Introduction to Menopausal Skin Changes

Welcome back. Today's conversation is about something every woman notices during perimenopause and menopause. Suddenly, her skin seems to change overnight and the products that always worked stop working and skin becomes dry and thin and less firm and reactive with dark spots.

They appear out of nowhere. Well, my guest today is Cynthia Garcia. She's a four time entrepreneur, certified clinical nutritionist, founder of Rewritten Beauty, and creator of the world's first identity based beauty brand.

She's also the founder of the Institute of Transformational Nutrition, which has certified thousands of practitioners worldwide. Her work has been featured in Forbes, Vogue, Elle, glamor, cosmopolitan, shape, Good Morning America and The Today Show, and she served as the official nutritionist for all three seasons of Revenge Body with Khloe Kardashian.

Coaching celebrities including Kim Kardashian, Charlize Theron and Sandra Bullock. Welcome. So glad to have you here, Cynthia. Thank you. I feel important when you read that.

I mean, you kind of are like, can I just wake up to this every day? Like, I don't know. I'll be happy to come and introduce you to the world every day.

But, you know, listen, in all fairness, I've been doing this for 20 years, so, you know, like. Yeah, hopefully a few things have happened along the way. Few things.

You know, we lead many lives. We just do. That's what we do. But it's such a pleasure to be here with you today. And I'm so excited to talk about all things menopause and skin and.

Yeah. Yes. So we're going to dive right in. We're talking about what's actually happening under the surface of menopausal skin, and why so many women feel like they've aged overnight.

This happened to me. I looked in the mirror one day. I used to always be. I always used to get the compliment.

Senescent Cells and Skin Aging

I'd be like, you don't like you're 35, you look 19 or you're 45. You look 25. And so now at 53, when I look in the mirror, I mean, I feel still like I'm doing okay, but I don't.

I see a completely different skin. Once I hit menopause, everything changed. So let's jump right in and help our listeners really understand this. So I want to start with the thing that most women have never heard of, which is senescent cells.

They're zombie cells, right? They pile up in your skin when estrogen drops. And that's what we all have in common with perimenopause and menopause is that estrogen is dropping.

So what are they doing on a woman's face in perimenopause and menopause. And is there something we can do about it? Yeah. Great question. And I just have to cosign on what you said.

And first of all, you still look 35 in my opinion. But you know, I think that and I did it too. I had this experience to and every woman that I feel like I speak with these days over 40 truthfully says, I just feel like I wake up one morning and I had fallen off a cliff, like everything changed and it feels like it's overnight.

And one of the biggest contributors to that is these zombie cells or cells, like you said. And this is one of my favorite

things to talk about because it does not get talked about enough.

So senescent cells are one of the hallmarks of aging. And there's cells that should have died and retired. But they don't. They just stay there. Kind of like zombie.

How rude. Well, I know, right? You know what? Those zombies in a movie where they're not dead, but they're not alive, and they just walk around like me.

Yeah. And that's literally how they look. That's what essentially they are. And then, just like in the movies, they also can infect healthy cells and turn those into zombie sales as well.

So basically they stop working, they won't leave, and they just sit on your skin leaking inflammation and collagen eating signals into everything around them.

So they this is how you end up getting that dry, dull, creepy skin. The fine lines and wrinkles are because the collagen is breaking down underneath the surface and the surface, and the skin kind of starts to to create those lines and wrinkles because there's no volume left there to hold it up.

So that's why getting rid of these zombie cells are so important. And as far as the menopause piece, like estrogen was quietly helping this whole cleanup system run.

So you've got this system in your body, in your cells. And by the way, since it cells are inside your body to not just on your skin. Oh gosh. So they're everywhere.

It's everything but up until menopause and when you're estrogen you know, packed it shit and left and didn't even leave a forwarding address. They it worked like this whole cleanup system work and estrogen was helping with that.

But when estrogen drops, the sales just pile up faster and faster and there's nothing to get rid of them. And that's a huge part of why your face can change so fast in your 40s.

Again, the creepiness, the dullness, that balance, you know, you lose that balance of your skin filling, hydrated and that kind of thing. And you haven't changed anything. Right.

But the exciting thing is, and we are at this new frontier in health and longevity in skincare. And there is a category of ingredients called Cineplex.

Now, you might have heard of these before. Laura, for the sales inside your body like qualia makes a great sense. I don't know if you've taken those or not before, but I've seen them.

Heard of them for sure. Yeah, so they do the same thing. They help clean out the zombie cells in your body. But up until not too long ago, we didn't have anything to do that for your face.

And you couldn't just exfoliate them off. But now there are things like alpine rose extract that's built specifically to target those zombie cells at the surface.

Cortisol, Stress, and Collagen Breakdown

So it's super exciting because we finally have actual ingredients aimed at the root cause of aging, instead of just skincare that never reaches your skin because of the zombie cells on top.

So it's pretty exciting. There's something that actually can be done about it, which is exciting. I mean, as far as aging goes, this is a good time to be aging in.

So everybody who feels like we have we have a lot more tools at our disposal than our mothers did, let's just say,

so we can get ahead of this, which is really exciting.

Well, I want to chat about cortisol because men. Yeah, it's a thing. Menopausal cortisol is a different animal. And most women don't realize that cortisol literally breaks collagen down.

So so the place we want college in the most I mean, if you're watching the video and not just listening, I'm pointing to the areas around my mouth. What's this little area called? Cynthia.

They say labial fold. Yes. Nasal labial folds. And so we so when that collagen breaks down there, it really tends to show our age. So how does the stress cortisol skin loop.

So there is I mean there's this whole loop between cortisol and thyroid and cortisol and brain and cortisol. So there also is a skin cortisol loop on your face.

And there's an ingredient actually that you in skincare products that addresses the cortisol piece directly at the skin level. So tell us about that. Yes. Your part Laura I love it.

So as people may or may not know, cortisol is your stress hormone, right. And the part that makes women say wait, what? When I explain it is this. So cortisol doesn't just stress you out even though it does do that too.

But what it does is it tells your skin to literally stop making collagen. Crazy, right? I know, and that's the thing we want the most, right? 100%, especially at our ages.

So high cortisol basically walks into the room and flips off the light switch on collagen production. It's the same reason that, you know, long term steroid use thins the skin.

So when people say stress ages your face, it's true. Like there actually is a direct line and in mind what you mentioned makes it worse. And it kind of a sneaky way.

So estrogen was acting like a brake on your stress response. Right. But as estrogen falls that brake doesn't work as well. And so the stress hits harder.

And then your cortisol runs hotter because it doesn't have estrogen left to keep it in check. So in that stress you start to measurably slow how fast your skin repairs itself.

And you get into this loop like you said, right. So your stress you have higher cortisol, which means you have less collagen, which means you have slower healing, which means you have duller, thinner skin.

And then that stressed out even more the second you look in the mirror. And so we create this vicious loop. And the other thing is when we go and we say, listen, I'm going to fix this, I'm going to get a laser, I'm going to get a nice treatment.

Like that's great. But unfortunately, because now you have higher cortisol, less collagen, your skin isn't going to repair and heal. And so oftentimes I see people going for treatments and not getting the results that they want because they haven't hit that underlying root cause of white cortisol is out of control in the first place.

So, you know, it occurs to me, you know, I'm always talking about cortisol in my programs and with my clients and, you know, running adrenal testing and looking at cortisol levels.

And you just gave me such a good reason to get people to actually de-stress and deal with the trauma because it's aging you. And this this is literally the physiology of why it's aging you, which you just explained.

And so you just gave me another tool in my tool belt to actually get women to follow through with the stress reduction. I mean, it's so huge, right? I know, well, there's a couple of things as women that are really important to us, weight gain and aging skin, those are very visible and they're painful and we'll pretty much do anything to solve

it.

I mean, as evidenced by the amount of crazy fillers and everything that we see people, I mean, they just look so strange with everything they're putting, but doing that in the name of plumping, because they're losing that collagen in those nasolabial folds and in the cheeks.

And yeah, so last either by the way, and we can talk about like it later if you want like estrogen receptors on the skin and even like topical estrogen.

But yeah I mean people get caught in this other vicious loop, right. Trying to do something about it and then not addressing the root cause, like we said.

And so it just keeps getting worse and worse. I mean, this is filler face comes into play because they go back and they get more and they get more and they get more because the underlying cause is still there.

Well, this is the case for bioidentical estrogen replacement therapy, right? If it works for you and if it's good for you, which most women it is.

Dark Spots and Vitamin C for Pigmentation

I mean, we have lots of discussions on this coming up, but huge fan, huge fan for for women, not just for their bones, their brains and their heart, but also for our skin, for our face, for our appearance.

Yeah. 4%. And so there's estrogen, but then there's also an ingredient too, to look for, for this very thing called neutrophil neutral. Fraulein. Maybe you've heard of it. It's hard to say.

So it comes from a plant. And it's actually been studied for a really long time because we can talk about like estrogen receptors. And, you know, a lot of people are even putting topical estrogen on their skin.

And it's actually having really great effects. But this ingredient, neuro fraulein, has actually been studied for lowering cortisol right on the skin and lifting your feel good endorphins.

Right. So it's pretty interesting. It's when you put this on your skin, it actually has been shown to lower the cortisol levels inside the skin, which is great.

Like that's what can you just do that. What's that. Can we dump our body in it. Can we just have a dunk tank? Somebody asked me that one time I had a client.

She's like, do you? Because we had this an hour in my skincare product. And she said, can I just take a bath? Like, can you create like a bath size? She's like a not joking. I'm like, do that.

I mean imagine like a bath of just like de-stressing, you know, we're all good. So let's talk about dark spots because this is another big one. This is happening to me.

So dark spots people, you know, you hit a certain age and all of a sudden you're getting dark spots like you've never had before. So why does pigmentation accelerate the moment that hormone shift?

And what's the right form of. There's an ingredient that I think will help this. And there's a particular form of that ingredient. So I want you to talk about it.

So how do you move the needle with this okay. So first of all it's not just estrogen that gives you dark spots. I hear people saying that a lot or low west region rather oh I don't have any estrogen.

I'm getting all these dark spots. But what's really happening is two different things stacking. So one pair menopause. Menopause. It's hormonal chaos.

It's not just that your estrogen is low. It's swinging all over the place. And those surges rev up the pigment cells. So that's the first thing that's happening.

And then two you're now cashing the check on every sunny vacation and every drive with, you know, your arm out the window. For the last 30 years, all that time that you spent in the sun is starting to catch up.

Minute pores is the age when all of that sun damage that we've had. And maybe you didn't even know because it was underneath the surface. It all decides to surface at the same time.

So it feels all of a sudden like, why am I getting these brown? Brown spots all of a sudden? But it's actually been building for decades. And the ingredient that you want to really help with this is vitamin C, but of all things vital, but not just any vitamin C.

No, no, no, not the traditional vitamin C like that pure acid that everybody reaches for. Please don't do that. It has to sit at a really low acidic for to even work.

It breaks down when light hits it like on young, really resilient skin. Like if we were all 25. Again great uses amazing. But on thinner, drier, more let's say reactive menopausal skin.

That acidity can actually just sting and flush and set off the exact irritation that makes pigment worse. And so what happens is a lot of women that I talk to in parameter pause or menopause, they say I have these dark spots, but I can't tolerate vitamin C because they feel that on their skin they get the redness and what have you.

But it's not that they can't tolerate vitamin C, it's that they're using the wrong form. So what I love is this all loving form of vitamin C, it's called T. H., D, vitamin C, it's way more gentle, but yet way more effective.

It goes after pigment, it brightens. It doesn't pick a fight with sensitive skin. So you reach the same goal, but there's no collateral damage. And I think that is so key.

And something that we haven't talked about yet. But the whole game after 40 is to get the results that you want on your skin without wrecking your barrier to get there.

Because at this age and stage of life, it's so very sensitive. And if you mess up your barrier, it's all downhill from there. It is so difficult to get back.

So that's what you want to look for with those dark spots. So not just any vitamin C the right kind of vitamin C C okay, you can do more damage by damaging like I said, your barrier like opening your skin up to more light and pigmentation and sensitivity.

And that's the last thing we need. Yeah, I can remember using vitamin C serums at a young age, learning that this was good, but I have a feeling it was just a scorpion acid.

I guarantee it was. I mean, we're starting to move away from that now.

Skin Barrier Repair and Niacinamide

Like there are some skincare products, have been on the market for a really long time and that sort of fall formula, they'll use that form of vitamin C, vitamin E and Farrell acid, which are those two ingredients are great just to help stabilize vitamin C and help it become more effective.

But this other form, FD, vitamin C, a lot of the good skincare companies, it's more expensive. So, you know, that's always a thing in business and making products.

But we are starting to see a lot of the luxury brands move in that direction. Yeah, I'm a luxury brand girl. All right. So I've got another question about dry skin.

So in menopause women start to notice that once you know once they will perimenopause to menopause so 40s and on typically their skin becomes drier thinner.

They react to products they've used for years. So what's actually happening to the skin barrier during menopause, and how can we support our skin and rebuilding itself instead of just simply trying to moisturize the surface?

I think you probably have some ingredient recommendations for here, as I have ingredient recommendations for everything. You could be like, I have a hangnail and I'd be like, let me tell you what works.

Like I hear obsessed. I know, it's so funny. I watch you on Instagram with all the things you I mean, you just bear it all, girl. You tell everybody everything that you're doing and how to do it.

It's so good. I am an open book. Probably sometimes a little too much. Oh, reading the comments, reading the comments in your threads are the best because you get all these like, lovers and haters and then the lovers come in and be like, what's your problem?

Yeah. So, you know, it's so funny, right? They like defend and it's I don't even think they're defending me. I think they're defending themselves because they actually feel this way.

They're like, we're not crazy. We still want to look as good as we like. We want our outsides to reflect how we feel on the inside. There's nothing wrong with that.

And I couldn't support that. Yeah it's ridiculous. So let's talk about barrier okay. So barrier what is barrier. So your barrier is basically like a brick wall right.

The bricks think of those as your skin cells. And the mortar that's holding them together is made of fat called ceramides. So estrogen helped you to make that mortar to hold everything together.

All the bricks in the barrier. However, when estrogen drops, such as the running theme here, Sarah, my production drops. Oh man. Border starts to crumble.

And now you've got gaps in the wall. So water evaporates out, everything feels dry. And it's why things that never bothered you before are now burning your skin when you put them all on.

A lot of the actives, vitamin C that we just talked about because your wall now has holes in it. And so the mistake that everybody makes is they just pile on heavier moisturizers.

They think, oh my skin I need to wash. But that's like painting over a cracked wall. It looks okay for about an hour, but you have. Right? Anything. Right.

So what you actually want is to tell your skin to start making its own ceramides again. And there's an amazing ingredient for that. You know, there is no niacinamide, which is vitamin B three.

And we have such amazing research now to show that niacinamide actually pushes your skin to produce several times more of its own ceramides, and then rebuild that barrier from the inside out.

So it comes into those little holes in the brick wall and it just starts filling them back in. So instead of just slathering on that moisture, that paint on a cracked wall, you're actually teaching your skin to repair itself, which is the difference between having to just buy moisturizers and slather it on and manage your dry skin forever, and actually fixing it at the root cause.

I'm a root cause kind of girl. In case you haven't noticed, I know this is your. This is why your background in health and health coaching and teaching people how to be health coaches would set you up so perfectly.

Your background in nutrition set you up so perfectly to own a beauty company. I never thought about that, ever. I

was just, you know, either. They say that like, everything you do prepares you for the next.

Totally, I heard that. Oh, I say it all the time. There's just you. There's a bunch of breadcrumbs laid out before you, and you just have to follow the trail, and it's going to take you to the next.

The next. The next thing. It's pretty fascinating how how it works that way. Right. Like things I never thought would matter in my that I did my 20s or now I'm like, oh, I know this now.

So yeah. Okay. So ceramides, we need more ceramides. We need that. And so those are like like fat, fat. We need more fat accumulation and growth under the skin.

Exactly. And niacinamide is the is the ingredient that does so. People avoid fillers if they do that, if they build that up. Is that like an like why people even use fillers?

I mean, you can but remember the underlying structure. So we're talking about the barrier, right? That brick wall that kind of protects your your skin from all the getting in there.

And then when it does it breaks down the skin even more. I mean, think about it. It's like an army of invaders. We had a wall up to keep them out because if they got in, they would tear it up.

Right. So it's the same kind of thing here. So that's what we're talking about with the barrier. But in terms of the filler, what we're actually doing there is replacing lost volume.

And that lost volume comes from collagen breaking down. So it all works together, right? If you keep your barrier healthy and it keeps things out, you get rid of the cells floating around.

Then you don't have that collagen breakdown to begin with. I mean, at a at a minimum, it slows it pretty dramatically. Okay. So it's kind of like a all in approach.

Do you know what I mean? It's not just like one thing that you do. It's all of the things together that kind of works on each and every area.

Hyaluronic Acid and the All-in-One Serum

Yeah, it's not just one thing. Often, even with regular with your health, it's never just one thing. Right? It's it's you get it? Yeah. It's all connected. It is.

So I want to talk about highly because this is a hot topic. And we know that women lose a lot of it as they age, especially in the first years of menopause.

Yeah. So if we're losing highly acid, what does that mean for the way our skin looks and feels, and how is there a way to replenish it? I mean, I feel like I have five products on my bathroom shelf that have highly acid on them.

And if there was one thing that addressed these major hormonal skin changes in a single routine, how could you simplify that for women? I mean, I've got so many products on my bathroom counter, I know, and honestly, who has the time for that?

I'm just saying. So yeah, we've all heard that 30% statistic, right? That you're 30% in the first five years of menopause. And that's college and not hyaluronic acid.

So we know women can lose around 30% of their skins collagen in the first five years after menopause. And it just keeps going downhill from there. Right.

And it tracks your menopause, not your birthday, but hyaluronic acid is the stuff in your skin that holds water and gives you that plump, bouncy, dewy look.

It also drops with age and menopause. Now we don't have that clean five year number for it like we do with collagen, but I don't think we need it because we feel it.

We feel like our skin is just kind of flat, just kind of lays there the fine lines. A lot of the fine lines are actually dehydration lines. So even though you have collagen, breaking down underneath, the dehydration makes those visible lines worse.

And so you just lose that balance. You lose that life in your skin. So the way you put it back is using a hyaluronic acid in your skincare to help pull the water back into the skin and plump up those lines and cells.

So that part's simple. And but really, the bigger thing that you're asking, and the whole reason that I built my serum, which is called Show the Face Up because that's what I think women should do.

Over 40 like, this is not the time to fade and go gently into that good night, unless you want to. And by all means do you right? Do 100% whatever makes you happy.

But if you're not quite ready for that and you're ready to show the face up, that's the serum that I bought. So we just walked through zombie cells. Cortisol eating your collagen pigmentation, the crumbling barrier, the the hyaluronic acid that we lose.

And like you said, there's five different bottles, five different things you have to put on your face, and nobody has time for that. So I'm all of that into one serum.

So there's one serum that has the for the zombie cells, the ingredient that calms the cortisol in the skin. Remember neuro for a lame. It has that THD vitamin C.

So you get rid of the pigmentation the niacinamide to put back the mortar in your wall to protect your barrier, and then different molecular weights of hyaluronic acid to give you back that plumpness and that glow again.

Right. So yes that's. Yeah. So it's actually 5 or 1 step instead of five, which a lot of people feel really great about. Totally. So I know that people listening right now want to know how to get it.

So can you share where do you get this magic potion? This magic potion? I know, I'm listening, I created it, I'm obsessed with it. We did eight years and R&D like this was a whole process.

But you can go to rewritten beauty com and you'll see it there. And for you, Laura, because you're amazing and for all of your audience. If you put in the code.

Laura no menopause pause and you'll get 15% off a bottle so you can try it and see if you love it. Or you can do a subscription and get 20% off. And if you do that one, you get 20% off for as long as you want it.

It's not a one time thing. It's on every single order which is which is so generous. So I love this product. I put it on my face, my neck, my chest, and I put it on my arms because I'm noticing my arms are aging.

Yes. So okay, I love that you said this. So I always say tip to nips, right? Always tip to nip. Everything goes on. You bring it all the way down and then whatever is left, put it on the back of your hands and rub it up on your arms.

And you'll notice that that crappy skin that starts, you know, start to vanish. It's yes, it's unbelievable. And I'm working on some spots. I'm I'm going to let you know if they go away me posted I will, I will.

So one thing that you do want to make sure that you do though, remember the main thing that we want to do is get rid of those zombie cells. Because without that, like nothing else is going to work as well, not even your other expensive skin care.

So all of those are going to work a lot better too. So in order to make that happen, the serum needs to be on clean,

dry skin. So you wash your face, do a toner if you want.

Totally up to you. Whether or not you tone, make sure it's completely dry and then show the face up or serum goes right on. On top of that, let it sit.

Let it eat those zombie cells. And then if you want, you can put on additional products. So good, so good. So I just want you to tell everybody listening right now.

And those of you who watch are watching the video, how old are you? Cynthia. Because you say again, I'm 48. I'll be 49 in a month. Oh my gosh, in a month.

My breezy. So you also look like you're still 25. It's wild. Like there's no way you could have accomplished as much as you had in your life if you were still 25.

So we know when I read your bio, obviously this woman has some miles on her life, right? But you definitely. Yeah. So so everybody she's doing something right.

So whatever Cynthia is doing is what we all should be doing. I mean, it's an Olympic sport. I treat my skin like an Olympic sport. I mean, listen, it's protecting everything else in here, right?

And I'm vain, like I just am. Let's just call it. I know you are. You are proudly vain, and that's okay. Probably vain. I mean, listen, taking care of yourself.

If that's a mental health disorder, then, you know, put it in the DSM.

Confidence, Identity, and Rewriting Beauty

You're all for it, right? You're like, I'll own. You'll own that disorder 100%. I just think that women should be able to look and feel however we want for as long as we want and not have an issue.

Like why? Why would anyone care, right? And so that's why I want to ask my final question to you. And I really want you to pour into our audience here.

So you've built your career around the idea of rewritten beauty. And so for the woman who looks in the mirror, you know, now during Perry or menopause and feels like she's losing the person she used to be, what would you want her to know about aging, about confidence, about the opportunity to rewrite the next chapter in her life?

Because you built an identity based brand. And I think that's so powerful. So what would you tell her? Yeah, that's a great question. It's so good. First of all, I think that this idea that you're losing who you are in this whole identity shift is very real.

So I think the first thing that we have to do is stop pretending that it's not. None of us look like we did when we're 25. Not even me, I wish. And and that's okay.

Like, this is just a new chapter that we're writing. It doesn't mean that the old chapter is no longer matter. That they didn't serve us, that they didn't get us here.

We talked about those breadcrumbs earlier, and I think instead of chasing the past, what I really love to do is rewrite the old stories about how you're this or that.

You're losing your value like it's all downhill from here. All those stories that people tell us over the age of 40 and start writing a new chapter like this.

The past is where you've been. It's what you've done. It's what got you here. It's prepared you for this exact moment. And by the way, you've made it through 100% of your most down and out traumatic.

I'll never get through this again. Moments in your life and you're still fucking here. You're still doing the thing. So now you get to choose. Because listen, here's what happens when we get to this age.

All the things that bothered us in the past no longer do. Do you feel yourself like just not caring, like I call it, giving fewer fucks? Like I just don't have that many.

I've looked, there's not that many left. It doesn't bother me as more so. We have the ability now to not let any of those that noise in that distraction inhibit what we want to do with our lives.

And I see the most interesting people launching new businesses in their late 40s and 50s. Right. Like really doing the things that they would never have done when they were younger because of fear of what other people would think or what they would say.

And I think when it comes to beauty, it's no different. Like, do whatever you want to do to feel amazing about yourself and to look amazing in the process.

I think at this point, we've earned that. And for anyone who tells you that you shouldn't, you can't. You haven't. I'm not real sure why those people are in your life, to be honest with you.

Like we don't have any more time left for this bullshit. We just don't. So. And something to help is with rewritten our skin care. We actually have a, like a mantra that we walk you through every morning.

So when you're applying your skincare, I would invite you to do this whether you get the rewritten serum or not, which is pick one story that you've been telling yourself either too old, my prime has passed, whatever that is.

And as you apply your serums in the morning, choose a rewrite for that and just say it out loud. Or say it you know, in your head to yourself, and you'll be amazed at what a difference that makes.

Just taking 30s in the morning and 30s in the afternoon to remind yourself who the fuck you are, I love it. You're actually coaching people to rewrite neural pathways in the brain, to actually create a new pathway in a way of being, so that you are feeling powerful and confident and resilient.

And thank you, Cynthia, for being just so real and transparent. I'm not going to edit out your F-bombs because this is you. I should have said, can I say this or no?

I've talked like this since I was 14 years old. I know. Where are you from, Cynthia? Where's this beautiful accent from? I know originally I'm from, like the southwestern tip of Virginia.

It's like right near. Like the Tennessee and North Carolina. Oh, yeah. I have a little bit of a mutt accent. I feel like because I've been in LA for, like, it'll be 22 years this year, which is crazy, but I do haven't lost it.

It's one of the most endearing things about you is your southern accent. It's so good it be proud to be proud. Yes she would. Yes she would. Well, I know some of our audience might want to know where to find you.

So I know you're on Instagram. You also have a website. You also certify health coaches. I mean, you do a whole bunch of things. So where can our audience find you? All over the place.

Yeah. So in my YouTube show, which if you like this conversation, you'll love it because I break down everything like I'm out here testing the protocols, the hormones, the peptides, and then coming back and telling you if it's worth it or not.

And I share everything. I'm literally an open book. So it's just I am Cynthia Garcia on all the socials. My website is Cynthia Garcia if you want something easy to remember to just my name.

But yeah, I am Cynthia Garcia on all the socials and channels and places. Well, I just have to thank you for a whole

bunch of things. So you, very early on in your career, paved the way for so many people to start a career in health and wellness.

I think as a result of you and your programs, people have probably increased their household incomes by hundreds of millions by now because of your trainings and coaching, I mean, you really you've really made a huge impact on the world.

And, you know, matter what you do at this point, you've left a legacy. So I just want to acknowledge you for that, because people have really benefited not only in their health, but in their ability to reach their dreams and take care of their families.

So this next chapter of you creating rewritten is just, you know, it's like icing on the cake of everything you've done. So thank you for that. And I'm honored to know you and be your friend.

And I really enjoy our time together. So thank you so much, Cynthia. All right. My God, you maybe make a mess up my makeup. Hey, this morning, girl. Thank you.

It's very, very kind. And it's an honor to know you as well. Truly. Like, as soon as I met you, I was just like. I don't reach out to a lot of people.

I'm very much like a lone little wolf over here. I'm an introvert. It's just not me. But as soon as I saw you, I was like her. I need to connect with her.

So I'm. You're amazing. Like, truly, in all the ways and all the work you've done and just everything right back at you, I just. Yeah. Feelings mutual.

And if I can get you to mess up your makeup during an interview, I've done my job, so that's good. All right. Well, thank you so much, everyone, for tuning in.

And until next time, everyone take good care. Bye bye.