Unlock Youthful Skin With Peptide Secrets Transcript

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Introduction to Vitali and GHK-Cu

Hi, everyone. It's Dr. Jen. Welcome back to the Peptide Summit. And this interview will be so fun because we're talking about skin. We're talking about a peptide for the skin.

And who doesn't want to look good as they age. So today, Debbi Barber is a highly successful entrepreneur and co-founder of the innovative Vitali Regenerative Skin Care company.

After 37 years as the head of a direct marketing firm serving global nonprofits, Debbi embrace the opportunity to come out of retirement and create a product she believed would benefit countless individuals.

Her inspiration to develop this product stemmed from her experiences with peptides and their remarkable effects on her health and skin. Dr. Suzanne Turner Ferree one of the leading authorities in the field of peptide research, was Debbi's mentor and teacher, introducing her to GHK-Cu as an effective way to treat that creepy skin.

With her husband's admiration for GHK-Cu incredible healing powers, Debbi set out to create a more cost effective, high quality product of this blue peptide that can be accessible to all.

Thank you so much for joining us today. It's exciting to be here and talk with you again. Yes, yes. So I, I reached out to Debbi. I found her because I was I saw found this product and and I wanted to start using it and use it in my med spot.

So that's how how we met. probably four months ago. Right? Yeah. So you came out of retirement to start this company. And let's just say I think you're a good spokeswoman for your company because you look so young.

So you came out of retirement and how did you why did you do this? because it was something I felt passionate about. I was I retired at 64 to help with my granddaughters.

And it was it was wonderful and beautiful and still do. In fact, I picked them up from the bus. But, I was experiencing things, you know, more since I was not on the road traveling.

I was noticing my skin more, I think. And I was seeing this scrape on my arm, you know, it looks like crepe paper and noticing these lines. And I thought, okay, I've got to talk to Dr. Ferree about this, because she had already helped me with peptides for other issues, for muscle and things like that.

And so one day I said, okay, what do you recommend for crappy skin? And I thought she was going to, you know, name some, you know, brand that was, you know, just a popular, expensive brand.

And she said, well, I can tell you what I use. And I'm like, yes.

Debbi's Skin Care Discovery and Company Origin

And she said, GHK-Cu we can get it at the Compound Pharmacy. So I started using it. it was expensive. it was a foam that I was using, just the small foam, you know, that you put on your face and arms and after about, you know, took 4 or 5 weeks, but I really saw something different, something that I had never experienced.

It just it was it was the touch of my skin. It was softer. There was just it was just a healthier feeling. And then I did, you know, I was exfoliating and doing other things, but I saw the scrape on my arm smooth out and I play tennis.

So it's like you're always showcasing this part of your arms. And I saw the difference. So after using it 3 or 4 more times, my husband was like, this is expensive.

And you said, this foam is not fun to put on like your other products used to be. And so he said, we need to find something different. And one of the other things no one had heard of copper peptides, GHK-Cu none of my tennis buddies, none of my neighborhood, you know, no one had heard of it.

They talked about collagen peptides, but not GHK-Cu so I really felt that this was a mission to bring this to other people and share it cost effectively, but also, in something that was more beautiful than a foam, if you will, something they would absorb.

And so that's why we started with a serum, a moisturizer, and an eye cream. And, it's just been I mean, here we are, almost four years. It's just been phenomenal.

We're in 15 countries and we have so many wonderful customers and people that we get, receive input from, and then we develop our next product. So that's how I got started.

I saw something work. We, I guess I miss the story. We went and found, chemist who was organic, organic, worked with clean ingredients, and, that's how we began.

And I was not a biochemist, but I am every day getting closer and closer in my studies. It's just fabulous. And it works. It does work well and GHK is cool And there are some arguments, you know, as GHK a bio regulator or a peptide because it's only three little amino acids and it has this high affinity for copper.

So that's yes, GHK-Cu. And and what color are your beautiful products because of that. They're very blue in fact. I'll see if I can show you there. The serum is this deep.

Can you see that? It's a deep, deep blue. Yeah. and all the products, all the GHK-Cu products are blue, and you see them out in the general market, and they're this very light blue or purple or not even, you know, blue.

They do not have enough GHK-Cu to really work in my opinion. And we have very pure 99% pure, really strong, beautiful GHK in our products. Yeah. So you want that beautiful blue and you don't look blue after it goes on.

No it. Absorbs. It absorbs. Yeah. Yes. Your body's like oh thank you. we were talking to I mean I a little bit before the interview, this study because I presented on GHK-Cu at A4M and one of the studies that I found it so GHK increased or decreased gene expression.

So that means significantly, like up or down, a gene expression is more than 50%. It affects 32.1% of human gene. So that is what is is so cool. And I think we should dive into like why for the skin.

Like what effects does it have on the skin and why does it work so well? Basically, I think the big thing it does so many things, but collagen and elastin, we are born with GHK-Cu.

It is something, you know, it's natural, which is what I love about it. But like so many things, it decreases over the years. In fact, from age 20 to 60, there is a 60% decrease in GHK.

And so by applying it topically, a good quality product, it actually increases that in your skin. And that's what helps build your last and in collagen.

And that's what makes your skin firm. And helps with the fine lines. also Cureton, just recently dug down in my research and talked with Dr. Ferree, said, we don't talk about the keratin, but it actually affects keratin as well.

So it's just like, to me, one of the best things you can do for your skin is help it or naturally help your skin. You know, boost your natural ability to look younger.

How Copper Peptides Work for Skin

Yeah, that's what I love about GHK-Cu, is it has like an anti-inflammatory effect to it affects interleukin six. And

think about that. A lot of people haven't seen lavatory skin problems.

Now, you know, as I said earlier when we were talking, your skin is like what's going on inside too, right? Absolutely. But topical. Like I've had patients while we're working on their health use the skin restorative serum, which is that 2%, GHK-Cu.

And it's calm down their rosacea. And they were on this patient was on three different creams from the dermatologist. So my and and this one replace it because it's, it's working with your body and it's, it it's repairing it.

It's repairing that our layer and it's protective. So we talk a lot about our skin and you know harsh conditions. And then it losing that our layer and not being protected.

Well when you have the copper peptides it's it's protecting the skin. and that's what I love about it because how my mind works is how can we get our body to homeostasis.

And, you know, our body not against it, because a lot of the products out there, you mentioned bad ingredients, which, you know, the the way to get copper peptides, you know, a cream or a serum.

What's in with it needs to a make it get to the skin properly. And we don't want it to be toxic because a lot of the products out there, they break down the skin to get the stuff in.

And to me, that's just what I'm trying to be natural and, and be able to use something that I can breastfeed and use and you're right, when you're looking what you put on your body.

Absolutely. And I was determined we were not going to have something, even though I had this wonderful blue powerful peptide, I didn't want to combine it with something that could do harm.

You know, it had to be. That's why, one of the ingredients we use in all of our copper peptide products is brown algae. And it is so wonderful because it protects the skin.

And I love the fact that while copper builds the elastin, that the algae actually protects collagen and elastin. So it's working with it and it's natural.

It's something that's been out in the ocean. you know, dealing with all the elements. And it has built this ability to do that. And we can put this in our skin care.

And so we have brown algae. And you know, the serum, the, the body cream and the moisturizer. Yes. No, I don't think I told you this. I don't think I emailed you or Terry, but my son had this wound, like a little bit of cellulitis, and I was using some factor being a person, which is like a antibiotic.

It needed a little bit of that, but I didn't want to do poorly. And I biotics and I was doing the copper peptide rotating that also and then using some red light on it.

And there are a lot of studies about copper peptides with wounds. And I know we can't really like say it treats wounds and stuff. but it is known copper peptide to help with that.

So I was so excited to have that in my, you know, in my bathroom with my cosmetics. Absolutely. In there. Yeah. And it was just funny because I teach my kids, my kids probably know more about peptides than most because I'm like, this helps with wound healing and angiogenesis and inflammation.

So, you know, so it helps with wounds that we have lots of research on that. But I thought I was like, this would be a good thing to put in the the first aid kit, not just your skin.

You know, you're rubbing it on your skin, but you're also using it on. Absolutely. I have had so much feedback from people. I have a, customer who had second degree burns.

In fact, I have the photo in my website, but she had the big I mean, it was horrible on her hands. And she wore she immediately started putting the serum on it, and then she put the oil, you know, the squalene oil on top.

And she did this 3 or 4 times a week and within two weeks it was unbelievable. I have before and then the middle, it just turned this light pink. It really healed.

So I think that's a really good point. When when you have a wound, it's like the cake goes in and works harder than just on beautiful skin. I mean, that's what it does.

Yes, I agree I had enough. Yeah I did. Another another cut I did on another place is when people have surgical situations, like my husband just had to have a basal cell removed and unfortunately it was right on his forehead.

So there's this two inch line and I have the befores and we've been putting this serum on it. And it's like people that say, May they look and say, we can't believe that is the same place we saw two weeks ago, three weeks ago.

So we watch it work on wounds. So I think that's a great thing to bring up about the product. Absolutely. Yes. And not only surgeries, but a step procedure.

So. Absolutely. Okay. we I was telling Debbie I was training, my nurse practitioner, and she was doing secret RF microneedling.

Wound Healing and Post-Procedure Recovery

So it's microneedling with a little bit of radiofrequency like underneath, and you get a little bit red. But we have been using this for the past few months post procedure, and we're seeing the redness is so much better.

And then you can look it doesn't even look like I had anything done because I can also use serum right after. And then again this morning the lotion. So with with that healing post procedure.

So if anyone out there is having a procedure, an esthetic procedure, you know, maybe talk about peptides because it will help that healing. And you know, some people talk about you know, I know exosomes are getting big in skincare, but I feel like skincare, they bypassed great copper and went to exosomes.

And I'm like, well, you have this low hanging fruit that's more affordable. Absolutely. Yeah. And what I like about GCC, like you mentioned it, we make it.

We yes, we already have it. That's right. It's not a foreign substance that we're putting in our body. And that's what I love about it. in fact on the procedures I was just sharing with you before we started this morning, I got a note from a customer, and she said that she was in agitating pain from laser.

She had a blade of laser therapy and a vertical facelift. And she said after two months, she was still red, very, very red. And she said that she used our eye cream and moisturizer and the serum and she said she had tried other things and nothing helped.

And she said, the moment I use the serum and eye cream on my eyes, I had instant relief. A few hours later, my redness had gone down considerably where there was pain from inflammation barely there and very tolerable that that made me so, you know, I was so gratified to know that this product was helping people like that.

And again, that's another example of wound healing. Yes, yes. I think it's something special for sure. The for the eye, the eye cream. Now we know, okay.

Copper is used for things like hair regrowth, hair growth. Because by increasing that so I know you're told me that you can put it in I do this, I put it near my, you know, my eyelashes.

I put it under and I put it on my eyebrows to, to support, support eyebrows. And it it will grow hair where there's a

follicle. And so we have had a lot of people write and say that their eyebrows are thicker than they've ever been.

Eyelashes. I used to use lattes before. I was really being as careful as I should be, and to grow my eyelashes because they had really thinned out. And now I take the eye cream and just with my ring finger, pad it right up to the lash line and underneath.

And it is keeping them strong. I mean, they're not falling out. It's it is exciting how it works. we are working on, hair product. Many people use the serum.

they microneedle the serum into their hair when both men and women, we have a new product that we finally are really happy with. And hopefully this fall will be coming out with a product for hair that's specifically for hair.

Yes. That's really centered on the GHQ. Yes, absolutely. And the eye cream also. And, one of the things I'm glad you mentioned that it has four peptides.

it has a dye peptide that helps with, you know, swollen eyes, you know, the, the, the swollen eyes and, 2 or 3 other peptides that help with fine lines and support the it's a delicate area.

So in addition to GHQ, we have three additional peptides working together for that eye area. Dark circles works for dark circles. Yeah, it's really exciting.

So let me ask some of the tough questions. So could you overdo it on the copper peptides. Is there a way that you could be using it too much for too frequently?

I don't well I want to be careful. I well, I talked with Doctor Ferrari about that because I, I bathe in I mean, I use the serum on my arms, my knees, down on my thighs, you know, anywhere that I feel like I'm starting to see that little bit of scrape or something, I use it, I exfoliate and use it, and I see pretty quick response.

So I asked Doctor Ferrari about that. And she said, while you do absorb it, you know it does go into your dermis, which we want it to, that it is rare for there to be, you know, any kind of bad effect.

And she said, the way you would know that you had any reaction to the copper peptides, you would see blue in the nail bed and you just look there and I never have.

And she said she has never had that. And she has a lot of patients using GHQ. So by knowing there is a way that if you think there's any toxicity in your system, it would show up in your nail bed.

Yeah. And I've really only heard of the concern with overdoing it on copper is if you're using it. I've really to think topically about that. So so yeah, that's that's exciting.

And so what about pregnancy breastfeeding mamas and your product line? Because this is what I think is exciting. It is exciting. And my studies have said that it is safe, but I am just I just like I want people to ask their doctor and maybe you have an opinion on that.

I again, when I research it, I find it safe because it is naturally occurring and the ingredients that we have mixed it with are so clean, natural, organic.

But it's just one of those things, I think it's safer than most anything you would find in the drugstore. Let me say that. Right, right. Because a lot of that stuff that's parabens and BPA.

We have no parabens. We do not even have fragrance because you really, you know, fragrance can cover so many, different chemicals. And so while people I know they love things to smell nice, we we just I don't like fragrance on my face, you know, near my eyes, near my mouth.

Eye Cream, Hair Support, and Product Safety

So we made a decision to have fragrance free, which would be better for someone breastfeeding, etc.. Yeah. And pregnancy. It's, you know, that you want to work with your own doctor.

but although it appears safe but breastfeeding, I recommend that. Okay. Copper peptides and, but chili oil as like a natural retina, which I would love to touch on that because that was so exciting for me because I, I've been pregnant or breastfeeding for the last couple of years.

Oh my. Yeah. So I haven't been able to use a retinoid. Right. And and if you go into, you know a and esthetics place, they're going to be like everyone needs a retinoid. Yes.

You know for skin turnover. So it's like turning over a cell turnover. Absolutely. Yeah. And then you told me you introducing actually oil. And I've been happy ever since.

It is wonderful. And again trying to keep with natural because retinol or retinol or retina there it is one of those top 3 or 4 things you know for your skin.

But so many people are unable to use it for a lot of reasons. Not only just the reaction, but the situation, whether they're breastfeeding, etc.. So we studied and I found the cure and we developed, a product that has to deal with a little vitamin E in the squalene or a 100% organic squalene all.

And I'm glad you're using it because it's just wonderful. And you can use it with the copper peptide, whereas retinol, you need to, you know, wait 30 minutes or use 1 in 1 at night, one in the day.

But you can use this right after the serum. And it's just a beautiful it's an all that. If you've been use it. You know, it's not greasy at all. It just absorbs into your skin.

And we also have just the pure squalene all. And I love that as a primer. I use that in the day before I put on SPF or makeup. And it's once you start using it, it just you.

It's hard to put on makeup without it. I love that spoiling all. Yeah. And I know after I put on the products I can still like do my mouth tape at night, right?

A lot of products. You can't because it's just sticking on. It's just on the skin. It's not absorbed. So I don't do mouth state. I do not. It's probably something I need to do.

It is I mean I talk about it. Tell us about it. Well, I couldn't melt tape last night because I had just gotten the the secret procedures. I probably won't tonight either, but it's I, I feel like my REM sleep, I need to actually look at my aura rings like start tracking with my aura, ring the metrics because I feel like I just sleep better.

So you're you're you're making yourself breathe out of your nose. You're taping that mouth. So if you don't use it, you lose it. Right? So we need to breathe in and out of our nose.

It helps you know, just our structure. And if you're if you're sleeping your mouth open and you're snoring, you're not getting good air, good oxygenation. So, I, I, I've been doing it for about a year and a half, and I think that's my yeah, I travel with them and stuff.

But it's funny because I'll be like my I'll put it on and I'll be like, okay, I'm gonna put on my mouth tape, like to my husband when we're done, no more talking.

I can still like, talk a little bit, but, I'm like, okay, I'm done drinking, I'm done talking. But then you'll find I'll find, like, my little mouth tapes, like, all over the sheets.

And I was sure I will take it off in the middle of the night, but not not usually, but but anyway, I like it because I when I go to bed, you know, I put on my product and then I'm like in bed reading.

And then I put on my mouth tape and it, it will still stick. So I think that's good. And well, one of the things that we're bringing for Mother's Day, that I'm very excited about, speaking of sleep, is a copper infused eye mask, from Envy Copper.

It's these two nurses. I love the stories of entrepreneurs, you know, women who have come together and found a need and they developed an envy pillar with copper and the eye mask.

I tried, and I gave one to Doctor Ferreira. She tried. And then my husband had to have one, and now I. And I had never in my life been able to sleep with an eye mask or leave it on.

This is a really heavy, thicker, and it's silk. It's made with silk and it's, copper infused. And I actually see a see it working. And they have studies where it helps smooth out your face.

It covers this really large area. And I have seen on my aura, I have seen improvements in my sleep. They said that. But I and I take it very seriously because I'm obsessed with this ordering, checking every little thing I do.

What impact good or bad. And this eye mask actually helps to sleep. And I'm going to try the taping. The mouth taping. I have not done that. You'll be looking so cute.

You'll love your it's scary. Hey. I look so cute when I go to bed I have all I can stop and then I have a castor oil pack. I have a mouth guard and. Oh, I have that.

Yes, ready to go. Well, I don't want to grind my teeth and crack a no no. But thank you. But you look so good when you wake up, so it's worth it. My husband doesn't care.

Is used to it. And I have worn, like, those, brownies for my forehead, so I'm looking super cute. And I go to bed. I don't have the face mask on there.

I love anything like biohacking. Simple. That doesn't really take a lot of time, but you get good benefits from. And it's scientific. I mean. Absolutely.

And this is beautiful for travel because you travel. I thought all those I traveled for 37 years and I remember taping like the TV, the light on the TV and I could not get the, you know, the curtains closed and that light just absolutely destroyed my sleep.

And this is total blackout. And I thought if I would have only had this when I traveled, it would have been such a great product. And we felt because it was copper infused, it just went with our brand.

So we're excited to offer it for Mother's Day. It'll be fun. Yes, that's really fun. And that's a great point for traveling and the the darkness and those little, like you said, those little TV lights and oh, I, I like put pillows over them.

I always put the, the alarm clock flat down and I'm like, oh, light pollution. And a towel under the door because there's the light from the hall. It's it's terrible.

And that's a good idea. So it's not super heavy isn't it. No it's not, it's, it's a I at first I thought I don't know. And then I tried it and I was just, I was blown away that I could keep it on all night.

That was like the first thing. And the more I used it now, I won't be without it. It would make me nervous to go to bed without it, and I had never used one.

That's awesome. And we sent you. I'll send you one when I get one. Okay. Thank you. We can get them on your website. Yes. Okay, good. That's exciting.

See all any, any of our male listeners out there, which I know, I'm sure there's a bunch because they love peptides. you need, There you go. Mother's day present. You know, help with the creepy.

It's going to be the eye cream. It will be the eye cream and the eye mask and a gift set. Yeah, the. Perfect. Eye I gifted my mom. I don't know if she's using it.

I need to check on her skin, but with the body cream, because she, She. Her skin tears easily. And, yes. Yeah. So when we talk about creepy skin, it's not just an esthetic thing, right? It's.

It's like we want to prevent skin tears because we don't want that skin loses that integrity and infection.

Retinol Alternative Oils and Sleep Accessories

I mean, I feel like, you know, diabetics should be using these. Absolutely. Yeah. I just see it. Everything is like, why are we preventing disease? But, yeah, I've been using it on my my belly because I have some creepy skin from my, my big babies.

10 pounds. Yeah. So, so it is how being, with that. And then I'm starting to use on my arms, too, and it's just a nice lotion. So what is it? Why not?

Why not use something that has a purpose, right. Exactly. I think it has been a little bit. Well, it has also GfK. There is scientific research that it improves the density of your skin, so it actually increases the thickness.

And one of the product, one of the things I love about this is it has in the, in the organic ingredients. It has rosemary also they have blue. And it's a really nice big container.

but it has rosemary oil, which has studies that show it helps with cellulite. So I rub that into my thighs and legs and, you know, many places to help with that.

So you're right. The body cream, it is something to help things. He'll help things prevent the tearing and the thinning of your skin. Absolutely. If you're consistent, if you use it once a week, you know it'll feel nice.

But the people that really see results and let me just say that they are morning and night using the products they truly see change. and I know I can tell you're consistent just by talking about your routine.

Yeah, and that makes a lot of sense. with anything. Right? I mean, we've talked about that a lot. The summit consistency matters. Having a plan, following through with it, making sure it works for you.

So I mean, you might be out there listening and be like, oh, like I just want one product, you know? So if they I guess if they would just want 1 or 2 products, what would you suggest if they only wanted to commit to.

Absolutely. That is a great question. And one of the reasons we have such a simple but high quality line. In fact, Doctor Ferry, she did a little video for us, and what she chose to talk about is I love the butterfly.

I get out of the shower, I dab a little eye cream, I put my serum on, put a little, you know, body cream on my arms, and I'm good to go, I mean, basically.

So, we we have I mean, the three basic products are the serum, which is the one we've spoken the most about. It has the strongest percentage we have, 3% medical grade and a 2% they have the same wonderful ingredients.

One just has more. If you have trouble spots or want to, you know, kick it up and then a moisturizer just it's, so it's a little pump and it pumps out the beautiful blue and then the eye cream.

And you really do not need, you know, many more products. We have a, one of the thing that helps the products work better is we have an exfoliating cleanser.

It has a little bit of lactic acid, which, again, is a great way to remove damaged and dead skin cells so that the copper can go in and do its job better.

So with 3 or 4 products, you're set with your skincare. if you only wanted one, this is really hard because I guess I would say the serum, but we have so many people who buy the moisturizer, like Double layer by the serum and two moisturizers.

and then we have people who buy the eye cream every 2 or 3 weeks. It seems like an eye cream lasts a long time. it probably last year. I love to show the blue the beautiful blue colors.

So it's simple. There's not 4040 different products to pick from. We have four copper peptide products are two beautiful oils, one for priming, one for cell turnover to replace retinol.

If you can't use retinol or retina, and then the body cream. Yeah. And that's the thing. You don't need a lot of different products for every skin need because it's a cover.

It's a peptide. It's working with your skin. So I just don't know how to explain that enough to people that it's it's going in there and it's affecting gene expression in your skin and, and helping it.

So yeah, I, I love the serum. Like I said we use it post procedure. I use it at night. I used to get copper from Oakland County Pharmacy, but it had like not a plastic smell, but you could smell like the carrier gel base was just right.

Like, yeah, I'm just like, I so then I was like, oh, we have this and it's clean ingredients because I was like, I want to use it, but I don't know if I want the other stuff in it.

yeah. But but yeah, it's great. It's great for like, the rosacea, you know, the absolutely. It it helps against u.v., radiation. It protects your DNA.

It actually protects your DNA from radiation. in fact, Doctor Frey shared with me that she actually injects it before she gets on an airplane to, you know, help protect from the radiation.

so it it is very protective, although topically, before you go out in the sun, before you put on your sunscreen, put on your serum. And definitely one of the things I want to take a moment, just please put it on your hands.

all those years I was a runner, and I was good about, you know, putting sunscreen on my face. But I get in a hurry and not protect my hands. And I have, fortunately, with, some laser and the GCC, I have been able to smooth out and get rid of the brown spots.

But I. I have four daughters and I tell them all, do not forget to put, you know, both the serum and sunscreen every day and even in a car when you're driving.

I actually this sounds crazy. I have driving gloves, just like, you know, the old time they actually make them. And if you notice your the hand near the glass, you will have more sun on your hand than the side and you know, inside.

And so I know I have them in my, you know, compartment in my car. And I put on driving gloves like a little old lady. And I'm thinking, okay, this is for my hand.

Get a lot of sun. I'm like, writing notes. Buy some driving gloves because I oh, gosh, when was I was looking like you can tell like how old they are in their hands. Yes.

Absolutely. Yeah. Their neck there. Yes. So put it on your neck. Actually, I'm not as good with that. I need to start putting my neck in my hands. But I might get some driving gloves because.

Yeah. And I need to start putting SPF on there. There. It was funny. There was some meme going around and it was this lady, she was a farmer and she was like 60 or 70, and supposedly she ate like lots of meat and protein, and she might have been carnivore.

Anyway, it was funny because the comment someone's like, yes, she is that old. Look at her hands and yes, hands looked like she was 60. But her face, you know what?

She probably covered with a hat or whatever right outside her face looked like she was like 30, 40. so yeah, like, I'm like, looking down at my hands.

I'm like, I need to pay attention to my hands. You need to do it now. I mean, every day, every day before you go out in the sun, I do that. I won't even go walk. I lost three.

I'm so obsessed now with putting on the sunscreen and the serum before I go out in the sun. I actually stopped at a place and took my ring off to night get, you know, sunscreen on it.

Lost a very valuable ring, and my husband's like, okay, you protected your hands, but you're going crazy. You know, you're.

Body Care, Sun Protection, and Simple Routines

Yeah, well, you're just I don't know. Yeah. So you do your whole hands. Not just. I do. I do my whole dance because I saw several years ago, a dermatologist said, your skin looks really good, but your hands don't match.

Your face said exactly what you were saying. Now, this is before I found GHQ, and but I, I miss serious about it. Is I on my face? Because I know when people look down your hands, really show your age and they're out there, you know, they were out there.

In the dark too. Yes. But people ignore that. Like I have some sun spots there. I need to laser that off, before the summer. But yeah, I mean, that's the thing.

You could do the laser and then you could do the peptides after, and then you can protect with the peptides. Absolutely. But yeah, I mean, especially in those strange places, you know, the neck and the, the chest and the hands, it's harder.

You know, you can't really put filler in there. I mean, I know people do use radius like in their, in their hands with a cannula, but it's not as easy to fix of the face.

I, you know, see that and be a Debbie Downer. But I, I do want it to get driving gloves now you. Should I love them they're you know you're they're wonderful and I laugh I feel like I'm driving miss Daisy you're so I feel, you know, like this old lady.

But I'm protecting my hands. And the other place I learned this from one of my estheticians is to protect your. Do not forget to put product on your ears.

I mean, think about your ears are your skin. And she's the one that shared. Oh, I see my mother's ears compared. She was always so good about her face, but she did not protect her ears.

And she's the one that taught me, you know, Debbie, put your products on your ears as well. So I'll take that serum and just, you know, when there's some left on my hands.

And I think, well, your skin too. I need to take care of. Yes. And that's the thing. You don't need tons of products, you know, one pump and I dab, and then I rub it in, like you said, there's extra.

So you could go like this. You could go in here years. I think sometimes not. Sometimes I think so many people just overuse product. And you don't. You don't need that much product.

You do. Not. Yeah. It goes a long way. Yeah. Absolutely. So, any other peptides that that you like personally, I know you have had your own peptide journey and using them.

Do you have a favorite non GCC copper peptide that you use? I love BPC 157 for p. As I said, I play tennis and I have struggled with various injuries.

year ago I had a torn meniscus. and I did have the PRP, which thankfully has me back playing tennis. But to keep me out of pain and keep me, you know, going to BPC 157 for inflammation, I think it is wonderful.

So I, I do two things. I inject it five days a week, you know, and then I'll let my, you know, for a period, then I'll let it, you know, the receptors rest, and I'll also take it from my gut.

You can take it, you know, orally, which is wonderful for your that. So those are two ways I love Tessa Moreland. that was, use that before GHQ because I wanted, after retired the first time I was worried about, you know, muscle building muscle and this gut, you know, firming up the gut.

And it absolutely has worked for me. I love Tessa, and I also can. It's one of those things when you've been using it. I can feel it when I'm lifting weights.

There's just something about I have more energy to push. So that's one of my other favorite, peptides. And then thymus and alpha, which is to protect my immune system and that's peptide eject twice a week.

And I feel I would I did not have the flu, a virus. I have not been sick in six months. And I have to give that some of the credit because I pick up small kids from school bus and, you know, around kids and a lot of people.

And it's, I feel like I'm protected having that wonderful peptide. Yeah, they're little petri dishes, you know? Yes. Yeah. I love you know. Of it. Yeah.

Well, I had, like, a little, like, g.i. Bug issue like early this morning and, and I'm like, oh, got to take my BPC 157 so I can get through these interviews and I'm fine.

And my gut health is usually pretty much still, but, Yeah. And I'll be taking those with me when I travel. you know, spring break to Mexico. Definitely going to take I wouldn't.

Leave home without it. Yeah, yeah. And that's the thing. Like I have, like, my little, like, supplement and peptide like boxes that I take with me in case of an emergency so I can take care of everything myself.

So it's, it's really great just to have these resources just to promote your health in your body. So it's it's great. It is. Absolutely, absolutely. And you're living proof because you, you were retired and came out of retirement and started a whole new company, which people probably are very shocked.

Right. I was shocked myself, but I turned 68 three weeks ago, and I am excited and passionate and I know I am healthier because of peptides. I mean, in multiple ways.

I know my skin is healthier, my body is healthier, my energy is better. And I know that is, you know, huge. In fact, one other peptide I was not using this one when we spoke last oxytocin for sleep.

I know it's the love peptide, but I use it to calm and help me sleep. And I'm finding again, I track on this Oura Ring, and I am seeing it's one of those factors that can help my sleep.

So that's another one that's been around for a long time. and, you know, I'm just now hearing more about it again. It is it's starting to pick up a little bit.

I mean, they're using it with kids with autism. They're studies on that. How can I ask you how you're taking a nasal. Spray and drowsy approaches.

Other Peptides and Closing Remarks

And then I started injecting it. Okay. So I'm doing I'm doing both. But the coaches, you know, you just put under your tongue at night and I actually will leave one by the bed.

Now, the mouth taping could be a problem with this. I'm trying to think how I do this, but if I wake up and just can't go back to sleep, I will pop one under my tongue or you know, and it will put me back to sleep because it stops your brain.

I mean, I think that's what it does. It calms your brain, which when you wake up in the night so many times, it's like you're working through a problem or trying to think something through.

And I highly recommend these. My compound pharmacy, you know, makes these for me. They're wonderful. How many units are you taking? it. Oh, I'll have to look, I do not have that because I have the injections I will have.

I'll text you that. I'll have to. Yeah, that's something that, you know, because it depends on the person. It could be like ten units to 100. So really interesting I mean I, I'm nursing my, my kiddo.

So you know, that helps me go back to sleep if he wakes up and nurses and oxytocin and then we go back to sleep and yes. He. Is such amazing peptide and and hormone and intimacy.

So yes, we're using a lot for, for intimacy. you know, kind of to, to start, start the intimacy going before, before intercourse. So it's used for that.

I mentioned like autistic kids and I'll types of stuff. I think it's getting more popular for sure. Oxytocin. So I, I love that you're using that I do.

I love it it's it's a calm or for me anything that can help stop my brain for I know it's it's wonderful. Yes, yes. Well but at the same time you have a wonderful brain that because it's always going, you have these great products.

So I, I'm so thankful for you and your husband, Terry. You guys just runs such a great business. And I'm so glad we carry, Vitali products in my medical spa.

And we really see great results. So I thank. You. It's an honor. It's an honor. And thank you. Yes. Well, can you tell you told us a little bit about the Mother's Day special?

how can everyone find your products and get the Mother's Day special coming up? So that's exciting. It's just vitaliskincare.com, and, you know, again that we have a, I think a very beautiful but simple website.

It's not complicated. That's one of the things we get feedback. I'm so glad that, you know you have descriptions. We have. You can click and see all the ingredients of every product, which is important for me, for people to understand the ingredients in case there's anything that they're allergic to.

So, and if they have questions, they can, you know, about what to use before they can write me Debbi at vitaliskincare.com and I am happy I answer every day.

I'm very fast to answer. I care about, you know, helping customers figure out what they need to do. And, we also have a policy where if it's not working, we don't have, fortunately, because the product is so good and it doesn't have many problems, we don't have that, but guarantee it's a 100% guarantee if there's any problem, with your skin.

so we try to make it as easy as possible, for people to use the product. Yes. And and you really do. It's it's great. So thank you so much for your passion about healthy copper peptides for the skin.

And just I'm excited to see more products and what you have in store. Absolutely. Thank you Dr. Jen.