

ask DR. BEN

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Speaker: Dr. Ben Johnson
Episode 19: Top 10 Signs of Aging_Part 1

Hello everybody and welcome to another episode of Ask Dr. Ben. Today's episode should be fun, we're talking about the top 10 signs of aging and what procedures you might want to avoid, what really works. I have a holistic perspective on the human body, which I think is pretty unique to the world of cosmetic surgery and aesthetic procedures. But also, when it comes to wellness, I believe a lot of things can be helped in a holistic way. So, where I can, I'm going to try to remember all the different things that may be options for you for each of these aspects of aging and why I think you should reconsider and look for this holistic perspective.

You're going to find I have answers for a lot of things, primarily because over this last decade plus or so, I've been asked to address things and I never say no. My intellectual curiosity gets the best of me. I chase down the potential causes of things and then see if solutions are possible, and then I chase down if it's a solution that I can help with or not. We've just been knocking it out of the park, to be honest, at Osmosis, with the strategies we're employing. And in this day and age when your health is most critical, during this time when you have the ability to be exposed and re-exposed to this virus, you need your immune system working right, and that's on the list here. So let's dive right in.

This might end up being two sessions, so if you're really getting into it and we cut it off, I apologize in advance, but I'm trying to keep my sessions to about a half hour just for tolerance and your timing. Maybe you're driving to go pick up your kids. Anyway, 30 minutes seems to be like a preferred amount of time. All right. So the number 10 sign of aging is a digestive issue. So what I call it is digestive malaise, issues with bloating, belly puffiness, discomfort, cramping. In general, it seems to me that as we get older, more and more people are just accepting the idea that digestive issues are part of aging. And yes, they would like to resolve it, but the choices that are out there are not always the most effective choices.

So I wanted to give you the broad picture here, which is in general, digestive problems are caused by microbiome issues, surprise, surprise. Your microbiome, all the probiotics, that line your digestive tract are all involved in helping you process food. And of course, as we age, we just accumulate years and years of not always getting the best food options, which is a challenge I put to our Western civilizations. I speak often about the idea that putting bleach in our water, pretty much everyone's public water has bleach in it, is ludicrous. It's just silliness and absolutely should be stopped tomorrow. And we'll come up with better purification methods, whatever it takes.

Remember bleach is particularly harmful to your microbiome, and so that's challenge number one. So I advise anybody who's in a state, and you should check out your state, you may already know it has higher chlorine or not. By the way, they call it chlorine, and chlorine sounds way more benign than bleach. But trust me, when I say, when you look up the chemical and it is not straight chlorine, it is always some oxygen chlorine combination that is

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basically bleach by definition. The number one idea for people who are struggling with these issues with digestive problems is to, first of all, analyze.

And you can use our face mapping. So if you go to [Skin Mapping](#) at osmosisbeauty.com, you'll see where we help you identify which organs are involved, and then we do our best in that [Skin Quiz](#) to give you the idea of what's actually causing your skin issue. But as always, you can write me at DrBen@osmosbeauty.com and I will assess you on an individual basis to see if I think it's something specific. I've been having really good success with this, so I would put it over 95% success rate, probably closer to 97% success rate with the issues that I'm dealing with. Then obviously, with certain skin conditions, we're having 99% success rate. So that may sound crazy to you if you're not familiar with what we do here, but it's the norm here for us.

I'm going to take that personal attention to help you because I'm trying to create a movement here, I'm trying to create an understanding. I feel like the larger the number of people who get these remarkable results, and I hear that we're very popular in certain chat rooms and social media venues where people are sharing their results, it's jaw dropping when you get down to the level of severity of some of these issues, so digestion is certainly one I focused a lot on because it's the source of rosacea and it reduces your happiness. So in a more spiritual perspective, what I would tell you is the most important thing you can do every day is make sure that you have this amazing sense of contentment if not a sense of joy as much of the day as you possibly can.

If there are triggers leading to you not feeling happy or joyful throughout the day, you need to identify those and resolve them. There's no individual recipe for this, but it starts by bringing awareness to it. Start to pay attention to how often during the day you're worried, how often during the day you're unhappy or you're angry, or list the long number of emotions that pull us out of our sense of joy. So I know that one of them is people love food, and they want to eat food. Food is a source of joy. And when you can't eat your favorite foods or you're finding every time you eat now, you have prolonged gas, bloating, pain, or you have chronic diarrhea or constipation, or all those things, which are getting more and more common with aging, then we need to address it.

So number 10 is digestive malaise, issues with digestion and bloating. When it comes to the microbiome, one of the key things, because remember here in this session, we're going to be talking about what to avoid. I can tell you right now you avoid an anti acids. Do not take anti acids to help you with your acid reflux because anti acids will reduce your digestive capacity, and then you have way more poisonous food passing through your digestive tract. This will lead to progression of your symptoms and disease, will not resolve your acid reflux. That needs to be addressed at a microbiome level, and including H. pylori, which I believe to be a shift of the microbiome.

So where do you start? Well, you start by avoiding alkaline like milk of magnesia or anything that's like a Tums or anything that alkalinizes your gut. You avoid alkalinized water because alkalinized water taken consistently over time actually changes your microbiome, number one. Number two, it reduces your stomach's ability to break down food because your stomach wants to be an acid pit. And you avoid probiotics. You would think with all the crazy conversations about probiotics, that that must be the solution. But like so many things

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in our industry, in Western medicine, in the beauty industry and the health and wellness industry, we go off track and we don't get what needs to be done done and we don't often address the source.

There's a ton of guessing involved, and there has always with hit or miss results, which probiotics can create. It gets very confusing. So for example, you may have a friend or you may personally have taken a probiotic and you notice that by taking that probiotic, your bloating went down or your digestive symptoms improved somewhat, or maybe a lot. Well, that's rare. Most people have a detrimental effect from probiotics, and it comes from a philosophy that, I don't know how many others are sharing, but it's definitely the philosophy I hold on to, which is all of the bugs in your body, including your microbiome, our DNA selected. Your DNA, not anybody else's, DNA selected bugs based on your physiology.

As a result, if you're taking some shelf or refrigerator bought series of probiotics, they're not going to suit you because your bugs are different than the bugs they might think are good. So as a result, I don't want you to take probiotics. The studies show that people after antibiotics end up having a more slow recovery on probiotics as a rule. I'm a believer in prebiotics, not probiotics. Most prebiotics are designed poorly. In other words, they're designed with a bias where they might encourage a certain type of strain or set of strains of bacteria like lactobacillus, which causes you to gain weight, another one of my top 10 lists.

So you don't want to be adding lactobacillus to your population, especially if you don't know if it's the strain your DNA wants. We have this prebiotic at Osmosis called [Recovery](#). And literally, over three or four months, most people it's three months at a tablespoon a day, three bottles total, you will see your microbiome completely transition back to its original state. The feedback we're getting is off the charts. It's a really fabulous product. Yes, you're taking a tablespoon of oil once a day. So if you have trouble swallowing oil, figure it out, put it in your smoothie, but it is amazing for so many aspects of the aging process. We'll talk about some of its other benefits when we get to other parts of this list.

I don't know what it is, maybe I just haven't been talking that much this morning, but it seems like every time I do a podcast, I'm clearing my throat a lot. I'm like, "Okay, Ben, you need to..." You know what it is, it's like in this world today where we're not interacting enough with other people. And the same thing is true here. We're operating with a relative skeleton staff here at the office, and you just don't interact with people like we used to. And I think that is definitely a move in the wrong direction for our society. We are already screwed up by our cell phones and our children living off of texting as a communication method. But anyway, I digress.

So, microbiome recovery is critical. And our [Osmosis Recovery](#), I think is the best in the business of doing it. Put us to the test, let me show you how. If you have issues with digestion where you have acid reflux, a lot of times I'm recommending a digestive enzyme. Ours is called [Digestive Support](#), and it's an excellent enzyme. It does contain pancreatic enzymes from animal sources. So if you're vegan or vegetarian, it's not ideal for you, but if you're having acid reflux, it's a really good solution to help you break food down better so that your stomach doesn't have to produce more acid. See, I think a lot of acid reflux has to do with overproduction of acid, not everybody, but an overproduction of acid in response to diminished pancreatic activity.

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The constipation diarrhea thing, which is becoming more and more of an issue, very heavily weighted on the microbiome problem. But you may very well have IBS from candida. A lot of people develop candida as they get older as a result of antibiotics here and there and never getting the balance and your gut back to where it was. It could be because you have progesterone is one of your medications and it is stimulating candida. It could be that you are big into drinking beer. And that does intend to create this candida/yeast overload. It could be that you do a lot of sugar and/or fried foods, that is big in stimulating candida. So you want to address while we're still in the digestive category. Oh my God, I'm realizing this may be a three-part series. I'm just a talker.

But mucus is another issue. Well, first of all, let's address candida. One of the ways you have to address candida is by clearing your mucus buildup. That comes primarily from dairy and fried foods. So if you're someone who's like, "I have less and less ability to have dairy and I really love my dairy." You can get back to that, by the way, we restore. The point of this whole series here is, we want to restore your youthful abilities to eat certain foods, to eat foods without cramping or any side effects, and to stay svelte and not have the chronic bloating issues that a lot of people have. You would remove mucus with our [Skin Clarifier](#).

We call it a [Skin Clarifier](#) because mucus is connected to acne a lot, and it's certainly the because of blackheads. But in fact, it is a total body mucus cleanse, pretty fantastic. You need one to three rounds of it. You can base what you need by either writing me and I can help remote muscle test out for you. Or you can go on based on symptoms and see how many you need. Then there's people who have IBS for other reasons beyond candida. It could be a viral cause, which I think is linked to Crohn's ulcerative colitis and celiac. I think there's a virus behind those. So we have a protocol for those using our unique antiviral product called [Immune Defense](#).

I will be putting up those [protocols](#) on the website here, hopefully in the next week. But in the meantime, if you have some IBS condition and you want to know how to best treat it again, write me at Dr.Ben@Osmosisbeauty.com. I think that pretty much covers if you have chronic constipation, you're going to want to address that. Usually, constipation is increased by things like H. pylori. You know you have H. pylori in a more serious way when you have redness around the sides of your nostrils. That's one of our skin mapping tips and tricks, but H. pylori leads to poor food digestion, which leads to constipation.

Mucus can lead to constipation, so that can be a factor. Obviously, the microbiome health is critical. We have amazing feedback on constipation problems being resolved in the first month of [Osmosis's Recovery prebiotic](#). So let's see [digestive enzymes](#) can help, the Recovery helps, and sometimes shrinking candida can help constipation. Then you're looking at our [Skin Perfection Elixir](#) and our [Skin Clarifier](#) mucus cleanse for candida. I'm not sure I fully elucidated that protocol. And I'm throwing a lot at you, and I apologize. You could always re-listen if I'm hitting a hot button for you and you're like, "Wait, wait, I didn't get all that."

I got to move pretty quick, otherwise this will be a 10-part series. Nobody wants that. So chronic diarrhea is usually a pathogen problem. So we treat our pathogen problems with [Immune Defense](#). So if it's food poisoning, if it's mold exposure through certain foods, those things can take hold in a weakened gut system. You just need to kill the bug. So again, write

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me, because not every bug's the same if you fall into that category. And did we cover this? I think we've actually covered number 10. It only took 17 minutes. So number nine, this one should be shorter. Number nine problem I noticed with aging, including yours truly is hair loss. Increased hair. I'm putting this all under one category. It's a hair related category.

So you got hair loss on the head, increased hair on the body, gray hair. Of course gray hair. That seems like a big one, but there's not a whole lot you're going to be able to do with that. Although I do think in general, if you're someone who grade out early, so let's say you're near 30 or under 30 and you went gray, you might be like, "What do I do about this? Is that something that is reversible there?" And to a certain degree, there is some reversability. I've noticed that by restoring your microbiome, and I know that might sound shocking, but the recovery for your microbiome does reduce the overall gray hair content over, let's say a six-month period.

So it takes three months to restore your microbiome, and over the next three months after that, you should be noticing diminishing levels of gray hair. But most of the gray hair issue is actually emotional trauma. It doesn't have to be trauma, it can just be a highly stressed out person, although usually those people have been through some trauma in their lifetime. There is a product we have for emotional trauma called [Emotional Wellbeing](#) that works really, really well. As long as you take that twice daily dose, it's worth a shot. Give it two weeks to really start balancing you out.

But it's something that we have a really good feedback on, and it can certainly help if you're younger and thinking, "Well, how I've started to see gray hairs in my 20s, what the heck, doc. Help me out here." The answer is try [Emotional Wellbeing](#) because if you're going gray and your early 20s, you have increased inflammation in your body. That's part of what's happening is your melanocytes are shutting down and, or getting destroyed the melanocytes in your scalp. So there's not really a good way to address that other than reducing the inflammatory load. I think [Emotional Wellbeing](#) can really help you.

In the category of what to avoid in gray hair, there's not a lot. Dying your hair is fine, you want to use the most natural dyes you can find, but it's certainly not a negative. I remember when we were dissecting cadavers in medical school, it was pretty crazy to see some of these skulls that were literally black from the hair dye deep into the tissues. So the dye can absorb into the skin. That's why you want to be as cautious as possible in your application. I know when it's done professionally, it's much better than when it's done at home. Like I said, try to use the right hair dye when you can.

And love the gray hair too. I think society has gotten a little crazy for the hair dye, and depending on your hair pattern, there's a beauty in that. There's people like probably aging myself, and I'm 53, by the way, for those of you listening, so I have had a chunk of aging experience up to this point, but people like, I'm thinking of Lauren Hutton or Lauren Bacall that chose to age gracefully. I saw a picture of that girl from the little dancer brunette that was very mousy, pretty girl that was in all those movies way, way back. Oh my gosh, I just saw a picture of her. Anyway, she looked like she was trying to age gracefully.

And part of this is of course, to love yourself and accept that you are going to age and not fight it as much. So we'll talk about some of that as we go through this list. But yeah, for gray hair, [Recovery](#) seems to be one of the more remarkable ways to do it. And then

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prevention of gray hair, [Emotional Wellbeing](#) if you're somebody with PTSD or trauma or struggling to just stay calm during these very stressful times, you may find that that's beneficial. I think less than 20% of the people who are early grayers, it's purely genetic. So it's possible, if you're somebody and you're like, "Oh yeah, all the family members grayed out by 35, you may be in that category, especially if you know you didn't go through a lot of emotional trauma as a child.

And there's not really a way to reverse that, just so you know. The genetics are the genetics. We're going to talk about where genetics really play a role. I think too much is scribed to the genetics. In many cases, they're like, "Oh, you have rosacea. Oh, that's genetic. Oh, you have acne. Oh, that's genetic. Oh, you have auto-immune disease. Oh, that's genetic." I don't buy into that genetic layout, if you will. So yeah, that's gray hair. Now, hair loss on the head. This is an important one, especially traumatic for women because they're not expected to lose their hair. For men, we have a certain segment of the population, probably a third of men who have significant balding starting in, let's say 18 to early 20s and are pretty significantly Friar Tucked by age 30.

You're going find that was built in by design. I'm a believer, from a spiritual perspective, that we make a plan coming into this lifetime. So you'll find those people, oftentimes they're not very upset about their hair loss. They don't care that they're going thin. It's us folk, and I include myself in that category where our hair thinning is something that we'd like to resist as much as possible. Like I said, especially in women. The hair loss in men, what are the factors? An imbalance of testosterone for men and women is a big one. Now, how does this happen? Most bodies do not make excess testosterone. That's never a factor.

It's almost always going to be that our estrogen is low, men included. Our estrogen is low in the balance of things. So everyone struggles with this, but it's primarily because of estrogenic toxins that we get an imbalance of testosterone. What's basically happening is the body sees these estrogen poisons, it makes less estrogen, or it binds up more of the estrogen that we naturally make, and that creates a seeming imbalance to the body, it becomes testosterone dominant, causes oily skin, causes hair growth, and it causes growth of hair on the body. So if you're a woman seeing your arm hair get more extensive or you're noticing more and more lengthy peach fuzz on your face called vellus hair, or you're noticing more and more dark hairs coming into your face, then you should definitely look at getting rid of that.

So the strategy at Osmosis is [Skin Defense](#), where we bind up estrogenic toxins. This can take anywhere from two to 18 months, but the vast majority of people seem to be getting it done in about three months. That just restores your natural estrogen and it restores the balance and that new hair stops coming in. Now, some of the old hairs that came in as a result of that imbalance may or may not dissipate, I'd say in general, expect them to be there. So I'm a believer in laser hair removal for dark hairs. I think it's an effective tool. It's not perfect by any means, it usually requires maintenance and several treatments, but I'm a believer in that.

But you want to get to the balance so you don't keep getting new hairs. One of the biggest challenges people have is they're trying to treat with electrolysis, which I'm also fine with, but electrolysis or laser, and yet they're still getting new hair. So it seems like the laser hair

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removal service is not working quite as well when in fact it's just their balance is still out. Another important one to identify, because there's a lot of people who are very much crazy about their body fat percentage is this decline in body fat, below healthy numbers. And so in men, that's a body fat below 6% by my estimate. In women, that's a body fat below 15%. So when you see the decline below 15 or 6%, what happens is the body stops converting to testosterone to estrogen. Because that happens in the fat cells and the fat cells become diminished, not in numbers, but in activity.

So there is a masculinization effect which men are like, "Yeah, I'll take it," but no, it's not going to be a positive. Any time your testosterone is out of balance, there's no positives to it. You get more aggressive. Honestly, I find libido is best enhanced with balanced estrogen and testosterone, it's not best enhanced with testosterone being out of whack. I'm not a believer in hormone supplementation. I certainly wouldn't want you to take anything that might block your testosterone, so testosterone imbalance is a big one for that increased hair on the back on men and increased growing hair on the face where their beard line were raises up to their cheeks. Obviously, shoulders, more hair. So all of this is not a necessary part of aging.

Now, if you're someone who genetically has a lot of back hair, I'm not talking about you guys, that's just part of your genetic plan, and embrace it. It does have benefits to it, mainly in the survival in the wilderness category maybe, but yeah, we can't really help it with [Skin Defense](#), which again, binds these estrogen toxins over time to normalize your balance. You can also take [Osmosis Hormone Relief](#), which provides a balanced presentation of the sensation to the body.

It's a frequency-based product and it provides the frequencies of hormones, really quite remarkable for a lot of different issues. But we do have a hormone category coming up here so we can get to that. As far as treatments to avoid, I don't think shaving makes hairs thicker and darker, it's just that while you're shaving, usually you stay out of balance and your hairs get thick and they get darker and darker. Now, as I mentioned recently on an Insta Live, the vellus hair can feel like it's stiffer if you shave it short and it's starting to grow because it grows out straight before it peels off and become softer.

So it might feel more prevalent on the face, but I don't believe that doing procedures like epidermal leveling or there's another name for that where you take a razor and you expose the skin gently, but you're also taking out all the hairs with it or shaving itself, or even if you've got an epilator and you're pulling the hairs out. All of that I think is fine as a management tool, especially if you're starting to get heavier on these hairs. Bleaching the hair's fine, I suppose, although you're bleaching the skin, it's not ideal. I think that covers it on the hairs. So [Hormone Relief](#) and [Skin Defense](#) are good options for that.

I say avoid waxing. I do think it's possible that waxing could lead to changes in the hair follicle because of the traumatic nature of the event. So I'm a little less confident in waxing these facial hairs, but I'd say the jury is still out, a lot of you, women who have been waxing for years, you may or may not feel like that change has been that significant in the hair. I don't think it would be that significant, but it is quite a traumatic event. Usually there's purging that goes with it. I'm not a fan of hormone supplementation, it comes with a ton of health risks. It distorts your body.

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We got to stop looking at our body and going, "Oh, I know what I need to be. I need to have the testosterone level of a 16-year-old." No, no you don't. And for you ladies, you're like, "Oh, estrogen is good for you. It's about the bone health," and all of that. No, estrogen is not a good idea. As a general rule, it can lead certainly to cancers, especially if your body has a lot of estrogen toxins. The irony here is that estrogen toxins lead you to want to get estrogen because of menopausal symptoms and hot flashes and all that, and yet, your body's toxic.

So, adding estrogen makes you even more at risk for breast cancer, number one, and other feminine cancers potentially as well. Let's talk about intimacy. First of all, one of the advantages of this time right now is more introspection, so if any of your intimacy issues are PTSD related, post-traumatic stress disorder related, [Emotional Wellbeing](#), it can be very beneficial to you. If any of them are for subtle hormonal shifts, Hormone Relief for both men and women, has been very effective for a lot of people to treat libido, certainly to treat menopausal symptoms and the like. But one of the ones I'm most excited about because it's pretty recent is the idea of [Recovery](#).

When you replace your microbiome, you replace the microbiome of your vaginal region, and this actually does change moisture content, we've heard great feedback on that. What to avoid. Avoid cooking the vajayjay. Look, I don't know why this trend in vaginal rejuvenation is so hot right now, it's barbaric in my mind. Heating up your vaginal tissue is only going to lead to a hardening over time, you're literally creating a wound that's has a potential to scar down. It's a big mess.

Now, if you're someone whose intimacy issues are related to fibroids and uterine collapse and heaviness and things like that, we do have a protocol for fibroids, check that out or write me at Dr.Ben@Osmosisbeauty.com to help you with that. If you have a problem with intimacy because of a bacterial vaginosis, we have a solution for that and involves [Recovery](#) and [Immune Defense](#). If you have yeast, recurring yeast issues, of course, you've just heard me talk about treating yeast, [Skin Perfection](#) and [Recovery](#) are fantastic for that. So there are a lot of solutions there, they're going to work.

As far as libido goes, again, that is heavily weighted on testosterone. The number one cause of lower testosterone is mercury poisoning. So that's in all the fish you're eating these days and some fish more than others. If you're someone who loves your shrimp or lobster and you're living on the East Coast and you do a ton of that, that wouldn't surprise me, that also leads to prostate issues, which can be a relative factor here. So if you've got libido issues, [Skin Defense](#), binds up mercury, it's fantastic for doing that. I think it's better than chelation, IV chelation based on the ingredients I'm using.

And so that can take some time. One of the signs of having increased mercury is increased breakouts with waxing. So if you're someone who breaks out around the intimate regions, especially with waxing, that's a sign of mercury poisoning. If you're a guy and your prostate seems like it's getting bigger and you're having more and more trouble with frequency and difficulty eliminating, that oftentimes is also a mercury problem. Then the final one is vascular delivery for men who are having impotency issues and/or difficulty maintaining an erection.

Some of this is cardiovascular, so just in general, as we go through this list, you might find some tips and tricks on improving your cardiovascular health. Some of it is medication and

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I'm always a fan of trying to get people off medication. I don't think anybody should be on chronic medication unless it's an absolute necessity. And by the way, cholesterol medications lower your hormone production, so I think you should get off your cholesterol medication. Remember cholesterol is significantly tied to the microbiome, so you do the [Recovery](#) protocol, and you can help your cholesterol, get off your cholesterol, statin drugs in particular, terrible, terrible for a hormone production and general health.

So I'm going to move up to the next one on the list. The next one on the list is joints, aches and pains. As we know, as we get older, number seven, joints, aches and pains. So I think with joints, let me start by saying what I practice, which is I think of my knees as precious. I don't really feel as precious, but I try to protect my knees because I'm so cognizant of the 60 plus crowd who are struggling to walk without pain, who can no longer ski bumps, which I happened to be a big fan of, I want to be able to ski bumps into my 80s. That has to do with a number of things.

Chronic repetitive trauma on hard surfaces, if you run on a track that is a dirt track, or you run on the grass, dramatically lower arthritic changes compared to running on concrete or asphalt. If you run on a treadmill, dramatically lower trauma than running on asphalt or concrete. So first of all, if you're a runner, you just love running, and I don't want to hear another thing about it Dr. J, that's totally fine with me, but try to choose areas of running where it's on dirt, grass or treadmill, and this will substantially reduce your long-term damage.

The other thing about running is, I would try to mix in some other things, whether it's rowing or elliptical training or swimming, or other forms of cardio that can get you that same rush without the joint hits. Running is really like the worst, and I've seen these runners, they just love running and it's so fantastic, and so much of their immune system is benefiting from it, but yeah, they hit 50 and all of a sudden, they're like, "Oh, it hurts to get up in the morning." And, "Oh, walking up and down stairs, it's little challenging." And, "Oh, I can't do the long hikes like I used to." Or whatever it is, I hate to see that.

Now, we do have a product called [Joint Relief](#), which really helps a lot of people to twice daily, Elixir designed to help improve joint health. I've seen some evidence of long-term improvements in joint changes, believe it or not, but mainly, let's focus on just the relief of pain, makes it much more tolerable. I'm not a fan of any of the NSAIDs, so no ibuprofen, or other pain meds, Tylenol even, none of these are good for you. You want to try to not be on those for the stomach damage, the kidney damage and all of that. So stay away from those.

When it comes to aches and pains in your muscles, you just got to remember that if you don't use it, you lose it, and there's going to be a realization. And I get it, not everybody just has the motivation to go out and exercise primarily, because in the beginning it seems like you can only get a block before you're starting to get short of breath, and that just seems frustrating, or I'm not sure exactly all the motivations that keep people from exercise. If you don't use that muscle, it'll will continue to atrophy into your 50s, 60s, and 70s.

One of the coolest things about our bodies is our muscles hold up nicely. They hold up quite nicely when it comes to just keeping them in some level of use on a like three times a week basis. I don't even think two times a week. Now, I'm not even a fan of hardcore lifting, I think lifting can lead to injuries. I'm a big believer in pull-ups, pushups, just taking it easy when it

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comes to free weights. I'm a believer in free weights when it comes to walking with weights, and while you're walking, you're using these lightweight weights in your hands to build muscles. That's a great way to do it.

Just remember, you use upper body and lower body exercises. Every day you'll see me on the elliptical for about 45 to 50 minutes, and then three times a week, I'm doing a set of pull-ups and a set of pushups. That is all I need to maintain my muscle mass. So just as far as aches and pains go, listen, a ton of people have Epstein-Barr virus and it sounded it becomes a chronic fibromyalgia thing. We do very well with fibromyalgia, reach out to me, or check out our website, osmosisbeauty.com. We should have [wellness protocols](#) up there in the next week or two, but when this comes out, hopefully, I'll have those up.

But if it's aches or pains that seem to never go away, that's probably more of a viral thing, and let us try to address that for you, or you can write me at DrBen@osmosisbeauty.com. But sometimes it can be spinal stuff like if you were a football player, if you did exercises that really compress your spine, you may have issues like that. That we're not so good at. I'm a big believer in extension therapy. On that note, let me go back to hair loss. One of the things that I've discovered is inversion tables. Inversion tables can help hair loss. So if you're... Oh, you know what, I didn't cover all the hair loss stuff either, I'm going to go back, sorry. Inversion tables, once a week for 30 minutes. They're kind of a pain.

I'm not particularly big fan of them, it's a little uncomfortable on the ankles. You get bored sitting there, but 30 minutes a week is what I believe is enough to help your spine extend when it comes to these aches and pains. If you're someone who gets low back pain, you've got to look at your posture and how you're sitting and think about inversion to help stretch that back out. You always want to try to sit up, like right now, I'm doing this podcast, I'm not sitting up, I'm trying to lean into the microphone, but yeah, I find the inversion table has helped hair growth. There's also a hair helmet I think actually is helpful, and I'll give him a plug.

I don't know the company other than I use it. It's called iRestore. It's a laser light generated hair helmet. It's one of the few things I would say seems to be effective on the scalp. So let's go to hair loss, geez, geez, geez. There's lots of things here like Rogaine, should you use Rogaine. Listen, Rogaine can create some temporary relief. I should say temporary growth by vasodilating the follicles. If you're committed to keep using it, it's not an unreasonable add. You can do it generally generically for pretty inexpensively on a monthly basis.

I just find it to be too cumbersome, I just don't do it. I don't think it adds that much, it's just not in my protocol, but it's certainly a reasonable thing to do. I haven't found the growth factor serums to be very effective. There's an important thing you should understand about hair, which is in the spring months is when your hair starts to grow faster and thicker, and in the fall months, your hair starts to thin out again. So a lot of hair product companies know this and they do their hair testing during the spring and stay away from the fall. So don't get caught up and buy a bunch of wasteful stuff.

You want to do generic Minoxidil by the way, not necessarily pay for Rogaine, but I don't believe in testosterone blocking agent. So sorry, you'll know what I'm talking about, it's the oral medication for hair loss. I did not like that personally at all, it reduces your testosterone. Testosterone is really important for your overall function and actually reduces the

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testosterone at the receptor level, where that affects libido, affects sexual potency, it affects other aspects of testosterone. Sorry I didn't have that in my head, but that one just popped in.

Then other hair loss can be associated with thyroid, so always look for unusual weight gain and fatigue associated with your hair loss. Usually women, if they have a male balding pattern where their forehead is going backwards, or I should say, forehead is getting bigger, you're thinking about testosterone. That's usually the cause, so you're thinking about estrogen poisoning. You want to be a little bit careful. I find that women who pull their hair back really tight every day, like that's their look can see that pressure on their follicles cause their follicles to go dormant and whether or not they come back is still iffy, you want to be cognizant of that.

If you're someone who already has a larger forehead and likes to pull their hair back, I would change hairstyles. And so, yes. We have thyroid as a related issue, Osmosis has a protocol for Hashimoto's, and sometimes a thyroid problems are caused by candida, so we have a protocol for that. And sometimes thyroid problems are caused by Epstein-Barr virus and we have protocol for that. Those are the main ones for thyroid and related hair loss. Stress can because hair loss, stressing out about your hair loss causes hair loss. So you can consider [Emotional Wellbeing](#), if you can't help, but to obsess over your hair and your hair loss, [Hormone Relief](#) contains frequencies to address hair loss in it.

So it can be beneficial for a lot of people. What you should expect is after the first month, to see a decline of hair in the shower falling out kind of thing, and then a progressive improvement in hair over time on that protocol. I think that pretty much covers it, it covers the intimacy and libido stuff. We got the joints, aches and pains at number seven. Let's go ahead and round out and finish off at number six. I have down as the number six sign of aging is immune system weakness. This is such a broad category, what I would say to you is that there's so many hits where it can come from. So I'll try to be just really broad and simple in my response.

Number one, one of the main reasons you want to exercise is not just to keep your muscles toned and present, remember, they atrophy if you don't use them, but you also want to do it for the oxygenation. Oxygen is a critical player in repairing damage in your body, and oxygen is a critical player in fighting viruses and other pathogens. So you want that exercise and that is why exercise is shown to prolong life, really important for the immune system. Number two, vitamin D receptors are on pretty much every tissue in your body.

Taking vitamin D as a supplement is let's say, less than one third as effective as sun-derived vitamin D. You need to get out in the sun, you need to get that sun. I promise you, it is such a huge benefit. All the research shows, it's a massive benefit to the immune system, reduces cancer rates all across the board, practically and other benefits as well. So vitamin D is a hormone, it's one of the most important anti-aging hormones you know about. So you might've heard of HGH, Human Growth Hormone. You might've heard of IGF-1, which is HGH, what it turns into. And it's really the communicator to the cells.

I'm putting vitamin D right up there in that category guys, right up there with your other hormones, probably more important than estrogen and testosterone when it comes to aging effects. As a result of that, you need to get out and get sun. And it's not sun with sunscreen

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on it, because obvious you don't want to get sunburns because then your skin aging, which we address later is an issue, but you need to address sun on a regular basis, and vitamin D is just very poor effort. Now, I am coming out with a supplement soon called Regenerate.

In that supplement, there is grass-fed cow liver extract, and believe it or not, the already processed vitamin D, the storage form of vitamin D that your body has available to you, the potent one, not the D3 that you get in your supplement, is available in that extract. I made sure to make the capsules enteric coated, so they don't get damaged in stomach acid, really important if you're taking vitamin D, particularly this form. So I do believe this will be a great source for vitamin D that is much better than a traditional supplement.

All kinds of other benefits with that Regenerate product that I'll go into when it gets closer to launch. So vitamin D critical, oxygen critical. Other immune system benefits, detoxing your body. So we face a million toxins a day, I recommend [Skin Defense](#) to bind up your toxins, and it has heavy metal binders, it has estrogen toxin binders. It has generalized toxin binders, fantastic for you, for immune system decline. If you're low in oxygen and maybe physically not able to exercise much, [Immune Activator](#) is our oxygen replenishing.

It uses something called trioxolane which has a really unique effect on the immune system. You take that once a day to help build your immune system. Your immune system is heavily dependent on your microbiome. So restoring that microbiome is going to restore a lot of effectiveness in the immune cell functionality, and just your ability in general to handle what's coming at you on a day-to-day basis. So [Recovery](#) for a tablespoon a day for three months is always a great idea for declining immune systems. But the big one, the big one I've seen for immune system decline is usually some people have a virus or they're have mold exposure.

And for that, there's [Immune Defense](#). This is one of the Elixir that has the antiviral, anti-pathogen capacity. So protocols vary if you have mold exposure, you're looking at just two doses over 12 hours, but if you have a more serious virus, it could be anywhere from one dose for like the flu to 16 doses for like Lyme disease and other conditions. And again, what we're trying to do is take out the bug that is causing your immune system to be compromised, distracted, whatever word you want to use. Powerful, powerful tool, amazing studies coming, amazing feedback from people on that.

Remember, stress is a burden on your immune system, so you want to do your best to resolve any chronic ideas of stress that your brain is ruminating on. So, a lot of people ask, "Well, what should I avoid in this category?" Well, in the immune system, I would avoid medications, almost every medication that you take causes immune system weakness in one way or another. I remember talking to a friend recently and they were on Keytruda and they're like, "Well, I got coronavirus, but thank God I had Keytruda because that virus was just a beast, it took me two months to get over it. Glad Keytruda was there to make my immune system stronger."

I had to correct him and go, "No. Sorry, my friend, the reason you had coronavirus for two months is because you were on Keytruda suppressing your immune system." And he was on it for cancer. A lot of these people are putting you on long-term cancer remedies that you have to stay on, well, those damage your immune system. So medications in general, especially long-term chemo, long-term antibiotics, terrible for your immune system, long-

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term steroids, anti-histamines are bad for your immune system. The list is long, unfortunately, anti-inflammatories are bad for the immune system. Those are all things I would watch out for.

Another one that people get surprised by is the mega dosing of antioxidants, they think that oxygen free radicals are bad news for the body, but the body controls your oxygen free radicals very well. So I'm not a believer in mega dosing vitamin C or CoQ-10 or any of these. In fact, Resveratrol, any of these when they did clinical trials on them. You might remember, it's like a decade ago, I want to say, they came out with this huge trial on vitamin E and vitamin C. And what they found was no benefit, in fact, harmful when mega dosed. And why is that? Because oxygen free radicals are a key tool for your immune system to fight bugs and repair damage.

They're not just this horrible source of pain and inflammation. So you definitely want to avoid mega dosing of those, that has got to be a total shift in the mentality, because America thinks antioxidants are the key. Skin as well, I'm not a big believer in a ton of antioxidants for the skin, because again, your skin manages what's going on really well and it ramps up when it needs to, ramps down when it needs to. So, that was a lot, first episode, one-hour long. Sorry about that, if you ran out of time, but I think we've covered a lot of ground and I hope you enjoyed it. So again, you can see me talking on Insta Lives, Osmosis Beauty's Instagram account. I do Insta Live every Thursday, and then we save them for follow up later.

You can reach me directly at DrBen@osmosisbeauty.com. You can go to our website, osmosisbeauty.com and see all the different options we have. Our wellness is very targeted and it's very innovative and it's specifically designed to address the source of your problems. So I think you're going to find our protocols to be very helpful to you. Next week, when we come back, we will start the number five signs of aging, and it is related to your mind, to memory, mental clarity and focus. Thank you for joining me on this one. Talk to you soon, everybody.

I hope you've enjoyed this episode of Ask Dr. Ben, please leave a review if you can, and subscribe to the show on Apple podcasts, to get access to all of my upcoming episodes. My website is, osmosisbeauty.com and you can find me on Facebook @Osmosis beauty, and you can also follow me on Instagram, @Osmosis_beauty. Thanks for listening.