



Transcript: #400 Why You Should Avoid High PUFA Skincare with Eileen Durfee

Wendy Myers:

Hello everyone, I'm Wendy Myers. Welcome to the *Myers Detox Podcast*. On this show, we talk about everything related to anti-aging, detoxification and how to live your best life. We discuss how to look and feel your best at any age. My guest today is Eileen Durfee. She's going to be talking about her [natural skincare product line](#). She'll discuss the problem with typical skincare products and why skincare products with beef tallow are superior. We're going to be talking about how they're low PUFA, or low polyunsaturated fatty acid-type products, and why you want to be using those. We'll also talk about the issues with typical skincare products which have aging products in them. You're using these products to feel younger and look younger, and they actually have ingredients and chemicals in them that age you. They add to your toxic body burden which puts stress on your liver and they have hormone disrupting parabens, phthalates and preservatives in them.

Wendy Myers:

You need to really be rethinking your [skincare products](#) and Eileen has an amazing line. We're going to talk a little bit, in depth, about that and about beef tallow products and how they add fat-soluble vitamins to your skin that soak in. We'll talk about her [deodorant](#). That is an amazing deodorant for anyone who has tried everything and nothing has worked. You're still sweating, no matter what you try. This deodorant works, it's incredible. We'll talk about so many different topics related to skincare and anti-aging, so tune in. I know you guys listening to this podcast are concerned about how to detox your body and are concerned about how toxins are affecting your body. I created a two minute quiz that you can take at [heavymetalsquiz.com](#). After you take that quiz, you will get your results showing your relative body burden of toxins and a free video series about how to detox your body. The video series answers your most frequently asked questions about how to detox. What does that entail? What testing should you do? How long does it take to detox? All questions like that are answered.

Wendy Myers: Go take it at heavymetalsquiz.com. Our guest today is Eileen Durfee. She's a former nuclear power engineer, auditor and inspector. She became toxic from her job and suffered from allergies, chemical sensitivities and thyroid disease. During her journey to heal, detoxify and achieve natural health, she invented a lot of very helpful solutions that she needed to improve her health. She's passionate about taking good ideas and creating better health products to support detoxification, energy production, mineralization and natural health, in general. She's been granted several patents, has several patents pending, and she's writing a self-help book to fix the \$100 billion a year, low back pain problem. You can learn more about Eileen at creatixsolutions.com. Eileen, thanks so much for coming on the show.

Eileen Durfee: Well, thank you for having me. I enjoy this topic.

Wendy Myers: I wanted to have you come on because you designed an amazing [skincare line](#) and I love skincare products. I've been using your products for a number of years now. I wanted to talk to you about why you developed this line? What makes it different? The number one striking thing about it is that you use animal fats. You use tallow in these [skincare products](#). They're very paleo, very ancestral, using the animal tallow. Why do most of your [skincare products](#) contain animal fat? What type of fat is it and why is that good for you?

Eileen Durfee: We started with making a [deodorant](#) because we bought every natural deodorant that was sold, and you still end up stinking. They just don't work. We learned about animal fats because they're very nourishing to the skin. I don't know if anybody's accidentally gotten butter on their skin, but it just absorbs in there? It's conducive to our own skin and body. Years ago, I mean, a couple hundred years ago, they rendered animal fat and that's what they used for soaps, lotions and everything like that. As it turns out, there's fat-soluble vitamins, A, D, E, Conjugated Linoleic Acid, palmitoleic acid and all kinds of things that nourish the skin. They have anti-cancer properties and antimicrobial properties to them too. The body just sucks it in.

Eileen Durfee: That's the thing about me, is when I figure out something's good for you, then I go and try it. I buy it, use all this stuff and then try to break it. Like, what's wrong with this? Why don't I like this? The thing that I noticed about pretty much all of the competitors tallow skincare, is that you literally smell like a hamburger. I mean, it is fat that gets rendered. Then I started studying about what part of the animal? How was the animal raised? We use cow kidney fat. On an animal that gets butchered, you might have 300 to 400 pounds of fat, on the whole animal, and that's the problem.

Eileen Durfee: A lot of people will use all that fat. We only use what they call the leaf fat that's on top of the kidney, in a fascia sack. On a cow, guess how many pounds of fat we get? 10 to 15, that is it, so it's a real challenge to get grass-fed fat. There's just not enough of the organic kind. Some of our fat is grown organically, but not

enough to put that it's organic on the label. We make sure that it's never had any inoculations, that it's grass-fed and all those things.

Eileen Durfee: We're getting the healthiest fat and then there's the process of rendering it. There's a technique to it because we spent months and months and months and months of rendering different batches, at different temperatures. Your oven can't go low enough to render it in a manner that you don't smell like a hamburger. We cracked the code on rendering the fat to make our [skincare](#). As I said, we started with a deodorant because not one product ever sold would work for my daughter. We started mixing all different ingredients and we have two formulas that really work. We have five star reviews.

Wendy Myers: I love your deodorant. I love, love, love the lemon-lime one. You just need the tiniest little bit and it allows for a couple of days, it's a fantastic product.

Eileen Durfee: We put them in glass jars, because that's the other thing for packaging, people didn't like plastic. Yes, you have got to stick your finger in there but literally less than a pea size is all I need. My daughter was nursing and now she's pregnant again, so she uses a little bit more but each person is different. For me too, it will last two days. I don't even have to apply the deodorant every day. It just goes a long way and because the animal fats have the antimicrobial properties in it as well and it's absorbed into the layers of the skin, it just works. It doesn't clog up your glands, even though you're exercising you're still going to sweat, but there will be absolutely no smell.

Eileen Durfee: I've had clients who are literally on prescription deodorants that didn't even work, and this has solved their problem. I always try to do organic and natural. I was using the Origin Skincare Line that Macy sells, and a few other places. It's just very expensive. I started researching all the different ingredients in all those things. We've been prototyping and making different [skincare](#), now, for almost two years. One of the things that I also learned is that fat is a great base. We have [balms](#) which we blend with a little bit of extra virgin olive oil and add organic essential oils. Almost all of our essential oils now are organic. There's only one or two that are not.

Eileen Durfee: I know some of our labels haven't caught up with the fact that more of them are organic. It's thicker, it solidifies, but it works really well if you've got cracked heels or maybe some eczema or psoriasis that you want to calm and nourish. One of the things that's happened in our society is there was a whole shift from animal fats to plant and seed oils. We know that the recommendations are changing now. Animal fats and saturated fats are okay, because there's this huge problem with cardiovascular disease. All these things that have been caused by these polyunsaturated fatty acids. With skincare, when you put something on your skin it gets in your bloodstream, in less than a minute. Of course, when you're ingesting oils, you don't want to have the really high PUFAs, polyunsaturated fatty acids. Why would I want to put a high PUFA on my skin?

Wendy Myers: That's because they go rancid really quickly and they're bad for you. They cause oxidative stress and inflammation.

Eileen Durfee: Right, so we've taken great care to always calculate and formulate. They say that, "Anything below a 10 is good." A lot of ours are three or four. I think our highest one is maybe five PUFA. We make sure the blend and the ratio of the healing components support that, that the body is getting the right oils. With the balm, we started out with the [deodorant](#). Then, we went to the balm and I even had reviews on there from a vegetarian who had been through prescriptions and everything imaginable and had skin issues. She could not get over it. She was so desperate that she'd bought our [Acceptance Balm](#). Lo and behold, her skin disorder disappears. She leaves this glowing review, even though she's a vegan and all of that, about how it fixed her skin.

Eileen Durfee: The balms were really hard to spread over large areas of your body. I really got into the anti-aging thing and researching the ingredients, like the Origins line had. We started playing with lower PUFA nourishing oils to blend in, different anti-aging components and things like that. We developed a line of [lotions](#) and they're whipped. The texture just goes in. If people look at my older videos, my podcasts with you, I look different now. I've been on this thing. We'll talk about our [mineral toners](#) that go on the skin first.

Wendy Myers: I mean, you really do. You look 10 years younger than you did before. You look really amazing.

Eileen Durfee: I've been doing the whole sunrise thing, grounding, my near-infrared yoga, sauna, the coffee enema and the ozonated water. Just eating more frequently and making sure I'm doing high-dense nutrients, with the [skincare line](#). We have a skin brush set and it has a whole bunch of items in it but this is one of my secrets. It flexes, so if anybody knows what a FasciaBlaster is, this doesn't leave the bruises. You can go like this, I use [Revive Toner](#). We have it in a 10 ounce bottle and it works way better than the two ounce, \$56 bottle, of the Origins. It's got more anti-aging properties. You put that on and then I put my anti-aging lotion on there.

Eileen Durfee: In between doing this, rubbing it on my neck, of course, I do the neck shaper for this Planet Fitness exercise. It's toning up the neck muscles. There's a lot of things that have contributed to my transformation. It's just amazing how some of the ingredients that we're using are increasing collagen production. They're repairing, they're anti-inflammatory and they're hydrating. We've got a regular moisturizer because some of my employees wanted something that had just a very light scent. None of ours are overbearing in scents and they're all healing essential oils. There's one that's moisturizing, it's got the high altitude, organic lavender essential oil in it. It's very, very mild and it hydrates, moisturizes, smoothes and reduces blemishes.

Eileen Durfee: It's just pretty amazing, as a general one. Then, I have a grandson who's allergic to nuts, dairy and eggs. When he was little, we hadn't figured out what was going on with him. From head to toe it looked like a really bad case of psoriasis and eczema. It would itch, it'd be bloody and nothing worked. We developed Healing. It's got accelerated repair, it calms and nourishes. If anybody has any skin disruption at all, this stuff is absolutely amazing. It's got so many nourishing ingredients, we've added organic castor oil, organic Tamanu oil, wild harvest Babassu, organic virgin red palm oil and Centella in there, which reduces the inflammation. We've got the asparagus extract and all things that if you've got inflamed skin, it worked for my grandson and it's just absolutely amazing.

Eileen Durfee: Of course, we're an advocate, if you have allergies because that's an underlying thing. Your skin is going to get a lot better if you treat the underlying causes as well. Oftentimes, you don't want to use a cortisone cream, you don't want to use all these other things. You can actually have something that's natural. That's why we came up with Healing. Then, cellulite, I did the research and we came up with a really nice cellulite cream. That's got a little DMSO in it, along with green tea, Ginkgo and all this other stuff. Of course the base is the tallow, jojoba oil and all these different things. It works so well that after I put my [Revive Toner](#) on my face, and then Anti-Aging, I take a Q-tip and I actually put it all around my eyes.

Eileen Durfee: It shrinks up the puffiness around your eyes.

Wendy Myers: Hmm.

Eileen Durfee: If people look at my old videos, I was a tight size 12. Now, I'm a size six. With all that weight loss and using this on there, I don't have flabby, baggy skin. This has been a lifesaver for me. The other thing I use it for is that we all want more minerals in our body. You know how when you put something on your skin, it's in your bloodstream within less than a minute? They did a study where there's over 500 chemicals that are in our skincare and beauty products that women are putting on their bodies. It is shockingly toxic. All these products are all non-toxic and they're all nourishing, They're all anti-aging.

Eileen Durfee: With the dead sea minerals, we came up with some [body toners](#). We have a whole body toner. Usually, after I get out of the shower, I put the body toner on. It almost makes my skin feel like I've got a moisturizer on it, even if I don't do anything else. I found that this toner thins any lotion that you put on your body, but especially the cellulite one. Because of the DMSO in it, when you put the minerals on your body it drives them into your tissues. I use it on my legs, my butt, all over for this. I use the anti-aging one on the face and on the backs of my hands. I don't know if I had a video with what my hands looked like before but that's where I was showing my age the most, on the backs of my hands.

Eileen Durfee: In all the ingredients, we've spared no expense as far as what we're using. We had people asking me for sunscreen. When I go out, I get morning sun. The

Kelvins are lower but it builds up so that you can tolerate more sun later in the day. Sunscreen is so toxic, oh my gosh. Sometimes you're out and with burning, that predisposes you to skin cancer. I'm an advocate of, "Don't use sunscreen all the time," like if you're out in the morning sun, grounding and doing that ritual. If you're out later in the day, this is thin and a little goes a really long way. It gives you a protective layer and we got it up to a 35. It's totally, totally non-toxic.

Eileen Durfee: We've got a lot of the different ingredients in there. A lot of [natural skincare](#) that has cocoa butter in it, you smell like chocolate. We got rid of that scent problem. It has a nice smell, we're using the Boswellia Serrata frankincense, and then the organic Mer. With the other ingredients that are in it, it just does a fantastic job. Now we have a [safe sunscreen](#) that actually works. Again, all of our products actually work.

Wendy Myers: I second that, the toxic sunscreens. There was a huge recall of sunscreens recently, they had cancer-causing chemicals in them and people just don't realize what they're putting on their skin. I've been using your products for several years. I absolutely love the products. Do you have any other customer reviews that you can let us know about?

Eileen Durfee: We have a lot of reviews here and they're all five stars. 13 of them are five star reviews. "Love this balm, and especially the scent. It is very dry here in Colorado. I put it on my hands before I go to bed at night and my hands are still very soft in the morning. Nothing else has worked this well." "The balm isn't greasy and makes the skin soft. My girls use it as a makeup base and it lasts all day long. It's a fantastic natural product. Other tallow balms won't work as well, compared to this brand. Highly recommend it." Actually, when I was on TV, I went to get my makeup professionally done. I had just washed my face and put on the [Acceptance balm](#). I went in there and the lady goes, "What's on your skin?" I told her and she goes, "This is so strange. I spend 90% of my time just moisturizing the skin before I put the makeup on."

Eileen Durfee: So, here's a professional TV makeup artist, and she uses our balms now. It just makes everything better. "This moisturizer was amazing and truly healing for me. I recently suffered a chemical burn on my face, neck and ears that look like severe wind burn. My painful skin wouldn't stop peeling, even cracking at times. It was rough as sandpaper and as hard as cardboard. I tried dozens of things that would not even penetrate my damaged skin at all. Only this balm penetrated, softened my skin and healed those painful cracks."

Eileen Durfee: "I am vegan, but I was desperate to try this. My skin is not quite 100% as it was before, but it is smooth and I look perfectly normal again." That's one of my favorite ones. You get burned. Oh my gosh, to recover, I love it. "My skin is super, crazy sensitive and it's calming the wild beast. First of all, almost every moisturizer I put on my face instantly makes it break out in a sweat. Tallow balm does not do that. It helps reduce the redness in my face. Nothing else has ever really worked to reduce redness before. I had given up on finding a product for

that. I'm so glad I found [Tallow balm](#)." "I'm a professional makeup artist and I have found that Tallow balm actually works as a beautiful makeup base and it lasts all day."

Wendy Myers: Yes, I love the [Acceptance balm](#). I think it smells so good with the blend of essential oils that you've come up with. I love the lemon-lime deodorant as well. That one's my favorite too. I love lavender of course, but there's something about the Acceptance balm, it's just really, really nice. The blend of oils.

Eileen Durfee: It actually alters your mood. It makes you happy, it's amazing. We use that same scent in Anti-Aging. Anti-Aging has almost more of a narcotic smell that it's just like, "Oh, you know what? It just smells so good." It's because of the different healing oil components in it. There's some amazing reviews. On the [deodorant](#), I want to read a few of those. I have 18, 5 star reviews. There's not anything but five star reviews. "This is the only natural deodorant I've used. It actually works and isn't just trying to cover an odor with an obnoxious scent."

Eileen Durfee: "This is my second order. It continues to perform exactly as advertised. I no longer worry about chemicals in my deodorant and no longer experience armpit sweating, or skin rash. It comes in pleasant, light scents and is easy to apply. I love this product." "I only used natural deodorants and have for many years. I've used salt, silver and clay based. Some worked okay, but nothing compares to [tallow deodorant](#). I work in a greenhouse with hot temperatures and a lot of physical work. This tallow works amazingly. I literally have no odor after hours of work." I mean, I could go on for pages, but you get the idea that every single review is a five-star review. They're just raving.

Wendy Myers: The tallow makes it so unique. I have very rarely seen any products using tallow, much less the kidney tallow that you were talking about. You're very, very picky and you only source the highest quality ingredients that you would use for yourself. I highly recommend your products. I love them and I use them myself. I love all the stuff that you use. You guys can check out the products at the link below. I love the dead sea minerals, I use those. I love putting those minerals on my body because people are mineral deficient. You're holding up a photo of those or holding the bottles here. I also put them in my bath because it's great to absorb these minerals through your skin. Right when I'm done with my shower, I will douse my body and rub them all over my skin, as well. It makes your skin super, super soft.

Wendy Myers: They're just amazing products. It's just such a breath of fresh air from the toxic products that most people put on their skin. You really need to evaluate that ingredient label of that product that you're putting on your skin. Like the perfume in it or the texture, or what have you. I think people really don't realize how many ingredients in their products are endocrine disruptors, disrupting their hormones. I just did a video on that today actually, about the 10 signs of hormone imbalance. Beauty products are the number one things that disrupt our hormones.

Wendy Myers:

You don't want to use products with perfume in them, chemical perfumes, petroleum-based perfumes with the phthalates and with the parabens. There are just so many toxic chemicals in conventional beauty products in drug stores and department stores. I've got lots of amazing people like Eileen, coming on the show with their fantastic product lines. I have articles on my website to help you make better choices for your skincare. A lot of these chemicals age you, they age your skin and they claim to be anti-aging, it's just so crazy.

Eileen Durfee:

As far as the toners go, we have three. We have the [Body Toner](#) and that makes your skin soft. We have a [Fresh Toner](#) and a [Revive Toner](#). There's a huge difference in the price, because the Revive has some really special anti-aging features. If you want to reduce wrinkles, look at my "before" videos from a year and a half ago, to now. It's because of this toner and the anti-aging [lotion](#). People who are younger but still want non-toxic, this has plenty of nourishing ingredients to help maintain your skin. It's a more affordable price. We're in development of a soap, but I'm not happy with it yet. I love the way that it feels on my skin, but I don't like the way that it lathers or it's consistency. It's not creamy enough. I'm tweaking that recipe. So, we'll have a soap in the near future.

Wendy Myers:

Fantastic. Well, Eileen, thanks so much for coming on the show. You're always such a wealth of information. I found the show really, really interesting. The concept of PUFAs, I really haven't talked much about that before on the show. Thanks for coming on. Everyone, thanks so much for listening to the *Myers Detox Podcast*, where we go over everything related to anti-aging, detoxification and bioenergetics. I want to teach you everything that you need to know to live your best life. To look and feel your youngest and optimize your health. Thanks for tuning in. I'm Wendy Myers of myersdetox.com. I'll talk to you guys very soon.