The Six Day Skin Healing 'Miracle' Doctors Said Shouldn't Be Possible at 71 Transcript

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Welcome and Debbi Barber Introduction

Hello, hello and welcome back to the Future of Menopause Medicine Summit, where we are unconventional, uncensored and unhinged. We're just here having a good time sharing the truth.

I'm your host, doctor Sharon Stills. This is our fifth year coming at you with all the menopause magic you need to know to heal inside and out. And today I've got a fan favorite back.

If you've been. This is not your first rodeo with me. Then you definitely recognize Debbi Barber because she's a favorite in our community. She's been on the summits, actually.

She is sponsoring our summits. So we we bow to you because without our sponsors, we would not have a summit. So thank you for that. And she's come live in my community.

And I think this is easily the third time you've been on the summit, if not the fourth, it's the third. The third. And I adore her products. I was just saying to her before we went live that, you know, now I'm doing the interviews at the new clinic.

So I used to do Matt in my house when I was working out of my house. I could have just grabbed them off the bathroom sink, but I'm a huge fan of her products.

And so this is Debbi Barber, and she is just a rock star. And I always at some point get her to tell us how old she is because you're gonna be like, what?

But she's a woman on a mission, and she just had, like, major back surgery. And while doing that, launched another major product addition to their skincare line, which is with copper peptides.

And I'm obsessed. We were just going over and she's like, do you use all the. I'm like, well, I'm like, okay, I do use all the product. And can you now make this, this and this?

I have your list of I have your wish list. Absolutely. So I'm going to let her tell her story. But she is the brains and the beauty behind Vitality Skincare.

And I obviously want to educate you and have her educate you about why this skincare line is so important and what it does, and because it truly works miracles.

But I also, you know, we're here talking about menopause, and I think just your story and what you did in your and are doing in your menopausal stage is so inspiring.

Like I've heard you talk about it numerous times, but every time it gets me and inspires me and I'm like, this is a rock star. So welcome, Debbi, to our summit this year.

It's great to be here again. We're thrilled to have you. I'm glad you're healing up from your back surgery. And I'd love for you to just like tell like vitality Skincare and like, how did this get birthed?

How Vitality Skincare Began

Because this is like an encore for you. Absolutely. I was in marketing and advertising agency for 37 years, retired, and I was very blessed to have Doctor Suzanne Ferry as my regenerative, you know, specialist, regenerative medicine specialist.

And she had been working with me on peptides, you know, for keeping muscle for, you know, immune systems, so many things. And one day I just I had to ask the big question.

I said, okay, please tell me what I do for crappy skin. I said, you've solved so many problems, but I have this crappy skin here and here. And she said, well, I'll tell you what I use.

And I remember just thinking, I got my pen. I thought, this is going to be this big secret, you know, thing that you're going to share. She said, you can use what I use GHQ Copper peptides.

And at the time she said, I can get it at the compound pharmacy. I'll write you a prescription. So she ordered this copper peptides. It was a phone, just this, you know, it was okay, but it wasn't anything special.

But it worked. After about 6 or 7 weeks, I thought, okay, there is definitely something here that is different. The texture of my skin, I could feel the difference.

And so after three months I was totally hooked and had been researching and studied, you know, how copper peptides had actually been discovered in 1972 by Doctor Lauren Picard and how all the research they've done.

And really, it's just in the last few years, you hear more and more about copper peptides, but it's been one of the most studied peptides. So long story short, my husband, who is, you know, he loves a challenge and he got tired of me buying this from the compound pharmacy.

And he said, I think we need to explore how we can make this so we can share it with our friends. Because none of my friends, they were like the ladies I play tennis with.

We don't know copper peptides, water, copper peptides. So within six months we had wonderful chemist working with us. We dreamed the best ingredient, which was not a foam.

We wanted a serum, a beautiful serum that had the proper amount of copper peptide so that it was a beautiful blue color. And then, of course, a moisturizer, because you had to have something to help hydrate your skin and, you know, keep sealing it in and then eye cream, we thought, those are the three products that every woman needs, every person.

And I'll just say this. I know that we're talking to women, but 37% of our customers are men. Really? Please don't forget your husbands. You know Father's Day.

Well, we're we're after this. But anyway, so I didn't realize. Wait, I didn't realize that man care and I cream. They love the eye cream. They they men really care about the eyes, you know, they don't want the dark circles, the puffy eyes.

So I was surprised about that when I said I never even thought to recommend it to my male, sorry male patients. I will start telling them they can get the benefits to I have.

All right, but but then as we were talking before we started, the customers who have been using the products now five and a half, almost six years, which is just so exciting.

They actually have been a big part of how we've added to the products. Like I had customers just say we have to have a body cream we love. You know this, we need to have a big container with body cream with a good amount of GHQ.

So of course we have the body cream. It also has rosemary oil and shea butter and all these wonderful, you know, natural ingredients as well as the GHQ.

And then we we, you know, came with the oils. We decided that we had a lot of customers who couldn't use retinol, but they wanted to have, you know, the skin cell turnover.

They wanted to have that promoted. So we developed a 2% but all and that's to use it's a natural retinol alternative. So, you know, we just kept expanding in that way.

And then you were saying one of the products you love is the resurfacing cream. And one of the regardless of what products you use, you need to remove the dead skin cells so that any product that you're using can, you know, absorb better.

So we we decided that lactic acid, we felt it was the best because it also brings moisture into the skin. We didn't want just a strong, you know, like glycolic acid that would burn the skin and not also add more.

So that is we have the lactic acid. So it's just been great. I never you know, I did this just to have small products to share with friends. And now you know we're in I think 20 countries.

GHQ Copper Peptides and Skin Repair

We have, you know, thousands and thousands of customers that, you know, we love, that we're changing their lives. We're we're solving a problem, which is when you go through when stress, menopause, you know, disease, your body needs help and you know your skin, it shows up almost first there because that's the last place.

If your body's trying to heal or change, it's not going to be focused on your skin. You know, the all the help goes to other things that are gets considered more important.

So how old are you? 70. I turned 70 this March. And how old? I mean, look at her, ladies. Look at her skin like she is a walking billboard. And how old were you when you started this business?

I started when I was 64. I know I was. I had retired and I was taking care of my grandchildren. Never planned this. This was not in the plan, but just there was this huge need and I felt like I had a solution.

And it's like, okay, I can still do this. And with a lot of good help, you know, my husband, I considered him the brains, but in Great Chemist and never, never expected to grow like it did.

But I do want to encourage people, hey, it's not over, you know, like it's like. So that's what I said at the beginning. It's like you're going to learn about this amazing skincare and this amazing peptide.

We talk about exosomes. Yes, but even if that's not your jam, like just that alone, you know, when people say like menopause is the beginning of the end, I'm like, no, it's the beginning of your next sacred chapter.

Absolutely. You know, when everyone is retiring at 65, you're just like, I'm going to just start a new skincare new thing. And, you know, it's so inspiring.

I just want to acknowledge that. Thank you. So let's talk about GHQ first. And why. Because, you know, when I recommend your products, it's not just because you want to get rid of some wrinkles or have softer skin.

I mean, it does all that, but it's also medicinal. Like people like I have a scar, I have this and I'm like, you got to put the GHQ serum on it. So can you talk a little bit about why this GHQ is so reparative to the.

Absolutely. Well, we all have GHQ. We're born with it and it declines. And this is the story we hear. You know, especially when we start talking about menopause, all the numbers start going down.

So it's naturally occurring. This is not some foreign thing that you're putting in your body. GHQ is there, but it declines by 60% by the time you're 60.

I mean, you are loaded with it. You know, when I see my grandkids, their faces and their skin, I do think you have so much change can, but it declines.

So what is so wonderful about this product is or this molecule, this peptide is that you're replacing what has decreased. So you're topping off. You're actually giving yourself what is needed.

You know it's not a foreign thing that you're putting in your body. Now as far as healing it is absolutely. I pick that above everything for like if you're going into have a procedure, if you have a fall and I'll just tell you one, I put, you know, you can see this on my website.

My husband had a fall three weeks ago. Really bad fall on cut his head. He had a really bad I'll call it a scalp wound. And I thought fortunately no concussion, but it was.

It was huge. Bloody. And he had been. We didn't really figure this out. The chemist helped us. It totally disappeared. This could have been weeks. This could have been a huge scar.

It disappeared in six days like nothing. And what our scientific advisor explained, it's like cellular priming, because Terry had been using the exosomes and GCHQ in this area for three months for hair growth.

He had been using it twice a day when this, you know, when he hit and he cut his skin and it just peeled back so much skin, it immediately had everything it needed to start healing.

I mean, I did a whole blog on it because I was so blown away. I mean, we had the before and after photos and a 71. He's 71. A 70 year old old does not heal like a young person.

And so that was just like we constantly see how this peptide and these products, you know, work every day just in our own lives like that. That's I mean, sorry, I'm used to you telling stories.

I'm sorry, but it's still like, so cool. So let's talk about creepy skin because that's something day in and day out. You know, I hear patients asking for help with.

And I'm like, Vitaly body. Yes, the body cream. And when you when you start I think absolutely the body cream. But what I did for the I had really and I see there's it's really smooth.

But if you could have seen this creepiness looks like crepe paper. I used the serum here to start. I don't need to use that every day now. But I started with that 3% serum, and then I put the body cream on top and it's you want to definitely use it at night because that's when your body's in repair mode.

So you want to use it there. Put it on my knees. You know, I'm looking at my arms. Yeah, because I've never put the serum on my arms. But then one of the the newer products I'll have to say that has really helped is the lightest acid by putting that on a couple of nights a week and just leaving it all night.

Don't put any other products. It helps the dead stuff, you know, it helps. It breaks the bond of those dead skin cells. And then you put your serum and your other products on the next day.

You can feel you can feel the difference. Absolutely. I I've only been putting the lactic acid on my face, and I have to say, when I wash it off in the morning in the shower, it's like, oh, it feels like a baby's bottom.

It's so soft because because it breaks those, you know, it removes the dead skin. But I didn't even think I'm writing down notes for myself. I didn't even.

We need to have you. So we will do. After the summit.

Creepy Skin, Body Cream, and Lactic Acid

I always invite Debbi to come on and do a webinar where you can interact with us and ask her questions, and I think what we should do is like, have all the products and give us all these out of the box things to do, because I didn't even think to do that.

I'm like, oh, I'm totally going to do that. But we get deeper into it and you can ask your specific questions. So that's really interesting. So yeah, I mean, creepy skin does not have to be part of your part of your experience.

So let's talk about this new exosome product because we know or I know like we do stem cells. We do exosomes. These are like giant regenerative therapies that people come in for because they're told they need a knee surgery and we can regenerate.

I don't do this, but Doctor Ben does this kind of work. So you have a zero age exosome that you sent me a sample of and I've been using and I've already fallen in love with it.

But if you can talk about like, why did you create that? Like, because I felt like the GCHQ was like working amazing. I didn't know I needed exosomes on my face too.

So can you kind of talk about how we well, you know, we're now almost at six years and we, you know, we're in our 70s. And while we think, hey, the sky's the limit, let's keep going.

You know, we want this next product. We said, okay, we have to go big with this product. We have to really go big. We have to have a product that makes all our other products and other people's products work even better.

And one of the reasons in our study, we were there were so many things out there that we considered and we thought at 70 and in 60s, due to stress, due to all the things in life, there is this.

And I learned about this in the stages of aging, that stem cell exhaustion is one of the biggest. And boy, I felt that one. I, you know, going through surgery, I felt like every cell in my body was exhausted.

But I thought, what can we do? As people age, they have products that are working. And then all of a sudden this isn't working as well. For me. It could be the greatest product in the world, and it's because your stem cells are unable to actually, they can read the messages that you're receiving, for example, but they can't fire, they can't act on it.

And so exosomes, stem cell zero exosomes from the umbilical chords R the freshest, newest, most pristine signals that you can send your body. And I can say it, my skin going through this spinal surgery and it was a big one.

My skin could have just the last thing my body wanted to do was worry about my skin, because it was building a spine. It was rebuilding bone. The doctors told me that.

They said, you know, you're going to have a lot of places you're going to feel. No singer nails all this. And I had I was soaking in these exosomes every night, twice a day.

I put it the minute I could use it on the wound area. Once it had closed, I was putting the exosomes. They told me that my wound was a month ahead of what they expected because.

And because I was putting the exosomes and the copper peptides. I was layering both of those. So exosomes address stem cell exhaustion, and they help when you know your products are not working as well.

And one of the things that our scientific advisor shared that I loved, he said, you know, your your stem cells will always be able to read, but they won't be able to respond.

And I thought by adding in exosomes from these newborn stem cells, you can you know, you can give that to your body. You can give those fresh signals.

And it works. I can tell you it works. Yeah. I'm looking at you. We know I mean, you have the skin of like a 35 year old. Well, it's wonderful and it's exciting that you can it's exciting that you don't.

As you said earlier, it's not over for me. You know, I'm not being passive. I'm still in this game and I want to be my

best. And it's great to have your skin look beautiful.

But knowing it's that by being beautiful, it's healthy. By using these type of products that are, you know, natural to your body, you're just topping it off where it's depleted.

That's how I that's the best way to describe it. You're just giving more of what has depleted. And for women who do like fillers and Botox, like if they use your products, they can kind of settle that stuff aside.

Correct? Well, I have I have not used any I have not had Botox or, you know, any type of thing in years since I've been using these products.

Exosomes, Stem Cell Exhaustion, and Healing

I'm not saying I don't need to, but. So did you used to do that? Kind of. I did Botox years ago, but since I didn't see these products, I have not. One of the things that I will say, and I would probably do again when I get maybe a year from the spine surgery, is micro needling allows the products to go in even deeper.

And so I do like the thoughts, and I've heard great results from people who are using this with my putting it on after my needle. And while the channels are open and it goes deeper into the skin and the results are just beautiful.

Wow. So what about. I've never had micro needling, but that sounds interesting to open it up. And what about for like eczema or skin rashes or keratosis or, you know, any kind of lumps and bumps and things on our skin?

Good questions. One of the first things I'd like to say is it's these products are very gentle, the ingredients we do not have any fragrance or, you know, fillers.

That could be a problem. So you can start out feeling confident that you have a clean, you know, good product that you're using, that that is good for sensitive skin or does not harm sensitive skin.

In fact, I've had more people say this is the first eye cream that I've used that did not irritate or sting around my eyes. Apparently there must be a lot of I creams that bother people, but that is one of the first things before they've even been using it long.

Like oh my. This is so gentle on, you know, under my eyes, which is really good. It has. I've had many customers tell me that is totally cleared their ketosis.

I've seen that on Ontario. Just wear it. You know it was their me on and it is a great antioxidant. Both of these products such strong antioxidants that they can help calm down things.

Eczema is a hard one. Eczema is a really hard when my granddaughter has that and she's seeing in after path right now about that because they're struggling with that.

But she does love my exosomes. It's one of the few things the exosomes in the hydration booth are like one of the two products in the whole world that she can put on and go.

It doesn't sting, it doesn't sting, it doesn't bother her. So to me that is there an age limit? Can you use the GHG? Can you can. Oh, absolutely. There's not an age limit. Okay.

May not need it as much. It's not that you need it. Teenagers do not need more GHQ. But for certain situations like a scarring, I would absolutely sunburn.

Sunburn. It helps with sunburn. It protects against UV damage, protects your skin. It's not a sunscreen, but it actually protects against DNA damage. The copper peptides do is just amazing.

So one of the things I always put it on before I go out in the sun, I always put the serum on like face. I put it on my

hands, my arms and my face in my neck.

And I your products have, like, totally revolutionized my next situation. I can make the difference and I can tell you use them. I mean, if you use them regularly, really stay with it.

They can make a difference. Yeah. Oh no I'm I'm like in it. They. And it's funny because I was never a skincare girl. Like I don't even think I used a moisturizer till I was like 50.

I just always had really good skin. And then, you know, when I hit 58, probably should start paying a little bit of attention to the pores, dries out the skin, it thins the skin.

And you know, this is a way to just give back. What? I'm curious because I get asked this a lot. I'm curious if you have a response a lot of women like they see online.

Oh, you can use estriol on your face for wrinkles, which is a type of estrogen. Do you? Does anyone ever ask you that? What do you have to say about. I have not ask that.

I know Karen Martel has a product, an estradiol product or product that she offers that people use on their skin. I use that on my arms. The gel that is prescribed by Doctor Ferry and have been using that since menopause, and it's because I tell patients not to use that.

I tell them just to use your products because we're giving estrogen and the skin is absorptive. And if you start putting, patients will say, can I take some of it and put it on my face?

And I'm like, no. Then you're changing your levels like you don't. What I have found because is very good for wrinkles. But what I found, if you just used the GHQ and all your things and your cleanser and now the exosomes, there's really no need for it.

So yeah. Yeah, I'm not the expert on that. I do not use it. But I know Karen has a successful product that a lot of people really use. Gotcha. I was just curious if that, because that gets asked to me a lot.

And that's my that's my answer. So what else would you like to share any other like uses? Or when we do our Post summit webinar we will have before and after pictures.

But can they can go to your website, right? Yes. I wish I had though if the ones that of Teri were just unbelievable because I mean six days over his forehead.

This was this big and it was red and it started crusting over and healing the next day. And I was already bummed out because we were going to have some photographs made.

And I said, well, I'm going to have to put that off for a few weeks. By that, by six days, you could have a photograph and you would not even know that this injury had happened.

So about an a scar like you have a scar from three years ago or. Well it's still help an old scar. It will. It's ideal for a new scar. And okay. Because one of the things that GHQ does is it actually helps go in and reorganize.

You know, when when you have a when you have a wound, it just your body just oh let's heal. And so you need the proper collagen mixture. And GCC provides that collagen and smooth it out.

And it also one of the things I love about GHQ.

Sensitive Skin, Sun Protection, and Estrogen Questions

It removes the damaged you know it removes the damage to skin cells. So it's beautiful for scars for most surgery. It is wonderful after you have most certain.

Would that be just the serum or that would be the serum and I would say serum in a while. We Terry has always used the all. He used it with this wound because it kind of protects it, you know, protects the area.

So he uses the serum and then the and in the case of the six day, what I call miracle, you know, healing, he used the exosomes, the serum and the oil and the exosomes must have played a well.

They played a huge, huge. So this is really important. I had someone ask me this question this week when they saw Terry's photographs. And I did explain what doctor explained is that that's cellular priming your body.

It is actually preparing you in advance of the emergency, you know, so that you had what you needed to go in and heal. So someone said, would this be good for a facelift?

And I said, or face, you know, any kind of procedures that you would have a surgery where you knew you were going to have scars that had to be healed?

Absolutely. Use it in advance. It's not just for after like six weeks before, twice a day. Get yourself ready for that emergency if you will. And do you even need the facelift then, right?

Well I'm not. I wasn't even saying that. But I was saying if you're going to do that there, you're prepare for the best healing, for the healthiest healing.

Absolutely no. And for old scars. I had a scar here from nine years old, and I was very good about using the, you know, using the serum twice a day. And it really did just flatten it out.

But again, if you have an if you have a situation, use it right away. I mean, as soon as a doctor says or, you know, it closes, start using the serum and the excess if you have it, you know, and I was telling you before, like I'm using it on my hands and there, you know, and I it's 100 gazillion degrees right now when we're filming.

And so it's easy to get dried out here. And just like my hands feel so soft, I feel like they're just aging backwards. So now I'm going to start doing the arm.

They are. I need to think about the lactic acid on the arm. So I'm going to I'm going to do that tonight. So you have graciously, as so many of our sponsors do for our listeners, given a very nice discount, 20 off discount to anyone watching the summit, you just go to the website which is Vitaly Skincare.

Yes but Tally Skincare. Com. So that's V as in Victor I t as in Tom a skincare Vitali skincare com and if you put in Dr. Stills you'll get 20% off which is a huge it makes it you know it's a huge help.

That's a great discount. So thank you for that. Absolutely. And I'm happy to answer any questions please. You can write me Debbi at Vitali Skincare, is Debbi at Vitali Skincare.

And I'm happy to answer your questions and try to help, you know, share my knowledge of what I've experienced that might help you and I do. I tell patients all the time, just email her, she'll talk to you.

And they do. They're like, oh, I got to talk to her. And she helped me so much, I love it. It's a very gratifying thing to have someone. Right? And I mean, I had someone say I never had compliments on my skin as a child, and now I'm getting compliments on my I mean, I guess, you know, comments like that or the situation, that situation and how it helps give that confidence.

And, you know, it just feels really good. Yeah. And you know, sometimes I have patients say to me like, you know, I don't mean to be vain. I'm sorry. Just happened a few days ago.

But like, you know, I know I'm dealing with cancer, but I have crappy skin in it. I'm like, do not apologize for that. Like, we deserve to look in the mirror and feel good about ourselves.

That's our whole self-esteem and our energy. So don't apologize for that. And these products are not only, you know, when I started saying from the beginning, like, look good on the inside, heal on the inside out, these are I love how you I don't think I've heard you say that before, but like GHQ, Q is something we have and we lose as we age.

And so we lose our estrogen, our progesterone, our testosterone.

Discount Code and Closing Remarks

We replenish that. Why wouldn't we? Why wouldn't we replenish something that's helping our skin stay healthy and healing? So it just it goes so perfectly with what I prescribe and preach and live and do so.

And it is. I remember when you first sent it to me, like I said, I wasn't really a skincare girl and I was like, to me it looks like purplish blue. Yeah, it's a dark blue.

Yeah, it's this beautiful color. But I thought, oh my God, like, what is this? Did it like get ruined in the summer sun? But because it's just this beautiful color and now I put it up, it totally absorbs it.

Totally. Yeah. Not blue when you, you know, it goes. No, because I was like, am I going to look like a Smurf? Yeah. No no, no and no it does. So it's so rich in the peptide and works so well.

So I just I love you, I love your product. I love your story. I love everything you represent. You are like the living proof of menopause just being another amazing chapter we experience in that getting older.

We can do it with grace. We can look great doing it. We can be innovating. We can be helping. We can be solving. So like, Bravo to you. Thank you. Well, thank you for inspiring.

And I love reading every day. I just can't wait to see what you know, what you're going to. She she's talking about my newsletter. We I love it. Absolutely. Yes.

We love putting out a newsletter and making lady smile and often cry because we get into some. Oh yes, the good deep moving stuff there. So, you know, again, it's like you said, you made me cry.

But it was a good cry. Yeah. So Vitality Skincare. Com put in doctor stills, get a 20% discount. And then just speaking of newsletter, now that you're here at the summit you will receive emails from me.

So watch for the after party email. We do a lot of after party webinars. There are a lot of fun because then you can interact with us. We do live Q&A, you can put your comments in the chat and we love doing that.

And there will be one with Debbi and we can, you know, if you have specific questions, we will answer them. She'll have pictures, she'll have slides. It's a lot of fun.

So be sure to keep your eyes open for that and join us. So thank you. Thank you for being here. Thank you everyone for being here and learning about GHQ and exosomes, and just all the things that help you age gracefully inside and out.

So we will be back with another talk. So stay tuned.