



Transcript: #481 Anti-Aging Treatments How to Achieve Maximum Results with Rachel Varga

Dr. Wendy Myers: Hello, everyone. I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast.

We have a great show for you today. We have Rachel Varga on the show, and she's going to be talking about different med spa treatments, anti-aging treatments, and how to achieve the best results with your skin.

And this is something that, since I turned 50 this year, I've been thinking more about doing some med spa treatments. I've done some. Yeah, I did maybe one facial about maybe seven years or so ago. And I really haven't done much over the last 20 years because I had a couple of bad experiences and have seen friends and acquaintances that had very bad experiences with different med spa treatments.

And so I want to have Rachel come on to give us the 411. What is going on? What should we get done? What should we avoid? What works? What doesn't?

Because this can save you a lot of money and also permanent scarring. The reality is that some of these lasers, some of these spas use med spas, and other different treatments are just not worth it at all. They don't do anything. They can be very, very painful. But not only that, it leaves you with scars or permanent skin pigmentation issues and things like that.

So we're going to do a deep dive into that and what it takes to keep your skin looking young and radiant, and glowing. And so I'm actually making an appointment with Rachel next week, really looking forward to that because I just want to find out what works and what doesn't, what's going to work for my skin. And she gives you a whole skincare regimen and the med spa treatments you should be doing to achieve the results that you want. So I'm really, really looking forward to that.

So I know a lot of you guys listening to this show are concerned about your body's burden of toxins. So I created a quiz that you can take at heavymetalsquiz.com. And after you take the quiz, you get a free video series that answers a lot of your frequently asked questions about detoxification, how long it takes to detox, what are some good supplements to detox with, and what's the best testing for finding out your heavy metals. And so lots of those questions are asked and more. So go take the quiz at heavymetalsquiz.com.

Our guest today is Rachel Varga. She's a registered nurse, and she lives in Canada as well. And she's also been a double board-certified aesthetic nurse specialist since 2011, with over 20,000 procedures performed. She's hosted a Top 20 podcast, The Rachel Varga Podcast, and is an international clinical trainer for other physicians and nurses.

She's a celebrity skin expert featured by Dave Asprey and JJ Virgin, and more. She's also an international speaker and a five-time academically published award-winning author in the field of regenerative and aesthetic nursing as well as an executive board member and peer reviewer for USA-based Plastic and Aesthetic Nursing journal and a regular contributor to the UK-based Journal of Aesthetic Nursing.

Rachel is one of the first to combine functional slowing aging techniques, biohacking, and modern medical aesthetics by teaching us how to tune into what the skin is telling us about our internal health and what to do about it.

And through education on at-home, non-toxic skincare, hair care, dermal rolling, in-clinic skin rejuvenation, and biohacking, Rachel helps inspire others with her unique toolkit to slow cellular aging and enhance radiance using her holistic science of beauty method at rachelvarga.ca where you can get a one-on-one session for at-home and in-clinic skin rejuvenation guidance and much more available, as well all her recommended products. And I'm doing a consultation, like I said, as well with her, so you can get one yourself at rachelvarga.ca.

Rachel, thanks so much for joining the show.

Rachel Varga: Thank you for having me, Wendy. I'm very excited about all the things we're going to talk about. Toxins, detoxing, skin and rejuvenation, and slowing cellular aging.

Dr. Wendy Myers: Yes. Yeah, I was on your podcast, and I was like, "I need to get her on our show to talk about how toxins related to the skin and also what types of beauty treatments or med spa treatments work and really aren't worth the money as well." So I'm really interested in that. All of us are trying to stay young and rejuvenated looking. But why don't you just introduce yourself and tell us a little bit more about how you got so into your skin.

Rachel Varga: Absolutely. I would love to.

Hello, everyone. My name is Rachel Varga. I have been a double board-certified aesthetic nurse specialist since 2011, performing over 20,000 rejuvenation procedures. And then, in about 2017 2018, I met Dave Asprey. We became good friends and helped get him ready for his Superhuman book cover. So you see that book cover? That's my face magic.

And I started to notice that individuals who had a lower oxidative stress status weren't toxic; they were healing faster. And I would see this actually in some of my clients that were aged 60 to 90. They just had been looking after themselves, body, mind, spirit, and energy, and they presented as more radiant and beautiful and had better outcomes with rejuvenation and faster healing. And just an even more wonderful response than what was anticipated.

So led me down the biohacking rabbit hole, and I'm actually right now writing a paper. I'm a peer reviewer. I'm on the board of a journal, and I write regularly for U.S. and U.K. aesthetic nursing and medical journals. So I'm a huge nerd.

And what I'm really excited to share with everyone is actually my paper that's being submitted, my manuscript submitted in the next day or two, on this concept of achieving optimal rejuvenation outcomes by reducing the oxidative stress status before doing anything so that you have better results.

So it's really a step-by-step guide aimed to disrupt the aesthetics world because a lot of aesthetic practitioners just haven't a clue of this concept of cellular aging and metabolic health and all these things that really play into our aging process.

And as well, I have some personal experience with having done some toxicity reporting and analysis on myself and am happy to be an open book and share some things that I noticed with my skin when I had exposure to things like heavy metals, mold, and some things for you all to look out for if your oxidative stress status or your toxic bucket is just getting a little too full and teach you some things to do.

Dr. Wendy Myers: Yeah. I really wanted to have you on also to talk about heavy metals and toxins and how they affect your skin and contribute to cellular aging and aging on your skin. Can you talk about that?

Rachel Varga: Oh, absolutely. Okay. Where do we want to start? Do we want to start with mold? Do we want to start with BPA? Do we want to start with lead or mercury?

Dr. Wendy Myers: Yeah. Let's start with heavy metal and BPA.

Rachel Varga: Got it.

So heavy metals, actually, in my personal analysis, I'm happy to share this because I know a lot of you listening are going through this process as well.

I was living in an older home, it was a 1920s build, and then we were in the process of renovating. I was very careful with having air purifiers going nonstop. I'm in a preconception stage, so I want to keep my body as toxin-free as possible.

And even though I tried really hard at mitigation with air, water, lighting, and electromagnetics, I still had sky-high levels of lead and mercury, which is in an older home; they use lead paints. The water pipes were probably just full of that stuff, also. So I've since moved, and I look forward to doing another round of toxin screening with you, Wendy, to see the movements that I had.

So essentially, some of the things that I noticed were a little bit of an uptick with breakouts. So acne can usually keep all that under control with a low-inflammatory lifestyle diet and good skin care. But I did notice a bit of an uptick.

And then the other thing I noticed was nervous system dysregulation. These things can impact our central nervous system. So I just noticed some additional and not really any reason for it, jitteriness with some motions and even some weakness as in that previous car crash too. So I'm hyper-aware of what's going on with my body.

And definitely, when people have exposure to toxins, one of the first things that they'll notice are things like brain fog or rashes. And if you experience rashes on the skin or redness and puffiness to the eyelids, which is what I'm really sharing in this article for other aesthetic practitioners to recognize this sign of a toxic burden, the oxidative stress status is just getting a little too full.

So I'm really fortunate that I could identify those things very quickly so that they didn't linger. And having moved and all these things, I'm very positive that it's going to help.

And the certain rejuvenation procedures in the clinic, depending on what products they're using on their back bar, when they're doing facials, cleansing, all these things to prepare for certain treatments, and if you're not careful or ask your practitioner if the products have parabens, phthalates, sulfates, artificial dyes, fragrances, you can be getting toxic exposure to things that you might not want.

So there's this whole branch that we're seeing now of essentially what you would call functional aesthetic practitioners that understand the functional world and the cellular slowing aging world. So that's what I noticed from some of the heavy metal toxicity.

Dr. Wendy Myers:

Yeah. I can't count how many times I've gone to get a facial, and they're using the most toxic products. I'm like, "This is not really what my idea of trying to have healthy skin and glowing skin is interfering with my hormones." And we've

done a lot of shows about that, about toxic products and fragrances and things like that.

Can you talk about heavy metals and other environmental toxins and how they age you, and how they can promote cellular aging and oxidative stress?

Rachel Varga: Absolutely. I know you're an expert in this, and my understanding and what I have written in my article is that we actually get a lot of heavy metal exposure through the air. Would you agree with that? That air is sometimes one of the biggest contributors?

Dr. Wendy Myers: Yeah, absolutely. Yeah.

Rachel Varga: Okay, perfect. My research is correct and validated.

So that's why air purification is so important in every room in the home. I have my air purifier in the bedroom here off for the purpose of this interview. However, having one in your bedroom, one in your bathroom, one where you're cooking, and one in your living space is really important.

And we're talking about really high-tech kinds of air purifiers, not just the HEPA filter, but other things that actually work with UV catalytic conversion to basically kill things like viruses, bacteria, and mold. In my paper, I have a listed number of about 10 different purification processes with air purifiers. And HEPA isn't going to do, isn't going to cut it. So a lot of times, the air filters that you find at your local store just aren't going to be as advanced as we would hope for.

Now, some of the things that heavy metals do to the body impact your protein folding, and prion disease is something that's come up in the literature over the last couple of years with toxic exposure to various different things.

And this is really important. So proteins and amino acids and all these things, your DNA, all these things contribute, and everything has to fold and align and replicate in all these things in a very specific way. And if there are errors with folding, you're going to have cells function in a non-ideal way, and then they can become senescent cells, and then they have to get pruned out with senolytics or things like long fasting. Being in an autophagy state is really, really important.

So for heavy metal reduction, air purification in my research, and you just validated that is really important.

Now the other thing to consider is if you're not purifying your air or you're not washing your face with a really good cleanser that, maybe, I recommend it for you in the morning and evening.

And I know Wendy, we're meeting next week for a consultation, so I'll make some personalized recommendations for you in our one-on-one call.

Washing the skin is absolutely imperative. So when you wake up, you wash your hands. First, you use your cleanser, and you rinse it off fully, not just a splash of water. And then, in the evening, do a double cleanse.

So your first cleanse is taking off dirt, debris, heavy metals, pollution in the air, cosmetic creams, and makeup. And then the second cleanse is actually cleansing the skin.

I'm a huge fan of showering and bathing morning and night. The more that we can, the more frequently we rinsing off the things that are landing on the skin from the air is going to reduce the oxidative stress on the skin itself.

The skin is our largest organ. So if the skin is experiencing high rates of oxidative stress through poor air quality, then it will start to impact systemically.

Dr. Wendy Myers:

That makes so much sense to be removing stuff off the skin. So it's not having to deal with that. It's our largest detox organ. Absolutely. And when your liver isn't working properly, you're going to have stuff coming out through the skin. You're going to have rashes and other things, and you can really see people's health through the quality of their skin.

I recognize when I go to low-end grocery stores where they're more economical grocery stores, and they're mostly processed foods, you'll see that the people just, on the whole, their skin just looks terrible, and they have these huge bags because they're eating horrible food.

And when you go to higher-end grocery stores, Whole Foods, and whatnot, people, on the whole, look healthier. Their skin is glowing more, and they have their carts full of vegetables and things like that. Makes a huge difference. Toxins in the diet versus more of an organic diet, etc, show through your skin.

Can you talk a little bit about the aging process and what is actually aging our skin, and things that people should avoid doing versus what they should be doing?

Rachel Varga:

Absolutely. And one of the key things that age your skin is essentially the amount of oxidative stress that is in the body. And if you can really identify.

I know I previously mentioned this, but I'd like to reiterate it. If you are seeing an uptick of melasma or hyperpigmentation or acne spots that just aren't going away quickly or redness, darkness, and puffiness to the eyelids with changes of season, we can even see higher rates of atopic dermatitis, which is redness around the mouth which is often then addressed with topical hydrocortisone cream. All these things that happen to the skin can damage the skin. Having that skin eruption and redness around the mouth.

What that's also doing is giving us a glimpse of what's going on on the inside. So that's why gut health is so important because your gut lining essentially joins the mouth, and the inner eyelid is also smooth with mucosa. That's why those are early warning signs.

So if you're seeing signs like that, it's okay, just notice it and know that maybe it's important to bump up some biohacking practices like air purification, wearing blue-blocking glasses, and switching out your LED light bulbs for halogen or incandescent lights, watching your electromagnetic exposure through your devices, turning off your router at night, making sure you're grounding daily for at least 30 to 45 minutes to support healthy blood flow. Electromagnetics is huge.

And then the new piece of evidence that I'm seeing is parasites. So under that umbrella, you would also see things like yeast, fungi, mold, and parasites that are also taking nutrients from your body that could be able to support the regeneration of the skin cells and happy and healthy protein folding and epigenetics, which is essentially a displaying how your genes display which is modulated through living in a healthy, clean, clear, pure environment.

So at the end of the day, what's causing aging is this concept of oxidative stress. If we can manage and mitigate and know what to do with things, that's what this whole paper is about. And honestly, I think that this practice of biohacking, the art, and science of modulating our environment to support the body, is more important than ever.

I'm going to share some research, actually, some statistics that I included in my paper. And this comes from Canada, and this is straight from the federal website, actually. And it's from Stats Canada. You can look it up yourself.

And so I was looking at mortality rates by type between the years of 2013 to 2023, and I noticed a signal, and when researchers are looking at data, we're looking for what's called a signal which is looking for statistically relevant information that we need to pay attention to. It's a signal to us.

And there was this one section in mortality rates by type that was of unknown cause and other diseases; other respiratory things had their own section.

Now the death of unknown causes across all genders doubled in Canada in 2019. So that was really the push that I saw that, hey, we need to pay attention to our environment and environmental toxins were exposed to be healthy and not experience all these autoimmune diseases.

So essentially, that's what that category meant. Death of an unknown cause is just simply a disease that wasn't able to be diagnosed, or the individual was waiting to be seen by a specialist. And that's very significant to see that double.

So if that's happening in Canada, that's certainly going to be happening in other places of the world. Canada can have a little bit better regulation with chemicals in things and food and beauty products than the U.S. So I can only imagine what the U.S. statistic is.

And I'm not saying this to scare you; I'm just saying that it is important to focus on working with practitioners like Wendy to just take a look at any signals that might be popping up with toxicity, in particular heavy metals, because they're more difficult to release.

How do you like to perform detoxes for heavy metals like lead, mercury, Wendy?

Dr. Wendy Myers:

Well, it really just depends. There are different supplements that remove different heavy metals. And also we like to do it. An infrared sauna is amazing, especially for fat-soluble toxins and lipophilic heavy metals like mercury and aluminum and things like that.

And then we also, I like ion cleanse foot baths, ionic foot baths. So those are amazing for removing all different types of toxins as well. And increasing urinary and stool output of toxins after a couple of three days after you do the foot baths as well. And so just lots of antioxidants too.

Rachel Varga:

Oh, Hallelujah. Because I've been doing all of those things. The infrared sauna is actually morning and evening. Sometimes, I'll take a couple days off.

What I like to share with everyone is to become really in tune and intuitive with what your body is telling you. We are essentially responsible for this. You can't just show up to your practitioner and expect that they're going to have all the answers.

However, I do love to work with western trained medical doctors that have then gone on to have their functional training. I think that this can be really helpful for those that understand the importance of lifestyle and regular detox practices. As you mentioned, the infrared sauna loves that, and ionic foot baths absolutely love that as well. I did one of those, I think, about a month and a half ago and had quite a bit come out.

So yes, I should certainly do some more of those. And yes, increasing urinary and stool output, increased hydration with purified water, that's really important.

And we can do all sorts of fun things with our water. We can reverse osmosis, you can have distilled water, and then you can add things like adaptogens to your water which I'm a huge fan of, your minerals, and things like that.

So instead of going for that second cup of coffee or that sweet treat, there are actually some wonderful powdered superfood juice blends on the market. And I find that's a great way for me to increase my urinary output.

And a funny thing about brain detoxing, there's a great TED Talk on this, and about eight years ago, researchers determined that the way the brain detoxes is actually during sleep. So the brain shrinks, and then that cerebral spinal fluid basically gets flushed out through the spinal cord and down, and then the lymph system picks it up.

So what do I do? I literally drink almost a liter of water. I kid you not before going to bed. And that always helps me sleep better. I just feel like my brain feels much better in the morning, just more rested and more clear. I know that sounds wild. Drink a liter of water before bed.

Another thing to help out with increasing urinary output is to have your water not be ice cold. That can lead to some nervous system dysregulation as well. So room body temperature is what I recommend.

And then increasing stool output. I love this. I actually have another stool test I need to do here to make sure that we're eating the right foods. We're not just eating "healthy foods." We are eating foods that are going to best support our epigenetics.

So say, for example, I thought that back in the day, vegetables like kale and broccoli and bell peppers and all these things were "healthy." Or quinoa. However, when I had my results back, they were considered foods for me to avoid.

So getting really high tech and testing instead of guessing, not necessarily just a food elimination diet, however, doing an actual stool analysis to see what's going on with the gut so that you're putting good things in your body and then your stool output and stool quality will be much better because your gut health will be better in check.

Dr. Wendy Myers:

Yeah, yeah. It's amazing how much inflammation people can get from eating just the wrong foods that are considered healthy for other people. They're just not right for you.

So let's talk about med spa treatments because there are a lot of things that women are doing, spending a lot of money and they can even be causing damage to their skin, permanent scarring, other types of damage. Because a lot of people sell a lot of different things that med spa treatment facilities and clinics don't need or really aren't right for them. So what are some things that really do work that you really like and you recommend to people?

Rachel Varga:

Absolutely. Well, this is where we're going to do a deep dive for you, Wendy, next week when we do a one-on-one.

I have to be relatively careful with talking about specific laser technologies. What I will share statistically is that laser skin rejuvenation carries the highest rate of litigation in the med spa industry. And this is due to a number of different things.

Sometimes, med spas will go with very inexpensive technologies, or they'll buy a counterfeit laser, and they don't know that they're buying a counterfeit laser. They just think they got a really good price on it, or the individual doesn't really know how to use it and make the laser sync. I love laser technologies.

Or the client that says wanting to address things like pore size, collagen, and elastin production, getting rid of sagging skin, tightening up the eyelids, pigmentation, signs of sun damage on the face, neck, chest, hands, arms, you name it, hair removal.

The laser technology does have to be in alignment with the skin type of the individual. However, what I will say is there are types of lasers on the market. I'm not going to say specific brand names because that's free advertising for them.

However, there is a light-based laser therapy called bio photomodulation. A Stanford study looked at what happened to the epigenetics of the skin cells before and then after this treatment. And so they analyzed 30-year-olds, they analyzed 50-year-olds. And what happened in the 50-year-old subsection of clients was their skin cell epigenetics started to behave more like the 30-year-olds, which is really fascinating.

So it's turning on and turning off different cellular signaling and metabolic processes. And it was essentially supporting these skin cells to behave more youthful while at the same time erasing signs of sun damage like pigmentation, reds, browns, broken capillaries, and things like that, and promoting collagen. So that is one specific type of laser that I really love.

However, when people have issues with lasers, I actually just had an email from a lovely client who didn't consult with me first before doing rejuvenation. She's been listening to The Rachel Varga podcast, which she'd been on, and then she went and had, it was a specific radio frequency type of procedure, I think radio frequency with micro-needling. And she emailed me, and she said, "Oh, I wish I met with you. So I avoided all this. I got some hyperpigmentation and scarring, and I'm on hydrocortisone creams which help. Can you help me?" And my answer was, "Let's connect because there are some things to do."

When people have issues with lasers, there can be a number of different reasons. The settings, who are doing it, the skin isn't prepared, and the individual isn't on really good skincare too, stabilize the skin ahead of time or

they're toxic, and they don't have the right products afterward to calm and heal the skin.

So there are lots of different factors why people get better outcomes than others. And a lot of it is technician and technology and product and toxicity dependent. Those four things are really important.

So there are always new procedures coming out. And what I like to suggest is to go by a seven to eight-year rule. Since 2011, I've seen things come and go, and I've seen long-term damage on the skin from some of the lasers on the market that were touted as the best and lots of advertising with celebrities.

Now I saw individuals that had four to six of these laser sessions, and their skin was, I hate to say it, destroyed. What happened is it remodeled the tissue where the laser was applied; it made it very thin, made it look like an eggshell, very thin. It eliminated pores. However, what happened was there's this demarcation where the laser couldn't go, say, between the eyebrows, the corners of the nose. So the rest of the face is super smooth and has no pigmentation, and looks a bit funny. To be honest, because of the specific remodeling that would happen with this laser and then the other areas, they didn't have any rejuvenation.

So it also comes down to the attention to detail that a practitioner has and the eye and taking the time to get into some of the more contrary areas of the face like the corners of the nose, the bridge of the nose, the eyebrows, and extending some of these sessions down to the neck and the chest so that you don't get a line of demarcation on the jawline which I've seen from other CO2 lasers and things like that.

So there are really only about three lasers on the market that I like to suggest because I like to see the long-term tissue remodeling effects and work with them myself. I've got my hands on pretty well most of the skin lasers out there. It took me about two to three years to actually do that, to get my hands on all these lasers and see how they work and see what the recovery is like and the pain.

And a lot of the things you're seeing are being recommended through sponsored ads or through advertisements or celebrities, just you want to hit pause on that because the best tech that I see they don't do a lot of advertising. They actually spend more time on research and development. And we see this with skincare as well, these big overlaps.

So yeah, it depends on what your needs are as well for the lasers that I might suggest, whether it's pigmentation, collagen, elastin, your pain level threshold, or the amount of downtime. Say, you're only good with one or two days of downtime or no downtime, or you're okay with five to seven days of downtime for something that's going to really give the skin a good support of a little bit of a modulated healing process. So you'll be red. You definitely don't want to be

remembered as that woman with the red face at a specific social event. So you have to be prepared for that time off.

And then the other big things that are becoming really popular are things like clinic micro-needling, the Vampire Facelift, PRP, and exosomes.

I personally love derma rolling at home. So dermal rolling is like micro-needling. I have my roller in my restroom. You have to be super careful with the roller that you buy and how you're preparing the skin, and the products that you're using. It is a decades-old practice.

When I first started in the industry in 2011, I worked with one of the initial researchers and pioneers in derma rolling. And I've seen long-term results with clients 12, 13 years of rolling, and even more mature clients aged 60 to 90 that didn't have the money for lasers or injectables or they just didn't want to. I'd go and do, say, a facial treatment on them as their in-between services. And they actually have thicker skin, more collagen, and elastin than younger women I was seeing in their twenties and thirties.

So there is a method to the madness with derma rolling. You don't just want to watch Doug and Jill on YouTube every time I go on those social media platforms because I like to see what information is out there. There's a lot of really poor technique and not great instruction. So that is a big one to be aware of, but it's a great option for at home.

Dr. Wendy Myers: Yeah. I got scared at one point about doing different med spa treatments, and I had some laser underneath my eyes, and I felt like it made the skin under my eyes waxy. So I think some of these lasers, if they go too deep, can give you almost like this waxy look on your skin and perhaps has to do with the person's skill level, if they're going too deep or what have you.

Rachel Varga: And the remodeling that's achieved through the laser.

And I'm curious, Wendy, did you just have the eyes done, or did you do the rest of the face at the same time?

Dr. Wendy Myers: No, I only did it under the eyes.

Rachel Varga: Yeah. I love to recommend the full face so that you don't end up with any demarcation where you can tell where it was and where it didn't apply, and where it wasn't applied. And, of course, this is not medical information; this is educational information only. If you think you have a medical condition, you must see the guidance of a licensed physician.

Dr. Wendy Myers: Yes. Well, I'm glad that I didn't because I felt like it just made my skin white, almost like a ghost. It's just not really natural looking. So I'm happy that I didn't do my whole face. I think it was a carbon dioxide laser, and I didn't need it at all.

I was 32 at the time, and I just thought it would be cool to get rid of under-eye wrinkles or something.

But on the flip side, I think it made me not want to do anything else. So I get concerned about some of the treatments out there, like lip fillers that women are doing that can leave scarring or threading, and people don't understand those can leave.

I saw this one lady, when I was maybe in the 1990s, she'd been doing fillers for a long time, and she had these knotted lips, and her lips just looked horrifying. And I was like, "Never, ever will I do lip fillers."

Eventually, yes, you're putting that needle in there and pulling it out, and you're going to have some knotting and scar tissue and stuff building up. And I've seen people with new threading that have scarring.

And so I'm just, for me, glad that I took a break. I took a 20-year break from doing anything. Glycolic acid peels. I haven't really done even facials. I've done nothing.

So that's why I'm really excited to consult with you about what I should and can do to maintain healthy skin. But can you talk about any kind of treatments that are really problematic that people really should be avoiding?

Rachel Varga:

Yes, absolutely.

When it comes to threading, there's a lot of new techniques always coming out. And this is why I like to go by the seven to eight-year rule. I've seen horrific outcomes with individuals that had dermal fillers, and then 10 years later, there's a class action lawsuit.

So never go with the best deal or what's new on the market that's just pumped up with advertising. You really want to use tried and true products that have gone through the regulatory process, and then you had them used on the general population for seven to eight years.

I know that that might pin me as a little bit ultra-conservative in the skin rejuvenation space. However, I like to know that what I'm offering has been offered for a very long time and that I'm not doing anything unsafe or being a cowboy or pushing the boundaries.

And so, when it comes to threading, this is a relatively new technique, and I would be curious to see some of the long-term outcomes. So there is that opinion with facial threading if I'm going to be completely transparent with you.

The one thing that you mentioned being concerned with lip fillers, scarring, and things like that, you've taken a 20-year break from peels and facials, Wendy, is

you listened to yourself; you listened to your intuition. And then I'm going to postulate that you then went into the detox space, the healthy living space, the health optimization, slowing aging space. So, in essence, you didn't really need as much because you were super healthy and looking after yourself.

And the thing is, a lot of times when people go through stressful events, death of a loved one, divorce, doing a new job, life transformation type of things, things that happen, they right away want to seek a rejuvenation treatment to get rid of fine lines, wrinkles, pigmentation.

However, what I suggest is to really do the healthy living practices, the basic at-home skincare routines that I'll customize for you next week, Wendy, with your cleanser, moisturizer, sunscreen, scrub, and maybe some at-home peels that are super clean.

We're talking about alpha hydroxy acid peels, AFA amino acid peels, super clean with five ingredients, very gentle, and doing things like at-home derma rolling, taking your antioxidants, your omegas, your proteins, and all these things are really important.

Keeping the body, mind, spirit, and energy levels supported as well. Keeping your stress levels down. Keeping your toxic load down. Individuals that practice and move through life like you, Wendy, are essentially who I wrote about in my ebook, *Unlocking Your Vitality*.

And we're purer. We have this radiance to us. We don't just look good in a picture or on social media. We show up and have more energy and are more magnetic, and are also attracting more wonderful things into our lives than if we were toxic, if our brain wasn't working well, if our hormones were off.

So honestly, women like you, Wendy, are who I love to work with. You have the understanding of the oxidative stress status, you're doing the lifestyle things, and then it's just like, "Okay, let's just finesse the skincare. Maybe there are some things you can do at home with great at-home peels."

As I said, there are some great in-clinic laser technologies that are quite wonderful that have been on the market for that period of time that don't give that demarcation. You just have to prepare the skin adequately before and after and really make sure you're going to a clinic that has the right technology, well trained.

And that's what I do. I actually recommend clinics for clients to go to because I can see what they have or if they're in my network as well.

When it comes to injectables, this is a really important topic to consider. And in my papers with things like dermal fillers, if someone has an autoimmune

condition which in Canada is skyrocketing numbers, it doubled in 2019 compared to the year before, and the years before, it was steady.

So with things like lip fillers, you're essentially injecting a gel. It's a hyaluronic acid-based gel with BDDE molecules which is a sugar molecule to bind those hyaluronic acid chains together and form cross-linking and all those things.

If the body is toxic or there's autoimmune stuff happening, there can be unforeseen side effects. And I will talk about this in my paper. So if you have overt signs of inflammation, if you've got some autoimmune stuff going on, you really want to avoid these things. And not enough practitioners are really aware of this. And health is first and foremost. Cosmetic things are just in addition.

That being said, I've had wonderful outcomes with using certain injectables over the years. However, I've always been very careful to use super pure, clean products, the cleanest products that are on the market, and being ultra-conservative in providing a natural look and really noticing if someone is appearing healthy to me and not recommending anything like that.

If I get any glimmer, they're stressed out, neurologically they're dysregulated, they look inflamed, things like that, they're looking for a quick fix skin and rejuvenation wise, when really there are things that they need to do energetically, emotionally, and spiritually first.

So I'm actually trained with my double board certification to look for things like body dysmorphia, and I am one of those practitioners that will turn people away and recommend psychological services. A lot of places, and they just want to make money, so then people end up with overfilled lips and things like that. But not all products on the market are created equally.

And the same also goes with neurotoxins. So neurotoxins go by many different brand names like Botox, Dysport, and Xeomin. And in my papers, I actually show which neurotoxins, you can find my research paper. Some of them are even open-source on my research page on my website. Go ahead and read those. Very helpful.

Some of them are more toxic than others. Some of them have ingredients that don't need to be there, such as complex proteins that actually just dissociate. They don't serve a purpose. What are the products mixed?

So there are some cleaner options. So if someone is really wanting to address things like lines between the brows, crow's feet, jowls for headlines, and things like that, at least having knowledge that there are cleaner options and only doing it when you're in a space where you feel really good, and you're healthy, and you don't have overt signs of inflammation.

I will say, however, in my U.K. journal I published about a year ago, I'm recommending a specific type of algorithm for rejuvenation, starting with reducing that oxidative stress status, doing at-home skin care, including at-home peels with dermal rolling, maybe trying some energy devices such as light-based therapies for reds, browns, and other types of non-ablative fractionated lasers.

So fractionation is not to be considered with the brand name of the laser. These are the types of lasers. There are different types of fractionated lasers on the market that stimulate collagen.

And injectables and surgery are really last.

So do all those other things first and just see as you go if you're getting the results that you want. So we're essentially starting from least invasive on the spectrum of most invasive and really going to a point where we're happy with the results.

Dr. Wendy Myers: And what about IPL or BBL for hyperpigmentation and melasma? What are your recommendations there?

Rachel Varga: Yes. For my skin type, I love intense pulse light. And in fact, one of the studies I mentioned that adjusted the epigenetics of the skin is from a specific brand of laser that does this.

So not all IPLs are created equally. Some of them are older tech, they're really painful, and they don't do as wonderful tissue remodeling and pore size and things like that. So some of the technologies from about seven years ago are much better than some of the technologies that were on the market in 2015, 10 years ago. They're always getting better. They're always getting a little bit better results, less pain, faster recovery.

It does depend on the skin type, though. So that's why I can't say broadly that that's a great option because it really depends on your skin type. It also depends if you have a tan. You can't have these sessions if you have a tan because the laser can't tell the difference between a tan or melanin, such as pigmentation or red acne.

Dr. Wendy Myers: Well, that's good to know. That is very good to know. So you don't want to fry your tan off.

Rachel Varga: The other thing to consider, you'll get these barcode zebra stripes if you have it and you're tanned. You'll be able to see this little strip of maybe where the laser didn't go. So there's that to consider.

And there are certain seasons during the year where these options are better than others.

Dr. Wendy Myers: Okay. Interesting. Interesting. Is there anything else we haven't talked about? Can you talk about microneedling and what is the other one? You're taking the sand almost and blasting your face. What is that called again?

Rachel Varga: Oh, sure, yes. Microdermabrasion.

Dr. Wendy Myers: Microdermabrasion, yes.

Rachel Varga: That's very old school.

Dr. Wendy Myers: Yes. I used to do that. Yeah, that was the last treatment I did. And I thought, "I don't know about this."

Rachel Varga: I just thought back in the day, too, right?

So microdermabrasion was an old-school in-clinic skin exfoliation type of stuff. You get the same thing at your dental office when they're sandblasting your teeth for certain things too.

So there are other better facial options available in the clinics. I won't get just brand specifics as well, but again, some are better than others. And they're more like an infusion type of extraction and infusion of different glycolic acids and peptides, which are wonderful, and pretty well, most skin types can benefit from them.

When it comes to micro-needling and dermal rolling, essentially, that is under the same category. So what I see is a lot of people are being offered a package of six micro-needling with PRP and things like that every month.

Now when we consider dermal rolling at home, you're basically creating that controlled injury in the skin anywhere from two to five times a week. So you're getting those enzymes activated more regularly to stimulate the fibroblasts at the end of the day. That's what things like exosomes and stem cells are all doing, too, as they're really helping with the support network of the skin.

So having and doing some controlled injuries at home to get those fibroblasts waking up and creating that collagen and elastin can be wonderful. It's also very cost-effective, and I've seen some great long-term results.

However, you do need to get the roller from a trusted source. So I work with rollers that have been manufactured since the eighties and nineties and also different copper peptides, hyaluronic acid, lactic acid, vitamin B complex, very gentle form of vitamin A, very gentle, as well as vitamin C, and these work wonderfully. They're ultrapure; there are no preservatives, emulsifiers. So they can be applied not only topical to the skin, which most skincare is approved for.

When we're doing dermal rolling on the skin, we're creating a little channel in the skin, much like if we were aerating the lawn. You aerate the lawn, it punches a little hole in the ground, and then you put your fertilizer on, which fertilizer is its own thing.

The previous house I was talking about was right across from a golf course, and absolutely, that's where I was getting that fertilizer intake from. I'm quite sure of that.

So with dermal rolling at home, you're essentially creating these little channels of injury in the skin, and they put the products on, and then they're able to be absorbed a hundred to a thousand times deeper.

However, again, the information that I see online a lot is showing very poor technique and application of products incorrectly or products that aren't designed and studied long term for that transdermal application.

And the other thing I'd love to talk about here. Wendy, I'm working with you next week. So essentially, Wendy, you will be sharing with me exactly what products you're using and behind the scenes. I'm going to be looking at the ingredient list for absolutely everything and letting you know, "Okay, this is going to be good for you to carry on with," or "This is going to be good for you to switch out. Let's get you on to something better."

And I hate to say this, but one of my consultations was actually for one of my client's daughters, who also booked a session with me. And the moisturizer that this young woman was using in her early twenties was from a big beauty store, one of the biggest beauty brands out there. It's got a black and white logo and stuff like that.

Super fragrance. Don't go to those stores. They're super toxic with their phthalates that you breathe in; they get in your brain. Hormone disruptors.

And in the moisturizer, it had tin and BPA as ingredients. So what this taught me was that sometimes these over-the-counter cosmetic creams are literally filled with chemical waste byproduct materials. And so you have to be very particular with the products that you use, that they're coming from trusted sources.

So I work with more practitioner-grade products and products that I've seen work for my clients since 2011. There are always new things coming out and better technology with peptides and antioxidants and stem cells from plants and things like that. It's really exciting. It's a full-time job keeping up with.

Dr. Wendy Myers:

Yeah. I've used some products that have stem cells from plants and had amazing results from them. They're absolutely incredible.

And so, let's talk about oxygen. So oxygen facials or any kind of ozone creams, where do those lie in your preferred products?

Rachel Varga: Sure. Well, if you think about these oxygen and ozone creams, these haven't been on the market for a really long time. Have they? You probably first started to hear about them two, three years ago. Would you agree with that?

Dr. Wendy Myers: Yeah, yeah. I had an oxygen facial maybe six years ago, and they, literally, I think, were just spraying oxygen on my skin. And I just thought, "That can't really be doing anything." But I think you can take ozone internally, or there are definitely ozone-infused creams. But I don't know if you know the efficacy of applying them topically.

Rachel Varga: When new things like oxygen and ozone and different ingredients, we saw this with the CBD skincare stuff as well. What was that about? Six or seven years ago? That was all the rage. Prebiotics and skincare, CBD, all these things.

What it comes down to is, okay, we know that different molecules do good things on certain pathways. However, what we want to look at is whether that ingredient in the final formulation is stable and giving us the results that we want.

So when it comes to those types of ingredients, I personally would just like to see some more long-term impacts from it, some photography analysis.

And then, when it comes to facials, you don't want to go with the trendy thing. And I did start to see those oxygen facials pop up.

I have one particular in-clinic facial that I love to suggest that I will talk about with you on our one-on-one call, Wendy. And it's wonderful at basically pulling out the impurities. It's like a wet pack for the face and infuses different growth factors, peptides, and antioxidants. You get very gentle glycolic acid exfoliation with it. And basically, that mechanical extraction of things that can be in the pores. It's very gentle, with no downtime as well.

But again, not all in-clinic facial things are created equally, as I've mentioned.

So when it comes to products that you're seeing being marketed to you that, say, have stem cells, have exosomes, have oxygen, have ozone, basically, on the sales page, I see this so much. On the sales page of the product, you'll see a five-hero ingredient list like vitamin C, hyaluronic acid, oxygen, stem cells, and ozone. And what you want to care about is what's in the full ingredients list as well.

And sometimes, when I'm looking at skin care products, like a celebrity, I think it was about two years ago that they launched a product which is pre-selling products. And that's all they had on their sales page, was five hero ingredients.

They weren't actually listing the full ingredients list, and these people were eating this stuff up. I'm sure the celebrity just made tens of millions of dollars in their product launch.

I will say, however, with ozone and oxygen, I love certain biohacking things for this, such as the NanoVi. This is a wonderful technology I'll use at upgrade labs, and it just basically helps us supercharge your cells.

So I would say you might be better off doing a NanoVi thing with your practitioner upgrade or wherever has these things instead of maybe going for skincare right now. I just like to see some longer data.

Dr. Wendy Myers: Yeah. I actually have a NanoVi. I haven't been using it as much as I should.

Rachel Varga: So lucky.

Dr. Wendy Myers: Yes. But I do have one of those. And that's what it does. It helps give you tons and tons of antioxidants to reduce that oxidative stress. And so that's going to reflect on your skin naturally.

Rachel Varga: I'm a big fan of that one.

Dr. Wendy Myers: Yes. Okay, cool.

And so, can we talk more about PRP facials and if you think those are worth the expense and the pain of doing that?

Rachel Varga: Sure, sure. Well, truth be told, I do have to be somewhat careful what I say because a lot of practitioners also listen to my show. So one of the things I like to do is to get really specific about my thoughts on different things in a one-on-one call.

What I find is sometimes clinics will have certain technologies, and they'll offer some less expensive, less invasive things instead of lasers. And oftentimes, it can be a price point thing because some of these lasers that are really good are about \$160,000, and not every clinic has the capacity to invest and acquire that type of technology. So then, sometimes, these less invasive options are offered.

I think that the PRP exosome stem cell space is continuing to evolve. I'm actually going to be part of a pilot study looking at some of these activities in rejuvenation.

And one of the things that we see with some of these med spa procedures is they just get really popularized by celebrities. And then I'll meet with clients, and they'll say, "Yeah, I invested in a package of six of these, and I really didn't see much, and I wish I had met with you before spending thousands of dollars."

So I sleep really well knowing that I saved my clients thousands of dollars by avoiding things that aren't really going to give them what they're hoping for when really there could be some other things, lifestyle, at-home skincare, at-home derma rolling, at-home peels, and then maybe moving into some more energy-based treatments with the skin being prepared and the right technologies and things like that. So there's a lot of nuances.

At the end of the day, what we really want to focus on is being as less toxic as possible and also ensuring that we're moving through life, mitigating as much toxicity as we possibly can, the air, water, lighting, electromagnetics so that if we do decide to invest in-clinic or at home skin rejuvenation, we're going to get better results.

You're going to have faster healing, you're going to have better outcomes statistically speaking, and fewer chances of adverse events if you're fully aware that if you have an autoimmune condition, you're really not going to want to be doing things like facial, injectables simply based on the data that suggests there can be some unforeseen side effects.

Anything like soft tissue diseases like rheumatoid arthritis or other types of soft tissue diseases, you want to be careful about essentially eliciting a healing response. So doing your at-home skin care, at-home peels, and certain skin rejuvenation options could be better in that case so that you're not potentially putting your body in harm's way.

And it's important for you to know this because a lot of aesthetic practitioners don't understand these concepts yet. So that's why I'm writing this paper, talking about oxidative stress, talking about looking for signs of inflammation and talking about a less invasive algorithm for rejuvenation itself, starting from least invasive to most invasive.

And one of the things I really liked about what you shared, Wendy, was your personal intuition that you felt that something just wasn't quite right, and you wanted to focus on other things instead. So I tipped my hat to you, Wendy. I wish that more women had this insight and intuition.

No one's making you do anything. If you have a funny feeling about doing something, don't do it. Focus on something that could be more supporting health and slowing cellular aging.

Because at the end of the day, those of you who follow practices like Wendy's and what we talk about together on The Rachel Varga Podcast, this is going to slow your cellular aging, it's going to reduce your inflammation, and you'll have better brain function. Your skin will function better.

And again, just a reminder, really looking at the air, water, lighting, electromagnetics, and regular detoxing of organisms are all things to be doing

ongoing so that we can move through this world that is, I hate to say it, a little bit more chemically toxic than ever and not be paranoid and freaking out about things.

And just having those mitigation strategies in place so that you can be a little bit reassured that you're really doing the best you can, and it doesn't have to cost a lot of money either.

You don't have to spend thousands on these with your air. Get some simple air purifiers, a couple hundred bucks, get a couple of them. Your water, pick up a countertop reverse osmosis for a couple hundred bucks. Lighting, change some of your LEDs to incandescent lighting. Electromagnetics, be on your technology less. You can even wear EMF protective clothing, which I actually have under my dress right now. Grounding outside is free; 30 to 45 minutes will help your blood flow better. And doing regular detox cleanses, in particular, focusing on getting those parasites out with different herbs and protocols.

Those are really key. Those are the places to start first. They don't cost a ton, but I always do those before doing rejuvenation, in my professional opinion and what I published in my papers.

Dr. Wendy Myers: Yeah. I know I said earlier I hadn't had anything done in 20 years, but I did have that oxygen facial; it's a gift from a friend of mine. I was like, "Yeah, why not?" But I didn't really notice anything afterward. So I just felt like it was a little bit gimmicky.

And like I said, I had a couple bad experiences with some treatments. I watched a girlfriend get a facial skin-tightening treatment as well, and it was so painful I really didn't notice much of a difference in her skin even a few months afterward. So it completely turned me off to a lot of things.

But I am so thrilled I'm having an appointment with you because I turned 50 this year, and I just felt like there's something more. I'm just ready to do more things for my skin, but I want to do what works, and I don't want to spend a ton of money, or I don't want to waste any money that isn't necessary. I want to go straight to the point of what's going to get the job done based on my goals.

So like I said, I'm super excited to meet with you next week. We should probably record it and just do it as a podcast or something.

Rachel Varga: Well, I would consider that to be more personal information.

Dr. Wendy Myers: Only if you thought that might be a good idea.

Rachel Varga: Yeah. After our consultation, I will actually send you a complete report with where to go and what to do. Prices are also included in there, our nuances for recovery and timing. And you are going to love it. I'm going to give you this

customized skincare list. We'll even go through non-toxic personal care products, hair care, things like that, skin supplements, and dermal rolling. We'll talk about that as well.

And then you have my email, and then you can reach out anytime you have a question. And I'm also going to be sending you my dermal rolling checklist, which gives you step-by-step instructions on what to do at home. This is all part of working with me.

I know we're a little bit over here, but your girlfriend has something. She had a skin tightening treatment, and this is what drives me a little bit bonkers. A lot of these technologies claim to lift and tighten the skin, and then a lot of them just really fall flat.

So in my experience, when wanting to lift and tighten the skin, there's a couple of things we want to look at really is getting that collagen and elastin back, that skin plumpness, that thickness to the skin with your omegas, your antioxidants, hydration, all those things.

And then, sometimes, volumizing can really give the underlying bone and fat the support it needs to actually get that skin tightening. So yes, with the skin tightening procedures on the market, some people have good outcomes, depending on the technology and the practitioner. With a lot of the skin tightening techs out there, they are very much practitioner dependent on knowing how to make it sync and also know how to do it in a more comfortable way.

I probably know what your friend had. We'll talk off-air. I'll see if it was that one.

So yeah, I really like to encourage working with clinics that have been offering these options for quite a while, a number of years, and then they'll have that experience.

Dr. Wendy Myers: Okay, great. Well, that was really, really informative. I really enjoyed that a lot because I want to know what's going on, and I'm ready to get more of an education about all the med spa stuff that's out there. I don't want to use my skin as a Guinea pig-

Rachel Varga: Never.

Dr. Wendy Myers: Because you can't go back. You can't go back if you make some mistakes. There's some mistake.

Rachel Varga: I got you.

Dr. Wendy Myers: Yes. Yes, yes, yes. Every day, I have to put makeup on my under eye because it's white as a ghost. It's just way whiter than it should be. And it looks healthy, which is great. I love that. But it's a little bit.

Rachel Varga: Demarcation.

Dr. Wendy Myers: Yeah, there's a demarcation. My skin's white. And then hair, it's browner, and it doesn't tan ever. So there's definitely a mistake made in removing all the melanin. And so, like I said, I shied away from everything else after that.

Rachel Varga: Well, we can help work to blend that tissue and get some healthy skin cell activity and reactivity in the areas. I've got you.

Dr. Wendy Myers: Okay, great. Perfect.

Rachel Varga: This is something that I can certainly help you with. And everyone's unique. Everyone has different goals and values and budgets and lifestyles, and a comfort level. So I'll meet you wherever you're at.

I would love to offer everyone listening 15% off of a one-on-one with me.

Dr. Wendy Myers: Yes. Yeah. How do we do that?

Rachel Varga: Yeah. Everyone use the promo code, wendymyers, and that will get you 15% off of a one-on-one call with me at rachelvarga.ca.

Dr. Wendy Myers: Yes. And that's M-Y-E-R-S, just for anyone.

Rachel Varga: Yes.

Dr. Wendy Myers: You might want to have book codes for both spelling-

Rachel Varga: I will.

Dr. Wendy Myers: M-E-Y-E-R-S because people just tend to spell it both ways.

So Rachel, thanks so much for joining us. Why don't you tell us what your website is?

Rachel Varga: Yes. It's rachelvarga.ca, and that's where you can book a one-on-one with me. You can join my skin camps where every season I do a Skin Camp. And actually, that's where I teach my tutorials.

So the one-on-one session that we're going to do next week for you, Wendy, is your customized recommendations. And then, I will show you how to do the dermal rolling as well.

And then in the Skin Camp programs, that's where I literally take you in my restroom and show you how to perform facial gua sha, wash your face, and do your at-home peels. I even do a live dermal rolling demo where you can actually watch me do this stuff.

And you get the much more fun and off-the-cuff version of Me Too, a little bit more unfiltered, a little bit more real, raw, unedited, and super honest. And then you can join live on those calls and catch the replays.

So those are my seasonal Skin Camps. You'll see on the website which one's being offered at that time. Just jump in anytime. Catch the replays, and join live when you can.

And then, of course, The Rachel Varga Podcast. This is where my heart and soul goes into. I have solo episodes, and I have interviews with lovely women and men like yourself, Wendy. It's all very positive. It's very uplifting. A lot of positive emotions are in the show.

And really, at the end of the day, there are strategies for promoting a more radiant human. When we're more radiant, we're going to be more energized; we're going to be more beautiful. We're slowly aging and all these things. So The Rachel Varga Show is really about radiance.

And then I also have a free guide to get you guys started on five steps for your skincare to do at home and then five biohacking tips and tricks. So you can find that at rachelvarga.ca/slowaging. That's a totally free guide. And Wendy Meyers for 15% off is the code to use.

Dr. Wendy Myers: Okay. Awesome. Awesome.

Well, Rachel, thank you so much for coming on the show.

And everyone, I'm Dr. Wendy Myers. Thanks for joining us today again for another episode of the Myers Detox Podcast.

And I just love shows like this that not only talk about detoxing your body but working on your beauty, which makes you feel really good about yourself.

And again, it's a reminder that if you want to have beautiful skin or you want to have radiant health or whatever your goal is, detoxification is a key underlying thing that you need to do to achieve that health and the beauty that you're looking for. So thanks for tuning in every week, and I'll see you on the next podcast.

