



#648 How to Detox Facial Lymph and Fascia for Anti-Aging and Beautiful Skin With Cathy Goldstein

Dr. Wendy Myers

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about everything related to heavy metal and chemical toxicity, the health issues caused by toxins, and more advanced topics than you'll hear on other shows. We'll talk about bioenergetics and all kinds of things. Today, we're going to be talking about bioenergetics skincare, lymphatic drainage, and fascia. So it is a really interesting show today. We're going to be interviewing Cathy Goldstein. She's the founder of Tru Energy Skincare.

We talk about the four levels of the lymphatic system, which I had never really heard anyone discuss before, why you're looking puffy and inflamed and maybe aging a little bit faster than you would like, what to do if you feel puffy and inflamed, what's going on in your body, exactly when that's happening, when you have creepy skin and puffy eyelids and puffiness under your chin and things like that, that, what's going on in your body and what you can do about it. Cathy has come up with some really amazing tools to be able to facilitate the flow of your lymph and improve your skin tone using bioenergetics skincare, essentially, and tools to dramatically improve the look and function of your skin and help to drain your lymphatics as well.

We go into the brain lymphatics and just lots of really, really interesting things that you haven't heard about on the show today. Our guest, Cathy Goldstein, is a licensed acupuncture physician and founder of Tru Energy, which is a science-based

frequency wellness brand. With nearly four decades of clinical experience, her work bridges functional medicine, detox, biology, and cellular repair. She's developed functional esthetics, which is a systems-based approach to aging that focuses on restoring biological function, emotional intelligence, and vitality.

Cathy has served on national exam committees, lectured at the university level, and has been featured in publications including Vogue International, Ageless Living Magazine, and Best Holistic Life. You can learn more about her work and her skincare line at truenergyskincare.com. Cathy, thanks so much for joining us on the show.

Cathy Goldstein

Hey, thanks for having me. I always look forward to our conversations. They go to really great and interesting places.

Dr. Wendy Myers

Why don't you tell us a little bit about yourself and how you got into wellness and the skincare industry?

Cathy Goldstein

I got really sick when I was 26, and I actually had been studying to go into allopathic Western medicine. When I got really sick and ended up in the hospital for three months, very, very ill, with multiple surgeries, it gave me a lot of time to think. So, in that process, I thought, you know what? There's a digestive system, there's a healing system. There's a respiratory system. There's a lymphatic system. But in Western medicine, we don't talk about a healing system. And that concept was like, Western medicine saved my life, but I can only go so far with it.

So I was getting out of the hospital so that I could start my healing process. And that took me to acupuncture. My traditional training is in acupuncture. When I first started working with people, just because of the nature of how I was exposed to it, I was treating a lot of really sick people, like autoimmune disorders, chronic pathogens, and gut issues. But it turned out that at 49, I had kind of this segue to another moment in life that took me in a different direction.

It was my mirror moment. I was catching myself in it in the mirror when I wasn't expecting it. And I had that, oh my gosh, what am I looking at? When did that happen? And why is it not matching how I feel? You know.

Dr. Wendy Myers

Yeah, we all have that moment.

Cathy Goldstein

Exactly, we are so hyper-focused on aging these days. Ultimately, what took me down is a little bit of a different path. Why is it that aging shows up differently in our bodies than in how we feel? Our faces are the biggest reflection. So that's really where I started. It was in the face. And then I went a little bit deeper into muscles, lymphatic, fascia, and healing the lymphatic system, the layers of the lymphatic system, and what that really means in our ability to detox, because it's such a key component. I mean, this is what I love about our conversations.

Your audience is so geared towards that understanding that they already know that it's a fundamental thing you have to take out before you can put in. So if your cells are loaded down with toxins, then there's no way they can take in nutrients or deliver nutrients. So that's why I love having our conversations, because we're already landed there, right? It's a matter of being able to just go deeper and really figure out, why do I still have symptoms when I'm doing so many things that feel like I'm doing it right? And that's kind of really where I was when I had that mirror moment, and it really just sent me off on a different trajectory in a lot of different ways.

One of them was that people really need tools at home so they can do their work there themselves. You're really great with nutrition and brushing and all the things that help with the detox. My perspective is a little bit more from cellular communication, and more tools that can help us.

Ads 06:19

This show is brought to you by Bon Charge, and I wanna take a minute to tell you about one of their amazing products that I'm absolutely in love with. There's something I've been doing for about 10 minutes a day, and it's wearing a face mask,

but it's not just any face mask. It's this Bon Charge red light face mask, and it's essential to my nightly skincare routine now. Believe me, red light therapy really works. It's well established in the research to improve the appearance of your skin. How it does that is it penetrates deep into the skin to boost collagen production. It reduces the size of your pores, reduces inflammation, and eases the signs of aging.

Bon Charge's red light face mask makes it so easy to take care of your skin. It's like a mini spa session every night that I'm doing. It can be used easily at home. There's no cord, so you can wear it while you're doing other tasks. Plus, the mask is totally painless, and it doesn't heat up. Unlike some other beauty and anti-aging treatments, Bon Charge's red light face mask has been a game-changer. It's part of my everyday skincare routine now, and I'm seeing such great results already from using this mask. My skin is clearer, it seems more plump, fresh, and juicy, and my redness and dark blemishes are fading.

There's a very special offer for all of my listeners right now. My listeners get 15% off when you order from boncharge.com and use my promo code, Wendy at checkout. This discount applies sitewide, and you'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer. That's boncharge.com and with promo code, Wendy, you get. 15% off. This is one of my secrets to super healthy, young-looking skin. I'm trying to reverse the clock. I'm trying to do everything I can to anti-age and this is one of the secrets in my toolkit.

Dr. Wendy Myers

Yeah, I know, desperation is definitely the mother of invention. So that's definitely led me down many paths to like just talking about bioenergetics and energy medicine and things that have really helped me that I like to share on the podcast. For a lot of people today, especially women, they feel puffy. They look at their faces, they feel puffy, inflamed, exhausted, or like they're aging faster. What's going on there?

Cathy Goldstein

It's interesting because as you mentioned one of the things that show up is aging faster. And what it actually looks like is premature aging, because it's not just the skin and dehydration. It has to do with why our body is holding on to things. The obvious

part of it is our external environment. We know we have a lot of toxins that we need to manage on a daily basis. And then what we add to our toxins on the things that we put in and on our bodies and in our environment, within our house. All things that are a process and take time to intentionally control our level of toxins that we're exposed to. But there are so many external toxins, we have to manage them.

The other is our own internal toxins that we create on a daily basis. Inflammation is a huge toxic pool. Stress is a huge toxic pool. Stress actually causes inflammation. And we get all of the even just by nature as our cells die and our system detoxes in a natural way. We see it in the obvious, which is to pee and poop every day, right? So our cells are actually doing the same thing. They're peeing and pooping, but they're in a detox kind of way. Those toxins are building up in our bodies if we don't move them out. So those are the natural cellular metabolic processes that cause toxins as well.

I think that because of our tendency to sit in our seat, look at the screen on our phone, we have a lot more of a sedentary lifestyle that I think is really decreasing the amount of physical pumping action of our body that is required for that superficial lymphatic system as well as the internal. So it's the chronic stress, we don't tend to hydrate. Well, I mentioned the environmental load, but all of these are really like a restriction. And the way I think of it is that when we're being challenged, our energy is chaotic. So we're constantly needing to feed into our system an organized, energetic message that helps our body to organize so that it can go into its innate healing process and give it the opportunity to do what this body knows how to do, which is we know how to survive. We know how to thrive. We just need to give it the opportunity sometimes.

Dr. Wendy Myers

You mentioned the lymphatic system. A lot of people think of the lymphatic system as simply the detox drainage system, where the toxins are floating around and are the little sewage system. But why do you believe that we need to understand that differently?

Cathy Goldstein

Well, you know what? That you're absolutely right. I think the conversation that we tend to have is more on it being like the trash can, as the garbage system, disposable system. But really, the way I see it, I see it as the lymphatic system having multiple layers, and four layers specifically. The detox and clearance is one really important layer. And it does have to do with that toxic transport. It has to do with fluid balance, because it's really important for our cells to be able to have that fluid balance. If we have fluid outside of our cells, it is a very, very small amount before we go into emergency mode and survival mode.

A lot of people don't realize that the system in our body that works so amazingly well is also very fragile in a lot of ways. So when we see signs and symptoms like puffiness and water retention, if our fingers swell, if our rings don't fit the same, those are all messages. Those are all indications. Those are all things that our body is communicating to us that we need help. So that detox drainage system is one. The second layer that I think of is the structural flow and fascia. The lymphatic system doesn't just run on a superficial layer under the skin. It actually runs throughout the fascia. And the fascia runs throughout the entire body and is completely interconnected within itself.

It wraps around all of our muscles, all of our tendons, all of our joints, all of our organs, all of our cells, and all of our vascular system. So it's this interconnected information highway of intertwined fascia with the lymphatic system running through that. The fascia actually, as I have really done a lot of research on, it's a collagen-producing machine. The lymphatic system delivers the collagen to the different areas in the body that it needs to go to. Collagen is the building block. We think of collagen like, oh we need collagen for resilience in our skin, in our face. But this is external. The same thing happens internally all the way down to those micro levels on individual cells.

That structure has to do with the tissue flow. Energy flow, lymphatic flow, and hydration are a really important part of that. The more to me about it is with everything, but we slow down or we stagnate, right? If we slow down our lymphatic flow through any kind of stagnation, it's like sludge. It's locked or sluggish. We are now not getting our delivery system, so that compromises that on an absolute structural level. That also leads us into layer three. And the third layer is more like delivery and

nourishment. A lot of people think of the lymphatic system and go into that deeper level of the immune system. But what we often don't realize is that it is paralleled with the immune system.

We actually deliver nutrients to the cells. There's like a nutritional delivery system that is fats, nutrients, and probiotics. There's actually an embryo nourishment with probiotics that the lymphatic system will cross that barrier and deliver those nutrients to an embryo. So it's a transport network that enables us to remove waste but also put nutrients in. It's about that ability for our body to, as we said, dump first so that we can take in the nutrients that actually not only feed the cell but help the cell completely survive and thrive. So the last layer is a layer that I think of throughout the entire body, which is that communication adaptation, the resilience of the body.

It's the signaling that happens through the lymphatic system. That's that constant cell-to-cell communication. And it's not really linear, especially with the fascia being interconnected through the whole body. It's instantaneous throughout the entire body. I'm going to call it the nervous system connection. But it's actually way deeper than that. One of the conversations that you and I really love to have is that energy component of the body's ability to communicate based on subtle energy fields and biophotonic fields, and all of the different nervous systems that we have that help to organize the body in a way that enables it to be able to heal.

So again, the important part about that fourth layer that I think of is the communication and the adaptation. That's slowed down through inflammation, that twisting through toxicity, things like that. Then our communication is slowed down as well. As a note on that lymphatic system and the lymphatic system that also includes the brain and the brain, as I was just actually reading an article that was talking about the lymphatic system. The lymphatic system detoxes at night primarily. But what was interesting is that during the day, our nervous system, our brain, everything takes in so much information.

At night when we sleep, the space between the cells actually expands. And that's why our lymphatic system can detox at night, because it gets a little room. I also think that extracellular space is where we also are really talking about energy medicine as well, the connectivity of that energy highway, as I call it.

Ads 18:15

Now a word for one of our sponsors. So I'm a huge, huge fan of Tru Energy Skincare. This is a bioenergetic skincare line that I've been using for almost two years now, and it's what I use exclusively. It's so good. They have a new product out called the Bio Adaptive Hydration Oil. This is really, really key for protecting your skin from dry winter weather because when you have cold weather plus wind, plus indoor heating, that's gonna equal to dry, irritated skin. So hydration is really, really key to protect your skin barrier and, you know, preserve your skin.

Why does this matter? It's because dehydrated skin can look dull, tight, and have more fine lines and wrinkles. Supporting your skin during winter helps it stay resilient and healthy. As I mentioned, I love Tru Energy Skincare, and they have this bio-adaptive formulation designed to boost hydration and nourish the skin. It's a bioactive, nourishing skin oil, and so it's infused with frequencies. There are dozens and dozens of frequencies imprinted on their energy-optimized blue bead that's in all of their products. It's imprinted, actually, with not hundreds, but thousands of frequencies to support cellular repair, improve collagen production, and increase regeneration of your skin.

This is what I'm using at 53 to get the best skin that I can possibly get. This is one of the secret weapons that I personally use. This bio-adaptive hydration oil uses nutrient-rich skin-supportive and clean ingredients as well. All you do is add one to two drops to your face cream or Tru Energy products like their serums or their lotion, and it just increases that hydration. I also use it 'cause I do face yoga every night. I use hydration oil. I put it all over my skin, and massage, and I'll do guha and other things. It's part of my nightly routine. So there are a lot of different uses for it, including increasing the hydration and the effectiveness of the products you already have. Try it for yourself. Go to trytruenergy.com/wendy5

Dr. Wendy Myers

When I was first learning about bioenergetics about ten years ago, I was really shocked to learn that the fascia is this crystalline structure where if there's energetic messages that are being sent along it, we have messages in our energy field being sent, but the fascia is the communication highway, it's not just connective tissue. Can

you talk about how the fascia and the lymphatics flow together? What's the connection there?

Cathy Goldstein

Well, you described it perfectly because fascia is interconnected throughout the entire body. This is the information highway and it's not linear like we think of a lot of our processes as linear, like the nervous system, where the stove is hot, you take your hand off. That's like positive and negative ions going down the channel, going down a nerve. It seems really slow, but it is very fast. But when we're talking about the fascia, we're not talking about anything linear. We're talking about instantaneous information because it's not physical, it's energetic. It goes throughout the entire body at the same time. So if that fascia is congested, then we are causing a downstream effect.

And because the lymphatic system runs throughout the fascia, they're in tight communication. They're total buds. The lymphatic system is like, okay, what do I need to deliver? What's going on in the body? Okay, so there's an injury here. Let's make sure we take all of the anti-inflammatories because the inflammation causes a very specific outcome for an injury. Let's get the anti-inflammatories. Let's get the cleanup crew. Now let's get the nutrients to that area so that it can heal the cells. The actual physical nutrients and the information that needs to go into that wound so it can heal. And then everywhere else in the body, it's also working to deliver nutrients on a normal level to the cells.

We got a little bit of toxicity going on in that liver. Let's clean that up. So it's the information, the organization, and the delivery system all wrapped up into one. And when one is not working, the other is not working. If the lymphatic system is congested, bogged down by all of the toxins, then it's like walking instead of taking a plane from east to west.

Dr. Wendy Myers

And then with the lymphatics, most people think of it as detoxification, toxins floating around the lymphatic system to be dumped somewhere. You mentioned earlier about the delivery of nutrients. Can you expand on that a little bit? Because I think

people, like I said, they just think of the lymphatic system as a detox highway to remove toxins.

Cathy Goldstein

When I went to a school a long time ago, we really thought of the lymphatic system as the detox because the next phase was that when we're sick, our lymph nodes swell, right? So the neck, the armpit, the groin area.,And that's an indication that, oh, the lymphatic system has something to do with our immune system as well. And we thought again that it was just pulling toxins from the fever, from killing cells, from folded proteins, things like that. But what we didn't realize at the time is that just as it can go, just as a lymphatic system can detox, it can also carry nutrients.

The nutrients are actually carried and then dumped into the cell or across the embryonic barrier. I think that that's something that just sounds like, wow, how does that do that? But that is the miracle of the body. There are so many things that we didn't understand and still don't understand about our healing system, our healing process, and that's why we really are reaching out to energy medicine. Because when we are trying to explain everything in physiology or in a mathematical equation or in chemistry, those are all physical sciences. Our healing system goes way beyond that, especially when we're talking about carrying information so that the lymphatic system knows where it needs to go to be able to help the body out.

So it's that communication that in itself is one of the layers is just the communication. And then the ability to deliver the nutrients, the ability to be able to detox the cell, and the ability for that lymphatic system to carry that in a way that it can dump it out of the system through our detox organs.

Dr. Wendy Myers

That's why it's so important to have some awareness of your lymphatic system and your fascia and be doing things to actively support them because you're going to run into issues with nutrition being delivered where it needs to go and other issues like that. So what are some of the first signs that there's some stagnation or blockage in the lymphatics and the flow?

Cathy Goldstein

It's interesting because I think this is where a lot of people land in thinking, I'm doing everything right, why am I not getting better? I think that when we look at our body as more communication rather than something to fix, our body is always telling us something. So rather than looking at it like we have to fix this, we need to start looking at it as, what is my body trying to communicate to me, and what does it need and how can I help? How can I provide it with help to do this innate ability for my body to heal or it can have that room to heal?

What happens is we look at things all of the puffiness, what do we mean by puffiness? This is like if your rings are tight in the morning. If your brain fogs, if you stand up in the morning and put your feet down on the floor and you have sensitivity, those are indications that your body is trying to deal with some toxins. But we also need to look at other things, like we need to look at even our slit. If we look at our skin and our skin tone, if our skin is creepy, we need to consider that our cells are probably dehydrated, not just on the surface of our skin, but on that deeper level.

So all the things that we see externally, we can take into consideration that those are also going on internally, on every level, on all of those deep levels. The other is that if you're not where you want to be, if you're not where you think you shouldn't be in your health process, I think you and I would both agree that the first thing to look at is why we are not getting that communication. Why are we not getting the ability for that body to heal and go into that innate healing mode? And that is a really good self-reflection question because we know if we just sit for a moment, are we having difficulty sleeping? Are we having difficulties waking up? Are we having low energy in the morning or at any time during the day where we have that crash?

A lot of people have a 2 or 3:00 clock crash. That's really when you think about it, you just ate, and now your body's going to digest. But if it's having to focus all of its energy and digestion, then we get fatigued because our body goes, "You need to rest so I can just digest. But unless you're eating like a huge, heavy meal. But if you're eating a normal-sized regular lunch, maybe something that tends to be lighter than you need, we shouldn't have that drag time. That's an indication that our body is struggling. So those are kind of all of the things that are just indications in a lot of

different ways that we can really self-evaluate whether our body is trying to communicate to us something very specific, like, I need help.

Ads 28:56

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 who 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 also 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 that it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides, and other chemicals that you do not wanna 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 its 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 and 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 the coupon code "Myersdetox" to get 20% off. 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

You have a product called the Body Stone. I absolutely love this stone. I use it every single night. Can you talk a little bit about how that's really different from more aggressive detox or facial tools, and what makes your philosophy different? Because I definitely fell victim to the fast food blaster by using a product like that. When you look at some of their marketing, it's just scary because it looks like people are just really injuring their fascia, injuring their soft tissue when aggressively using this type of physical tool. Can you talk about why you advise against that, and how your philosophy and your approach are different?

Cathy Goldstein

I think that's very insightful, and if you really follow the trail, I really have the philosophy that going with nature is always better than going against it. Anything that is really harsh on the body is generally going against it. So when you're talking about the fascia blasting, we're actually really creating trauma. There's one thing about the fascia that's really significant, which is that the fascia weave, if you will, tends to constrict when it's injured. And so if you think about that like cellophane, if

you will, wrapped around a muscle where if you twist that, it tightens down and it locks in because it's guarding and protecting the body.

So, the concept is that, yes, that needs to be freed. But we don't want to create damage and scarring in the process. So being able to do something less aggressive but as effective, it's all about being able to first move the lymphatic system so that when we do release the fascia, we have already cleared the toxins in front of it, so that when we do get the damaged cells and the things that need to be detoxed when that fascia releases, then we're able to quickly get that to flow as well.

What kind of tool would do that? What was my thought process like, how deep do I need to go on this different philosophical concept of how the body really needs to be supported rather than damaged? And it's there. So there are two things about that. One is that the messaging because the cell to cell communication needs to be supportive as well as deliver information, if you will. That is healing information. And that's where you and I start really getting into the frequencies and how the frequencies work. So with the stone, which is a great, really beautiful imprinting subject, I imprint it with the vibrational frequencies of everything to not only hit all four of those layers, but to enable that to happen in a really gentle way.

That also helps it to repair. The key is that we can move it. We can physically move the lymphatic system. We can physically break up the fascia. But what's important is that it needs to have the information on how to repair once that's happened. So there are thousands of different frequencies upregulating and downregulating protein folds, all the things that are happening in our cells and outside of our cells, and through the lymphatic and through the fascia that are all very geared towards repairing the lymphatic system so that it can work on its own.

Dr. Wendy Myers

I love this concept of the body stone and you're imprinting thousands of frequencies on it because that's the name of the game, sending correct operating instructions to your body to get your lymph flowing. It's great to physically brush it. A lot of people do dry brushing and things like this, but using the body stone is doing that on steroids. So as long as you're taking the time out of your day to do something like dry brushing, which a lot of people that are into detoxing do, or sauna, this is a whole

other level of that. By introducing these frequencies that can really help in a much more efficient, beneficial, and effective way to drain the lymphatics, correct the fascia, and just do all these other things that we're trying to accomplish and improve our skin tone and improve collagen production. And there are so many different frequencies that are beneficial in so many different ways. It's just another way of taking your lymphatic drainage to the next level by using this stone.

Cathy Goldstein

Exactly right, and opening that information highway, the communication highway, cell to cell, and creating that organized information field that enables the body to heal.

Dr. Wendy Myers

Can you talk specifically about how improving the lymphatic flow and the tissue movement in the body starts attacking the face and aging?

Cathy Goldstein

Yeah, for sure. Well, first of all, the face and the brain, unlike the body, is the heavy lifting. But it has muscles that pump the lymphatic system like it does the vascular system. So the legs pump, and there's this pumping action that enables those fluids to move back up to the heart with all this gravity that kind of holds it down. Well, our faces and our brains are very different. Our face is all about emotion. It's not heavy lifting. It's about emotion. But we don't have opposing muscles as we do in lengthening and contracting over joints. So there is no pumping system in the face that enables us to drain the lymphatics. One thing that we don't do is we don't really pay attention to the face and the necessity for us to detox and drain the lymphatic system.

So everything shows up on the face. And I really kind of think of it, especially being an acupuncturist, I'm looking at a face because it's telling me so much about the body, because it shows everything. It shows emotional stresses, it shows lymphatic congestion, fascia damage, muscle tension, things like that. Those are the things that we refer to as premature aging or aging. But the reality of it is that when you think

about what the fascia and the lymphatic system especially do, it moves fluids. So any dehydration on the skin could be lymphatic damage, any type of sagging and bagging, like tight around the mouth, sagging like that, loss of jawline, the lines between the eyes and across the forehead, and the drooping eyes and the tightness, all of those are indications of congestion and the lymphatic system not dumping and the muscles underlying that from all the stressors in our lives because the face keeps score. So it knows all of our history.

Dr. Wendy Myers

That's not the body that keeps the scores. It is the face that keeps the score.

Cathy Goldstein

Exactly, and shows everything. All of those things can be released so that our face can actually spring back. And you can look years younger if you're addressing the lymphatics in the entire system, in the brain, in the face, and in the entire body.

Dr. Wendy Myers

And that's what I love about your whole system and your whole skincare line. It's everything I do. There's a bioenergetic component to it where I want information, correct, operating instructions imprinted on everything that I'm doing. Why not add that extra layer of benefit and an efficacy to whatever you're doing?

You have the Tru Energy Skincare line. This is something I've been using for at least a couple of years now, maybe three at this point. I use your whole system. I use body lotion, the face serum, the face creams, the eye cream, and the body stone. I have my little routine at the end of the night, and it's just made a huge, huge difference. Can you talk a little about that?

I use the body lotion at night, and that helps to produce more collagen and has lots of frequencies imprinted on it with the body stone. So that's one thing I do, but you have a whole other system where you're doing the acupuncture points. You can use that to massage your skin, release tendons and again, communicate bioenergetic information to the face. Can you talk a little about those?

Cathy Goldstein

A couple of things. One is that you mentioned in the skincare, the frequencies, the imprinting, those operating instructions. So in every product, I've got a little green or a little blue bead in each of those that I imprinted with frequencies. And those frequencies are specific to lymphatic drainage as well as collagen production. When I did our third-party clinical study with doctor Lee for the face, the face lift system with the wand in the five-piece set, he actually called me after 15 days and said, I have no idea how these women are getting these results. They look like they've had many facelifts.

And that was after 15 days. I didn't talk to him about the energy, the frequency component. So he was totally baffled and had never seen anything like it. And then after 30 days, we had a 23% increase in collagen production. For those of you who know this, when they put it in, it takes 45 days to just begin new collagen production. So 28% increase in 30 days is like mind-blowing. It eliminates that craving and increases collagen production. The cell learns how to produce collagen. That's the whole thing. Also, with my ingredients, the active ingredients that are all natural are all about providing the information, the nutrients to be able to have that cell learn how to develop collagen on its own, rather than trying to shove it into the cell.

This is what our body does when it's usable. It learns how to detox on its own. It learns how to regenerate on its own, it learns how to repair, how to produce collagen, and all of the things, as you know, the mitochondria are the energy of the cell. So those are all of the things that when you're saying the operating instructions, that's exactly what we're talking about, the body learning how to produce all of those things on its own and be able to perform at a younger vibration of ourselves.

Ads 44:03

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 well-being. 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 are 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 is 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 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 go to sleep at night, to help me kind of relax and get in the mood. You've got nothing to lose but your frown.

Dr. Wendy Myers

What you've done is create this whole system where you can use the body lotion and the body stone. Can you talk a little bit about what that routine looks like and what you recommend to people?

Cathy Goldstein

The body lotion does have a little green bead in it and the ingredients are all about repairing the cells, not just on the superficial layer, but because the delivery system, not only with the stone, but the delivery system in the formula, penetrates deeper. It's like what I use is an alien technology. So it's like a seed that holds the nutrients in the seed. And when the seed hits the area where it's most active, it'll open that seed, and the nutrients will deliver. So you don't want the nutrients to deliver solely on the surface of the skin. You want them to be able to penetrate to the cell so that the cell can actually use them like vitamins, right?

Same thing. So I have people do the body lotion and also it provides a nice slip. There are actually several places that I use my body stone. One is in the sauna. So you had mentioned that dry brushing and dry brushing is great because it really opens up the breathing process and the superficial lymphatic system. The stone goes a little deeper. So if you do use a brush in the sauna, what I would do is I would use the stone first, and or actually even you know what I actually like to brush first, open up the external part of that, and then go a little deeper with the stone. That's actually where I keep one of my stones.

The other one is I keep it next to my bed because I want to do my lymphatic system before I go to sleep, because I want it to be able to move the congested brain fog, and be able to detox at night. And then the third stone I keep in my bathroom, and that's where it makes a difference where you're getting enough sleep by using the body lotion and doing a protocol, a very specific protocol that you can find on a video on the back of the box. There's a QR code that gives you the video on exactly how to use it, and it really only takes like 4 to 5 minutes, especially when you get fast, and you've had some experience with it.

And as you said, Wendy, we need to detox every day. So if it just becomes kind of like part of your lifestyle, takes a few minutes, then you just incorporate that, and your energy level, you'll see, is so much better because it's not dealing with that toxic load.

Dr. Wendy Myers

And it only takes a few minutes a day. It really doesn't take that long to incorporate this lymphatic routine, because I think a lot of people are not moving. They are not getting the exercise that they need, or they might be lifting weights or doing Pilates. They're not walking or rebounding or they're maybe not getting in the cardio. They need to really activate the same tactics or they just need some extra help. Or if you've got congested liver, fatty liver, which 100 million people have in the United States alone, you're going to need some assistance with your lymphatic system, which is swelling up, and you've got like a lymphedema. You have that extra water weight that can be from your liver.

You need to give your body some assistance in releasing that. The body stone can be so helpful in assisting with that on a nightly basis by doing this routine. Can you tell the listeners where they can get the body stone and learn more about your products?

Cathy Goldstein

I actually have a special for your audience. So if you do truenergyskincare.com/drwendy, what you'll see is a special offer for the beginner, the system.

Dr. Wendy Myers

There they can find the body lotion and body stone and anything else.

Cathy Goldstein

When you look at the body stone and the body lotion, you'll get a couple of different options for that. Maybe you already like what you're using and you just want the stone. But I'll have a couple of options up there. And then after you buy the stone and the lotion, you can see all the others like the face lift system, the face lift wand, and other things that are available for your audience as well.

Dr. Wendy Myers

Yeah, if you buy the stone or the body lotion and the stone, you'll see all the other products that you have to offer. Anything we haven't covered that you wanted to mention to the audience?

Cathy Goldstein

You know what? I think what I really want to emphasize as far as our conversation is, is that and this is why people listen to you and your podcast is that education. Information is knowledge. And the more knowledge we have, we've never really thought about these four layers of the lymphatic system. Once we have that exposure, I think we think about things differently.

I can't even imagine that once we think of things like our communication level and, what is my body trying to give me information about so that I can help it? When we start looking at that differently, I think we start really working with our body and helping our body, rather than just looking at it as something to fix and push against.

Ads 52:54

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

Yeah, the fascia blast I see I used to do, and I get like bruises on my body like, this can't be good. And I just intuitively start doing that and learn some better techniques because I just like I said before, I love incorporating energy medicine into everything that I do. And why not? Why use some just plain old cream that might have an active ingredient in it, when you can? Not that it'll moisturize your skin? Great, but why not use something that moisturizes your skin, plus gives you the information to make more collagen, to make more elastin, to do all these different things, to repair the skin, not just moisturize it.

It's just next level when it comes to your skincare, and it really, really, really does pay off in that 30 to 60 days and beyond that. I'm 53 years old, and I just could not be happier with how my skin looks, and using the Tru Energy Skincare is a huge part of that. And that's why I want to have you on the podcast again and again to kind of just get this message out there that there's another level that you can get to with your skincare and be caring for your lymphatic system as well. So thank you so much, Cathy, for coming on the podcast.

Cathy Goldstein

It's never too early, and it's never too late, right?

Dr. Wendy Myers

Cathy, thanks so much for coming on the show. If you want to learn more about the body stone or the body lotion and her other products, go to truenergyskincare.com/drwendy and learn more about that. Everyone, thanks so much for listening and tuning in to the Myers Detox Podcast. I'm Dr. Wendy Myers, and I love doing the show. I especially love these topics on skincare and beauty, and how to dramatically upgrade what you're doing because there's a lot of bad products out there, a lot of bad marketing, and department stores and greenwashing of products in natural health food stores.

You're not going to find anything on the market in a store that has bioenergetic information imprinted on it that will dramatically improve your skincare. As long as you're using beauty products, you might as well have corrective information imprinted on them. That's just my two cents, but thanks for tuning in, and I'll talk to you guys next week.

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