

MERYL: Welcome back everybody. The Rebel Nutritionist podcast today. We are in for a treat. We are talking to Vivian Antevy a holistic medical aesthetician. Correct? That's right. So we're going to have an awesome conversation because we are also going to be kicking off our radiant aging Workshop that we're doing on December 7th. Yes, very excited about that. So excited. So we're gonna have awesome things.

Come join us because it's really gonna be amazing But you and I have been talking for a while about getting together and talking about the work that we do. So welcome.

VIVIAN: Thank you Thank you for having me. So excited to be talking about this. I'm so happy to be here.

MERYL: So Vivian tell us What? Because you said when I, when I asked you what you do, you said, well, I'm **a holistic medical esthetician**, which is a contradiction. So why is it a contradiction?

VIVIAN: So **traditionally medical estheticians focus only on the science and results**. Okay. Which is amazing. We love the science. We love. the effects that it has on skin and the technology and everything that's been developed. I'm a holistic medical esthetician in the sense that **I combine the medicine, I combine all of the new techniques with a whole body approach that includes nutrition among Other things that directly impact the health of your skin and the results of the treatments that we do**.

MERYL: I love that. That is phenomenal. And you and I have talked a little bit back and forth about the synergy in the work that we do and so forth and how — Really, I always say **the skin is a reflection of what's going on inside the body**. — You agree?

VIVIAN: I say the exact same thing.

MERYL: So from your perspective, let's dive into what is it that you're doing?

What are you telling your clients? What are we looking at? And then we'll kind of Have the dialogue about the synergy of understanding gut health and so forth and so on. But like, what are the conversations that you're having with your clients? You know, they come into you and because I know your conversations are different than a typical esthetician.

VIVIAN: That's right. Although I am not a licensed nutritionist or dietitian, and I'm not legally allowed to give nutritional advice, **I do speak on lifestyle as it pertains to the skin and some of the nutrition. I do more so with things that have worked for me and that have worked for other clients**. For example, **I have many clients that come in for hyperpigmentation, — which is any discoloration in the skin, including melasma, which is that pregnancy mask that you get due to hormonal changes**.

So. There's many things that are going on with your skin. And it's very important for my clients to understand that **part of the results is going to be what we do in the treatment room. Part**

of the results is going to be their nutrition, their hydration, and also their lifestyle. So it's a combined effort.

If I'm just treating one aspect. — We are not gonna get the results we want, and that, that, again, is the holistic approach. So I would oftentimes refer my clients to a nutritionist to address certain issues. **I mentioned hyperpigmentation in the plasma. Most people don't know that that, yes, is caused by the sun, but it's directly triggered by nutritional deficiencies or problems with the liver, specifically detox pathways, which you are an expert on.**

Also hormonal changes. There are certain hormones that when we have an imbalance, including progesterone, for example. That we have an excess production when we're pregnant because the placenta is made mostly of progesterone **So this is why we get this pregnancy mask — during certain Seasons of our life including menopause perimenopause pregnancy, even when people go on birth control**

So these are all things that are very important for my clients to understand to get the results that they want but mostly for optimal health because Beautiful, healthy, glowing skin is actually my goal.

Nobody has perfect skin. Nobody has perfectly even skin tone or texture. It doesn't exist. But if your skin is healthy from the inside out, it will look beautiful regardless of those imperfections.

MERYL: Absolutely. And so, oh my God, I have so many things going through my head. Cause I'm like. Well, you mentioned pregnancy and then you mentioned birth control we want to talk about the aging.

I think this is like three podcasts in one or we're going to have to do a part two for sure. And I do want to talk about some of these things. I think we maybe we save it for. Part too of like, we do talk about the whole, what happens with birth because I birth control pills and even girl, young girls with PCOS and young girls with acne issues.

Like, I feel like that is a whole other topic. Yes. Maybe we do that separate, because I do wanna focus a little bit on the radiant aging part because A, that's what we're gonna be doing shortly, and you and I were there's. Look, there's interest in all of it, but I think part one has to be the radiant aging.

So when we talk about radiant aging it's funny because I said something about anti-aging and you corrected me. So, so, which is true, right? **We do want it to be radiant because. Aging is a part of life.** Like we're going to age. So I'm going to let you talk about that.

VIVIAN So **one of my missions is to de stigmatize aging, especially for women in our society.** —

Aging women is such a taboo. Nobody talks about things like perimenopause, menopause, aging is bad. So I used to call myself an anti aging specialist and as I aged myself, I changed it into a radiant aging specialist because we actually want to embrace aging. We're not fighting against aging. There's so many benefits.

We're lucky to be, to be able to age in the first place. So **that is my whole approach is embrace your skin, embrace yourself as you age and just try to — remain as healthy and vibrant as possible.** — And a radiant aging.

MERYL: Yeah. I love that. And absolutely. And you know, when we talked about nutritional deficiencies and how that affects the skin, we're going to get into that and talk about, — I feel **like people can do fillers and Botox and all of these things cosmetically all they want. If they're not healthy on the inside, if there are nutritional deficiencies, if there are imbalances, it will affect the skin regardless.** Is that true?

VIVIAN: 100%. — So many things and I have absolutely nothing against fillers and Botox. I'm very forthcoming with my clients. I do them myself. It's just not, **it's a bandaid. It's not going to address the root. cause. So what I try to do in the treatment room is a address the root cause of visible or unwanted signs of aging in the skin.**

And this is where we start talking about collagen induction therapy, right? Right. Which is microneedling, nano infusion, including some chemical peels are also going to be collagen building, which the lack of collagen And elastin in our skin is what's going to give us some of these signs of aging that are — unwanted.

But to be able to do these things, there has to be a certain amount of nutrition in your body for your cells to even be able to carry out these instructions that we're doing. So it goes hand in hand. Another example is hydration. Oh,

MERYL: so important. So important. Yes. So go ahead. What were you going to say with hydration?

VIVIAN: **If your skin is dehydrated, then it's going to lack a glow. It's not going to have a good barrier. It's not going to do its job, which is to protect your body, right? Our skin is our largest organ. — And it's part of our defense system and it's part of our immune system as well. It's our first line of defense.**

So in order to have a healthy body, you do have to have a healthy skin. And a lot of people don't realize that how important skin health is. It's not all about looks.

MERYL: No, well, it's not. And again, if your skin is healthy, it will look Good. Right. Exactly. And so, but, and, and something that you said about it being, or it, it, it is an organ, it is an organ, just like the liver is an organ, just like our kidneys are an organ, the lid, the skin is living, breathing it, it, it protects us, like you said, it, there's the immune system right under the lymph is right under the, the barrier of the skin.

So so many important functions happen with our skin and So, so taking good care of it is going to be crucial. Part of what I when you say, well, the radiant aging part, and let's talk a little bit about that — **perimenopause time and menopause, because I think what women don't connect is the lack of like you said, well, so progesterone is a big one.**

Estrogen is a big one, right? So how in the context, what do, what does the depletion or the decline of those hormones do to our skin? —

VIVIAN: So the decline in progesterone doesn't have a negative effect directly on our skin. It's When we use hormones to supplement that decline, which is very important to do because if somebody's on hormone replacement therapy, which a lot of women are for perimenopause or menopause, they have to take estrogen, right?

And **estrogen is 100 percent directly connected to collagen production**, right? So correct amounts of estrogen in your body are going to determine the production of collagen. Once that estrogen starts declining, your production of collagen starts declining as well. And listen, it doesn't have to be prescription hormone replacement.

There's a lot of natural supplements and foods ... | you prescribe to your clients that will boost that call it that estrogen production. It's going to have a direct impact on your collagen production. If you are in hormone replacement therapy and you are taking estrogen, you have to oppose it with progesterone.

Correct. Otherwise, that's when we get into, — iffy territory with some breast health issues. And this **increase of progesterone is going to also give us effects in the body**. We talked about hyperpigmentation, also acne. — we can get in perimenopause and menopause because of the progesterone increase hair growth and around the chin, around the face, places we've never had hair before.

MERYL: So you're saying from decreased progesterone or increased?

VIVIAN: Increased when we supplement the progesterone because as we age, I don't know if you've noticed when we're younger, when we're in our teens, we have to shave our legs. right. **As we age, our hair production starts winding down. That's because of the decrease in progesterone.**

Okay. So as we, as the progesterone decreases, these things decrease, including the reaction for the hyperpigmentation. So hyperpigmentation, melasma, sunspots, age spots They are caused by the sun. They are triggered by the sun, but there's always an underlying either hormonal connection or a liver detox.

Right. So yeah, we'll cover that next. Yeah. We spoke about so Understanding this is super important because you can come to me. **I can get you on an amazing skincare routine. We can do chemical peels. You can start using sunscreen, taking care of your skin. But if you don't address the underlying issue, it's going to come back.**

And usually it's going to come back worse than it was before because our body's smart, right? Our body learns and it adjusts our skin adapts. Wow.

MERYL: Fascinating. So I think part of, so addressing we've, we've done a bunch of **podcasts recently about hormone replacement, Anna Kabeca, Wendy Warner, Paul Goodkin**, we've really had, if you guys haven't listened to those podcasts, I really encourage you to do so because it just gives a, gives you a real good perspective on hormone replacement and the benefits.

I think part of the discussion that I always want to have is **we have got to de mystify and we have got to debunk this information out there that hormones cause cancer**. It is so rampant and it is so inaccurate. There's actually a bigger link. I was talking to Paul Goodkin

actually yesterday and we were talking about clients that we work with who have had genes and whatever, even who have had breast cancer and are denied.

Hormone replacement. And it's a travesty because there's actually proof, good clinical research. And I can get you guys the articles that taking hormones post chemo treatment, post under whatever, if you've had surgery is actually beneficial and prevents cancer from coming back. And so I'm so adamant about really supporting women with hormones, because at this point, when you go through menopause. —

Because we are living so much longer, we are living longer without hormones than we are with hormones. And if we're not balancing the hormones, like you talk about, right, the estrogen, the progesterone, yes, there's natural ways to increase production. But, but I will tell you, as we go into menopause, it is really hard to keep up naturally, right?

We can talk about the **phytoestrogens in foods, but if you're not really replacing it bioidentically, you're really not able to balance it. The way it should be balanced.** So I think paying attention to that — in terms of yes, how do we supplement and support that and, and understand the connection it has to the skin is so important.

VIVIAN: I could not agree with you more. And I think **there is a lack of education on perimenopause and menopause, even for doctors.** Oh, totally. I spoke with a doctor that is very Focused on perimenopause and menopause. She's a gynecologist. She used to be an obstetrician as well. And the amount of time in medical school, even for a gynecologist and an obstetrician that is devoted to perimenopause and menopause is neg negligible.

MERYL: It is. It's like nutrition. It's like one class, . It's, it's one class.

VIVIAN: One class. It's one class. And it's so important. So when you mentioned this, you **traditionally, the doctors who do prescribe hormone replacement therapy, which are. Not many because they've been misinformed — do a bit based on blood tests, right?**

But now They've proven that that is not even the determining factor — for it and one of the determining factor is premature signs of aging. **So women can go into perimenopause at age 35. You see some women that exercise, that eat healthy, that have a good skin care routine. They're not even 40 yet and you start seeing deep wrinkles, very dehydrated skin lack of elasticity on their skin.**

And that usually tells me as an esthetician. As a medical esthetician that there is a hormone imbalance that there is a lack of estrogen production. So, of course, I do not prescribe or recommend any of this, but I do advise my clients to visit a professional and we do have a list of professionals that are.

In the know with all of this information that will **prescribe it based on symptoms and not on blood tests,** right? That is very important, right?

MERYL: And symptoms are important. You know, the way we do it is really that you can really truly evaluate all this is in a urine test, right? ... is really the most accurate way to see what is available to the tissues, right?

We do urine and some saliva, but really that's showing what's available for the body to actually use. When we're doing a blood test, it's sort of the leftover metabolites of what the body has already used, which is why it's so inaccurate.

VIVIAN: Exactly. Yet most practitioners rely on blood tests alone to determine this.

So then I have clients coming For me to, me to help them with their signs of aging, and it's almost like a constant battle because I can only do so much externally. We need to fix the internal and then complement the external so all of these treatments Botox fillers retinols chemical peels microneedling, they are a tool.

In our toolbox for radiant aging, — they have to be complimented.

MERYL: I love that. This is such an important discussion because I don't know that I've ever talked to an esthetician that kind of gets it like you do. So this is fabulous. So thank you. And so you did say, so let's for a second address, yeah, you said something about collagen, right? And every woman now is like, I'm going to take collagen. I'm going to take collagen. — **So I want to demystify collagen, right? And I, because women think, Hey, it's a, it's a complete protein and it's not. So women are taking collagen and thinking they're getting all their protein. And that is not true. You don't have all of the amino acids in collagen.**

And it's the same thing they're taking collagen for their hair and their skin and their nails. Why don't you set the record straight on collagen? Yes, it'll help to a certain degree, but like, where is the fallacy around collagen supplementation?

VIVIAN: So I believe in collagen supplementation, but I also agree with you, it's not a complete protein.

Therefore, it's going to have some impact on the strength of your hair, of your nails. And I think it's great for joints. Especially as we age, I think it's amazing for that. As far as your skin, — it's not going to do anything. Really? There is absolutely no scientific proof that collagen is going to be translated into collagen production in your skin. —

Okay, that is my take on it. All the research that I've done, everything points to that. **If we want to stimulate collagen, we need to do it internally or with collagen stimulating procedures like micro needling, like nano infusion, where we are creating controlled injuries. on the skin.** Again, we talked about how the skin is our first line of defense, right? **So when the skin perceives your body perceives an injury, the first thing it's going to do is send collagen to repair.** Now, — there Now there's a debate, but less is more. We don't need to create a crazy injury because there's also different types of collagen, as you know, in our body.

MERYL: We have 60 different types of collagen.

VIVIAN: I know one and two and three. And it all depends on where it's going. Right. Yes.

Everything is made out of collagen, including our bones. Yes So long story short, **we need**

to stimulate this collagen production by creating little injuries so that we can wake up these collagen producing cells. Now, collagen producing cells never really die.

They go to sleep. You mentioned something super important. We live so much longer now. And our body has not caught up to that, right? All of this evolution. All of the advances in medicine, our nature has not caught up to that. So what happens is our body needs energy to produce collagen, just like it needs energy to do any function, right?

And collagen production is really not a vital function. So as we age, our body starts reserving its bioavailable energy for vital functions like breathing and digestion and circulation and things like that. So collagen gets put in the back burner because we weren't expected to live this long, but the cells are still there.

Yeah. So all we have to do is stimulate them to start producing, but — **for them to produce the collagen. They need to have certain ingredients available, including certain vitamins, certain minerals, including essential fatty acids and other important nutrients. So we can wake them up with these treatments, but if your body doesn't have the available resources, — it's not going to give us the effect that we want.**

So again, the nutrition goes hand in hand with the collagen production, not only in a natural way, but when we actually externally or medically stimulate it.

MERYL: So important and such a great point. So just kind of piggybacking on that. So if you're listening saying, okay, well, **How do I support my collagen, my natural collagen production as I age? —**

There's, there's a few factors and I want to highlight them because I think this is such important information. **Number one, this is where lifestyle comes into play, right? Because collagen is very much connected to our muscles tissue. So we're not doing resistance exercise.**

We have got to do get off the cardio bandwagon people Gabriella Lyon and I keep mentioning her name and things that I'm doing because I like, I want to reach out to her.

I want to get her on the podcast. Yeah, she's got this book out now forever strong and I believe in a lot of what she says because we, ... as women, we're not getting enough protein.

No, at all. And,

How do we, how do we balance? It's not about just going on a paleo or carnivore diet. It's how do we balance it in the context, right?

Cause we don't want to go crazy on the protein, but we need to be doing resistance work and increase the protein, right? The resistance exercise does help support collagen production, but if we're not getting the protein. — then we're not supporting that production because as we age there's something that she also talks about what we've talked about is sarcopenia your muscles start to deplete become depleted right and so your body is using now muscle for energy and we're becoming even more depleted and collagen production is tied to vitamin c 100 right and

so we're not getting enough like you said these nutritional deficiencies everything starts with Where, how is my body balanced?

And we have got to look at the macro nutrients, your protein, your fat, your carbohydrates, and the micronutrients, your vitamins, your minerals, all of those things. And if there is a deficiency,

which generally as we age, I always say, if you don't fill up the gas tank, it starts to become depleted. And then we say, we blame it on aging.

We don't deteriorate because we age. We deteriorate because we're not filling up the gas tank. — Right. And so we really have to look at our nutrition — to be able to provide our body with these cofactors with these supporting nutrients to even produce the collagen

VIVIAN: 100 percent without that, **whatever I do in the treatment room is only going to take you so far.**

Yeah. And you mentioned something super important about the muscle, the sarcopenia and the muscle loss, also bone density. Directly linked to directly the loss of bone density is directly linked to decrease in estrogen levels in our body. So **a lot of people at a very young age are starting to get diagnosed with maybe not osteoporosis, but osteopenia, which is the stage before osteoporosis.**

And how do you combat that? **Adequate levels of estrogen plus weightlifting, weight resisting exercise. As we get older, We need to stop doing these crazy high intensity workouts and focus more on lifting weights. It doesn't have to be weights at the gym, it can be body weight, it can be any of that, but more resistance training.**

So something similar happens to the face. So in our body The fascia, that is that tissue that is attached to the muscle. Yes. In our body, it is also attached to the muscle and it's also attached to the bone. In our face, it's a little bit different, — which is why there's something there in the attachment where the collagen doesn't quite make it through for our face. Right, so the fascia is not attached directly to our bones. — Which is why our face tends to sag more than our body as we age. I don't know if you've noticed that. Oh, well, I noticed it personally. You know, I would say, I'm doing ... this stuff, you know. Damn, I know, you know.

MERYL: It's like, right, because we all look in the mirror a little too.
That 10x mirror is a killer. But yes, definitely I've noticed it, right.

VIVIAN: So nutrition again plays so much importance in that because as we age, the fascia starts getting crinkly. Yeah. Right. It's still there, but it gets crinkly kind of like an old bathing suits that you know, the one you always use for the beach.

And then one day you go like that and it ... sounds ... and there's no more elastic. That's that's what happens to our skin. **The fascia, that little, that little web that's attached to our muscle. And this is when it starts sagging, right? It's not aging itself. You made a beautiful point. Age has absolutely nothing to do with it.**

It's the oxidation that we get. from aging, that's also something super important. **You have a great diet full of antioxidants. You're going to prevent oxidation on your skin.** Yes. You're going to prevent these signs of aging diet and skin health and skin glow are 100 percent tied to each other gut health.

100 percent tied to the health of your skin. We can even get into things like Candida and other overgrows parasites. All of these things are going to be reflected in your skin. But I'm getting off topic. We're talking about something else. We'll get into that.

MERYL: Wait, so you bring up the facia. We're definitely going to talk about detox and gut and all that in a few minutes.

But, so I have a question then there's, I follow this woman, her name is beauty shaman on Instagram. Okay. She's very cool. Anyway, she does all of these kinds of fascia and massage techniques for the face to she talks about, right, how do we bring back the elasticity? A lot of it is manually so, so you hear a lot about the gua sha and the rollers and. Is something like that helpful?

VIVIAN: **100 percent because we really need to keep the fascia in our face flexible in order to be able to continue to hold up.** So there's many factors. There's lack of collagen, lack of elastin, but also the lack of elasticity in the fascia. That is not going to be achieved with —
Inducing collagen.

Right. Got it. So that's, so I'm actually in the process of being certified for intraoral or buccal massages. I don't know if you've heard of that. No. Is where **we go inside the mouth and manually break up all of these adhesions in the fascia to lift the face. So it's not only an exterior massage. Right.**

But you go in intraorally. Oh my God, I love that. Because I wanna do this correct . And that'll give you a nice, my nice tight lip.

MERYL: But Gua Sha is super, super important. So I'm going to go home and ... Gua Sha my face, right? And I've done it before. And I it's funny. I remember doing it for a little while under my eyes and I definitely think I saw a difference.
And then time and right.

VIVIAN: It is right. **It's like exercising. You have to be consistent.** Yeah, have to be consistent like everything else. Yeah.

MERYL: Yeah. So before we get into detox and gut stuff because I definitely want to go there Let's talk about all the rage now this **red light therapy.**

VIVIAN: Yes Amazing a firm believer.

It's not really it's been around forever,

right? I feel like it's just come into sort of vogue now

I feel like all of these trends go in and out. Yeah, and — What I love about it is that there's always new techniques for aesthetics. Yeah. That are being discovered or that are being promoted. But there's also the tried the true and tested ones Yeah.

That have withstand withstood the passing of time. And red light therapy is 100% one of them. It **is going to boost collagen production. It is going to reduce inflammation. It is going to promote circulation and you know, the skin is a network of little micro channels in between your cells. It's called the extracellular matrix.**

Yes. And those little channels are responsible for not only carrying nutrients to your skin, all of these amazing vitamins and minerals and things that we're. Eating to feed our skin. They need to a way to get into the cells. So we need to make sure that those channels are functioning properly Those channels are also part of the excretion system of your cells where they're going to take the waste because cells are like little factories.

Skin cells are like little factories. They're going to have waste. There's also going to be sweat. There's also going to be all of these fluids that need to be pushed in and out of the cells. So red light is going to be extremely helpful also with those pathways. As well as the inflammation and the college of facia.

I am. I do it all the time. I love it. ...

MERYL: So I splurged when I was at the IFM conference and I bought myself this little handheld red light therapy thing. It was it's, it's like, really, it was expensive. Yes. And I and I hadn't spoken, I had done a little bit of research beforehand. Right. But I have it and I've, and I've been using it consistently and people like are remarking, they're like, Oh, your skin looks so good. And I mean, like, I, I guess I use it you look at yourself every day, you don't always notice it, but it really is making a difference.

VIVIAN: 100%. I believe in it. And again, **like with the Gua Sha or with everything else with diet, with exercise, you just have to be consistent and just make it a part of your daily routine.**

Doesn't have to be every day. It could be three times a week, right? You can get excellent results when you're buying. If you're going to buy a led device for the face, just make sure that you do invest. It's an investment. — **And you buy something that is good quality, you want something that has at least 6, 000 joules.**

Okay. For it to be effective. There's a lot of dupes and there's a lot of other ones in the market that are not ———— useless. I don't want to say that, but are not going to give you the actual benefit that you're looking for. Listen, people use it also in the medical field. Yeah. It is so powerful. Oh, no, no, no.

It's very good. It is used for inflammation. Doctors offices use it all the time. It's. It's not a fad. It's 100%. Yes.

MERYL: A great investment. Yes. And I, and I was looking at that for inflammation for people with arthritis and things like that. So absolutely. But you know, I, I always like to just make sure we're covering the basis.

So is there a brand and we don't have, you don't, I mean, I've, the reason I'm asking is we can link it in the show notes that if people are interested in the real deal, like I'd like to be able to give them resources. So, so if you have some recommendations, we can definitely link that. So yeah. For sure. We will put that in, in our show notes.

So let's get on to the hot topic that we were that we were so excited to talk about. Let's talk a little bit. I mean, we can talk about gut and detox, how it connects, but let's go first with the gut in terms of I always say to my clients who come in with any kind of acne with any kind of skin eruptions, it could be eczema.

It could be even psoriasis or any of these kinds of skin conditions. And I always say it starts in the gut. Yes. — And, and what happens is, is very much like the skin there's, the gut is

permeable, meaning the cells are, there's, there's a, there's a contact, there's a connection between the outside, which is the channel that is our tube of digestion, right?

That is, let's call it the outside, and that gets connected into our blood, right? So everything we eat, drink goes into this tube. — Has to get processed through the cells and gets delivered to the places that it needs to go where we use it for energy and you know, all the functions of our body if there is an imbalance in our tube in our microbiome as we know it right then it's going to clearly affect our skin. ———

So how do you what is, and I think the conversation is well, so people are like, well, how is that? And it is a, it like, like the skin is a direct barrier and a protector from the outside world. So is our digestive system does the same thing. It's a whole factory of understanding how do I take all of this information that's coming in, how do I. —

Do it and break it down and absorb it and deliver it to where it needs to go efficiently. And if your body is not a if your body is exposed to toxins and if your body is exposed to oils that are not healthy oils and your body is exposed to too much sugar and to all this processed food that we don't know how to use.

That is going to be reflected in our skin. How do you want to address that?

VIVIAN: Well, I agree with you because **our skin is not only part of our immune system and our defense system, but it's also a communication mechanism that our body uses to communicate things with us.** — The problem is we just haven't been taught that our body is communicating through us.

To us through the skin that old saying, the eyes are the window to the soul with **the skin is the window to your gut.** It will literally tell you exactly what's going on from acne to hyperpigmentation, eczema, psoriasis, | rashes, even allergies. — Oftentimes people that develop severe allergic reactions. —

Start with a rash right before it becomes anaphylactic. Before it becomes Yes, a major issue.

They notice they'll get a rash and. ——— This is your skin that communicating with you and telling you this is not good for you. This is not compatible with you. There is something wrong that you need to investigate.

So anytime that I see a client with any of these skin concerns, I'm going to address it externally as an esthetician, but I'm always going to refer them to a doctor and nutritionist — so that they can get the root issue because it is 100 percent Thanks. Of the times a communication from your body, period.

Yeah, yeah. So even certain wrinkles, ————— even certain wrinkles, there are ——— anecdotal, nothing super — published in any medical books but this is the holistic side of me. That link certain types of eye bags, certain shape of eye bags and crow feet, crow's feet with **mental toxicity in the body, specifically mercury.**

Really? Yes. ———

MERYL: I believe that. I mean, look, we test all day long for mercury levels, right? Now I got to look.

Okay. So what are we looking out for? Let's just say let's, let's hypothetically, right? Because here's the thing. If you are out there and you are eating tuna and you are eating these big fish,

tuna and swordfish and halibut and sea bass, right? If you guys are eating this, that.

You're going to have mercury toxicity. You know, people challenge me on this all the time. And inevitably we see it. And generally speaking, right, tuna is supposed to be a healthy fish full of healthy omega three fatty acids. Yes, it is a very healthy fish. If we weren't polluting our oceans. Correct. Right. So our oceans are so polluted and mercury and tuna is so big that it just absorbs so much mercury. So I will tell you, **if you are eating tuna once a week or more, you have mercury toxicity**. So if that is you, let's talk about what are the wrinkles that are associated with that.

VIVIAN: I'm going to give you myself as an example.

Okay. A few things that were because I've been through my own healing journey. So everything I do is based on a personal experience, which is why I'm so passionate about my job. Join the club, right? This is how we all get there. This is how we get there. And which is why I've gotten so many good results also with my clients.

So I started delving into functional medicine as well when I wasn't feeling good. I wasn't looking good. Typical reasons suffered with hyperpigmentation and melasma | | with pregnancy. And then after pregnancy, even before even in my early thirties, I had pigmentation issues. As well as eye bags.

I always, even before I started aging or getting like regular like wrinkles that you would get from I associate with aging. **I always had very marked eye bags going through — the functional route. I discovered really high levels of mercury in my body**. And no matter what we did, it wasn't, — I was getting better.

No tuna. I was doing everything right. **Then we discovered my detox pathways were not functioning properly**. We address that. And — so with my melasma and with my eye bags, I would do, because this is my field, I would do the treatments and I would use the products that I knew to help if you're talking about traditional aesthetics — and they would help temporarily, but it would always come back.

Right. And it will always come back **when I started addressing the liver, when I started addressing the mercury, the detox. — Then the treatments that I did for my melasma were effective for my eye bags**. I don't want to say I don't have any no You don't have any I'm looking at you. You don't have any I will show you pictures of me.

I'm 35 years old I will show you a picture of me at 35, —right?

MERYL: You probably look older at 35

VIVIAN: I looked older at 35. I you can even like link or if anybody has any questions I look so much better and so much younger now, right? — At 35. So, and like me, because I like to research there's so many other women.

So again, it's all anecdotal. It's nothing that has been proven. But I do believe in it,

MERYL: and that has been my experience. No, I'm sure. Look, the, the skin and the face do not lie, right? Correct. And so a hundred percent, I, I, I'm going to look at that next time. I have a couple of clients in mind that I got to go back and check out.

But I that is such important information. So let's talk for a few minutes, because I want to be cognizant of our time, because I think we could probably sit here and talk for another hour. About detoxification, because again, I've done separate podcasts on I did a whole podcast on detoxification.

Much of the work that we do in in **looking holistically and functionally is looking at the detoxification pathways**, right? We have to look at. I always say **there are 4 major pathways that we look at**. To start with anybody, right? Because these things are the basis of what makes up our system. What makes up our biochemistry.

So we look at detoxification. We have to look at methylation, a whole other area, inflammation and oxidative stress, right? We talked a little bit about oxidative damage, and we won't get into that today because I do want to focus on the detox stuff, but Okay.

Detoxification is how our body literally breaks down everything we eat, drink and breathe.

And there's a huge connection to DNA and our genetics, right? How are, how we detoxify is partially linked to our genetics, and I talk about that extensively, and then it's linked to our lifestyle, right? And so ----- Looking at how we we support detoxification pathways, right? It's a whole process in the body, but without recognizing and looking at that we're missing a huge component of skin health

VIVIAN: 100 percent 100% **Each cell in our body, including in our, in our skin is like a little sample of how everything else is working in your body, right?**

If you're not detoxing properly, your cells are not detoxing properly. And a part of their function and **part of what keeps your skin juicy and glowy and healthy is the way your skin cells detox**. So now a lot of people say your cells need to breathe at night. That's why you need to make your, take your makeup up there.

Not technically breathing. Your lungs breathe for you, right? The cells are not breathing, but they are detoxing at night. This is why it's so important. A lot of people say, Oh, I don't wash my face in the morning because I don't sweat at night and I really do a good job cleansing it at night and taking my makeup off.

But what people are not understanding is that **your skin uses the nighttime to detox. Yes. Just like your body does. So if your detox pathways in your body and your metabolism are functioning properly, so will your skin cells ... detox at an effective rate**. So even things like rosacea. — Right. A lot of that is improper detoxification from your cells, which roots in dietary improper detox of your metabolism.

Other things like people that get a lot of blackheads ----- or comatose. That is an improper detoxification of your skin barrier. Of the skin's health and that is also related to the detox pathways in your metabolism.

MERYL: It goes hand in hand. Absolutely. This is fascinating. I love that. You know, so much about it because this is just there's such a huge connection and it's nice to be able to. ----- That people can hear that there is science behind it. This is not right. Oh, yes. And so this comes back to Yes, detox. But you know, don't forget, there's the lifestyle piece of this, right? You mentioned like, **we have to sleep to be restoring health. We have got, that's the time that our body recovers, that's our, the time that the body is rejuvenating itself**, right?

Like you said. Well, the body is detoxifying itself, so part of this is we've got to sleep. Right, and stress and all of these lifestyle things, right? We talk about the five pillars of health here all the time. It's yes, nutrition is key. Yes, **how we move our bodies is key, but the sleep and the stress and our mental emotional capacity for things. will impact the skin as well.**

VIVIAN: because the skin is communicating what's going wrong and what's going right in your body. So you will definitely see those results. Speaking of resting and cleansing. I'll give you an example. **I practice intermittent fasting. I saw a great improvement on my skin as well when I did that because — I know that when you fast it's not for everybody. I understand it's not good for everybody. For me, it works very well. Not only at maintaining my weight, but also I did see an improvement in my skin because I saw an improvement in my detoxification.** Right? Right. Because at night, all of these hours that you go without eating, plus if you extend it, you're giving your digestive system a chance to really clean house. Yes. And it's a reflection in your skin.

MERYL: Absolutely. Yeah. Intermittent fasting is a whole other conversation. It's interesting. I'm doing a course now on immunology and we were talking about intermittent fasting and this, this hormone or this compound called Kisseptin. — That, that's why there's some people that there's a whole dysregulation in that with intermittent fasting. Why women who are childbearing age and women who are still cycling should be very careful about intermittent fasting. And there's a whole conversation around that. But intermittent fasting. Yes. I mean bottom line is most people eat way too often. Right? And so if we can put together a period of 12 to 14 hours, I mean, that's safe for just about anybody longer than that. You have to be careful. But **that overnight fast is allowing the body to rest. And recover and do all of these things.** And it's so important to, to be having that time, you know? And even in detoxification, allowing the body to detoxify the way it needs to because look, detoxification is a 24 hour, seven day a week job. People think, oh, I need to just to specifically detox my liver. Yeah. I mean, we can do things to support detoxification, right? When people say, well, I wanna do a cleanse. I mean, **really the idea of a cleanse is just sort of an elimination diet for an extended period of time to give your body certain things that it does to support detoxification, right?**

We were like, I'm going to do green juices three days. Well, that's not necessarily the key to detoxification, right? We were like, I did a three-day juice cleanse. I'm all detox, like not necessarily. Right. I mean, there's a very specific process of how our body goes about detoxification and the nutrients we need for detoxification, right?

We need those B vitamins, we need minerals, we need antioxidants, and we need protein. So without those kinds of things, oh, and we need to be going to the bathroom every day too, right? You have to have a bowel movement to detoxify.

VIVIAN: So I'm wondering people who are constipated. Yeah. Yeah. People who are constipated, 100%, you can tell there's roughness To the texture of the skin. Okay. If you are not detoxing properly, if you are not doing all of these things properly, if you're overusing energy to do all of these things, **the body doesn't have enough energy to do things that will give you a better aesthetic appearance** because — you're trying to keep up with everything else. Trying to keep up with things that are more important. Then the way your skin looks right. So **once you regulate all of that, then your body is now free to do all of the other extras. — that will help you, including smooth skin, tight skin, glowy skin, even skin tone,** — all of these things. So yeah, it's very, very interesting. And I love this conversation because for me, it's also — amazing to talk to somebody that gets it. And this is exactly what I'm saying.

MERYL: Most people look at me like, right, like, yeah, well, I get those looks too. Like, well, you're trying to explain this to me. But that is the beauty of Nutritional biochemistry, skin biochemistry.

I mean, it is, it is literally all connected. So what a great conversation. I mean, like I said, I think you and I, we definitely have to come back and talk about the birth control pill. We got to talk about PCOS and we got to talk about all these hormones, but do not have time today. —
aAnything else that you want to add for our audience that, that you kind of want to leave them with to think about and like, so I, one of the things that I'm thinking of is why, why is it important that people do get facials routinely, right?

People think it's just like, oh, it's a treat every once in a while to get a facial it's almost like. Exercise, right? You should probably, or massage, like you should probably do it as a recovery. I don't know. Facials , like why, **why do facials consistently for your skin?**

VIVIAN: So it depends on what kind of facial we're talking about, but they're all important. **Number one, we don't, not everybody has perfect nutrition, perfect lifestyle, lifestyle. Most people don't.** So we need that extra help in, for example, if you're doing a cleansing facial or deep pore facial, you need to. On block on clog these pores so that your skin can continue to do function properly.

And then if we're talking about **radiant aging treatments, as we age, the cell turnover, it's supposed to be every 28 days you're supposed to get brand new cells, right. age 30 that starts declining and you that's why like older people don't heal as quickly right as younger people because our cell turnover is not the same so you need these treatments to kill off old cells promote the growth of new cells** and these new cells are going to function properly again we are living past what our primitive brain — the instructions that it has we are living way past that so we need these things too — to help us along to look and feel our best. And my last thought would be **approach skin beauty as a whole body and lifestyle technique, because you're going to get the best results when you combine all of it.**

MERYL: Yes. Yeah. Absolutely. I couldn't have said it better myself. So what great conversation. Like I said, this will not be the last time you and I get together

VIVIAN: Thank you for having me.
I enjoyed looking forward to next time. Same, same.

MERYL: And make sure you we'll, we'll link some of these things in the show notes that we were talking about. Also, we are doing our special on our acne. I have formulated our acne product, acne GTFO, which is an awesome product because it addresses detoxification. Amazing. And so we've had people use that with great success. It's an awesome, I'm so proud of that product. And our love is in the hair that I've also formulated because it does really help again, natural support for the body, the detox pathways and the skin. To support hair, skin, and nail growth. So Vivian, thank you so much.

VIVIAN: Thank you, Meryl, for having me.

MERYL: This was a great, great conversation. And as always with any questions or comments, please make sure you do so share with us and share with your friends. Cause I think this is tremendously valuable with that. This is your Rebel Nutritionist signing off. Everybody make it a great day.