

Glow 15 COURSE

TRANSCRIPT

Module 3: Week 6 – Beauty

Hey, I'm Naomi. Today we're going to talk about something that I'm so passionate about. It's something that I've been passionate about since I was a tiny little girl because it affected my entire life, and that is skin, and the health, and the wellbeing, and the beauty of our skin.

I'm sure you've heard the compliment. People have given it to you at times in your life, you're glowing. It's the ultimate, ultimate compliment, right? It means that you're refreshed, that you look young, and your skin is vibrant. There are other times, I know at least in my life, where my skin just has that dull look. No matter how I feel on the inside, if my skin looks dull, if it starts to get dried and you can see some of the wrinkles, then we know that we just don't look and feel our best. Whatever's going on in the outside is a direct reflection of actually what's going on in the inside.

I wanted to take the time in this chapter to really give you some of the tools and some of the strategies to help get your skin to glow, but get it to glow from where it really matters, and that's on the inside of body. Because again, everything that we see on the outside is a direct reflection of what's going on in the inside. 60% of what we put on our skin we absorb and it becomes part of what's going on in the inside.

This quest that we have for beautiful skin that we all look for, it's not a superficial quest. I get very saddened when I hear a lot of people that write to me and they say, "You know, this interest in beauty and anti-aging, it's all superficial," and that's just not the case. Tons of studies show us that when our skin is vibrant, and when this major, our largest organ is working at its best, it is glowing, it is breathing, and it is really helping the rest of our body to perform at its very best.

Taking good care of your skin and letting it shine is something that you can do for the rest of your life that will improve your wellbeing and also improve the quality of your life. It improves your self-confidence. When you get up in the morning, you feel that much better about your day and the way you're going to go about approaching that day. So, I'm all about skin. I always have been. For me, since I was a little girl and I had eczema that covered my entire body, it actually put me into a place where I wanted to hide, where my self-confidence was very low. I was ashamed. We can't always cover our skin, right? We can't cover the skin on our face. We can't cover the skin on our hands. Quite frankly, I want us all to embrace our skin.

The strategies and the tools that I'm going to give you today are strategies and tools that I've spent my entire lifetime pulling together. They are strategies that will help to activate the autophagy that's in your skin and they're strategies and they're tools that I've had the opportunity to learn from world-renown scientist on what are their little tips and tricks. I've also incorporated some really interesting ingredients that don't just protect us and protect our skin, but also really help to get the youth in our skin activated by clearing out the junk with the autophagy.

Why are we doing this entire chapter? The reason I wanted to do it is because most women, over 60% of us, are thinking about what's called accelerated aging, right? That's a big, big number. That's 76 million of us are worried every single day about accelerated aging. What is accelerated aging? Accelerated aging is the effect of, let's say the UVA, the UVB rays, the pollutants in our environment, the radiation that we're exposed to, the foods that we're eating, the processed foods that we may be eating, and all of the things that have nothing to do with our genetics, nothing to do with what we have direct control of, but

they're actually impacting and aging us faster than we should be aging. So, they're accelerating that aging process. That's what I want to talk to you about, because it's not fair that we're exposed to these accelerated agers and it's also not our fault.

There are things that we can do. Even my daughter, I have a 15-year-old daughter, she herself, just at 15 years old, she's worried about accelerated aging, which is a crazy thought for me. Let's hit accelerated aging like right at the head, and let's go right after it. Before we do that, I want to go over a little bit more about the aging process in our skin. These accelerated agers come in a lot of different forms, and we're going to attack four of them right now.

The first one I want everyone to think about is dry skin, right? Dry skin is the first sign of aging. Dry skin is something that there's a lot we can do about. But due to the environmental toxins and the pollutants that are in our world, dry skin is where we really start to age. That's the first accelerated ager. Normally, we shouldn't be getting dry skin until much later in life, because dry skin is a reflection of really the epidermis. We'll talk about the epidermis, and the dermis, and subcutaneous layer. But the outermost layer of our skin and how it starts to break down and break apart, and that process is what creates dry skin. The lipids that hold the outermost layer of our skin together start to break down. Then, our moisture starts to evaporate and leak out of our skin, and the dryness starts to develop.

We have three beauty proteins, and you've most likely heard of them. There's collagen, there's elastin, which is like when you lift up your hand and you let it fall back down. That's the elastic elastin aspect of our skin. Then, there's keratin, which is the outermost layer of our skin, and it's what we see, and it's also our hair, when we look at one another. What happens with the accelerated agers is collagen naturally declines as we get older. But when we are accelerating that aging process, instead of the decline at about 1% a year until we get into our perimenopause, or menopause stage of life, which is when collagen really follows the entire estrogen line, so there's a big drop at that point, but prior to that, there's a drop at about 1% per year. What happens is when we hit the accelerated aging, it starts to go faster. Then, our entire structural component of our skin starts to break down. That's when we start to really notice, "Wow, my face or my body is starting to look different." That's the structural aspect of it.

In addition to that, our elastin starts to decline. When that is affected by the accelerated agers, again, we don't have that same elasticity. The plumpness goes down with the collagen, and the elasticity goes down with the elastin. These are two of the beauty proteins that I really want to focus on with you today, and I want you to know how important and easy it is to work with these areas of our skin.

Another area that's important to think about is simply age spots, right? You may have noticed some discoloration in your skin. These age spots are accelerated simply by the sun, by the UVA, by the UVB ray. They're accelerated by free radicals in our environment. They are dramatically impacted just by simply turning on your autophagy switch and getting it to support the skin. Age spots have been studied with the reduction of autophagy, and so we're going to talk a lot about them today, too. Fine lines and wrinkles are accelerated just by, again, our environmental toxins and everything that could be even found in our medicine cabinet. The fine lines and wrinkles, the age spots, all of the ways that our skin gets dry from being exposed to these accelerated agers, and of course the loss of collagen and elastin are all things that by accelerating your autophagy, studies show can transform, which helps you to get your glow back.

A breakthrough study that was done at the American Academy of Dermatology shows that these

accelerated agers in fact lower and suppress autophagy. There's something else that does that as well, and that's what's found often times in the skin care that you may be using. We think about that, right? We're using all these products. We're putting them on our body. We're spending a lot of money on them. Now, we're hearing that there are things inside of them that actually age us more quickly, and a lot of you know that. I get a lot letters from you that say, "Hey, I don't use any skin care because I don't want all of that junk, and I can't find a skin care that doesn't have them. We're going to talk about a few of the accelerated aging factors that are found right in your skin care.

In over 20% of our skin care products, there's something called formaldehyde. You've heard of formaldehyde, right? Formaldehyde is found in nail polish. It's found in preservatives. It's found in hair gel, lotions, deodorant, all sorts of different things. Formaldehyde is linked to allergens, to chest pain, to allergies and it can be linked to even loss of sleep. It messes with our circadian rhythm. It can trigger asthma. It's really important for all of us to make sure that when you're looking at your product that there's no formaldehyde in it. On the label, you'll see all different ways that it could be explained. Right here on the page, you can see them listed.

Mineral oil and petroleum are found in so many of our products. What happens with these sorts of ingredients, they're found in lotions, there found in all sorts of different creams and lip care, with these kinds of ingredients clog our skin, right? Our skin is a living, breathing organ, of course, and these ingredients clog it. They inhibit and prohibit our body from being able to do what it needs to do, which is eliminate a lot of the toxins that are within our body. You never want these sorts of ingredients in your products.

You can just look for the natural version, right? Like jojoba. You can look for beeswax. That's a great alternative to so many of the petroleum-based products or the mineral oil-based products. You can look at cocoa butters. There's a lot of products out there right now that are using this base that's helps make your skin breathe. They're natural, and they're good for you.

Sodium lauryl sulfate is found in a lot of different products, from toothpaste to the foaming agents that's found in shampoos. What happens with sodium lauryl sulfate is it's actually considered to be the number irritant for the skin, so make sure you're avoiding products that have sodium lauryl sulfate right in them. Oxybenzone has been linked to all sorts of negative repercussions on the accelerated agers in our body. I think you need to be very careful and avoid it at all costs. It's found in sunscreen. It's often found in lip care products.

We don't think that much about are we using the most natural, most efficacious, type of sunscreen for our lips, but when we have something that's got oxybenzone in it, it's actually contributing to low birth weight in babies. It's a huge allergen for our body. It's been shown to have hormone disruption, so it's one that you really want to stay away from, and you can replace it with the zinc oxide. I know that zinc oxide is a little bit more challenging because of the fact that it has a little bit of white to it, and so it may not absorb into the skin as well, but you're doing yourself such a bigger service, and you're really fighting those accelerated agers.

You may have heard of Dr. Nicholas Perricone. He's one of my favorite skin dermatologist experts. I love how he really brings in the whole world of antioxidants and the importance of antioxidants for our skin. I remember in one of his books, *The Wrinkle Cure*, the New York Times best-selling book that he wrote, he believed that there was going to be a time, and I'll quote him, actually, "I'm convinced that the antioxidant revolution is just the beginning. Each triumph brings us one step closer to making the

fantasy of eternal youth and beauty a realistic and obtainable goal." That always stuck with me, because I was thinking, "What is that next frontier?" And I am convinced that it is the activation of youth within ourselves, and that is autophagy.

Let's get into the simple and easy ways that we can activate that youth. I questioned him, "What was that next frontier?" The science is telling us now, the noble prize-winning science, that autophagy is it. It is the tool that will help us open up our youth and our beauty within our skin and so much more. What are the ways that we can truly activate the youth in our skin? We've gone over some of the ingredients that we don't want to have in our skin care products, and those are very important. We have ideas on how to fight these accelerated agers that are attacking us all the time. But now, we're going to talk about what we can do from the inside. This is where our inner meets outer beauty, and that's exactly the place where autophagy is activated.

I was so excited about this research around autophagy and how it could really affect the skin that I decided to work with a couple of world-renown experts. I found the preeminent leading expert on autophagy and skin, a dermatologist, and he, Dr. Richard Wang, is going to teach us exactly what it is that we need to know about which ingredients will be the most effective in helping our skin look and feel its very best. I also worked with celebrity dermatologist, Dr. Dendy Engelman. Dr. Dendy teaches us a lot about the different layers of the skin and how they work.

What I wanted to do is to make it so easy for us as women, right? We're sandwiched between so much going on in our lives. We don't have the time to figure out which ingredients. This team of researchers literally went through thousands of ingredients, brought it down to hundreds, and by the time we were able to hand it over to Dr. Wang, this incredibly dermatologist, also autophagy expert, world-renowned, we were able to give him a handful of ingredients that he was then able to test and see, "Okay, which pathway do they cross."

Long story long, we're going to talk about the five ingredients that are must-haves if you want to fight the accelerated agers, get your skin to be most luminous it can be, and really outsmart the aging process, and outsmart the wrinkles. The very first ingredient I want to talk about is the ceramides. Ceramides is a lipid. It's a fatty acid. Ceramides are very important for the outermost layer of our skin, for our epidermis. We talked about how as we start getting affected by aging our skin becomes dry and the moisture leaks out. What a ceramides does is it actually protects and keeps that moisture in. Think about a wall, right? In this wall, there are all the bricks. Those are the cells and the epidermis. Between the wall, what keeps these bricks together is the mortar, right? That mortar is what starts to deteriorate. That mortar, that's the ceramides. Just think about that deteriorating age. If you can increase the amount of ceramides in your skin care, it helps to fill in that mortar and keeps your skin luminous, moist, and much, much healthier.

Ceramides are found right in your kitchen in ingredients like wheat germ. Use tons of wheat germ in your food. But when you can get them into your skin care, that's when you can really achieve these luminous, beneficial, plumping effects of the ceramides. Now, a lot of products will use ceramides, but they'll use the synthetic form, and the studies don't support those same kind of benefits. You want the natural form of ceramides, and those are the sphingolipids that we've talked about in the autophagy activating foods. They're also so incredibly important to be found naturally. While I know that the natural ceramides are a little bit more expensive, it's well worth it. You're going to get the autophagy-activating benefits right from the natural form.

Have you ever heard of trehalose? It's a natural sweetener and it's found in a lot of different plants. I was recently in Australia, and I went there for one specific reason, and that was because of this special plant called the resurrection plant. The resurrection plant has very high levels of trehalose, the sweetener, and it activates autophagy. The way that the resurrection plant works is it can live in the barest of desert and get down to where you think it's dead, but just by a little bit of water, a little bit of moisture, this entire plant can regrow. That's what makes it so incredibly powerful. Taking some of the active ingredient that's in this resurrection plant is very important in activating autophagy. Look for products that have trehalose actually in them and know that what you're doing is you're helping to resurrect the cells in your body, the cells in your skin that may have started to deteriorate and age more quickly than you wanted them to.

Trehalose helps to maintain the hydration in your skin, which helps to keep your skin smooth. While it's not an actual antioxidant, it has many of the antioxidant effects. Powerphenols, or polyphenols in this case, I like to interchange the two words, are incredible because the polyphenol is an antioxidant. It's found in the skins of grapes, the resveratrol, the green tea, but it's also a powerful autophagy activator. That's why, again, I call them Powerphenols. It goes beyond antioxidant protection into repair. This repair is done with resveratrol. Resveratrol I've loved for so many years. It's a gene-activating polyphenol that doesn't just switch on the anti-aging gene, but it actually helps to remove a lot of the toxins that build up in our skin, allowing our skin to have that fresh and radiant look to it.

EGCG is another really powerful antioxidant, autophagy activator that's found in skin care. Look for the EGCG form that comes from green tea. You want it to be, again, the natural type. The Journal of Cosmetic Dermatology actually shows that resveratrol can be 17 times, 17-fold, more powerful as an antioxidant than some of the leading pharmaceutical ingredients. Look for resveratrol, and know that EGCG has also been shown to slow the aging process in the skin.

Caffeine's another one, right? You find it in tea. You find it in coffee. It has photoprotection benefits to our skin. It helps to slow down the aging process. When you have it in your skin care, it does all sorts of other things as well. It has a vasodilator effect. A lot of times you'll find caffeine in cellulite creams. It starts to reduce the size of the pore. Within any sort of facial skin care cream, the caffeine is helping to minimize the size of the pore, but also really strengthen and protect the skin on many, many different autophagy-activating pathways.

Caffeine can also help to minimize the effect of the darkness that comes under our eyes, or the puffiness that comes under our eyes. Because it's a vasodilator, it has other really beneficial effects on reducing redness in the skin as well. You've now learned about my top ingredients for the skin to activate autophagy. You're going to find in this module a whole lot of different ways that you can do it yourself at home easily, in the kitchen, and in the bathroom to let your glow shine from the inside out. This week, I hope you have been incorporating the do-it-yourself, easy ways to get your skin to glow. You've looked on the back of your skincare products and made sure that you've got ceramides, that you've got caffeine, that you have polyphenols, such as EGCG or resveratrol, and that you've got all of the important ingredients that can really help your skin fight the accelerated agers. You know what you don't want to have in your skin care products, and now you're an expert on helping your body glow from the inside out.