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Speaker: Dr. Ben Johnson

### Episode 6: The Top 5 Serums You Need in Your Skincare Routine

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.

Hey, everybody. Welcome back to another Ask Dr. Ben podcast. Today, we're going to be talking about the best serums for aging skin. I get this question a lot. I think it's really valuable to have a good sense of what's missing in your skin as you get older. That's really how I came to the conclusions I'm about to share with you. This is a labor of love. I've been working on formulations for skin serums now for close to 25 years. As I try to remind everybody, as a formulator, everybody has pretty much the same options unless we're talking about patented ingredients that are not available to be licensed. In that situation, obviously an individual company is going to have an advantage. Now we happen to have a couple of really important patents that I will speak to here that speak to why I think the Osmosis serums, let's call it, our top five serums are really addressing the most specific issues that people face.

You see, a lot of skincare is a lot more common sense than you think. Unfortunately, when it comes to formulating, I think everybody has been stuck in a rut. They've been thinking about, well, what is everyone else using? What's the best marketing claim? Which ones have the best of claims associated with them? Which ingredients I should say, have the best claims associated with them? We should add that ingredient to the mix, but do they necessarily make it in a therapeutic amount or is everything continually being pushed towards the most cost-effective method of manufacturing? You know, that's, I think where I get turned off the most is this idea that, hey, if you can make this super profitable, that's the best decision as a formulator and I disagree with that.

I think all products should be made to serve a purpose and they should be made at the best value you can do that at. I'll give you one example, as a formulator, I make decisions to order my own raw material. I might have a lab. When we work with several labs, but one of my lab says, hey, you've sent this formula over. We don't offer this ingredient. Can I interest you in this, this or that ingredient? 99 times out of a 100 when that's happened, we have opted to purchase the raw material ourselves and ship it to the lab.

That may not sound like a big deal, but that is, from what I can tell, we're one of the few companies who practices this often. The reason why that's an advantage as I've jumped into these serums shortly here, sorry, I was giving you the preamble. The reason why that's an advantage is because I can buy ingredients cheaper than the lab would charge me to put them in the product. They put a markup on every ingredient. By offering ingredients and providing them ourselves, it actually reduces our cost, and we can pass that reduced cost onto you.

Without further ado, let's dive right into first and foremost, our understanding of aging skin and what we need to worry about because there are some key things that I think you're

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going to find new and interesting. If you're not too familiar with my philosophy and even if you are, you probably haven't heard some of this, so I look forward to sharing. The number one thing I've identified as the critical cog in the wheel of aging is a loss in circulation in the skin. Every year of your adult life, we'll start calling adult life, at about age 25. So, age 25 begins a significant decline in the quality of the skin. It's a slow decline for most people. Of course, it's accelerated with a really harsh lifestyle, smoking and other, going through chemotherapy, being on really harsh medication. All those things can accelerate aging but expect about 1% loss in your skin in many different categories starting at age 25.

The rule of thumb, I like to you use because I'm turning 53 here. I think 50 is a good sort of mid-ground number to choose. If you are 50 years old and listening to this, you have approximately 25% less circulation in your skin than ones you had when you were 25. That's the result of about 1% in a year. Now that same number also applies to collagen. At age 50, you have 25% less collagen in your skin than you did at its peak. Again, this is related to this 1% loss in collagen that's been documented as an average pace of decline now, as it turns out, you also have a decline of about 1% a year in your growth factor population. You have a decline in your skin's ability to heal that occurs at about, we'll call it 1%. Really when you take away the food supply of the skin, you can imagine that all things that rely on metabolic effort to keep you young or to heal you are going to be declining.

We estimate, although I'm not sure all of it's been measured as carefully as circulation and collagen, but we estimate just about everything slows down, including your turnover rate. Your skin's turnover rate, which there's no medical research that proves what causes a slowing down of the skins turnover rate, but I have the very logical answer for you, which is that your skin slows down its epidermal turnover rate. Remember when you're young, your skin makes your epidermis every 30 days. Turnover is sort of in line with that discussion of how often your epidermis replaces itself. That, in the young, is 30 days. Fast-forward now, you're 50. You're going to have 25% slower turnover rate. Well, that means you're probably turning over in about the 38-day range, which kind of fits into the estimates I think people have made on this rate, but again, the cause of it is very obvious. You've lost your food supply. Imagine right now that you were eating 25% less than the dietary requirements your body needed to maintain its metabolism. What do you think would happen? It's pretty straightforward. Your metabolism would decline by 25%.

That's why starvation diets fail for a lot of people and that's why the skin slows down as you age. The beauty of this philosophy, again, I harken back everything to sitting here in awe over how complex and beautiful and responsive the human body is to whatever it faces. Your skin, like everything else wants to be at full capacity if it can, but it struggles to keep up the full capacity the more we reduce its nutrient supply, the more we reduce its antioxidant supply, the more we reduce this oxygen supply. All those things matter.

Final piece of the story on the aging skin has to do with the fat pads. This is not quite as uniform as the circulation and related components within the skin because the fat pads of your face have a detox role that they play. It kind of depends how much alcohol and sugar you're ingesting and/or there's also fat pads I believe that relate to salt injection. Basically, table salt is one of the key inflammatory markers in the American diet. It is a cause of loss of your fat pad in certain regions of your face. I've mapped out which fat pads I think respond. That's what I'll call a working theory right now. I'm extremely excited about it because we've

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come up with a way to actually replace the fat pad, but today is about serum. We're not going to talk about [Recovery](#), my fat pad replacement supplement.

Now we understand what's happening to the skin. You have some sun damage that's occurring. Depending on how much sun damage you get. You know if you live in Seattle versus Florida, you're going to look a little bit different, right? Depending on how much sun damage you get, we have to address the oxidative damage of your epidermal barrier. That's caused by free radicals, that thing you've heard so much about. What happens when you go in the sun? Oh, it causes free radicals. Those are oxygen free radicals that happen in your epidermis. Those do cause changes to your skin texture and basically, to your epidermal health overall. That's another one that has to be addressed. Then you have your DNA damage that's caused by the UV exposure. That's going to vary on different people.

I'm trying to describe for you is there's three layers of aging that you need to think about. One of them is how toxic is your diet and is that shrinking your fat pads on your face causing volume loss. Number two, how much sun exposure have you had in your adulthood and/or in your youth if you took a lot of hits then and how much recovery needs to be happened there. Then number three, how much inherent aging is happening in your skin as your skin loses its circulation and the food supply and the healing components that it needs. Those are all the things you can answer in your own head right now, as we dive into the phase one.

I'm going to tell you these things in the order I believe they apply to most people. The number one best value in the Osmosis top five serums and probably the most important one for general aging, this speaks to the loss in circulation, the loss in collagen and elastin. I'll even go into some level and basically the loss of nutrient supply. What addresses all of those? That is our A serum category. That's [Calm](#), [Correct](#), and [Renew](#). For simplicity purposes, I'm going to just jump to the strongest formula because that's the one you want to work your way to. It's very similar to Correct, Renew is, but it is double the retinaldehyde. It has that much more collagen activation in it. It really is an amazing value when you look at the huge number of collagen stimulators in the formula. We're talking about hydroxyproline, chlorella, niacinamide, 1-3 beta glucan, a-lipoic acid. All of these ingredients have a collateral collagen stimulating benefit.

The way I formulated it in my head was okay, people are going to come and they're like, what's your best product for wrinkles? That's how the A serums began because I knew I had to find the right A serum, or I should say I had to find the right Vitamin A. The thing you need to learn and know from this podcast today is Vitamin A alone is not going to reverse aging very effectively. As you probably have heard from my Vitamin A serum conversations, Vitamin A in the forms of retinol, retinyl palmitate, retinyl acetate, and retinoic acid, don't do anything to increase collagen density in your dermis, zero. Research definitive on that. I really, really cannot tell you how important it is if you're going to buy a Vitamin A. You cannot buy my Vitamin A, that's fine. If you're going to buy a Vitamin A, always look for retinaldehyde. Really, you need to find products that have stabilized retinaldehyde. There's just very few on the planet that have access to that technology.

Now what makes our retinaldehyde even more special is it's stabilized and it is liposome delivered. What a liposome does is it increases the penetration of active ingredients by

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roughly six-fold. Vitamin A is a pretty big ingredient. It needs help getting into the skin. We can get a six times penetration enhancement by using pharmaceutical grade liposomes, which we use in a few of the serums we're discussing here today. Super exciting to me, you can get this product. The chlorella in this product is stimulating for new blood vessel formation. The niacinamide in this product is dilating your blood vessels to increase local delivery of nutrients. Even retinaldehyde has some genetic markers. A lot of these ingredients get studied for what genes they activate. It does have genetic markers suggesting it increases new blood vessel formation as well.

This product is approach to stimulate more circulation because, by the way, one of the reasons this A serum is so effective and does create permanent change on your skin is because you're feeding your skin with chlorella and niacinamide effects while you're asking the skin to make more collagen. One of the challenges your skin faces is it doesn't matter what collagen stimulator you put on it. If the nutrient supply isn't accelerated, there's no way that the fibroblast, which is the cell that makes your collagen in your dermis, there's no way that fibroblast can make more collagen and elastin, if you don't in fact, increase the supply at the same time you're making the request. I hope that makes sense. The idea here is a tag team approach. There are eight collagen stimulators in this formula.

As you heard me say, there are vascular building components to this formula. This to me is like the go to base product that I want you using for aging. A couple of little notes on it. If you jump onto this product and you find that it causes purging in some region of your face, just know that that's because niacinamide is a detox ingredient. The high dose niacinamide in this may purge toxins in your skin, but it's not causing acne, it is clearing toxicity. You need to treat the toxic source underneath it. This will also be true for the next serum I'm going to talk to you about which is [Catalyst](#), where it detoxes the skin. If you are taking this product and you are purging, it's a sign that you have internal toxicity. We treat it very, very effectively and you need to look at our wellness. Reach out to your sales representative or call [customer service](#) or even write me, [Drben@osmosisbeauty.com](mailto:Drben@osmosisbeauty.com).

The beauties of the A serum are it's tolerated in pregnancy and breastfeeding. It's Non-Sun sensitizing. It's the only Vitamin A serum, I think in the world that's non-sun sensitizing. Does not cause DNA damage because of the stabilization of the Vitamin A. It does not over exfoliate the skins, which is part of why it's non-sun sensitizing, but that's also means it's barrier protecting. It's a really unique formula. The liposome material in this formula is called phosphatidylcholine. It's what your cell walls are made of. It really is a special product that traps moisture in the skin instead of drying your skin out. I hope you appreciate it. Your Vitamin A serum should be used twice daily. It can be cocktailed with your other serums except for [StemFactor](#), which is on this list.

Let's jump next to the second most important of the top five serums in Osmosis, which I believe to be [Catalyst AC-11](#). Now, let me make a caveat here. This is the full-on anti-aging... We're addressing collagen losses, elastin losses. We're addressing loss in elasticity of the skin. We're addressing DNA damage. Remember all these things I mentioned in the beginning are in the back of your head now. You're like, okay, I know I have to deal with these things. You might find that Catalyst is not your number two most important serum because, oh, I don't know your texture and your age spots are more important to you. In that case, you would want the third most important serum, which is our [Rescue](#).

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Catalyst is a patented product of ours. The technology is really different and interesting. It's basically the Vitamin C serum that you would choose in your line. There are a lot of Vitamin C serums out there and there are a lot of people with a lot of opinions. I'm going to give you just sort of the basics of it. I looked at all the Vitamin Cs. I looked at the stabilized Vitamin Cs. I have access to all of them. I made my choices based on what I'm about to tell you. Vitamin C is a really interesting molecule in that its antioxidant properties are not the most important property. The actual most important aspect of Vitamin C is its collagen stimulating property. That is done by its ability to make the amino acids in your skin sticky. You've all heard that story about scurvy. Oh, the people on boats didn't get access to Vitamin C in their diet and so the skin started to fall apart. Well, the skin starts to fall apart not because they didn't have antioxidant protection. If you don't have antioxidant protection, then your skin just starts developing sunspots and sunburns a lot easier. If you're actually have scurvy, that means your skin is not able to literally repair itself and/or create the collagen and elastin needed. That has to do with this process called hydroxylation, which is what Vitamin C does very well. Also, an ingredient called AKG does very well. Both of those are in Catalyst.

The reason why I'm telling you this story is because Vitamin C is an important part of your skincare routine. It's a really important ingredient in helping your fibroblast make collagen. It plays such an important role. Yes, it's good in your diet, but I don't believe in mega dosing Vitamin C because I think it actually weakens your immune system, believe the studies supported that. Definitely with Vitamin E they supported that. I'm pretty sure there was a study that had the same sort of shocking reality. Topically, how do you want to present your Vitamin C? You're going to hear a whole host of experts tell you that you need the stable Vitamin C because once Vitamin C is oxidized, it's no good anymore. That is the old school chemist mentality that Vitamin C's an antioxidant and if it's oxidized, it's no longer an antioxidant and now it's wasted.

Well, I don't subscribe to that because we already know from the research that Vitamin C is reactivated, if you will, or the oxidation part of Vitamin C is repaired by something in your skin called glutathione. You will find, I think that the benefits of this product are incredible. It's going to enhance your wound healing capacity. You think of this Catalyst as being, you know how I talked to you about how the tools of your skin have diminished as you age? This is replacing really critical tools at a high level. Some of the unique ingredients and besides the Vitamin C and the AKG in this formula. By the way, AKG stands for alpha ketoglutarate, are the amino acids that we hydroxylate in the manufacturing process. This product bubbles for a month after we mix the ingredients together because it's literally forming these really powerful healing tools for your skin called hydroxyproline, hydroxylysine, hydroxyglycine, and hydroxycysteine in really high doses.

That's why Catalyst is a little bit sticky and a little bit dark because it's literally creating this formula of the high potency for healing. That's why it's able to reverse acne scarring and it's able to heal broken capillaries, and it's able to make skin tags fall. It has so many applications, it's crazy. We're talking about it for aging skin at this point. I want to say its ability to heal DNA damage is clinically proven. Its ability to tighten the skin by 110% over eight weeks was clinically proven. It causes a tightening of the eyelids. Yes, all my serums should be used on the eyelids as well. It's a really incredible product. Number two, for me in

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the range as far as my top five serums. You just figure out how to cocktail it and make it work because it is a little darker, so fair skin struggles a little bit more with it. I personally like the level of the slight tanning effect that it causes for the day. I have no problem with that.

It mixes really nicely with the third product I'm going to talk about here, which is Rescue. When you put Rescue, which is a pure white formula in with the Catalyst, I think you'll find it to be a nice addition for you. Moving on to Rescue, remember that was our DNA repair we're addressing in that serum. Again, these are the top five serums because we're addressing really the top five reasons why your skin ages, DNA repair, bigger focus on elasticity, a bigger focus on wound healing. For that reason, I liked Catalyst. Also called in the retail line, DNA Repair Serum. It's a weaker version of Catalyst.

[Rescue](#), number three of the top five serums, another patented product of ours. No one in the world is using this ingredient. It's called trioxolane, although the label will say the inky name of ozonized ethyl oleate. Trioxolane is incredible because it's a stabilized oxygen that heals oxidation. This is phase three of the aging dilemma. A lot of people use antioxidants for oxidation, but the problem with any oxidants is they never get the job done 100%. You can over antioxidantize your skin and actually make it less healthy. The main thing is that oxidation happens regardless of whether or not you apply antioxidant creams. Antioxidants do not reverse oxidation. That's where Rescue comes into play. We're trying to reverse the oxidation of your skin. That's going to change your texture. Your age spots are going to heal permanently. You're going to see inflammation go down dramatically because that oxygen is also used to boost repair and detox in the skin. It's really the go-to we use for a lot of skin conditions in the first phase because of its ability to calm inflamed skin and detox it.

For aging, it's one of my favorites, I can't obsess enough. There's just nothing like it. It has a very unique addition to the formula. You'll typically hear me say to people that I use four serums. It's the Rescue, the Catalyst, the Renew and StemFactor, which is going to be my number four of the five serums. This one is designed again to fix old damage, really. That's why I use it to repair the damage of ongoing sun exposure along with healing the old damage. Again, I can't emphasize enough how crazy cool it is that this product does permanent changes because once you've done the repair, it's repaired. Yes, you can re-damage, but it is repaired.

Love that product. Again, I would cocktail the Catalyst, StemFactor and Renew together. One pump of each twice a day is my recommended protocol after you've applied StemFactor to the skin. Now, what is StemFactor and why do you apply that first? Well, it's our stem cell derived growth factor serum. It's got over 600 different proteins related to rejuvenation and healing. It's the highest number in the industry we have. It has the highest number of growth factors in the industry. It's the best growth factor serum on the market. I'm speaking purely on the analytics. If you think you might've found a growth factor serum, that's better than this, all you have to do is request their growth factor information. How many growth factors do they have? At what quantity are those growth factors present in each milliliter of solution? Those are the ways you tell whether or not you've got the goods.

Of course, performance, which StemFactor has great performance. These growth factors in the product are unique in that they have a delivery system called exosome technology. This is a clinically proven formula to reduce, to rejuvenate the skin. Again, more permanent

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changes in the skin from this formula. The way it works is the growth factors in it are dropped into your follicle because they're so big they won't go in the skin any other way. Once in the follicle, they activate receptors. That's been shown to be true for other growth factor serums. We know that to be clinically proven. StemFactor's a really nice light serum and really well tolerated. It goes on the skin first, on a clean face because you want those growth factors closest to the follicle entrance when you apply your other serums.

That's the big four. Why growth factors? Why do I need growth factors? Because they decline at 1% a year like the other stuff we talked about. At age 50, you have 25% fewer growth factors in your skin. So it really makes a nice change. Plus, the StemFactor formula, it contains a small component of collagen and elastin and fibronectin and other skin goodies, nutrients that help the skin speed the rejuvenation process. Really, really a special product. I'll end on the number five serum, which I don't include in my protocol unless I'm headed out for extended sun exposure. That is [Replenish](#), our antioxidant serum. That serum is the most packed antioxidant serum I think you'll find on the market. I want to say there are 14 different antioxidants in it, off the top of my head. All liposome delivered.

Remember that pharmaceutical delivery strategy using phosphatidylcholine where we increased the penetration by six-fold? That's what happens with Replenish. It also restores the barrier because of that liposome material, and it helps trap moisture in the skin. It is definitely a fan favorite out there for a lot of people. I would tell you; it is number five on my list for a reason. The first four are doing more to reverse aging. Now, for some of you who can't tolerate A serums, Replenish is amazing because it does have five collagen stimulators in it. None of them are the Vitamin A collagen stimulator, but it does have others that are very beneficial to the skin.

On that note guys, again, the protocol, wash your face, apply StemFactor first, twice daily, one pump. Then you take other three serums. You cocktail one pump in your hand. You mix them together. You massage them into your skin as effectively as you can. Then you take [Infuse](#) or [Boost](#) and you spray your skin four to five times getting it decently moist. Then you massage in one more time for 20 to 30 seconds. Again, with the idea that by doing that, you've literally accelerated the penetration by 30%, this is really important. Makes it much more value to your dollar. The whole thing about the Osmosis approach to serums is about value. I could sell you a really fancy peptide serum where, and we do use a couple of peptides in the serums that I talked about with you today, but they're only the ones that I've found to be bioavailable. I could sell you a really fancy peptide serum and if most of the peptides in that formula are not actually impacting wound healing in the skin, that's what it comes down to guys.

I know you're saying, oh, I thought it was about wrinkles or redness. Honestly, its impacting wound healing is what distinguishes a temporary anti-aging serum effect from a permanent one. There's a ton of stuff out there where they're using alpha-hydroxy's to plump your skin or a high dose of Vitamin C. 10 to 15% pure Vitamin C can cause enough irritation to plump the skin. Yes, the C's doing some good in that case, but the irritation factor that causes the plumping is what we avoid at Osmosis. We're not into this temporary plumping model. It's not worth your dollars. Shoot, wouldn't you want to be on a regimen where every month you're on it, your skin keeps getting younger. Get out of that old model where when you use

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serum, you see your skin get better for the first month or two, and then it plateaus, and you don't see any further improvements at all because all you did was plump your epidermis.

We do take a unique philosophy. I'm excited to share that with you today. I appreciate you joining me on this podcast. As you might imagine, you can check us out at [osmosisbeauty.com](https://osmosisbeauty.com), where you can go do the [skin quiz](#) and try to find the perfect protocol for you. It's a very personalized quiz format. Check out my Insta-lives, they're happening weekly. You should be able to find those on our [Osmosis Beauty Instagram](#) or Ben Johnson, MD Instagram. I occasionally get some flow over to that as well. I'm going to leave it at that guys. Thanks for joining me for another episode. Look forward to sharing some exciting new information next week.

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