

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 14 – Targeted Topicals

We are on day 14 of Glow15. One more day after today left so I want to talk to you about something that is so critically important to the Glow15 program, and that is your largest organ, your skin. So many of us think that paying attention to our skin or worrying about the way we look is something that makes us seem vain, or we don't have the time to do it. But I'm here to tell you that your skin is a reflection of your inner health. Outer beauty is a sign of inner beauty, and inner health is what I'm really looking for you to achieve through the activation of autophagy. What's so exciting about the largest organ that we have, our skin, is that there are many nutritional ingredients that you can actually benefit more from just by putting them on the outside of your skin than taking them internally. Did you know that? I'm going to now tell you about four targeted topicals.

These team of researchers, these dermatologists, and chemists, and autophagy experts, looked at thousands of different ingredients, and they came back with the four top ingredients that activated autophagy in and on the skin. Those were polyphenols, ceramides, caffeine, and trehalose. When these four ingredients were synergistically combined and put on the skin of all of the women in the clinical study at Jacksonville University, the results were amazing. The autophagy was activated in their skin, and their skin cells started to behave just like they did when they were younger. When the skin came in contact with these four amazing ingredients, the women in the clinical study at Jacksonville University benefited so much. Their skin began to glow. Their skin started to behave like it did when it was younger, and the youth that was deep within the cells was revealed.

I want you to get the benefits from these powerful ingredients on your skin. From caffeine, to trehalose, to polyphenols, to ceramides, these are the types of ingredients that when combined together have an empowering effect on your skin so that you're able to take the glow that's going on the inside of your body and really express it on the outside. Keep glowing!