



#620 How to Erase Eye Bags, Dark Circles & Eye Wrinkles After 45 | Dr. Cathy Goldstein

Dr. Wendy Myers

Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers. On this show, we talk about everything related to heavy metal and chemical toxicity, the health issues caused by those toxins, and more advanced topics than you'll hear on other shows. We talk about anti-aging in bioenergetics, and today we're gonna talk about anti-aging skincare, specifically frequency-enhanced skincare that I use called Tru Energy Skincare. I love this stuff. I've been using it for about 18 months. I love the results, and I want to talk to the owner, Cathy Goldstein, to tell you a little bit more about it. So specifically, we're gonna talk about the secret to younger-looking eyes over 45, how to erase eye bags, dark circles, hollows, and wrinkles.

Today, we'll talk about all kinds of things like what frequency-enhanced skincare is, what kind of frequencies are being used, and how frequencies can help improve the collagen and elastin in your skin. We talk about frequency-enhanced eye masks that improve the quality of your skin, that delicate skin around your eyes, and why lymphatic drainage is really important if you've got puffy upper or lower eyelids, and how to improve that lymphatic flow and lots of different things related to aging skin and how to care for it properly.

Our guest today is Cathy Goldstein. She's an acupuncturist and a pioneering expert in quantum energy medicine, facial expression science, and bio-adaptive skincare. With nearly four decades of experience in integrated medicine, she's redefined

beauty and wellness by integrating functional aesthetics, bioenergetic, skincare, and neuroaesthetics, proving that true rejuvenation starts at the cellular level. As the founder of Tru Energy, the first of its kind bio-adaptive skincare system, Cathy has developed energy-infused formulations and frequency-activated tools designed to optimize cellular communication, fascia and lymphatic health, and emotional expression therapy. Her work challenges conventional beauty practices like Botox and fillers, revealing how facial expression and energy flow impact brain function, neuroplasticity, and aging. You can learn more about her work at truenergyskincare.com. Cathy, thank you so much for joining me.

Dr. Cathy Goldstein

Thank you. So glad to be here. Looking forward to talking about everything

Dr. Wendy Myers

We are gonna be talking about the secret to younger looking eyes over 45 and how to erase eye bags, dark circles, the hollow under your eyes and wrinkles. But why don't you just tell us a little about yourself and your Tru Energy Skincare line and why you created this amazing line? I love it and I personally use it because it has frequencies imprinted on it that are gonna dramatically improve the performance of it above and beyond anything that you can use, such as regular old moisturizing cream, anywhere, in any department store or drug store. But why don't you just tell us your story?

Dr. Cathy Goldstein

I actually was studying pre-med when I got really sick at age 26, and that was one of my couple of hugely defining moments in the direction that my life took and how I just am putting myself out. When I got really sick, I realized that Western medicine doesn't have a healing system. They have a respiratory system, a digestive system, but they don't have a healing system. So I really went into acupuncture based on that because it's about energy frequencies, healing systems, and cell-to-cell communication, which is throughout the whole body.

It really made sense to me to go that acupuncture route and look at the body as a whole, but then when I hit 49, all of those traumas, illnesses, and things like that seemed to have caught me by surprise. When I inadvertently looked in the mirror and went, Oh my gosh, why is this? I was not matching how I felt 'cause I was doing all the right things. I was being organic, eating well, exercising, practicing what I preach, doing meditation and yet when I had inadvertently caught myself, it gave me that raw look at how everything was still showing up on my face. It really led me down that path of going back to my clinic, where I was treating a lot of really sick people with autoimmune disorders and pathogens and things like that. I was looking at this large organ system, which is the skin.

Most people think of it as just a surface protection, but it's an entire system that integrates into the body. So it made me segue out in a clinical way, what does this system do and what's involved in? If it doesn't look good, what does it actually mean? What was showing up for me there was lymphatic drainage, the health of the fascia system, which is a collagen-producing machine. If it's snagged up, we're not getting that collagen production and the lymphatic system. If it's congested, it's not delivering the nutrients to the skin. Those were two huge components. The other is that the muscles of the face are so different from the muscles of the body. So it was really looking at the muscles of the face, as you know, how and where we show our expressions in our eyes show so much.

When they say windows to the soul as a concept, there's truth in that, right? It's true that the eyes will show up way before you do. That's why you can walk into a friend when you've maybe not eaten well the night before or maybe had a rough night or didn't sleep well, you don't have to say a word. Your friend's gonna say, you look like you don't feel that good, or you look tired, or did you have a few drinks last night?

Dr. Wendy Myers

Or you look sick, which is always so welcome.

Dr. Cathy Goldstein

Exactly. It's such a valuable area to really pay attention to. And with my skincare line, as you said, I use frequencies in everything, but how I treat the eyes is very different

because the skin of the eyes is very different. We hardly have any oil glands around our eyes, and we also have, I think it's 400 times thinner skin around the eyes than it is on the face. So it needs something different. It needs something special, and we also want that beautiful vitality that you're gonna get from using a skincare that's not just surface level, but actually has those frequencies to increase cellular communication. We can dive into that at some point too, 'cause that's the fun part of how our body works.

Ads 07:16

Now a word from one of our Myers Detox podcast sponsors. Hey, I'm Dr. Wendy Myers and one of the things that I'm obsessed with doing is my nightly skincare routine. It's something I've done since I was a teen and one of the things that I added a few months ago was a Bon Charge red light face max. I'm doing red light therapy in the evenings. This is something that has totally transformed my skin and I want to tell you a little bit about it. Right now is a great time to get your own mask because Bon Charge is having a holiday sale. You can get 25% off by going to boncharge.com/myersdetox and the 25% off will just be taken off the cart.

The Bon Charge red light face mask uses the power of red light therapy to help to rejuvenate skin so the skin looks younger, firmer, and more radiant. It helps reduce the appearance of aging and fine lines and wrinkles, and all from the comfort of your home. No appointments necessary. You don't have to go anywhere. It's really quick and easy to use. You only need to do it about 10 to 20 minutes a day to see results. It's cordless so you can do it while you're walking around or watching TV or reading or whatever. I don't use it every single day, but about five days a week, I will just put it on.

When I am laying in bed, I have like a little nighttime routine that I do, so it doesn't take any time outta my day. I'm laying on my pimp mat, but before I go to bed I put the red light mask on, and it's got little holes in it so you can see through it and be on your phone or reading or what have you. That's one of the ways that I wind down at night and take care of my skin. Plus all the Bon Charges products are FSAHSA eligible which can give you tax-free savings up to 40% off. I know that you'll love the Bon Charge red light face mask as much as I do. Go to boncharge.com/myersdetox.

There's a really good deal for the holiday season, giving 25% off. That's the biggest discount that they have all year.

If you've been curious about red light therapy and what it can do for your skin, I highly recommend you try it and make it part of your nighttime skincare routine. The sale ends on December 31st, so sign up to get yours or get one as a gift for a family member or a friend at boncharge.com/myersdetox.

Dr. Wendy Myers

Let's talk about the frequencies that you imprint on the skincare 'cause I think that's really what sets your skincare line apart from the others and why I use it. I'm like, as long as I have a choice, why not use skincare that has frequencies imprinted on it that dramatically enhance the appearance of your skin? Why don't you tell us what those are?

Dr. Cathy Goldstein

First, just to give your audience really understands the concept of frequencies because you talk about it a lot, you use it in your own products and I think that there's a basic, fundamental thing here that really drives this concept home, which is that one, everything has a frequency. And two, it's how the frequency is tuned. You can have dull frequencies and high vibe frequencies, and we talk about high vibe frequencies when someone's really energetic and things like that, but it's a real thing. It's like tuning into a radio station.

If you try to tune the old style where it had a dial, you tune into the radio station and if it's not getting quite the good reception, if it's a little dull or going in and out, it's not very long before you give up on it and look for something you know that you can get a better sound from. So that's very much what happens when we have that low vibe cell that's not really tuned up to where it needs to be on that high frequency level, and people tune out to us. That's the personal part of what happens when we aren't addressing our body as a frequency, as a tuning fork, as a light energy is that it's how we tune in and out with people.

The frequencies that I use in the skincare are very specific too, if you will. It mimics the cellular vitality of a perfectly functioning cell, like that of a template of a perfectly functioning cell. So it has, for example, the acupuncture meridians that are fine tuned because we have a lot of acupuncture meridians on our face. When you're using the product and tools, you're touching those acupuncture meridians and increasing collagen production. The clinical trials that we had actually showed an increase in production of collagen by 25%, which is almost impossible to get from just skincare alone.

It's the frequencies that really make or break and increase that vibration, increasing cellular communication, moving the lymphatic systems and enabling that collagen production to go where science says it can't go, but it did. So that's the gist of it.

Dr. Wendy Myers

I love that you can have a frequency in skincare that's actually improving your collagen and elastin production because that's what everyone's after. The collagen is what gives your skin that balance and that plump look and the elastins helping the skin to go back, have it stretched out, it'll go back or it has that elasticity in it. It's called elastin. I think it's just genius to infuse frequencies that help to build more collagen, and it makes so much more sense because when you put collagen on your skin, that doesn't really work.

There's a lot of garbage marketing out there. Women are spending hundreds of dollars on creams and it's just marketing. You can't put collagen into a product and expect any miracles and any product out there is only gonna moisturize your skin. That's great. We want moisture and we need to do that on a daily basis. But there are actives in skincare, there might be vitamin C or some alpha hydroxy acid or whatever the case may be, but what really people are after is that improved collagen and elastin. That's really what for me is so important in skincare, is to be able to constantly communicate with my skin, to be improving that.

Dr. Cathy Goldstein

That cell to cell of communication is important. How I do the IM imprinting is I have a little green bead in every product. That green bead is imprinted with those

frequencies so that every single jar has either a green or a blue bead, and then imprinting the tools as well because they help that communication. I think you really bring up a good point on ingredients because like you said, collagen is such a large molecule generally speaking, that if you put it on the surface of your skin, it doesn't go where the cell needs it. And not only that, but our body doesn't take collagen and utilize it effectively in a way that actually changes the health of the cell. I wanna affect the DNA. I wanna affect the ATP, that energy channel. The difference is those active ingredients that you talked about.

To me, what was important is that I was using ingredients that have three different factors. One is a delivery system so that they're actually capsuled in an oleosome technology. So when that cream or treatment goes on your skin, and especially if you're using it with a tool, you're getting product penetration so that when that seed, if you will, opens up those nutrients go right to the cell where they can make a difference and actually increase production or increase the health of the cell. The second is the actual ingredient itself. The ingredient really needs to be what I call functional skincare, meaning that we're not feeding it the outcome, we're feeding it what it needs to produce an outcome.

That's giving it the ingredient that activates collagen production, not just giving it collagen, because that's the whole theme right there. If you want a healthy cell from the inside out, you need to give it the nutrients to produce a beautiful cell on the out on the surface of the skin. And then the third is being able to have that activation from the frequencies and the tools as well that really amplifies that whole process.

Ads 15:37

Are you taking collagen supplements? Well check this out. Our friends at Organifi have sourced the best collagen on the planet, and you can get it with 20% off savings today too. So, what is collagen? It's the most abundant protein in our body. It's everywhere. It's in your muscles, joints, hair, skin, fingernails, everywhere. It's one of the fundamental building blocks of life. Your body uses collagen constantly to keep itself refreshed and repaired. But as you get older, especially as women that are going into menopause, you can lose 30% of your collagen within the first five years of menopause, and that starts in perimenopause as well. Your body just stops making

as much of it and you start losing it, especially as your estrogen levels come down. That's why consuming collagen is such a great idea every single day. It gives your body a fresh supply to keep working at its best.

It's not only good for your hair, skin, and nails, but it helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts too. Collagen is nothing new. It's one of the oldest supplements out there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is it's all about the quality. The non-organic collagen scare hit me. They're really problematic because they can be full of glyphosate, pesticides and other chemicals that you do not want to be taking on a daily basis. Not all collagens are the same. It can come from many different sources and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors and they still charge you a lot of money for that. Organifi always goes the extra mile to ensure their quality is the best. They blend five collagen types from four different sources, and they taste and test until it's perfect. And then they go even further to test for things like glyphosate residue and other sneaky toxins that can get into the mix. After passing through all of these goalposts, it finally gets the Organifi seal of approval so you can rest assured it's the highest quality and non-toxic. I love that this company is a company that I can trust that their products will be safe and effective exactly as they say they will be.

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough. Now let's talk about saving you some cash as well. Here's what you do. Go to organifi.com/myersdetox and put in coupon code Myers detox to get 20% off. Go to organifi.com/myersdetox and don't forget the Myers detox coupon code as well. You'll save an extra 20% off by putting in my special coupon code Myers detox. So, like I said, collagen's one of those things that I take

every single day. It's one of the most important parts of my anti-aging protocol, the things I'm doing to fight off the clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

Dr. Wendy Myers

Tell us about the wrinkles, crepey skin. How can we address that successfully? That's a bane of most women's existence. They don't like the crepiness for their eyes and wrinkles and things like that.

Dr. Cathy Goldstein

Those are two different things that we can dive into because I think they're both hugely important, like the crepiness, and this is especially important around the eyes because what I mentioned earlier is that there are very few oil glands around the eye and it's the oil glands that help the skin to look hydrated. So the eyes tend to get crepey and the eyelids sag more because they lose that plump. So then the other is that it's also the cell wall. A lot of times people don't think it's possible to re-plump a cell and not temporarily, because you can inflame it and temporarily pop up a cell, and I think that's like the marketing angle for some of the chemical based products. They're creating inflammation on the skin and that makes it look plump. But after a couple of weeks, you're like, why am I breaking out? Why does my skin look so bad? Why is it red? Why is it irritated?

Dr. Wendy Myers

Or they have silicones in them and there's different grades of them, the higher end products of high end silicones, and they just feel so silky when you put them on your skin. That's not your skin that feels silky. The silicones fill in the lines temporarily and smooth it out. But it's just a temporary fix.

Dr. Cathy Goldstein

Exactly. It's that superficial. It's like you said, what's the marketing ploy? Right? So then it's important to be able to address the eyes with the attention that they need in being able to give them nutrients that help to feed the cell wall, which is made from Omegas, which are oils. So you're actually giving the nutrients of the cell wall, the oils

and the fat to help it re-plump because it's not just lifting, it's not just the creping, it's also the plumping that, and then on another level, because I don't wanna scare people as far as the plumping under the eye, that's a whole different thing like the swelling or the puffiness under the eye.

That's another factor that really needs to be addressed more, not just from products but from tools, is that the lymphatic system is very minimal around the eyes. So even the body is the most, because we get muscle contractions and pumping, and then the face, and then very little lymphatic, natural lymphatic movement around the eye without physically doing something to move those congested lymphatics. And the lymphatics is what makes them look puffy and swollen or droopy

Dr. Wendy Myers

Yeah, especially after you've had a lot of salt. Not sea salt, but just regular salt you eat at a restaurant or something? You're Salt puffy the next day. So tell us about the little eye wand that you have available that it's so interesting because you can apply products with that, but I love the routine that people can do that helps those frequencies improve their appearance, the puffiness, the wrinkles around their eyes. Can you talk about that?

Dr. Cathy Goldstein

I also really love the applicator because it's silky smooth, so you're not getting dragged, which you don't really wanna drag the skin. And it's also cool, which feels amazing. Some people actually put it in the refrigerator, but oddly enough, it stays cool as well. So when you're using it, you're putting the cream on the applicator, on the flat side and doing dots around your eye and then after you do the cream around or the skincare treatment around your eyes. You're using the ball for physical circulation and increasing the circulation to get those lymphatics to drain. So you're draining 'em down the nose, around the eyes, and down the cheek so you can get that inflammation to move.

When you're doing the upper part of the eye, it's really helping to plump and lift this under the eyes. We have some before and after pictures that if we don't get a chance, people can go to the website or to the page and look at 'em because it's

amazing to see these folds over the eye with like skin on skin and then afterwards that you can see after using the product and the wand that you can really see that lift. The skin is not sitting on the skin, like skin to skin if you will. It's really quite amazing. I love the before and afters.

Ads 23:56

Let me ask you something a little bit personal. How do you get yourself out of a bad mood? It can be hard, really, really hard, and it only gets harder the longer that you're in that space. That's why I'm a big fan of today's podcast sponsor Organifi. They made an amazing product called Happy Drops, and they're little gummies that are super tasty and they can help make your bad moods better and your good moods great. I'm sure I'm not telling you anything new when I say the world is really stressed out right now. You can see it everywhere. Stress and mood related visits to the doctor's office are skyrocketing along with various prescriptions to match. And so if you are anything like me, you're looking for a safe, natural approach to rebalancing your happiness and your stress chemicals without worrying about the side effects.

Well, Organifi has given us exactly that. They're called Happy Drops, and they're my favorite new supplement. These yummy little lemon gummies are made with ginger, with gouda cola, and passion flour, all of which are shown to have positive effects on mood and emotional wellbeing. Plus, they have a real powerhouse ingredient, which is saffron. So why is that so cool? The compounds in saffron are shown to help your brain modulate its levels of serotonin. Serotonin's one of your happy chemicals and saffron helps your brain enjoy it longer. Saffron also relaxes you. There's many cultures around the world that drink saffron tea before they go to bed 'cause it helps relax them and helps 'em go to sleep. Saffron also contains antioxidant properties, which can help you protect your brain from oxidative stress. That's great for detox. Best of all, there aren't any nasty side effects. There aren't any bad ingredients and it's safe to use every single day.

Saffron's traditionally very challenging to find in the supplement world. It's difficult to plant and to farm. It's even harder to harvest, and it's one of the most expensive ingredients on the planet. But now thanks to the super food geniuses at Organifi, we can all enjoy a real dose of real mood lifting organic saffron for less than a dollar a

day. I'm excited for you to try them. I think that everyone should. I love their happy drops. Just go to organifi.com/myersdetox and get your happy drops today. When you use my discount code Myers Detox at checkout, you're gonna save an extra 20% off. Again, that's organifi.com/myersdetox.

I want you to go out and try Happy Drops today. Like I said, I love them. I've been taking them on a regular basis to help me to go to sleep at night, to help me kind of relax and get in the mood. You've got nothing to lose, but you're frown.

Dr. Wendy Myers

Yeah, I do too. I love True Energy Skincare. I've been using it for probably at least 18 months now. I've seen a dramatic improvement in my skin and the skin around my eyes. I love it and that's why I keep using it. I wanna do this show with you and I wanna introduce it to other people that are looking for really good results because not everyone can afford to go to the dermatologist and get lasers and do all this stuff. It's thousands and thousands of dollars, but you can get a lot of improvement using this bioenergetic skincare line, the Tru Energy line.

Why don't you talk to us about the eye cream? I love the eye cream. I'm very picky about eye creams because I find a lot of them might have nice ingredients in them, but then they'll migrate into your eyes and your eyes are like all irritated or you're having to blink, you can't. You're trying to read and you've got this oil in your eyes. So I love your eye cream. It doesn't bleed into your eyes and it's just really wonderful. Why don't you tell us about that?

Dr. Cathy Goldstein

I love that point that you make because it is true that a lot of times people will use creams if the consistency isn't correct, it does seep into the eyes and actually seep into the eyelashes as well, then clogs the pores, so you're a hundred percent right. That actually is a factor that a lot of people don't think about. The consistency of the treatment enables your skin to get the results without having it get in your eyes. We were talking about the ingredients. I am a stickler for having actual active ingredients that actually do something.

A lot of products, when they talk about ingredients, they'll give names of ingredients and all, for example, but the percentage of respiratory in that product is a key part of why it performs the way it does. A name is just a name, but when you actually have the percentage that has been proven to decrease the amount of oxidative stress to the cell, now you're actually at a percentage that'll do something. So the first thing is that I have a lot of active and supporting ingredients that really lend themselves to results, and because the eyes are different, I am also calming the cell for both irritation, inflammation and that oxidative stress. So it's a combination to make sure that all of the swelling under the eye is addressed in the multiple ways that it can show up if that makes sense.

And then also what's important around the eyes is protection, if you will, a probiotic protection. I think that's about cellular nutrients that naturally protect as opposed to trying to put something on the skin to do external environmental protection. It's more about cell protection. So that's really important. And then hyaluronic acid has been a really highly touted ingredient on having amazing results. But a synthetic hyaluronic acid is, first of all, a water loving molecule. When it's used as a synthetic, it actually will start absorbing water and it looks like it's got great hydration, but the adverse effect of it is that it can actually cause swelling when you're using it, especially around the eyes. That's a really important factor for me.

So as you can see, I'm very much on the research, like what are the new ingredients? What's the natural form of that ingredient if people are looking for specific results? Let's talk about lightning. So lightning under the dark spots under the eyes in Chinese medicine, we have our own diagnostics for that. But what is actually happening with that is how to resolve that is that you don't want something that's gonna bleach it. One is because this is really sensitive skin and it absorbs right into the bloodstream, so you don't want to use anything that bleaches and a lot of things that are gonna give you immediate results are likely to give you those immediate results because they have some type of a lightning whitening agent that's synthetic.

So anything that lightens, what I always say is give it time, because it's about repairing what's underneath that makes the difference. It is also because the dark under the eyes has a lot to do with sleep. Sleep is so important. Those dark circles can come under the eyes from lack of sleep. It's also why I included the eye mask,

because the eye mask is imprinted with frequencies as well to go from sympathetic stress mode to parasympathetic, and if you wanna get a good night's sleep, being able to go into that parasympathetic rest and digest mode is the best way to get a great night's sleep. And that's how I personally use it. I love it before I go to bed.

Ads 31:43

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used in most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS, that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel, or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

Dr. Wendy Myers

I love the eye mask. It's part of my nighttime routine, and I love that it's imprinted with frequencies that help you to go to sleep. Can you tell us what the beads are and the mask?

Dr. Cathy Goldstein

These are actually a white jade. They have their own energy. 'cause Jade is great for inflammation and calming. They're also imprinted with, like I said, the frequencies for

going into that parasympathetic mode where we're not stressed. But also I've also imprinted it with frequencies for skin repair around that sensitive eye area as well.

Dr. Wendy Myers

I love it. I can't emphasize enough how important doing this type of routine is at night. This is what I'm doing. I'm 53 years old. I'm trying to use every tool that I can, every edge, every advantage that I can to maintain what I work so hard for with all the health stuff that I'm doing. But yeah, this is one of my secret weapons for maintaining a youthful appearance and it really does work. It really does. So you have the eye mask, and then tell us about the overnight cream that you have as well. I love this too. I love the ginger smell that it has. It's super anti-inflammatory. But why don't you tell us more about it?

Dr. Cathy Goldstein

I designed this really as that overnight package, if you will, and because a lot of people don't realize this, but our skin actually does the most amount of repair at night, four times the amount of repairing that happens at night than happens during the day. So how we treat our skin before we go to bed is so vital because you're getting the most out of the product. If you wanna spend your money on a product, you should make sure that you use it at the times that it is intended for, because you're gonna get the most out of it.

With the night cream, what I did was, it's designed for that overnight hydration. It's not greasy, like you won't get a greasy spot on your pillow, but you can feel the moisture. And even in the morning, I definitely have a lot of people who say, my skin in the morning feels dewy, hydrated and moist, not greasy, but moist like it's plumped and feels really healthy. So that's actually how I designed it to make sure that it was giving all of those ingredients for the long-term hydration impact.

Dr. Wendy Myers

It's really good. Is there anything else that you wanted to share with the audience?

Dr. Cathy Goldstein

I think actually one of the things that I just feel like I can't emphasize enough was treating your skin in a way that is appropriate for where it is on your body. Like for example, with the exfoliant that I use on the face, they're perfectly round johovah beads so that they don't scratch the surface of the skin, creating those micro abrasions, which creates micro scarring, right? That's really important because the skin on the face is very different from the skin on the body that's used to like clothes abrasion where you can use something like a Himalayan sea salt and actually be able to exfoliate the skin without scratching it because it is different skin. I think that's important. I would say that's a question that a lot of people ask me is, can I use the body lotion on my face? it's so much thicker because the pore size is even different. The amount of penetration is different. So when you're using something that's too heavy on your face, it's gonna clog the pores. If you're not using something that has a lot of product penetration for your skin, you're not gonna get the rehydration and the plumping and getting rid of that crepe that you're looking for.

So I would say really just, and that's why I like the system, right? People tend to buy products like, oh, I like this cleanser and this skin treatment for serum, and I like this day and this night cream. I think that a system builds on each other. For example, the cleanser is hydrating and still uses that oleosome technology for hydrating and it builds 'cause you shouldn't strip your skin before you try to rehydrate it. It should be a system that builds on each other. So I always have that in mind when I'm building new products . What's the compliment in the full system versus a single item?

Ads 37:13

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com

Dr. Wendy Myers

If anyone wants to get this product line, you wanna go to truenergyskincare.com/wendy-ultimate-eye-reset. This is the eye reset that you've been looking for if you wanna rejuvenate your eyes. I know it's the eye area and the

eye skin is so delicate. It's just the mean problem area for so many women where they start seeing the first signs of aging, and there's lots of things you can do. I see a lot of women making the mistake of going to get like a Morpheus8 or going to do like these very painful, very expensive microneedling, micro frequency treatments, and they don't realize that is destroying the fat underneath their eyes, and that is essentially dissolving or cooking the fat underneath their skin.

I've had a lot of friends that have done that, which I don't ever advise jumping in on new technology when it just comes out, even though morpheus 8 has been out a while, but it's very practitioner dependent and a lot of people get very disappointed when they see this fat pad disappear under their eyes and they look even older after having, and they had to pay to get that done. So you've gotta be really careful with some of the marketing, with some of these beauty med spas and dermatologists that some people do get amazing results, but some people don't and are very disappointed. So this is a very non-invasive skincare line that really works. You really see the difference. Tell us how long it takes to start seeing a difference and an impact.

Dr. Cathy Goldstein

You're absolutely gonna see an impact within the first seven to 10 days, even with just the puffiness around the eyes. Within a couple of weeks, the lifting of the eyebrows, and immediately after using the eye mask, you'll see the difference the next morning in just that vitality really creating that whole combination. The only thing that you're gonna give a little bit of time for is darkness under the eyes. That's to make sure that those ingredients protect your eyes as well.

Dr. Wendy Myers

Cathy, thank you so much for coming on and sharing your knowledge. I've had you many times doing various podcasts and webinars 'cause I really wanna share your message and just get really good products into the hands of my audience, the stuff that I'm using, the stuff that I've discovered. I love your product line. I use the whole product line and just can't recommend it highly enough. So thanks so much for coming on the show.

Dr. Cathy Goldstein: Thank you so much for having me, Wendy. I always enjoy having conversations with you. They're always just right spot on and so helpful I think, for people. So thank you so much. I appreciate it.

Dr. Wendy Myers

For you guys listening, if you wanna get this little kit that Cathy has created for you, again, truenenergyskincare.com/wendy-ultimate-eye-reset. You can also click the link below this video as well. Everyone, thanks so much for tuning in to the Myers Detox Podcast and it's such a pleasure every week. I really appreciate you guys spending your time. I know your time is very valuable, so I appreciate you watching this all the way to the end and taking your time to tune in every week. It's been great. We've been doing this show for 13 years now and pretty much every week consistently we're in the top 50 of the alternative health category and it's not as dip a little bit below there, but I'm really happy people are listening and people are getting helped and we get so much positive feedback. That's why I do the show. I want you guys to get those tips to upgrade your life so that you have the health and the life that you enjoy. So thanks for tuning in.

Disclaimer

The Myers Detox Podcast is created and hosted by Wendy Myers. This podcast is for information purposes only. Statements and views expressed on this podcast are not medical advice. This podcast, including Wendy Myers and the producers, disclaims responsibility for any possible adverse effects from the use of information contained herein. The opinions of guests are their own, and this podcast does not endorse or accept responsibility for statements made by guests. This podcast does not make any representations or warranties about guest qualifications or credibility. Individuals on this podcast may have a direct or indirect financial interest in products or services referred to herein. If you think you have a medical problem, consult a licensed physician.