of knowing that you're in the right space, the right place. – So good.

Thank you. Thank you for that. And now where's the best place for our audience to connect with you get to know more about you. – Well, we got our website, livinglibations.com I've got renegade beauty, holistic beauty available on the site wherever books are sold.

And they're also both an audible format on audible and instagram. We've got living libations official and Nadine Artemis official. – Nadine thank you so much again for saying yes to being a part of The Medicine of Mindset Summit. I appreciate, like I said, I really unique perspective to our health, our wellness. I feel like for me, you've helped me redefine beauty and understand the connection to the simplicity.

Is it is really is really key and it might not necessarily you know, we don't have to buy into those old commercials you know, that we've seen for so many years.

So thank you. – They're all kind of knew right in the whole scheme of taking care of the human body. – Yeah, yeah, absolutely. Everything old is new again.

Right? Alright, everyone. So thank you for being here with Nadine and I for this episode of The Medicine of Mindset Summit. It's time to take a little break from your tech, Get up, move around, get a little snack, and then I'll meet you back here for our next speaker.