Introduction to Rachel Varga and Skin Radiance

So Rachel Varga is here. And if you're wondering, I know there's some jealousy as soon as you see her, like, why does her skin look so incredible? And how do I get that?

Well, that's what we're here to talk about today. There's a reason why it looks so incredible, because she knows exactly what to do. So thanks for joining us here today.

The pleasure to be here with you, Kashif. It's always a wonderful time when we connect and share ideas and knowledge. Yeah, for sure. It's going to be awesome because this is an area where, you know, the average answer is topical.

You know, I have a problem. I'm going to go buy something and hide it. But you've done so much more to educate women and people work with you to learn what's really going on.

So it's it's awesome that you're here. So firstly, you know, give us just this overview of why are you even doing this? How did you get to the how did you even understand that there's more to do than go to Sephora and buy some cosmetics and hide something?

Well, hold on. Grab yourself a coffee. Sure. It's very mineralized and not full mold with filtered water. How was that found and not made it a plastic coffee maker leaching PVC.

And BPA is some biohacking here. Over here. So everything, everything you we're always looking at limiting our environmental exposure to toxins, which I just wrote a paper on talking about air, water, lighting, electromagnetics and the changes to our DNA that those toxins can do so.

Getting back to how I segway from finishing nursing school, wanting to become a doctor, taking all my med school prerequisites and camera guided chem biochem MCAT thinking, Hey, maybe I might want to understand what it's like to actually run a practice first and work alongside a highly skilled ocular plastic surgeon since 2011.

So that's the type of clinical practice I've been in. We see a lot of skin cancers, we see a lot of eye issues, eye diseases, dry eye affects. 50% of the population could be related to oxidative stress.

Actually, on the eye itself, eye is a highly metabolic structure. So I learned a lot about metabolism and inflammation through rejuvenation of the eyes.

Obviously I did things like skin care, lasers, other non-surgical approaches to including injectables and body contouring. And then I met Dave Asprey.

I helped get him ready for his book cover, Superhuman. If you see his beautiful face there, that's my face. Magic. And I started to notice, hey, I have a subset of clients who are sometimes I know Dave isn't 60 to 90, but there's this bracket of clients I work with that are 60 to 90.

They're coming to see me for the first time and they're saying, Rachel, I feel excellent on the inside. I just feel like my outsides don't match. They're doing the yoga. They're eating right.

They have body mind, spirit, energy, grounding practices, and they're just gorgeous and they have what's called this radiance. So I started to study that, and I also started to study people like Dave getting rejuvenation and why they recovered faster and had better outcomes.

And then, you know, obviously segway too into Nurse Preneur or I don't I don't know why other people are making

this connection between the skin and rejuvenation world.

The functional world and now with the world of stem cells and exosomes very interesting topic to consider. So what I'm doing is disrupting the industry just a little bit.

From Nursing to Functional Aesthetics

First time I did that was to dissuade practitioners from doing teardrop fillers because in the ocular plastic surgery clinic we would see nothing but problems with that.

And then I would fix it and I was tired of fixing it. And I'm all about, you know, promoting health, safety, optimal powerful outcomes with reduced adverse events and the possibilities for adverse events.

So I disrupted with that very well received praise the Lord. You never know how that stuff goes with your peers. You're shaking things up a little bit.

And then with this, I've written about five papers and with this paper, this is this is the game changer paper or the esthetics world, understanding how environmental toxins and stressors impact DNA and skin cell function and the whole concept of oxidative stress status.

Otherwise, I like to call this the toxic bucket theory. So this paper is highlighting how functional clinics and different clinics that are doing things like stem cells have a very rigorous screening process, not just looking at what the patients reporting as having past diseases or on certain medications.

They're actually doing different oxidative stress status, typing, analysis and looking at potentially certain medications they've had. And if that's going to actually allow for a viable add up at a post arrived a stem cell graft essentially so it's like, okay, what's the double standard all about?

Ascetics, cosmetic dermatology, plastic surgery. Let's get on board. So now what I'm doing is sharing insights for essentially reducing our toxic exposure at every turn air, water, lighting, electromagnetics, and really highlighting the importance of using products in the cosmetic dermatology, esthetics, plastic surgery space that are free of parabens, phthalates, sulfates, artificial dyes, fragrances already getting so much of that in our our environment.

Let's not lambaste our whole bodies and heads in this this toxic stuff. Let's be as pure as possible. And then when that happens, our metabolism works better.

We're less likely to experience issues with our DNA and mutations, and our brain will work much sharper and more on how, when I detoxed and looked at different genetic predispositions or toxins I was exposed to or pathogens, I was impacting my central nervous system, which is most of mostly how a lot of these toxins work.

As they work on the central nervous system. So happy to get into the details of that. But that's where I started and that's where I am now. It's really promoting how can we be as pure as possible body, mind, spirit and energy, and how can we constantly detox?

That's really cool because what I'm hearing from you is there's this element of, Yeah, I can get your skin looking better, but what you're doing is therapeutic at a much deeper level.

You know, the skin is the outlier. It's like here the thing that you can see that might be telling you there's something to investigate, right? And you're healing it.

I've seen some of what you put online and what you do for people, but they're getting so much more and it's like a permanent fix as opposed to like masking things.

So when it comes to, you know, I just put out this story on our social media about this study that was done in the UK about research on tumors, and they took tumors and UK breast cancer tumors, by the way, and for every 20 in

this particular study, 19 had parabens found in them.

Right? So it's so prolific and the, the inflammatory outcome is so aggressive. Meanwhile, in the countries that we're in, we're both Canadians that travel back and forth to the U. S.

quite frequently. And both of these countries have no restrictions on the use of parabens. So, you know, whereas in the EU there's some that are completely banned and some that are restricted in their use.

And there's still a lot of people out there that say that there's no evidence. So what do you say to a person like that that doesn't even consider this is a need to look at?

It will be if you're not thinking about this in your 20's, 30's, 40's, just wait till you hit your fifties. Ladies, ladies, ladies, ladies, go through a process called menopause.

And if you're not careful, that process will really make you pause. And my mother actually developed estrogen receptor breast cancer. She was a night nurse.

She gave her all really caring for others. So from her, I actually learned how not to be a nurse. Right. And put my oxygen mask on first so that I can better serve myself and others and have more positive emotions and relationships and interactions and how my brain work well and not be sleep deprived.

So for my mom's generation, they were actually exposed to a lot of things. There were medications given to pregnant women for nausea and all sorts of things.

And then what we realized downstream with these new medications, is it can actually impacts the next generation and their reproductive abilities, which, you know, praise the Lord, no issues there.

The other thing is this concept of clean skin care. There's a lot of greenwashing. So you'll look at a product and it will say chemical free or all natural.

I mean, petroleum. And anything that says chemical free is bogus. As soon as you take oxygen and hydrogen or all the atoms in the air that creates the chemical, everything, it's essentially a chemical.

It's just how atoms are arranged. So looking for these things, becoming super smart in your consumerism as well as any other aspect of your life. This also will relate to not believing everything and really doing your due diligence to make informed decisions.

So when it comes to parabens and my exposure, I'm happy to report that in my testing and analysis I do not have exposure to parabens. Parabens are hormone disruptors and they are literally in absolutely everything.

They make your skin care cream feel really good and they're like kind of like a preservative and they're just terrible for you. So parabens as well as phthalates, we see this in PVC piping.

Toxic Exposure, Detoxing, and Skin Health

Unfortunately, in my research, talking about toxins in the water, PVC actually leaches through the drinking water piping then never gets cleaned. There's biofilms, all that stuff.

So my mother taught me a lot and happy to say I don't have parabens. And the other thing you mentioned, you mentioned was I'm not just interested in having someone show up to me and perform rejuvenation or give them guidance wherever they are and what to do and kind of hold their hand alongside that.

It all comes down to actually slowing aging and enhancing our metabolism and enhancing our bodies. Resilience to stress. Oxidative stress is going to happen.

However, what I will share with you do I really be completely open and honest here with everybody? Let's open it up. Come on, Pandora's box. Let's get into it. So here I am.

Biohacker over here. Air, water, lighting, electromagnetics, regular detoxing. Just like seven months of yeast, fungi, parasites detoxing. So this was last March when I started that huge detox journey, which took a really long time.

You probably have answers to I, and then November I did a boatload of testing equity yours. And what I found was that I had really high levels of exposure to mercury as well as led three different types of mold, phthalates and pesticides.

Now, what happened between last November and now was that I left a toxic relationship as well as very toxic home, which is very apparent to me. So you always have to listen to what your heart is telling you that your body needs.

And I'm really glad that I got out of that situation and I could only do so and make that decision when my nervous system was regulated and also when my body and mind was resilient enough to do so.

So if you're toxic, you have all this stuff floating around, you're not going be able to do that. So before I have those test results set up at my girlfriend's place, Katie, your fellow biohacker just sort of eating twice a day before I even had those test results back at the body.

Always knows when you need to switch things up or detox, and the purer you are, the better able you're going to be to listen to yourself so you can make better choices.

Yeah, that's awesome. I went through something similar and I don't even know what the exposure was, but I felt some like lymph node activation and swelling and I started hitting the sauna regularly and it just went right back down, you know.

So, and I found that viral infections, I wasn't getting sick per se, but I was getting the virus and recovering within hours because, you know, we know how to stay healthy.

So it doesn't it hasn't hit us, but it was hitting me. So it's wondering like, what's going on. So anyways, I did the same thing. Every detox and what I felt was really cool is every time I came out of an intense on a day, like a couple sessions, my skin felt amazing, you know, like it felt like there was life brought back into my skin.

That wasn't something I was looking for. I would just notice it like I wanted to touch myself because it's so amazing and soft and fluffy, you know. So but coming back down to the the aging, there's this belief that it's just going to happen.

Like my skin is going to get horrible because I'm aging. But what you're saying is, yeah, that may be biologically true, but you can control the rate at which it happens.

Don't just take for granted to sit back and see it happen. It's kind of like I could slow this dial down. Is that what you're saying? Yeah. The way that I would kind of reframe that is you get over things really fast because your inner machinery is already humming along, basically.

So when there's and the same with myself too, I had no overt signs of skin rashes or anything. The sign I did have from the toxicity levels looking back, was nervous system dysregulation.

That's why I would do cold therapy. All the time. Smells, lights, sounds, vibrations, movements would be really frustrating for my nervous system, which I knew was not right.

And so when we know what to do, we do it. But when we don't know what to do, we don't know what we're not doing wrong. So that's why taking part in these calls and these sessions and seminars and being exposed to people like Kashif and I will expand the way you look at things.

And the biggest things that I noticed, especially when I cleared parasites last year, was big time changes with my hair, skin and nails. I just cut my nails down super short because I'm playing my guitars and but otherwise they're just growing so thick and long and really healthy.

They've never been so healthy. And then after all the detoxing, all these edges came back, you know, from two and a half years of nonsense. But all the edges came back in my hairline, I can believe it.

Fewer breakouts, pigmentation wasn't as much. If I had a breakout, I wouldn't have redness stick around for a couple of weeks. And here's the wild thing.

I could actually be in the sun pretty much all day and not burn because I was taking different nutrients like adaptogens, antioxidants, omegas. I was working on detoxing all the time and prior to biohacking all that, I'd be out of sight for 5 minutes, burned with my skin type.

So what you're noticing with when you're detox a soft, fluffy, dewy skin, as you mentioned, what's happening is your skin's fibroblasts and keratinocytes are functioning better.

And when we have blue light on the skin, which is just as bad as UV light, except for getting more of it pretty much all day. So you to wear mineral sunscreen all the time instead as well or work in front of a nice window.

But still you want to hear your sunscreen? Yeah. You want to reduce every turn oxidative stress on your skin so that your fibroblasts and keratinocytes can work better.

That's what things like stem cells and exosomes are doing for the skin is they're helping to restore the scaffolding of the skin itself. And I think where we are with stem cells in Exosomes now is where Botox and fillers were in the nineties, which is why I'm so excited about this.

But when you when you detox, your cells are working better, your skin will actually appear more smooth, more more brights, more hydrated as well, simply because the cells that you don't see are actually working better.

So it sounds like a lot of what you're doing is and I didn't know what to expect in terms of color, protocol, therapeutics, as we've never talked about this before.

I was expecting more like here's a topicals, but you're saying that you're going right to the cell with exosomes and like driving rejuvenated what we call regenerative medicine.

That's where your focus is. Yeah, the skin care stuff. So essentially what I've done in my career is the skin care, the topical application stuff, the rejuvenation stuff.

I can do that with my eyes closed and that is what I do with a lot of my clients online and one on one work wherever you are. I figure that out with you based on your budget goals, lifestyle.

But the the thing is the thing that I find that takes the most amount of time and effort to learn and practice is the inner stuff. It's the decisions you're making at nearly every turn in your day.

Is this a good decision that's going to either fill out my toxic bucket? Is it not a good decision or is it something that's not going to so say, you know, skipping the burger or skipping the alcohol or the sugar, doing a detox instead using good skin care.

Everybody uses skin care. Everybody uses shampoo conditioner. Well, I probably use more shampoo and conditioner than you do. Get, but it's yeah. I make it super easy on my e-store it's just like everything you need toothpaste, shampoos, body washes, hand washes, facial cleansers, moisturizers, eye cream sunscreens, everything I've distilled down.

And most clinics and rejuvenation practices are actually still selling extremely toxic skin care that have parabens

that have phthalates. And the other weird thing that's happening is stuff with growth factors.

So and what I'm seeing in some skincare is it's just something to be aware of. Growth factors, exosomes, stem cells, things like this gain a lot of popularity in skin care products.

We saw this with CBD a number of years ago as well as well as like pre probiotics, skin care too. There's always these fads, right? So right now it's growth factors and actually read an ingredient label for a client the other day and it said something along the lines of human growth factor medium as an ingredient and that can be anything genetically genetically modified corn starch just, you know, the gel in the petri dish and things like that.

So yeah, it's it's hard for the consumer to know these things. So finding people you trust that just like this is what they do is a great place to get these pieces of information, not just, you know, Bob and Sally on YouTube talking about their skincare routine.

Yeah, for sure. And trust is the problem, because when you see a product with a label in a store, you trust that it's been vetted somehow and somewhere, but it hasn't.

There are certain things that have no regulatory oversight. There's certain things that label requirements can be finagled to hide, things that need to be hidden.

And so you can't walk in with a neat trust just because it's sitting on a shelf. You know, the person that put it on the shelf probably doesn't even know what to look for.

It doesn't have your knowledge. For example, you know, so you really have to have that quarterback, that person that understands how to direct not only this at all aspects of sort of your functional health journey.

There's so much you need to know that you don't even know. You need to know, right? So, yeah, for sure. For sure. What's interesting is the overlap with the food stuff and the skincare stuff.

Yeah, because big food, big pharma, they own big beauty as well. Yeah, yeah, that's crazy. The wild thing is when I do a one on one session, I'll go through my clients skin care products to let them know, okay, continue to use this one.

Stop using this one. I've seen wild ingredients including ten and EPA. Well, you know, one big tell or give away is the product is available in the U. S.

but banned in Europe. You know, you'll see them.

Clean Beauty, Product Safety, and Greenwashing

Yeah, you'll see that often that this product is only available in the United States. It's not a blessing that it's available here is because it's bad everywhere else for it.

So and I going to your point of like, you know, who owns the big three and who's driving, lobbying and what actually gets approved. So it's the. Oil. Well, that's the wild part.

Yeah. The oils, there's canola oil and skin care, all sorts of weird stuff that you wouldn't want in your food that's in skin care. So you literally have to, like, look at every ingredient.

Or if you don't know how to do that, find someone that you could trust that knows how to do that. Yeah, for sure. And I know you've looked at this stuff at the genetic level also, and you've looked at genetic markers and epigenetic habits and so what have you learned there that people need to know?

What I've learned in regards to light or photo bio modulation is that we can actually get good results from light, or it can actually be what's called phyto toxic or photo toxic.

Sorry, not photo toxic. So photo toxicity is from UV radiation and radiation. From. Bio. Photo modulation is really cool. We can actually use light to make the skin cells behave younger.

This is like Star Trek stuff. We're getting into. It. And I grew up watching Star Trek lately. Thanks, Dad. But it's funny when you see these older shows and you know, they've got these beds, they've got these, like, tricorder areas for scanning, like we're pretty much we're getting there.

We're doing it. Yeah. We go to these conferences with each other and we know we know what's what's coming down the pipeline. So the thing about light therapy for the skin is there's a lot of garbage out there and especially in regards to beauty, LEDs, red lights, things like that.

There's really just a couple of companies that I like at this time that make really good led type products for mitochondrial stimulation. I go to conferences for different plastic surgery shows in Vegas, and I'd have these salespeople coming up saying, Hey, I have this red light mask, a face light.

And I'm like, I'm old buddy. No, you're no your customer. I'm not your friend. And so there's all these claims out there and in fact, if some of these products are super new and there haven't been third party independent lab testing and studies on it, you could maybe even be harming yourself.

We see this with skincare. We see this with all sorts of different things on the market. So I like companies that have been producing products for a long time, and I also really like to know who is behind the company.

This is a big thing for me is who's actually running the company? Are they who they say they are? Because we've been in this game for a while, we we see when stuff isn't quite right and we don't work with those companies because that's just how we roll.

That's why I respect you. Yeah. So when it comes to photo file modulation, there's a laser on the market that actually makes the skin cells behave younger.

There's a Stanford study, it's actually two studies that looked at 50 year old skin and then 30 year old skin and what the epigenetics of the skin were doing, how the skin cells were expressing themselves.

But the 50 year old, the image was were the one they had this light therapy applied to the skin. And it's almost like the script got flipped and the 50 year old skin started to behave more like the 30 year old skin.

So this is really cool. This is a specific laser that I talked about on Dave Asprey show and episode six, six eight was really fun and that's cool. I'm excited about that stuff for Skin Rejuvenation because pretty well no downtime procedure.

There is. There are some things with skin typing. So for example, your skin, I'm basically a better candidate for it because I don't have a lot of melanin in my skin and lasers just have to be super careful with this just because I'm saying, oh, light therapy.

You go to a clinic, you don't just want to go anywhere. There's counterfeit lasers out there. And it also comes down to the attention to detail of the practitioner themselves and knowing how to make that technology sing.

So it's not just, oh, I signed a Groupon for you. Say we operate and I don't do that. You want to go places where the tech is good, the practitioners are fully qualified and they're really taking their time to work with you.

So light therapy, really excited about it and it's actually energy based rejuvenation being combined with exosomes and stem cells. When the skin barrier is compromised in laser resurfacing sessions to allow for transdermal application of some of those homologous type of factors that are in a drug, and it can actually help the body heal better and potentially even get better results.

So looking forward to studying more on that. And when you were talking about the laser, you were talking about the

context of like in clinic, so the at home stuff you don't think is useful.

I would love to recommend an at home one at this point. I don't have one to recommend that first. Yeah. So there's a lot of I saw this like ten years ago.

There would be certain doctors who have really great reputations putting their names on at home, lasers that were sold at the local drugstore. One thing to think about with at home lasers is the calibration, and you could really hurt yourself with some of these things, or it's just not going to do anything.

And then it goes into the door. Our products go to die. When I do consults for clients that have, say, bought some of these different types of wands and this that the other thing they are really hopeful that it works because they spend a lot of money on it.

But then they're like, I don't really see difference. However, there is a piece of tech. There are two pieces of tech actually that I do like to use for the face.

One of them is using near infrared lighting and at different lights in the spectrum to target different things. And then another one, it can actually be used after dermal, rolling to you, dermal or face you put specific serums on.

Here's a dermal roller here decades old way to promote collagen it it works. You see the right role in the right products and the right guidance. Not what someone's telling you over YouTube for free.

Yeah, I did that. Actually. But there is a at home handheld option that I do offer and love to suggest that's actually from Europe. I don't actually think it's available in the US, but it is available through me and I always find a workaround.

This actually basically opens up the skin cell channels to allow for different antioxidants and peptides to actually reach the dermis in one application, as opposed to having to use the product for months to allow the product to reach the dermis.

So there are some things, but they're oftentimes things you're not getting marketed towards on social media because it's more of a practitioner grade level. Right.

That makes sense. And you know, before we jump on here, there's one other thing I think we should bring into the conversation, which you're you bravely pointed out that you just exited some toxicity, not just the mold, not just the chemicals, but also a person in a relationship.

And I remember that you immediately lit a memory up in my head of me walking into my office and meeting a fairly religious person who use this word roof root in Arabic means like your call it, your brilliance, your shine, right?

And you said it's gone. Where did it go? Yeah. And this was happening at a time. And I know exactly why it was happening and I know what relationship it came from.

And it was a good 30 days of problems. And so he literally saw it in my skin, like as I walked into the room instantaneously. And this is something that you just detoxified right.

But it's something that people don't think about that is so interconnected. And your head to toe the skin is the first thing people see. So it's that signal, that warning sign that here's this thing that you're not dealing with.

And guess what? It started to make you sick. Yes, our emotions are potent as well as our words and the energies. We we decided to be around and be in ourselves as well.

So when it comes to being radiant, which is pretty much what you talk about, this whole study of radiance is really my life's purpose. And again, I started to notice the subset of clients tired all back.

You know, one big loop here. Don't live your life in loops, by the way. That's a great way to waste your energy. But it's great when we can kind of, you know, close the chapters, you know, timelines, stuff like that and move on to something else, which is with the relationship.

However, my work has really taught me what radiant people look like and they're very grounded, centered, balanced and aligned.

Light Therapy, Lasers, and Regenerative Treatments

They have body mind, spirit energy practices. They have a low oxidative stress status, toxic bucket load, and they're a pleasure to be around. They are working and operating in a place of more positive emotions.

These are the type of people that are going to be less interfered with psychologically, with many things that can arise in our lifetime. They're also going to be more metabolically resilient.

So being a psychologically resilient and metabolically resilient are really key factors to slowing aging and having healthy hair, skin, nails. Your hair, skin and nails are simply just a reflection of what's going on, on the inside. So here's the deal.

You can leave a well over a decade long relationship, change your entire life up within a span of four days. There's some wild, really heavy ish that I went through in four days and I did it and I learned just how big Mexicanos were.

And yes, that well, I mean, I screwed it up with three sharks a couple of years before, of course. For me. Popular, but I kept my pet to just myself for sure.

But it's when we take such good care of our physical vessel, we get one body. When we take the time to keep our emotions in check, turn down that reptilian higher brain, be a little bit more in that mammalian brain state.

Not that fight or flight have regulated nervous system by not being toxic, taking your task so that you can identify what you might be predisposed to.

When we have all these metrics, we're testing a set of guessing how to eat out of live lifestyle practices. When stresses come up and well, first of all, your mind gets more clear.

So you realize, well, this isn't for me anymore. And then number two, you have to have the courage to make that transition and go through the steps that are challenging because they're new and you're learning all these different skills and you can go through life challenges and obstacles as that, not roadblocks, not things that are in the way.

They're just things you get over and you're way more better on the other side, right on every aspect. But it's looking after yourself and I did this for like two, three years, active pre-conception mode, getting my body ready for having a baby.

So that's why I've been working very diligently as be at being as healthy as possible. And I wish more women did this. Yeah. So we're seeing a lot of neurological issues which is tied to heavy metal toxicity in the mother.

Okay. So knowing that now it's like this extra onus on me to make sure I'm in a house that isn't full of toxins, even though I had air purifiers in every single room during renovations and with mold, previous partner would unplug them.

When I. Wasn't looking. So that's another thing. So with relationship ups, Kashif, I'm sure you can relate to this. If you have to have similar values when you're younger, you have relationships, when you have a lot of things that you like to do, like working out martial arts, stuff like that, restaurants, things you like to do.

And then when we get more mature, we're really focused on sharing similar values. And if you're here, your values are probably pretty high in the health and wellness space and performance and optimization longevity space and

just wanting to be a healthy, fit, good human being with someone else that's like that as well is really important so that you have those shared values.

And what you also mentioned with your friend who I believe you said he was quite religious and he noticed that you had a shift in your radiance. Mm hmm.

And in Christianity, actually, I just read this the other day that when you're following certain tasks and things that you've been led to do, your eyes will sparkle.

I've even seen it in Scripture. The bones will vibrate. So this comes down to living your life purpose, whatever that may be, having a spiritual practice, being in the right energy, being away from toxins, being in a more positive emotional state that will make you more attractive.

I wouldn't be much fun to watch them and listen to if I was, you know, furrowing my brows all the time, like. Ticked. Off at everything, like, forget it.

You're not going to want to be my friend. We want to be in more positive, emotional states and when you think about it with the face, when we're upset, when we're angry, when we're focused and stressed out, our face looks that way.

When we're in a more positive, emotional state as much as we possibly can, your eyes will be brighter, your brows will be higher. You're going to be smiling more over time.

These negative emotions on the face lead to jowls sagging to the neck, crow's feet furrowing of the browns. So to set aside sleeping and having your body in a more positive emotional state will actually make your face look more attractive because you'll simply look more happy and positive.

And when you're living a life of purpose and you're filled up on the inside with your energetic and spiritual cup and everything metabolically working better, your energy is going to be so much more magnetic so that when you enter a room, this is what I teach people.

Now, when you enter a room, you have people notice you for all the right reasons, not just, you know. Great outfit, Rachel. Your hair looks great. Oh, you know, I want to know what makeup you're doing.

I'm sure I do that. Those tutorials and stuff like that at my skin camp programs. But it's the vibe, it's the energy. And you can't I can teach this, but then it comes down to actually the individual cultivating it.

And you can actually out energy, beauty, wrinkles, face pigmentation, saggy skin, loss of hair if your vibe is rich. Mm Yeah. And as you're speaking, I'm sure people are remembering people that sound like what you're describing, right?

That they walk into the room this radiance and you can feel it and the energy that flows from them. Because this is not you can just fix one thing. This is a holistic like, you know, the light bulb goes off for everything at the same time.

Then they glow and they glow both in their energy vision. Your eyes are everything. You see it, and you could also see the opposite. You can. Somebody walks in the room, no matter how fit they are, no matter what their muscles look like.

You can see the insides are sick, right? They're sort of you see it? You can see it in their eyes. You see it in their skin. You know, they can fake it in terms of fitness, but they may not be healthy.

And even mentally you can see it in their face. So we as humans are capable of so much more in terms of communication than we think. We don't need words to understand, you know, and and so you need to now understand that whatever you're doing to yourself, the inside communicate is communicated on the outside.

And to fix that outside, you need to fix the inside, which you've been talking about all this, the beautiful stuff. Is there anything you can actually do to like walk into a Sephora or a, you know, department store and pick up anything that is useful or helpful or does it have to start the way you're describing?

Oh, gosh, I haven't been asked Sephora in years. Yeah, because they're so freaking toxic. If you're in the mall. Yeah, you're just next to the entryway.

You're just next to it. You're like 20 feet away from Andrew, and you're like, Oh, my gosh, what is that smell for me?

Radiance, Relationships, and Emotional Health

When I sense smells, it's basically the volatile organic compounds which is full of phthalates, fragrances are full of phthalates. Phthalates are known hormone disruptors.

They're pretty much in every fragrance. So when using a product, you have to check with the company what's in that fragrance ingredient and it is a phthalate free perfume or essential oil or like a proprietary blend.

I check that stuff with the products I sell. So you're at the entry of Sephora. I hear like, wow, I feel like I'm smelling 200 perfumes at once. I'm not going in there.

Yeah, I'm. Not going in there. And in fact, I feel really bad for these young women that work there. And because I do a lot of consultations for clients internationally, a lot of times they want me to meet with their kids.

So like, you know, my kids aren't going to take a skincare advice from a from me, right? Their parents, you know, let's book a quick session with with myself.

Right. And then I can kind of lay it all out. So actually, the ingredient that I found that had ten and BPA in it was from that store. It was like their home brand store, BPA in a cosmetic cream being marketed to teenage girls is very wrong.

Unbelievable. Unbelievable. So I don't want to be in that store simply based on the fact that I don't want to be breathing in phthalates. Not to mention, like the lighting's awful and all that stuff.

Like There's nothing for me. And then, you know, same thing goes with other big box stores you walk in. The lighting is just wild. You look at the people working in these types of stores and they look inflamed.

And what I'm talking about in the paper and teaching other practitioners is to what to. Look for. In an inflamed person. We're talking diffuse redness to the skin hyperpigmentation issues with nail and hair loss, as well as redness and puffiness around the eyes, darkness around the eyes.

There's actually some supplements that have done studies for that across the board, improve all those things, which is just beautiful to see. Very positive to see.

But essentially what I noticed was when my body was really toxic with the with the mercury, the lead astrocytes, the mold, my olfactory senses, my nose was really sensitive.

MM And when I would work with certain people and I could sense you're kind of sick, they would have a bit of a sense to me. So five senses, right? You can tell a lot about something by their energy, by the way, that they smell, way that they look, the way that they carry themselves.

And what's really interesting about the smell situation is that I postulate if all of a sudden your your sense of smell becomes heightened, it becomes like a superpower.

I'd be four by four, you know, actually, after this, I'm going hiking with a girlfriend. I mean, it's. 200 miles out of cell reception. Last week, I got to do the same thing with a girlfriend.

We heard a bear. I usually smell them first, but this time we heard it was like stomp down twice. Wow. And it's for four legs to kind of let us know we're there.

Like, I don't think that's just a tree stump randomly knocking itself over it. That's a bear. We're going to go on the beach instead. This is a wonderful trail, super fun, super treacherous, like number one recovery trail in North America.

But the the nose thing I postulate, when your olfactory sense kicks in overdrive, it's almost like this body's protective mechanism to not expose yourself to fragrances, which could contain more phthalates.

So I'm now noticing that my sense of smell is not as heightened as it was before. So I'm actually going to take that as a sign my detoxing is well on its way.

The other thing I wanted to ask you. Sure. Kashif is well, first of all, grooming is super important. So we're talking to her skin, nails, grime in your toes, I think is going to also introduce bacteria and microbes into your bloodstream.

So stay well groomed. Ladies and gentlemen, I can teach you that you are really good at understanding. And I know you've done this with your kids because I've interviewed you on the Rachel Varga podcast on this neurotransmitters and our genetic predisposition to neurotransmitters so that we can literally sit in an educational type of or a business type of setting that is best suited to us.

So I'd love for you to tell me about that. Do you think that some people are more predisposed simply to be more radiant? Yes. In short, so they're brain driving or topic factor determines neuroplasticity and people that aren't in a position there tend to be a lot more introverted and more insecure because their brain is more challenged and learning.

But when they do learn, they learn it at a masterful level, right? So they need to dove, they need to go experience bold dove deep. They're skeptical. And the opposite is also true.

When you have optimal brain drive nootropic factor, it's very easy to do anything because your neuroplasticity is just there for you. You may not. You're more like a jack of all trades, let's call it right, because it's just very easy to learn and do new things.

And those people tend to be more extroverted, radiant about themselves because there's confidence. Right, the opposite of the insecurity. So that insecurity leads to this lack of radiance because you start to believe that you believe and you believe and your your thoughts are creating a new reality for you as opposed to the opposite.

Believe what drives confidence. So that's one. There's others like neurochemical clearance. So Comt is known as this protein that clears hormones and it's the tail end of methylation also.

So there's the methylation genes, then there's carb that comes along kind of opens the door for all the methylated dawn scents to be disposed of. It also clears neurochemicals and people that have faster neurochemical clearance also seem to be in the wrong context.

ADHD because they can't pay attention for long out of it in the right conflict context clump and leaders you know front line because everything else is too slow you know they they end up leading people because their brain is moving so quick which outwardly leads to this call it brilliance radiance.

You know, this this look, which is coming from their thoughts. So it goes back to something you said earlier. It's not so much that they've been healed, that the metabolic or cellular level, it's that their thoughts are so powerful that they they create this sort of environment, this terrain of good health, you know, because that's who they think they are.

They naturally lead. There's more, you know, there's definitely more. But those are a couple of big ones. I would say one more that stands out, which is probably a lot more common, is a serotonin response in people that aren't

doing well.

They're end up being more call it irritable because they're more sensitive to stimulus. So their brain is a little bit challenged and prioritizing stimulus.

They're constantly reacting to every sound, smell, taste, everything that's happening. And so if that's your if that's your reality and you're in today's reality where there is so much stimulus, so keep take this back to caveman days.

This would have been a superpower. You're the person that heard the bear thump the forest, whereas the other people didn't even notice. Right? So survival skill put it in today's reality.

It's like every single stimulus. Constantly, all day. It's too much. So it leads to this constant stress type of state, which is the same thing we said about the toxic relationship, constant ongoing stress, which is a load on the cells.

It's it's a load on your adrenal. It's a lot on everything. Right. And the outward appearance it's affected because you're stressed chronically. So I go on and on.

We can spend hours just talking about this, but those are a few that popped to mind right away. Yeah. And those and they're easy to work on, they're not difficult to work on either.

Right. Yeah. When you mentioned having a higher sensitivity to things in my research because I'm just actually tonight finally submitting my manuscript, it's like a 12 page, super robust paper air, water, lighting, electromagnetics, detoxing exosomes stem cells mitigation strategies.

Why it's important to pay attention to this stuff for the best rejuvenation outcomes. It's a it's quite a paper. Yeah in my study on electromagnetic frequencies and wireless communication devices, here's the thing.

People who are more sensitive to EMFs, their electro magnetically hypersensitive, it's kind of a syndrome, actually.

Genetics, Biological Age, and How to Work With Rachel

It's related to having a higher oxidative stress status or burden in the body actually predisposes you to being more more sensitive, which, you know, bingo.

That's why my nervous system is super disregulated. I wanted to ask you something, though. You know, I love to study the skin, hair, nails slowing, cellular aging, all this stuff.

What do you think about alpha glutamate for the biological age clock versus chronological age? Just came across some research on this. It's pretty compelling.

And I'm just curious your thoughts on some of the Holy Grail, you know, supplements to slow down that biological clock. Yeah. So all of that stuff. So first of all, what is the clock?

Everyone has a different call. What are your methylation markers? Is it your telomeres? You know, what are you actually looking at? And the more sort of real time clock, it probably is methylation markers because you're constantly responding to your environmental cues.

And if you can create a more robust mitochondrial environment, a more robust cell membrane, you know, with some of these supplements like you're talking about, then for sure we've we've measured it.

We've actually measured the outcome where the methylation expression changes dramatically and it doesn't take long. You know, it depends obviously, the people we're dealing with are more from the biohacker world, so they're probably somewhat healthy to begin with.

If you need to get out of a metabolic unhealthy state, you do that first. Right. Let's get to some baseline and then

these things work. They work, they they they tune, they turn.

You could actually rebuild that bumper, the telomere. You know, you could actually turn methylation dials up and down and turn that biological age in whatever direction you want to go.

We can look at what we call aortic stiffness. So it's another marker of biological age. How old is your cardiovascular hardware, which is really good marker for biological age.

You can look at the there's a pulse that goes into the the site here and you look at the the plaque buildup of the arteries that are going down your neck.

And that's another amazing indicator of biological aged. All of these things, if you're taking the right supplements, doing these things can be reversed.

It's not only can you measure, but you can continue to measure that the work you're doing is actually effective. Right. We see this over and over again.

Yeah, I love that. And the question I sometimes get from clients, I work with clients, you know, 30 to 95. Yeah. Some of the questions I get is how is it too late?

Am I being too vague? And I'm like, it's never too late to focus on your skin health because the skin is a large organ of the body. I mean, there's some arguments to be said for, you know, the space between the cells and all actually the energy of our body makes up energy in general.

The fifth element, quintessence, dark matter, the space between is like 70 to 80% of the universe. So it's never too late to optimize your skin and your energy.

The thing with biological tasks that kind of gets me is a lot of times when I'm doing these different biohacking task heads, I'll do like four or five at once and then through the data.

Yeah, as result. Of the exam, like nine years younger biologically, you know, this other one after two car crashes living in a moldy house that I was like two years older, like, okay, you know, I wonder what I am now.

So I'm excited to see to do some more tests. I'm going to I'm going to work with you on this soft lab and we're going to test you out and we'll show you, because it's a combination of some of the things we're saying.

We're going to do this, we'll figure it out. So at this point, I'm sure everyone's saying, okay, I want to work with Rachel. How do I do that? So how do people actually find you and reach you and connect with you?

Absolutely. I'm not for everybody. I'm for those who are more discerning. They're less likely, you know, by the skin care product that they were marketed on social media.

I work with a lot of really highly discerning individuals that are, for the most part, do some really great things in the world. Positive. Hi people. A lot of biohackers so tons of free stuff gets shared almost every day on the Rachel Varga podcast.

Kashif, if you've been I look to having you on again, and that's where I share some wonderful conversations, beautiful positive conversations for radiance, for beauty, for healthy living, biohacking, rejuvenation, all that stuff.

You can also book a one on one session with me and use promo code DNA company for 15% off of your one on one with me. DNA company, I'll make the DNA company and DNA company.

Both of that will get you 50% off of a one on one with me. They can just look at my redway, my website and then also use those same promo codes for saving 15% on my e-store as a thanks for tuning in and listening, send me an email info at rachelvarga.ca Let's chat, say hello.

Let me know what you like from this section. Hang out with me on social media, on Rachel Varga special. There's some cool things happening behind the scenes, and if you want my nine keys to slowing aging, there are five basic skincare steps you can make now with whatever products you're using.

And then there's four basic biohacking steps. You can actually get this free download over at rachelvarga.ca/slowaging. That's a totally free download. Get it.

It'll help you get started on your biohacking journey wherever you're at. Still representing the dossier that's also. Well, you know that's clearly this has got to change.

Yeah that's what I have actually. Yeah. So this is also one of the. Things. I wanted to thank you because this is, you know, we can easily go another hour.

You know, this is very also conversational and so needed because people don't think at all when it comes to your skin and the way you're describing. So I wanted to thank you.

I would recommend everybody hit those, you know, the websites and go take a look at that stuff and take advantage like 50% off. Well, that's valid. And thank you. Again, this was an amazing conversation.

Yeah, great to hang out with some of you after this call here. Get to know you. We're going to be at Kashif and I a few conferences together this year.

So, you know, if you see us in person, say hi, don't be a stranger. Love to connect. And yeah, there is. It's what it comes down to is actually having always ready skin that that's what it comes down to I mean always ready resilience skin all that stuff.

So that's kind of my motto. So thank you again. Rachel's that was awesome. Thank you.