

Episode 137 - Radiant Aging

MERYL: Welcome back everybody to the Rebel Nutritionist podcast. — I have Amanda Shuh with me today who I'm going to properly introduce because I always say we're doing podcasts with Amanda and poor Amanda is like, I am qualified. So. — Amanda Shuh is one of our amazing functionally medicine trained health coaches.

Her training has been impeccable. And well, I, I really when I was at I fm, I love their I love the whole conversation that we had about it. And, and so anyway. I love what they're doing. I love the work they're doing. And so welcome Amanda.

AMANDA: Always a pleasure.

MERYL: So today we are going to be talking about radiant aging throughout our lifetime because, and what that means, right?

And radiant aging as related to the skin, because we are doing **a radiant aging workshop on Thursday, December 14th at 530** and rather than calling it anti aging we, we decided on radiant aging because really the idea is we do want to age radiantly and aging is a function of life, like, like we age regardless, right?

So, so how do we, how do we create, maybe we should be saying more of the longevity around skin health. Yeah. Yeah. Yeah. You know, and how do we keep our skin functioning the way we want the rest of our body to function? And I think one of the things that we have talked about is **the skin is an organ, — just like your heart is an organ, just like your liver is an organ. Your skin is an organ. It is, it's got cells, it's got, it's living, breathing, it, it has a very, very important function.** Yeah. It's not just a barrier from the inside to the, or the outside to the inside and vice versa. So one of the things that I wanted to start with is, well, you really, **radiant aging can start as a baby.**

Right, right. And one of the things you mentioned, like, what was the first topic that you came up with? You asked me oh, about like when you're born, right?

AMANDA: Like, like a lot of babies have eczema, right? Exactly. Right. And where does that come from? Right. Right. And it's just interesting to think about from the Moment you are brought into this world, how much of an impact that really has when it comes to, are you breastfed?

Are you bottle fed? Were you a C section? Were you vaginally birthed? All of that is so important for establishing our gut health, our microbiome that sets us up for

MERYL: Our futures, right? Absolutely. So let's start with that. And we'll continue to move from there because that is an important point, meaning how, and it actually even goes into preconception, right?

The health of your mama uh, while you're in utero and, and the health of the sperm and the egg and, and that's preconception, right? So that's a whole other conversation. But the fact is, is that

when you are born, how you are born, the way in which you are born, right? We know affects the microbiome, which is literally everything from your mouth to your anus.

Like that whole tube is your microbiome. Actually, your microbiome is also the organisms that live on and around you, but **your gut microbiome — has a huge impact on skin health.** It is well documented. We know that your gut microbiome has a huge impact there. So if you are born Via a c section you are getting exposed to the microbes that are in the operating room You're getting exposed to the microbes from the physician who took you out You're getting exposed to all of these Microbes and organisms from your first point of contact Yeah, right and they change we know that that actually shifts the microbiome in a very very different sometimes detrimental yeah place because you're, how are we supposed to be birthed?

We are technically supposed to be birthed through the vaginal canal. — And there is, there are millions and millions of beneficial bacteria that inoculate you. It's like you're, that is your first vaccine, right? Your first vaccine is you come through that vaginal canal and there's a ton of organisms that Hit your nose that hit your eyes that hit your mouth that then go into Your microbiome that start to create a really beneficial supportive environment —

Right, and so if you're not exposed to that then that sets us up in a different way for some Issues moving forward right and then if you're not immediately breastfed because **we know that Breastfeeding imparts that colostrum, those immunoglobulins, that immune stuff.** And you're given a bottle, then that becomes an issue. And if you are, if you do not then what is like bond with mama? Yeah. Right. If there's not that mother bonding on her skin, feeling her heartbeat, right? That energy. **Now obviously some children who need medical care have to be brought to an intensive care unit have to be and that is so important.**

So I'm not saying like shame on you if you haven't done anything, right? We're not, **this is not a shaming. If you did not birth your child like that if those are the circumstances that were beyond your control, but what we're saying is this still impacts. your health,** right? So ideally **you want that mother baby bonding time because that creates also a very different what we call the neuroendocrine,** right?

What goes on between the brain and the rest of the body. And so the more we learn about every interaction as we come into this world, the more complicated it gets and the more interesting it gets, but it does impact our health in some way. But if we're going back to the skin and saying, well, why do kids get eczema?

Yeah. — Then it's here's the microbiome, right? And part of that, if we're going and saying, well, how does eczema develop — some of that also goes back to, well, when you are vaccinated when you are a baby and the list of vaccines is so long now it is. It's beyond right. We don't need why does a baby who's a newborn need hepatitis vaccines like it kills me you can wait right so so there's too many vaccines that they're given and that affects your gut microbiome — right impacts the immune system in your gut.

We know this. — So we say, well, and you know, and then what happens is, **is a child starts to develop eczema as a baby, whether it's even baby rash or those, the skin rash in the folds of their arm and their, their knees and their groin area. And we're very quick to obviously we don't want a baby to suffer.**

Right. So, but we're quick to just, here's a, here's an ointment, but you're not getting to the root cause. Right. So the root cause of that eczema is very much tied to the gut microbiome. Right? So the next question is, okay, well, what do we do?

I think we have to look, if you're not being, if a baby is not being breastfed, what is the best formula?

Again, like I feel like this could be a whole other topic, right? Formula discussion and all that. But because formulas are made with not always so amazing ingredients. But if you're using, we do know that dairy can be an issue for many, many kids.

AMANDA: **Yeah, and the good thing is, is that now there are some better quality brands. A lot of them are European brand formulas that use sheep's milk, goat milk, that's easier on the digestive tract, that has less of a... reactionary effect for the children.** I know that I had to supplement with formula when I had James because we had a lot of nursing issues. So at some point we were adding that in and I felt good about it because I knew the ingredients were really well sourced.

Unfortunately it had to be source from Europe, but at least we saw the access to it. And it was easier on his digestion. **And so there are ways around it. I think that's important to emphasize because not everybody has the great fortune and luxury of being able to vaginally birth their child and breastfeed.**

And I know that's really hard for some women. I know from my experience, I was really upset about it. Luckily I was able to do it for eight months, but it was a struggle. And, I have friends that have adopted a baby. And so they reach out and say, well, this brand of formula so — with knowledge, we can make better decisions, right?

A hundred percent. But to go in blindly and just wing it, like we've been doing all these years. And then we're seeing the implications of that with all of these eczema rates, really high with young children and all of. It's the skin issues that we're seeing. So right now I know why.

MERYL: Well, and part of that also goes back to, yeah.

So can we give our children the infants **can we give them infant probiotics? Yes, we can.** The other part of that is prebiotics. We've got to look at what are the things that actually feed the good bacteria. Everybody's all for probiotics,. And yes, that's important, but giving prebiotics.

Obviously infants are not eating food, right? We know prebiotics come from that, and we're going to get to that in a second, but **giving them sources of, of prebiotics in, in the formulas,** I mean, and they're in there the fibers and things like that, not that they need it that young, but giving them some beneficial bacteria is going to be so, so important,

And I, and part of that is, Getting your like you said, the formula from sheep's milk and goat milk can give us some of that more so than in processed cow's milk, right? So we're, we want to look at that but **the eczema then can also be linked to so it could be the the — The sensitivity to the dairy, right?**

It could be the exposure to too many. You know, they're just the immune system not being able to handle it. And then there's a lot of babies who also now are given because they're colicky because they have some reflux. **Maybe they're if a baby is also born a little early prematurely, prematurely, the digestive system is not 100 percent formed.**

And so They tend to have reflux. **And some babies also just in general tend to have reflux.** Again, a common thing like there's ways to get around this. That's not the that's not really the, we can totally be on this runaway train, right? That's not the intention of today's podcast. But like as you start thinking about, gosh, where does skin health start?

We've got to address all of this. And so, The thing was, if you're listening and you're thinking back to, well, did I, **did I have stomach issues when I was younger? And they were just sort of poo poed, whether it was reflux, whether it was indigestion, whether it was projectile vomiting, whether it's constipation all of those things affect skin health ultimately at some point.**

And so I feel like spending time on this is like people don't think about it. Like, Oh, wow. And I know we were with family friends over the weekend and their little girl is having a problem with eczema. — And so that's what got me also thinking about, well, skin health as we're as we're young and babies.

And all of these things that we're exposed to, and how do we then support it? So, there's many things, the bottom line is, there's many things we can do to support it. If you have questions, reach out to us, because we certainly can't, can't address it all here. But, thinking that just a probiotic in and of itself is going to be the be all, end all is not.

is not what we want you guys to take away from this. So I think that addresses, did we address all the baby stuff you think?

AMANDA: I think so. And then also if you think about, **so like they turn one and then we tell them to transition into drinking cow's milk.** Right. Every day copious amounts and you know, most people are not drinking organic, grass fed, sometimes even raw milk that has all of these benefits to it.

So then you see the issues there.

MERYL: So absolutely. And one of the other things that I think, so yeah, we're gonna talk about right there, and not even just then they're transitioned into cow's milk. They're transitioned transitioned. I was talking to Veronica, she's like, yeah, the doctor wanted me to put in. baby cereal, **the cereal into the formula,** right? Baby cereal in the, and I'm like, Oh my God. Right. You forget like that is so heavily processed and we don't do that anymore. Like we should not be putting cereal into the milk, into the formula. Because again, **the cereal is made with wheat. Wheat is a known allergen.**

For so many people and so many issues. And so if we can avoid it, why, why not? Yeah. Or

rice. They put the rice on a high, it's like contains so many heavy metals. It's like, Hey, little baby, you're forming all of these amazing and Immune system and on your digestion. And here we are just like, we're going to bombard you with more, with more toxins than your body can handle.

And that's part of this, right? It is, it's, it's exposure. So I know we're throwing a lot of things out, but the fact is, is that **we do have to look at our exposure to the environment. We've, and that, how that affects our gut microbiome, which then in turn affects our skin health.**

Yeah. And because everything that goes in has to be processed and we're going to, we'll get to that.

But it has to be processed. And if it doesn't get processed in the right way, guess what? Our skin is reflective of that. Yeah. And so that's part of that issue there. And the oils, the processed oils in the baby foods and the baby formulas. And that's why you said when you got yours from overseas they don't have those processed sunflower canola, soy oils, and all that kind of stuff, which Deplete the health of the microbiome.

so we really need to pay attention To what we're doing in those in as you know as literally children are birthed Yeah from day one if not before day one So I feel like you know paying attention to that and looking at that and and and how did you move through that without? — Becoming overwhelmed.

Yeah. Right. But it's, it's like we always say, **you start with one small step at a time.** Totally. You know, and, and look at, just look at the milk where it's coming from. Yeah.

AMANDA: And the good news is if you were born and you were formula fed, like most of us, like my generation was Yeah, absolutely. I was born right.

And you were born a lot. Yeah, exactly. and born via a c-section. **There's a lot we can do to kind of reverse. Some of the stuff right has gone on.**

MERYL: Right. So absolutely. So if you're someone who is suffering and you feel like, wow, some of this and, and **your body remembers your body as those things, those things don't just go away.**

If they're not dealt with, they fester and they be, and they turn into other things. — Right. They turn into other conditions that, that just are compounded from, from what we originally start with. So if you are feeling like that, definitely reach out and let's figure out where, where the root is of, of your GI issues because often we start there, but yeah, eczema skin issues. So those kinds of things are big. — Big baby, baby, newborn, toddler issues.

So — let's now move into, if we're looking at, okay, how, as we're, as our skin, **as we get older now into the adolescent years and what is the biggest complaint in adolescence? That's acne.** Acne, right? Now we know acne comes from, there's a lot of reasons.

Again, we're going to open Pandora's box here. **But acne comes from hormonal changes, — very normal process that we go through, and hormonal changes, and then of course food related. And so if kids are eating highly processed foods, we're going to see it play out on their skin.** Yeah. And so look, we've had a lot.

We had a great testimonial from one of our clients who came in with terrible skin issues the cystic acne and all that kind of stuff. And yes, looked at hormones and and all of that. But. We really looked at his gut microbiome and **this was a young boy who had just all you know The face full of acne and as soon as we started to clear up the gut issues His face started to clear up** so and I'm not saying 100 percent of the situations, you know There's a lot of kids who suffer but they the food component is a huge adjunct to all of this, right? What were you going to say?

AMANDA: No, I was going to say I was going to agree to that. Yeah, I mean you think about an adolescent, right? They're hungry. **They're eating a lot of food. And they're just not eating — real whole foods.** That's just not the way that our — Culture, our society really thinks about when we're feeding our growing, our growing young athletes or the kid who's got a lot of energy and we got to keep up with his growing body and her growing body so yeah, I think food is a really big component here.

MERYL: And sugar, right? Sugar is huge, plays a huge role.

AMANDA: Yeah, I mean, ideally, 24 to 28 grams is like what we should be aiming for in terms of, but did you low, did I low Ball?

MERYL: No, you're right, I, I, no, I'm thinking, you're right, she said I made a face, right, doesn't it? I'm a 24 to 28, right, I'm thinking **24 to 28 grams of sugar a day.** A day. So think about that. Go read the wrapper of your Gatorade bottle. Go read, not the wrap, right, the label. Go read the wrapper to some of the snack foods that you're eating. You need the yogurt. If you get infected by a convention. Fruit, fruit, fruit flavored yogurt. There's 20 grams right there.

AMANDA: **So there's, there's a lot of things that we can, we have a lot of control over. And that if we starting to see these issues play out, maybe we start to think like, okay, what can we do that we in our house, in our kitchen, we have some, some control here.** Absolutely. And yeah, sugar is a really big one.

MERYL: Right. I mean, **I think just looking at the sugar content of a kid's diet, like that would be the very first place to start** and we've had some clients say, well but I want my kids to be a kid. I'm like, well, but if you want your kids to be there's **There's a way to manage that and balance that. It's never an all or nothing.** I feel like a lot of people feel like, well, do you pull the sugar away? Well, no. How do you balance that for them? Yeah. And you know, how do you set the example for them as well, as far as Supporting supporting better choices, like you said, and that is it's a slippery slope adolescence.

We all know, right? Those hormones are not just changing your skin. They're changing the attitudes and the behaviors. And so that can be all of these areas in and of themselves. We can spend an hour talking about anything. **If we're looking at how do we really support kids microbiome health? How do we support their skin health nutrients also, right?**

Your vitamin a your zinc, your vitamin C, your vitamin D. Like if your kids are eating processed foods, then they are not getting these nutrients that are crucial, crucial, crucial omega threes. You know, **those omega 3 fatty acids for skin health.** So you think about not just the exposure to sugar, now they're depleted on the nutritional side, no wonder, right?

And especially if they're gut microbiome, like **if you're not getting enough vitamin A and vitamin D, like that works on the gut microbiome and our skin.** So it really, there's always this connection all the way around. Everything is connected. Yeah. And so if there's depletion, if there's overconsumption depletion of nutrients, overconsumption of non nutrients, right? Like sugar and these processed oils, then it crowds out the space for these healthier foods. For sure.

AMANDA: How would you, how would you say antibiotics, the overuse of antibiotics plays into this?

Right. I mean, that's a whole other one.

MERYL: Wow. Right. I don't know. ... | No, I mean, we might have, I mean, and there's, and there's again, exposure to antibiotics.

I mean, go back to when you're a baby, right? **Antibiotics completely wipe out your gut microbiome.** Yeah. And the more exposures you have the better, the good bacteria just goes bye bye. And so. Again, a probiotic is helpful, but taking a probiotic is not the be all end all. We have got to feed ourselves.

You have got to eat your way back to health and back, and you have got to nourish your way back to health. And eating variety, right? And that's why, like, I think there's... When you have kids, there's so many clever things you can do.

AMANDA: **I mean, obviously it can be overwhelming not knowing what to feed your kids, but just thinking in terms of eating the rainbow.**

And I don't mean Skittles, just ... variety of fruits and vegetables and colors and all of that that's so important. It is so important. I,

MERYL: I my kids will attest to this. I used to sneak all kinds of stuff into whatever I was making. Even if I was. So I would make my own chicken cutlets, chicken nut, right? Nuggets, whatever you want to call them. But I would put flax seeds in the breading, right? So they're getting their omegas, they're getting their fiber. I would make like a bolognese sauce if I made meatballs or tacos I'd throw in some shredded carrots and I'd throw in some zucchini and I'd throw in some arugula so **there's ways, yes, 100 percent to, to make food healthier, to do these swaps, if you will, that they won't even notice half the time,** you know? So like I said,

I mean, I think each of these topics, like if you guys are out there listening and you want to hear more of this, we can certainly delve more into these topics.

But I mean, specifically and talk about specific tips and tricks, but of course reach out to us and we can help you with that as well. ----- Yeah, so antibiotics is a whole nother. — Area. And, and so is birth control, right? As we're moving through, like people go on, young girls go on birth control.

Ada sometimes control heavy periods, uncomfortable periods, and they go on to control acne. Right. And so for the short term, that may be a solution. **But the problem is, is we know birth control a messes with our nutrient levels. It depletes our vitamin B. It depletes other nutrients, other minerals, and it also impacts thyroid health long term. —**

I was just reading a study about that. And we see that it impacts we can see that. Wow. So yeah, I mean these hormones are not without side effects. Sure. Right. Those, those birth control hormones are not without side effects. So don't want to belabor that point, but you know, there's an, and there's **other issues associated with the birth control pill.**

Again, not for this conversation, but everybody thinks, oh, it's the be all end all, and it's not so much that way. Yeah. So did I miss anything else with adolescence? I don't think

AMANDA: so. I mean there's always the, the topic of like **the toxins in our skin care and our beauty care** and how that affects our hormones and, and how that expresses itself in the skin and the gut, all of that.

So there's so much like you said. There is, right? That goes into this. There's so much.

MERYL: And that's really the whole point of this conversation is Not again, I always feel like we talk about so much and that there's overwhelm in that. **It's really not about the overwhelm. It is about Making you aware.**

Yeah, like **the awareness of How much we are exposed to and what can deplete our health and what can affect our health in a negative way And then the ability to turn and say, okay, I can take control of this. Right. And I can manage this slowly.** Right. I always say I have been my own experiment over the last 25 years and I continue to do so

And the idea is that every day is a way to look at our health and go, Oh, wow. Right. Like, I was going to say the other day, like if I don't wake up completely energized, am I, because that's what my expectation is every day. Like the way I'm like Yes, I feel awesome today. And if I don't, I'm like, wait, what did I do wrong?

Right. ... Backtrack through the day. Oh, did I? You know, I didn't see I, because I am so because a, I love feeling like this every day, right? Like, I love waking up and I, I say to people like, **if you are not feeling really good every day, you gotta take a good, hard look at what are you doing** Yeah. — That is causing you to not feel like that like people think well, I'm aging so I'm supposed to not feel good I'm like bullshit.

Yeah, I'm gonna totally call you out on that. Yeah. No, I mean like we don't **I always say we don't Deteriorate because we age we deteriorate because we don't take care of ourselves** and I totally went on a whole other tangent on that but it's part of it, right? It's part of the conversation that you know, we walk the talk.

Yeah And I think again, **your skin health, my skin health is a testament to the fact that the better we eat, the better we take care of the inside of our bodies. Our skin is reflective of what is going on on the inside.** I think that. Is the biggest takeaway is our skin is reflective. I'm going to say that again of what is going on on the inside.

So if your skin is not glowing and I don't want to say smooth, that's really not the right word, but if it doesn't glow, yeah. — Then, what's going on on the inside that's not glowing? Yeah, it needs to radiate from the inside.

Right, so, yes, adolescent, so let's move forward from adolescence and, and again, we can, we can address that at another time.

So as we get into adulthood, what are some of the things that you would say we see that can That that on our skin. Yeah,

AMANDA: I can say a few things that I think are significant for women in their 20s and 30s that perhaps are having issues with skin. I think hormones are a factor here, but I also think dehydration big one and alcohol.

Like it is night and day if I had a friend who had issues with alcohol and had very blotchy skin And it was always just we just assumed she had blotchy skin, right and she went sober and her skin lit I'm like, did you have a facial? Did you have a peel? She's like, nope I just drink water every day and I exercise and eat healthy and it is Absolutely wild to see and so those you little things go a long long way.

Yeah and so, yeah, I think **if we're talking in terms of prevention, and we want to age with grace, and we want to radiate from the inside out, hydration is huge, and being mindful of the alcohol.** It's just it's fun, it's really not our friend. It's really not our liver's friend, it's not our skin's friend.

MERYL: Right, and not in excess, right? These kids now, I mean look, we went out, I'm not, I'm not saying don't go out and drink, and don't go out and have a good time. But like this idea of blacking out, what is that, right? I mean, we can have a whole discussion about that. I tease my kids, I'm like, why? Just go out and have a good time.

Anyway, but yes, **alcohol 100 percent affects skin health. Because again, think about alcohol is going in. It has to be processed by the liver. ... dealt with in the gut microbiome. All those toxins have to be dealt with.** These are all things. These are all processes that I've talked about before. And if these processes detoxification is not happening efficiently and effectively, guess what?

You're going to see that on your skin. And like you said, right with alcohol. And, it still goes back to if you are in college and you're drinking and now you're still not eating well.

Right. The diet is a big piece too. Right. The diet is huge, right? So now you're compounding it with alcohol intake and that becomes a whole other issue.

Oh, and lack of sleep. **Lack of sleep is going to totally affect your skin health because of all the hormones that end up melatonin is a really, really important antioxidant.** If you're

not making melatonin because you're not sleeping, you are not, right? Your skin is going to be, and like Amanda said, dehydration, is huge.

Yeah, huge issue. I think it's it's again that's through your whole lifetime But especially adolescents because I don't I think they tend to be very dehydrated. Yeah, and don't drink enough water they're drinking other kinds of beverages in general.

AMANDA: It's hard to you know, I'm like chasing my kid around half the time drink water, you know, cause they just don't, right.

MERYL: They're not, they're busy. Right. James probably he's like a little energizer buddy. Yeah.

It's like, did you take, did you take one sip? Yeah. One sip. —

Exactly. Exactly. So I think that's going to be important. And again, like I mentioned detoxification. **So a lot of people will do these quick, quick fix detox juicing things, right, especially if you're a younger person who's like, I just need to like three days of a juice cleanse to get back on track.**

Right. We're, we're coming off of Thanksgiving. People are like, I'm a three-day juice fast or whatever fasting. Yeah. So here's the other thing is that if you notice that you do these things and you are breaking out. More, that's not uncommon either because as those toxins are being, and I don't advocate three day juice cleanses, that's not the way to really detoxify.

But if you are doing that and you notice that your skin is breaking out or **you're doing some kind of cleansing or, or something like that, and you notice your skin is breaking out, it is those toxins purging from your body**, right? So that can actually cause a rebound acne effect sometimes.

Interesting. So yeah, so we need to pay attention to that. So what else? I think as adults, right? And the other part of that is **protecting your skin from the sun**. Like sun exposure is important. I am not going to be that person says you have to constantly always go out in the sun with like a million layers of like sunscreen.

It is important to protect your skin. You don't want to be burning. But the other thing is, is **sun exposure is crucial for vitamin D. Yeah 20 minutes a day of direct sun exposure** can help with your vitamin D. For most people, it's still not going to be enough, especially if you do not live near the equator.

Yeah. But but **sunlight is important for overall health anyway.**

Exactly, for your circadian rhythm, for, I mean, literally energy, mood, everything. Yes, 100%. So you don't want to not get outside. Yeah. You want to just be careful and mindful of how you expose your skin and **make sure you do protect it if you're out for long periods of time.**

Clearly, you do not want your sun, your skin to burn. So that's going to be important. And teenagers, 10 or adolescent, that, excuse me. Young adults tend to want that, that tan. So we know as we get older that that tan ends up leaving scars on our faces, right? And then, we have to deal with those.

But so, the adulthood years can bring lots of different things. I think all the things that we mentioned, **the health of the gut microbiome will affect your skin, the kinds of foods you're eating. the stress that you're under, right? So if you're in your thirties and forties and you're raising children and you have busy schedules and you're working and life is crazy and you are under stress, guess what?**

That will totally affect your skin. Cortisol is, it's a fight or flight hormone. If it's produced too fast and furiously for too long, it will impact inflammation. That will impact your skin.
Mm-Hmm.

So now we've gone from like newborn through to adulthood, let's say **let's focus now on menopause** because this is a whole other, again we're touching on this subject, but we're going to be talking about it in detail at our radiant aging workshop. Which is on December 14th. Reminding you guys to come out for that and bring a friend.

It's going to be an awesome event. I'm going to be speaking, Vivian Antebi will be speaking, our medical esthetician. We're going to have some great treats from our chef Dan. And we may have another surprise from another gentleman who does some food in the area. Another chef. And swag bag stuff. And it's going to be a great, even community event.
So, come on out for that.

But let's talk about Menopause and what happens with our skin during that time or what kinds of changes we see. You're not there yet,

AMANDA: but I'm learning. I'm gathering information.

MERYL: So I think 1 of the biggest again, this is where this whole anti aging. Mindset philosophy, whole, whole trend is, is focused because a) it's a very, very big business, right? How many I was researching it like **the number of products geared towards women who are in menopause for. Skin elasticity and rejuvenating skin and all that kind of stuff.** It's an issue. But again, it is an inside job because a lot of this work in terms of **how do we keep our skin clear and glowing, has to come. from the vitamins and the nutrients and the foods that we eat.**

And part of what happens as we age is that if we're not consuming these foods in high enough quantities, and especially protein, protein's been a big topic lately. I feel like it's all over the place, probably thanks to Dr. Gabriella Lyon, who is doing great work in the area.

I mean, I, Still think we have to do personalized nutrition when it comes to protein because she's recommending very, very high amounts, which are not necessarily appropriate for everybody. **But getting good quality protein is, is truly important in skin health.** Number one. And of course, what women menopause postmenopausally want to look at doing also is. **How do we look at collagen rejuvenation,** right? Eating taking supplements that have collagen in them. I will tell you, **I personally do the collagen supplement, and the best**

researched collagen is the Verisol one. And we carry that. We have products based on that. I mean, we have product recommendations based on that for people that are looking at it. I mean, and collagen is an easy one — to add into your. Regimen.

AMANDA: Can I ask you a question about that? Of course. I know there's like different types of collagen. There's like the marine collagen and, and the ones that come from is it bovine? The bovine, right? Yeah. So would you, is there a preference there?

MERYL: Well, so that's what Verisol ... is. **Verisol is like the name, the brand name. And so yes, it's a combination of the different collagens,** not so much the marine. Okay. But it's also, **there's different kinds of types of collagen, meaning Yeah. Type one, type two, type three,** right? So **we know those types that has a good blend of those types because each of those types do different things in the body. Some are more joint focused. Some are more skin focused.** So it's got a nice blend of all of those. And I think that would be something that rather trying to kind of pick and choose. So that's the, what we look for. I don't know that marine collagen is as studied as because from the the, there's not as much in the, in the fish and the marine. So so I think that would be hopefully that answers that question.

And then we look at, again, we still have to look at these things like gut health as we age, as we are looking to improve our longevity if we're not always paying attention to gut health, because gut health, again, is related to skin health. —

But I think **the other part of the menopause is that crepey skin that women tend to get.** And this is where hormone replacement is a huge conversation. And I will direct people back to many of the podcasts that we've done on hormone replacement. You know, it still seems to be such a taboo subject.

Women are so afraid of it. And the idea that estrogen replacement and natural bioidentical estrogen replacement. **That we should be afraid of it really that myth has been debunked for so, so, so many years** and there's a lot of the, the doctor who wrote the Galveston diet and now I can't think of her name.

Why is it totally escaping me? But she talks Marie, Dr. Marie it'll come to me. She talks a lot about. And the reason I'm bringing her up is she's all over the play show, she's all over Instagram. But you look at Anna Cabeca, you look at Wendy Warner, you look at Sarah Gottfried, all of them are saying the same things.

And these are really, **really well-trained physicians who are advocating for hormone replacement for women once they hit menopause.** And It's not just hormone replacement of course is replacing hormones so we feel better, but **hormone replacement has a huge impact on our skin, right? There's estrogen in the fat in our faces and that's going to be important.**

And when, as we wonder as women, why our faces seem to look a little more sunken in is because that estrogen, which was in the fat cells in our face. Besides gravity, right? That starts

to become depleted as our estrogen levels start to decrease. So what are the things that we can do to maintain that?

Taking hormone supplementation carefully and deliberately and intelligently is one of those things that we can really do to support our skin health. Again, we'll be talking more about this at the, at the workshop, but paying attention to that and really researching that. And advocating as women for that and to educate yourselves about hormone replacement, I think, is hugely important.

What else do we want to cover? **Exercise You know, and these are the things that, so the recommendations postmenopausally are going to be very similar to that at any age.** I think it's just a matter of adding in a little more of the collagen, adding in a little more of things like estrogen, progesterone, testosterone, because we want to always balance our hormones.

Okay. Managing inflammation, right? I mean, so **we want to look at managing inflammation as we get older, especially. — As stress accumulates in our lives,** the more stress we have, the more inflammation we have, right? — What else am I missing?

AMANDA: I don't know. I think we covered a lot, right? We covered the different seasons that we go through as women.

We covered stress. We covered detoxification, we covered gut and how the gut health is really important to make sure it's balanced. I don't know. I can't think of anything else. I feel like we, we're pretty well rounded.

MERYL: Right. Without, without getting into one topic completely it's, I mean, again, we could spend a whole podcast on each of these things individually, but I think **the idea of this was to really just bring to light — The things that you might not be paying attention to the things you might not be thinking about — underneath the hood, so to speak, that really do affect our skin.**

It's not just what you see on the surface what you see on the surface is reflective of what is going on on the inside. And I think that should be the biggest takeaway is do the inventory. What is going on on the inside of your body that we need to look at. And not the least of which is making sure, and I did, I don't know that we mentioned it, we might have, I just can't remember that, that long ago having healthy fats in our diet.

There's still a lot of women out there that are what I would call fat phobic. And of that mindset, like low fat, low fat, I can't have any fat. Well, fat is an essential nutrient and an essential ingredient to the cells in our body and specifically also to our skin health. And we need those good, healthy fats.

If we really want to have radiant looking skin. ——— So especially those omega three fats and where we get from the things like your cold water fish, like your salmon, your sardines, those kinds of things, anchovies flax — and all of our seeds, right? Your flax, your pumpkin, your sunflower. And chia, all of those kinds of seeds have really, really good omega 3s in them.

So definitely want to be consuming more of those kinds of foods and, and overall a great whole food based diet. So what else, anything that I missed Amanda that popped into your head in the time that I just mentioned that?

AMANDA: Nope. I'm just had me thinking about a smoothie. **What an opportunity right there to make a beautiful gut skin friendly smoothie and throw all those healthy omegas in there.**

MERYL: Right, right. So if you're thinking about that, so we can end on this note. If you were thinking like, okay, well, do I want to make a smoothie? **What foods do I need to think about putting in my smoothie? Yeah. So you want to do your green leafies because those are loaded with lots of beta carotene. You can do things like, I don't know that you want to put carrots in your smoothie, you can make a juice out of carrots, right?**

But you can definitely do your again, you're not going to put peppers in your smoothie, **other orange anything that's either red, orange in that, in that color family.** That is high in beta carotene. So, like I said, your your leafy greens are really, really high in, in the beta carotenes. I don't know that you want to put a sweet potato in a smoothie either, right?

You know,

AMANDA: you can actually. **You can steam a sweet potato and freeze it. You put it in your smoothie and it makes it very creamy.** Oh, I've done that. Yeah. Many times.

I have not thought of that. Take a sweet potato, freeze it, and put it in your smoothie. There you go.

Steam it first and then freeze it. Right.

Because you don't want

to, that's wrong. You don't want to, right?

MERYL: **Beets are another good one. You're yellow. You know, you can put beets into a smoothie or if you're even, you're making it into a juice is another great way to do that.** And I mean, I love beets. I love them in my smoothies too. So great ideas there.

And I think that covers our skin, skin, and healthy aging through your lifespan. As always, if you have any questions, make sure you check out our store. The special this week will be our **Acne GTFO**, which is, I can't really say that on air, get the, you know what out, acne. **It's really a great product for anybody that has acne because it does help with natural detoxification. It helps support skin health and it really does help resolve those really persistent acne issues.**

The other product that I want to include in that bundle. Is something called **xeno protects** the reason I like the xeno protects is because **it does help our body detoxify And provides the nutrients that help with natural detoxification**, which again so important for skin health And **we will also have those collagen products on the store for the special.**

So make sure you check those out — and we will at our radiant aging workshop, we're going to be doing smoothies and recipes also that have Focus on skin health. So make sure you join us and look for that And thank you for joining me amanda. Thank you for having me. Thank you for your input as always and ——— Check us out.

On all the channels on all the channels. There you go This is your Rebel Nutritionist signing off. Make it a great day. Everybody.