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Speaker: Dr. Ben Johnson

Episode 12: Hyperpigmentation Solutions – Age Spots, Melasma and More

Hello, and welcome to the #ASKDRBEN Podcast. I'm your host, Ben Johnson. As a holistic-minded physician, I've spent the last 20 years looking outside the box and conducting research to find the true causes of skin conditions and other diseases. And while the focus of my work has been on aesthetic medicine and unlocking the secrets to reversing skin damage, this podcast will also include many other exciting revelations pertaining to you and your family's health and wellbeing. So, let's get started.

Hello everybody and welcome to another episode of Ask Dr. Ben. Such a pleasure to be with you guys and today's subject is hyperpigmentation, age spots, melasma and more. What we want to talk about today is really understanding your body a little bit better so that you don't curse it and in my ideal philosophy, you would bless these things as you recognize they're purposeful and they're there to protect you.

Hyperpigmentation speaks to that. So, what does the term hyperpigmentation mean? Well, it means there's more pigment than is normal, but really the term that I want to teach you today is post-inflammatory hyperpigmentation. I might refer to it often as PIH. It's sort of a technical term, but it's typically described as an event that occurs after someone has a really inflammatory facial procedure, like a chemical peel or laser peel, and they get a little too much sunlight or sometimes it doesn't take too much sunlight, just a little sunlight and their skin immediately creates this layer of melanin over the top of it.

I like to think of it as an umbrella of melanin because it really paints the picture correctly for you all. So, we have this layer of melanin that covers all of us all the time really, it's 24/7. Speaking back to just general body function, your melanocytes are these remarkable cells within the body, of course communicating with every other cell in the body, it's a team effort at all times, and they're there to generate a level of protection for you. Now, you may wonder why somebody, say a relative or friend, creates more pigment than you do and then you have of course, ethnic skin types, Asian, Indian, African American, African. Now that I realize my audience is as much global as it is United States.

What is generating that? This is epigenetics in play. You've heard me talk about it, one of my favorite subjects and what essentially is happening is over a period of time ancestrally, as you're sharing the genes of your parents, that coding, that epigenetic coding determines how much melanin you're actually producing. In the UK you're going to see skin that's lily white because of that ancestral heritage and in other parts of the country, it might be some blend of lily white to dark skin. That's all purposeful, and it's all based on the amount of sun you get.

Now, the one con of having darker skin is it's harder for you to form vitamin D. Melanin is essentially a UV protectant and so if I had to pick one thing that makes having that much melanin more challenging, is it's harder to produce vitamin D in the sunlight and as a result of that, individuals who have darker skin who live in countries where there's not a lot of sun have an even harder time.

You've heard me say in the past, vitamin D is one of the most unsung heroes in the human body. It is clearly linked to the extension of your life, to reducing massive numbers of

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disease. So, for that purpose, just know that if you are an individual who, let's say, is Hispanic or Indian or African American, and you are adverse to the sun from all of the brainwashing that has occurred in our countries, reconsider because vitamin D supplementation is not enough. Let's just say it differently. Vitamin D supplementation is good, but it is not getting the job done the way naturally derived vitamin D would, as you might imagine.

Okay, so the melanocyte. This melanocyte sits along the edges of the hair follicle in storage, and it migrates up to the surface just within the epidermis to a specific pattern. It divides itself quite brilliantly as it lays itself out along your base of your epidermis and it covers color really remarkably evenly. If you have something that produced a certain amount of paint into the system, and you had to perfectly create the amount of paint you would see that each individual paint production site has its own level of production and yet in some magical way, in all of the coverage of your skin on your body, this pigment production magically produces a remarkably even amount of skin tone.

Now you might be listening to this podcast because your skin tone isn't even and you're looking for solutions for it and so I get that, yes, it is true. Over time with UV damage and with other types of conditions, you will have uneven skin tone, and we're going to get to that, but I want you to just take a minute to appreciate those cells, how beautifully they lay down color in your body and how reactive and protective they are.

Now, the bodies intelligent. It knows, for example in the springtime that if you go out the sun the first time, your melanocytes have been dormant a while. So, they don't know what level of activity to go into, but once, I don't know if it's the UV index, these are systems that we don't fully understand, let's be clear. The body's just a miraculous, complex system. So, for some reason the body knows to go dormant. As I speak to you, I would say it's about efficiency. Everything in the body is about making a very efficient system so that you can run at your best, even when you're not healthy.

The amount of melanin it produces does vary seasonally, and it also varies individually. So, if you go out in the sun one day, your body starts to produce a hormone called melanocyte-stimulating hormone. That hormone triggers a 24 hour later tan, if you will, so that you have an initial darkening that occurs in the sun, and that is typically oxidation of the melanin in your skin. Then you have the 24 hour later tan, which develops as a result of the body knowing that it is now time to see the sun more often, the fact that you're in the sun one day increases the likelihood you're going to have more sun days to follow. So that's sort of how the system works.

Melanocyte-stimulating hormone is something that I've been working with with a supplement. It's also something I'm now working with in the lab, and it's a fascinating hormone. It's worth checking out if you have any interest in that, we won't have time today to dive too deep into it. So that's sort of how the tan is produced. That is why when you use a tanning cream, you're not getting any sun protection because you're actually creating a chemical reaction with hydroxyacetone that has no sun protective benefits.

Remember melanin is amazing. So, beyond vitamin D, one of the other reasons I personally love the sun is melanin is amazing and protective, and it has the ability to hide imperfections on the skin and it's another reason why people use a tanner. They're like, "Oh, I look better with a tan." Well, yeah, that's because of its ability to hide imperfections, but where it should

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be applauded most is its UV protective capacity. There's probably more to it than that, by the way. I've noticed for example, that really fair-skinned individuals, oftentimes redheads, have more allergies, more sensitivities, obviously more sun sensitivity, but beyond that, there seems to be some immune benefit to melanocytes.

Understanding that, we need to now analyze what is hyperpigmentation, why does it exist, and what are the different types of it? So, to cover it, generally, the three main types of hyperpigmentation are age spots, liver spots, and melasma.

I know a lot of dermatologists will tell you that a liver spot is an age spot. A lot of dermatologists and estheticians talk about dermal pigmentation. So, remember your epidermis is divided by something called the dermal-epidermal junction and below that is your dermis. So, it's unusual to have a lot of pigment in the dermis, but sometimes it does migrate to that region. I do think that has a lot to do with the inflammatory processes happening at that level. It's not unheard of in the sense that your follicles dive deep into your dermis and that is where the storehouse of melanin goes, but I'm going to challenge it a little bit.

I'm going to challenge the idea of dermal pigmentation a little bit, because what I see generally is that it is dermal redness, its dermal inflammation is what really people are seeing. When you have a bit of brown on the surface skin, the epidermis, and the wound underneath it, which we're going to get to here in a second, the wound underneath it is inflamed or redder, then the brown on the surface looks browner. That is a lot of times confusing to people so let's dive right in.

Age spots are the result of repeated oxidation events occurring in your epidermis to cell wall structures, to the DEJ itself. Remember that your DEJ is the part of your epidermis that's on the front lines but doesn't continue to shed. So, it is the one that accumulates the damage and the secret sauce to age spots is that you keep wearing and you keep wearing that skin down with repeated UV exposure and to be honest, not just UV exposure, I'm going to add unfortunately some of the other things that may shock you. Repeated applications of acid, repeated chemical peels, repeated laser procedures, all of these things create DNA damage, permanent DNA damage.

Don't misunderstand. These things you should not take lightly and potentially even you could argue using retinols on your skin that oxidize and create DNA damage, everything that wounds your DEJ is at play here. There's a point at which your body's like, "Oh, okay, I can fix that. Oh, all right. No, I got that." And then it's just a little too much. It's a little too hard to repair and what shows up on your skin first is a red spot. All the red spot is, is the body attempting to repair this region on your face so it's increasing circulation.

Think about the intelligence of that by the way. Recognizes that this wound is not healing, the best way to heal this wound would be to increase the presentation of more immune cells to heal and repair that area and think about how isolated these spots are. A lot of our age spots are really tiny, freckle size. We see them on our bodies enough to know what size the typical age spot is and age spots are typically smaller. The analogy I use sometimes for age spots is like a pair of jeans.

You wear jeans forever and then all of a sudden, they start to develop a hole in that one spot. Why that one spot? Why not the whole knee? I mean, you were wearing it. Well, it's

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because there were these little micro tears that kept happening when you rubbed up against things or kneeled down on the cement or whatever it was and that eventually led to that one spot failing. So same thing on the skin. Repeated oxidation damage, and why do you get oxidation damage?

Well, the sun hits the oxygen in the skin, which the skin is designed to handle it by the way, but it hits the oxygen in the skin enough times and that oxygen free radical triggers a level of inflammation. The irony of age spots is what we do to treat them is we put ingredients on the skin that are highly toxic that cause DNA damage. So, they are literally further the wound. They pretty much guarantee you're never going to permanently treat that wound and they oxidize because you might be using certain oxygen creams or a method. Oxygen is another source of damage that some people use on the skin to help with pigmentation.

Then you have exfoliants, and as you're going to hear from me today, exfoliants are actually the most effective method for lightening, other than poisoning. So, there's three categories, Tyrosinase inhibition. Tyrosinase enzyme is an enzyme in the melanocyte that makes melanin, or I should say it's a key part of the melanin manufacturing process. So, there's a whole class of lighteners called tyrosinase inhibitors that, they can be reasonable and they're non-toxic, but there is a specific group of tyrosinase inhibitors that are also poisonous to the melanocyte. The one I'm thinking of that is the most popular in the world today is hydroquinone.

Hydroquinone is its own beast, and it is effective because it is a poisoner of the melanocyte in addition to being a tyrosinase inhibitor. You could look at retinoic acid is a poisoner of the melanocyte and an exfoliator so it can be effective in lightening pigmentation. I'm going to do my best to avoid saying the words treat pigmentation because none of that class is doing that. If you are not repairing the original wound, then you are not doing that. So, we'll get into a little more of those in a bit, but let's go back to this wound.

For an age spot, you have this red spot first and the red spot will hang on as long as it can, but it doesn't take too much after that wound is identified as a problem area, hence the increased vascularity in circulation to the zone that the melanocytes in the region also decide to step in and create this umbrella of melanin. That is what an age spot is, and that umbrella of melanin is going to be darker the more intense the wound is and it is purposeful and perfect for you.

It's really an attempt to prevent potential skin cancer formation, if I had to guess. Again, guessing what the brilliant body is thinking, but when you have DNA damage, it's usually oxidation and it is typically repairable, but severe oxidation can lead of course, to oxidizing DNA strands and leading to some more serious problems. So yes, that is an age spot and I think I'll reserve a further detail on the treatments of these until we get through this list. I did forget one other part of that list, which is PIH say from acne or post peel. Like I said, all of these are PIH, right? Because post-inflammatory hyperpigmentation, an age spot, the inflammation is the red spot that is from repeated UV exposure. I should say, of repeated UV damage.

Really important, because I started off this thing giving you a little vitamin D reminder and I just want to remind you again, that healthy sun exposure is when you don't get a sunburn and it is possible. It's something you should attempt to do as often as you can, and I don't



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believe that leads to age spots, but it can quickly turn on you. You could be out having healthy sun exposure and then be stuck in a situation where you can't get out of the sun and overdo it and that will be the way to get there.

Now a liver spot is a larger spot on the face. It is reflective of the damage that is caused by what I believe is liver damage from specific hormones in our foods, basically our meat and dairy. So, to me, there's a soup that is required in order for a liver spot to form and I want to emphasize this because of all the spots on your face, liver spots have an emotional connection and that is anger. Anger, there's many, I don't know what to call them, Philosophers, Ayurvedic, Chinese medicine experts, all of them will connect anger and the liver and I think there's something to that.

In my efforts to try to repair all things on the skin and elsewhere, I found that liver spots have been my nemesis because of the anger. The anger perpetuates and makes that healing of that wound difficult. So, I've literally advised many, many of my clients and patients to, if they have a brand-new liver spot, to try to isolate and identify. I have a personal experience to this. I had been carrying some anger over the way my ex-wife handled our children, essentially, post-divorce and basically my relationship with our children and all of those things.

I thought, you do a lot of work because you get older, and the divorce is 15 years ago or something. So, you do a lot of work and you're okay. Everyone has their own thing, and you think you've processed it, but sometimes you don't realize it still is there in a present and energetic form. So, I did even more work and lo and behold, the liver spot, it's like a tiny speck on my face today compared to what it was not too long ago.

In fact, by doing the work, on really going introspectively to look for those anger triggers that may just be buried in you, you have to go, and you have to think about what it is, because your mind will tell you. One of the things I remember is being most angry about in my life and you can identify. I've identified like three things where I was like, I was really angry about that. An injustice, you know? So, try to do that because liver spots are going to be tough to treat otherwise. This is the one they might call dermal age spot, but no, it's just a very challenging spot. Even if you take a laser to it and lighten it and basically lift the umbrella off the skin temporarily, that red spot's not going to go away until you heal the liver.

Now, you may be asking, "What is it exactly in the liver that causes those spots?" And there are essentially two things. It is bovine growth hormone. It's like human growth hormone, but bovine growth hormone and equilin sulfate. These are the things I have determined through muscle testing, essentially, which is been a very effective tool for me to get the results that we're getting today. So, if you're somebody who's listening to me for the first time, you're like, "Muscle testing? Where's the research?" It's like, you're not going to get anybody to go study and evaluate what the impact is of these incredibly "important" components of the meat and dairy industry.

So yeah, I am confident that these are the sources and you're going to hear some sources for melasma, it's different, but for those, that makes it challenging because there's a ton of people who do meat and dairy, but you might just pay attention to the vegetarians and the vegans out there and see the number of liver spots that they have.

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Now, remember you see liver spots and sometimes like in Asian cultures, I'm fascinated. They'll get a massive liver spot. Here's my take on that. My take is that these individuals are coming from these other countries where the exposure to these types of poisons, their DNA hasn't acclimated yet, so their liver takes a stronger hit from it. That's why you might see ... In particularly Asian skin. It's these large, large liver spots and again, a very large liver spot is actually going to be, if it's on both sides of the face, melasma, which is what we're going to get to next.

What else do I have to tell you about a liver spot? Very stubborn, very difficult to lighten because the wound in the skin and you say, "Well, wait, why is there a wound in the skin if I'm hurting the liver?" It's a sister organ like all our organs are, but this is how your body works. Maybe in fact, it's meant to tell you something, "Hey, you've got some anger issues you've got to deal with." I say that half joking because I do think the skin is there as a messenger for all of this. Let's get to melasma.

Now melasma is something that occurs in a lot of women post-pregnancy but for a lot of women, they notice that it'll go away and usually it'll go away on the first kid. Maybe it goes away on the second kid, not so much on the third kid. What's happening there compared to melasma related to just, "I never had children, I have melasma. What the heck's going on?" Well, it all comes back to the liver again. So, this is again, liver damage related to drugs, typically birth control pills. The scourge of society, birth control pills, poisonous to women and their livers and in some women, the studies say one out of three women on birth control pills develop melasma.

Now, what do the "experts" say? The "experts" say it's a hormonal imbalance problem. Okay. Okay, I kind of agree with that. You are taking birth control pills, they're hormones, and it causes an imbalance in your body and wounds your liver. I could buy that. But where they're missing the boat is that these hormones are pervasive throughout your body. You have too much estrogen, not enough progesterone or vice versa, then all your cells would get dark.

But no, you get unique patches, and one person gets patches on the forehead and another person gets patches on the cheeks. Some people get patches around their lips and others have diffuse facial melasma and then of course, there's also body melasma. So, here's my general take on this. Hormones cause melasma, you could be taking them for menopause, you could be taking them for birth control. However, you're taking them, they cause melasma. They're not the only drug, by the way, I'll give you a list in a second. So, then you have the issue of what happens to the liver, where does it get hurt? And that is what determines where on your face.

By my estimation, and you can go to my [Skin Map](#) on [Osmosisbeauty.com](#) and you'll see, I believe the pigmentation map is up. If it's not, I'll make sure to get it up. But you'll see that the estrogen affects mainly the cheeks going up to the temples and down to the jaw. Testosterone is an estrone, a type of estrogen, seem to affect the upper lip and then progesterone affects the forehead, primarily. So, people that get on Depo-Provera shots and things like that, they're typically going to see melasma on the forehead.

The thing is, and if you want to treat these things, you have to be off of the offending medication. So now let me give you a list of medications. I have accumulated a list here of the things that cause melasma. So, we have conjugated estrogen, estropipate, estradiol,

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estriol sulfate, elevated pregnancy hormones, oh, which I have to explain to you why that causes melasma in a second, hepatitis, very big. I've seen an increase in hepatitis C lately. I'm not sure exactly where that is coming from, but that causes a rapid onset of melasma.

If you're someone listening to this and your face is developing these large spots in the last six months at a pretty rapid clip, and you may or may not be jaundice, I believe you may have hepatitis C. You can write me at [Drben@osmosisbeauty.com](mailto:Drben@osmosisbeauty.com) and I can give you a protocol for that. Sertraline, which I believe is Zoloft, citalopram, alprazolam, clonazepam. I'm giving you the core names and not the trade names here, so you'll have to do your own research if you're on medications for anxiety or depression. Chlordiazepoxide, diazepam, lorazepam, bupropion, and escitalopram.

I think all of those things are associated with the melasma. What does melasma look like? Well, it's also this dermal redness to start, but then it browns as you go in the sun. The dermal redness is from the liver. It's very difficult to heal your liver, except in the case of pregnancy-related melasma, but that's where the brown is and what they found is, doing these aggressive chemical peels and aggressive laser procedures can worsen the problem. I think actually when it worsens the problem, it's more of a PIH problem to the aggressive procedure added to the dermal inflammation of the liver, and that's why it expands. Because the liver damage doesn't expand when you burn your face, so it has to have a better explanation.

Why do you get melasma in pregnancy? My take is that when you're in your twenties, your liver's healthy and you have this surge of hormones when you're pregnant and your livers got to process those. It's a bit challenging on the liver, but it can handle it because you're in your twenties and you're doing good. But unfortunately, by the time you get to about 30, your liver is a little more compromised, not quite as capable of handling the surging hormones and as a result, you actually develop melasma that lasts.

You could be someone whose liver's a bit compromised and you see melasma for three months and then three months after delivery, it goes away. That's a liver that's compromised but capable, but after 30 many women find it just doesn't go away. Now here's the good news. That's easier to treat. That's easier to heal because those are your natural hormones, the level of damage is not nearly as extensive so usually you're a more rapid responder. Let's get to treatments here.

Oh, wait, one last pigment source that I want to mention is PIH, post-inflammatory hyperpigmentation from acne or procedures. So again, this should be easier to treat unless the aggressiveness of their procedure was so severe that there's so much DNA damage that it's challenging to treat. I still think I got a shot at it so let's go through some of that. Remember we have a DNA repair serum called [Catalyst](#). This is our wound healing serum. It's just one of the most remarkable wound healing serums, it's the only serum that reverses scarring in the world and it is awesome for melasma, not as effective for liver spots. Still worth trying. It will help some, but it is not as helpful and then it is helpful in age spots.

That was a patented product, by the way. Then our patented Trioxolane product called [Rescue](#) and this product is also effective in about half the cases of melasma in accelerating lightening at the surface. Again, all we're trying to do there is accelerate the wound healing in the dermis so that less pigment is produced. We're not lightening the pigment production

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at all. So, you can use both of those in combination and you'll find relatively good success, but until you treat the source, you're going to struggle.

Remember, in order to treat melasma, if you're on hormones, you have to get off of them. If you've developed melasma after being on Zoloft or Prozac for a year or something, I know it's hard, but you've got to find alternative sources of wellbeing. We have an elixir called [Emotional Well-being](#) which has helped a lot of people wean off of antidepressants, but it's something you have to do if you want to heal that liver.

What I found is if people take the key liver repair supplement we make, it's called [Immune Activator](#), and I am coming out with a new liver repair supplement in the next month or so that is going to be amazing and it's going to assist in all of this and help you if you've got a stubborn case. I'm hoping this is my secret sauce for liver spots even if you don't resolve your anger. I'm hoping, but we shall see. So Immune Activator uses trioxolane to heal oxidative damage, and oxidative damage is what occurs from these hormones.

Hormones cause oxidative damage and the Prozac and the Xanax and all of those cause the liver damage that results in melasma. Remember melasma is usually on both sides of the face or across the upper lip or across the forehead. I do think liver flukes are the cause of body melasma. So, if you have body melasma, write me because I'm doing some test protocols to treat that, but yeah, it's something that takes 3 to 6 to 12 to 18 months. I would say right now on average, I tell people to expect six months of taking trioxolane. In some people you're able to take a double dose so if you're curious as to whether or not a double dose will get it done faster of Immune Activator, you can write me again, [Drben@osmosisbeauty.com](mailto:Drben@osmosisbeauty.com) and I can muscle test for you to see if you're susceptible. It's about half the people can do a more rapid dose.

I trust my intuition; I trust that your intuition is dead on as well. So, we have that list. Now for liver spots the offender is meat and dairy products. Buy organic dairy wherever possible. Buy organic meats wherever possible. I know those aren't always perfect when it comes to pesticide exposure, but they should not ever have any significant levels of hormones and I do believe it's the hormones in these meat and dairy products that are causing liver spots.

Then of course, process the anger, emotional Well-being to wean off depressants, but also can be helpful in helping to manage anger. I have a lot of people, it's helping a lot of people with PTSD so it's very possible that this could help you process that anger if you have a significant number of liver spots, or a very large liver spot. Now, topically for liver spots Catalyst is pretty good. Like with all these things, like I said, this is my nemesis. We're working on it, but just know that it's something that you'll hear from me soon how well we're doing with them with this new additional supplement I'm making.

Then age spots, the perfect treatment for the age spot is Rescue, which is the trioxolane working on oxidative damage, it's pretty remarkable. You'll see your age spots, and the average 40-year-old and I do put ages on this because if you're 80, that means you have way more oxidative damage to repair than the 40-year-old. So, the average 40-year-old will see their age spots disappear in about six to eight weeks. How about that? And this is a semi-permanent effect, this is not like a lightener.

When you use a lightener, what ends up happening is you go on vacation and all the suppressing you did is gone in an instant, and it's just a waste of money. With what we're



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doing, we're repairing the wound that causes the melanocyte to overproduce. It is a much more permanent approach and here's my experience. If I go on Rescue for eight weeks and then I go in the sun, I might see 40%, 50% of those age spots start to come back. Why? Because I have healed the oxidation damage enough so that the melanocyte no longer feels like it needs to protect that area, so the melanin stops, but I haven't healed it enough where it's still going to be delicate in the sun.

What you have to do now is you just have to treat it again. The good news is you've only got one oxidation event to repair so you lighten back up very quickly. But then let's say you're on it for three, four, five months, and I think Rescue is something you should just be on for the rest of your life. It's so remarkable in its ability to heal texture and prevent these things and just strengthen the immune system of the skin. So, let's say you're on it for a year. Now, when you go in the sun, you might see 10%, 15% of those age spots come back because you've been able to treat that damage. So, the older you are, the longer you're going to have to be on it to have this sort of success, but that's okay. It's still worth the effort.

Now, I have found that some of these age spots to have a component of DNA damage and they're not as responsive, they can be helped with Catalyst. Remember Catalyst is the DNA serum and so I mix those two together for age spots all the time. I will tell you, I am trying to get and source a new exciting ingredient that I believe will accelerate the repair of those most stubborn age spots because there are going to be a few of those and I believe that's a unique type of DNA repair that I think I have discovered the solution for them. So excited.

I will be adding it to Rescue, just so you know, when it comes out. The new Rescue formula hopefully coming out soon, you'll hear more about this ingredient and the other ingredients we added. So that is treatment of age spots. If you have PIH, then you're also doing the Rescue and the Catalyst together because there's lots of wound healing to do there, plus the oxidation damage as well. So, all of those things are going to be effective, but I do want to just spend a second on reminding you about this lightener issue and the lighteners you're using.

I'm not going to go down the list of all the tyrosinase inhibitors that are not hydroquinone. There's probably 8 or 10 of them, some work on blocking a hormone, activation of melanin, some work on straight tyrosine. Are they okay? Listen, well I'm about to re-introduce my product called Enlighten. It's a gentle tyrosinase inhibitor, liposome delivered, nothing toxic in it with the idea that liver spots could use that because I don't have a solution for you yet, with the idea that you're still always working on the wound with Catalyst and Rescue for the permanent solution, but it's okay to do a temporary lightening solution.

I would caution you about exfoliating regularly. That's going to increase your sun damage. Remember to use zinc or titanium on the surface or a mineral makeup like the [Osmosis Colour](#) line to provide a layer of sun protection on the surface that reflects the sun. All those things are wise to do during that time, especially if you're using a lightener. A lot of people think, "Oh, I use a lightener, but it's okay because I'm using an artificial sunscreen."

No, I want all people, all women to throw away their makeup base coverage with SPF 30 or their moisturizer with SPF 30 that's so light and nimble because it's using chemical sunscreens that cause DNA damage, that cause harm to the skin and they are not providing enough protection, in my opinion, for the skin for you to be thinking that "Hey, I can lighten

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my umbrella of protection and go in the sun." It's just not an effective way to go. I encourage you to never ever use hydroquinone.

It also causes a bluish staining of the skin in severe cases called exogenous ochronosis that is very hard to treat. In fact, I have a case that I have provided the protocol to, but I'm not sure where they're at in the protocol to tell you if we were able to help heal exogenous ochronosis, but it's the most severe aspect of hydroquinone. Anything that poisons the skin so I'm not a fan of retinoic acid, I don't want you to poison the melanocyte with retinoic acid.

Of course, you don't want to use things that promote DNA so again, stay away from the retinols. A lot of people think, "Oh, part of my pigmentation treatment should be a retinol because it exfoliates." You don't want to exfoliate your skin every day. The [Osmosis Vitamin A](#) lines do not exfoliate your skin. They feed it and that's the secret to success. I don't want to leave without telling you that you've got also have liver spots on your hands, not just age spots, so that too is, I found, maybe something called alendronate sodium and even acetaminophen could be hurting the liver and causing liver spots on the hands. So, then you say, "Well, why do I get hands versus face?" Different part of the liver, different drug causing a different bit of harm to you.

Here's the summary and thanks for staying with me today. The summary is that your pigment is a miracle in action. It's just an amazing protective component of your skin. I think the more pigment you have, the better, except for that one caveat is you're going to have to watch those vitamin D levels, but don't hate those age spots. No, they're there protecting a wound. Accelerate and heal the wound. Don't waste your money on lighteners when you can treat the source and then you don't have to constantly keep fighting the battle. Don't go to laser to treat your age spots because what does laser do? It heats and cooks and causes DNA damage to the skin when it lifts that age spot temporarily. Anything that's adding to the wound while it's treating the problem is a problem. I hope that helps today. Look forward to talking to you again next time and we'll see you soon.

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