

[00:00:00.620] - Intro

Skincare is not one size fits all. At Image, we rely on skincare professionals and clinically proven ingredients to create solutions that adapt to your lifestyle. But don't take it from us. Just ask the 30,000 plus professionals in over 60 countries across the globe, who trust Image Skincare to deliver when it comes to results. And while we got our start with skincare pros, we think it's about time you got to know us better, too. Tune into Skinfluenced to hear straight from industry professionals on how to keep your skin healthy, radiant, and resilient through every stage of your vibrant life.

[00:00:38.070] - Ashleigh Kehrt

Hello, and welcome back skincare aficionados to Skinfluenced, a podcast where we talk all things skin. I'm Ashley Kehrt. And joining me, as always, is my cohost, Jacquelyn Hill. Hi, Jacq.

[00:00:49.710] - Jacquelyn Hill

Hey, Ashleigh. How's it going?

[00:00:51.280] - Ashleigh Kehrt

You know, it's going. It's hot.

[00:00:52.900] - Jacquelyn Hill

I love the hot.

[00:00:53.810] - Ashleigh Kehrt

I know you do.

[00:00:54.790] - Jacquelyn Hill

I'm never going to complain about the hot.

[00:00:56.320] - Ashleigh Kehrt

But it's like another level, right?

[00:00:58.810] - Jacquelyn Hill

My level.

[00:01:00.250] - Ashleigh Kehrt

It's Jacq's level. Sauna level.

[00:01:02.720] - Jacquelyn Hill

Sauna level is my level.

[00:01:04.660] - Ashleigh Kehrt

So last month we talked wellness, which was such an amazing segment. I loved our guests. It was beyond.

[00:01:12.180] - Jacquelyn Hill

It was beyond. And I love that we kind of integrated everything. So whether it was kind of Western wellness with medicine, or whether you wanted to do yoga or alternative, so I loved it. I loved that we touched on a little bit of everything in the summit. Amazing. What did you think of the summit?

[00:01:30.470] - Ashleigh Kehrt

Oh, my gosh. So if you didn't get a chance to see it, it will be on our website at ImageSkincare.com. But we did this wellness summit that was two full days of just... I can't even. It's just wellness. I mean, everything from -

[00:01:44.150] - Jacquelyn Hill

Mental health, food... I'm still trying to figure out how to do all of those things with the band exercises for the hips. I literally cannot sit down, trying to do those band exercises.

[00:01:52.930] - Ashleigh Kehrt

I love it. Girl, you got to take those when you start traveling again, with you. It's like a game changer. I'm really excited about that for sure.

[00:02:00.960] - Jacquelyn Hill

I love it.

[00:02:01.700] - Ashleigh Kehrt

Me, too. So today's topic is actually healthy aging. So September is Healthy Aging month, and we're going to really dive into that today, talking about the four keys to a healthy, happy aging process: skin, exercise, diet, our mind. And we have a really special guest that we both love very much. So I'm going to let you introduce him.

[00:02:21.780] - Jacquelyn Hill

Yeah. So today we have Dr. Marc, and Dr. Marc is kind of the guru on healthy aging, so I'm very excited to introduce him. He is a European board certified plastic and aesthetic surgeon, the cofounder and board member at Image Skincare, a graduate of the prestigious Henrick Heine University of Medicine. Dr. Marc, really, he speaks all around the world at medical conferences, so he's a respected medical speaker. He has founded Image Skincare. He founded the Care for Skin Foundation, a nonprofit organization that provides life-changing reconstructive and cleft palate surgery.

[00:03:01.050] - Jacquelyn Hill

So, Dr. Marc, welcome to the podcast.

[00:03:04.720] - Dr. Marc Ronert

Hi, guys. Super excited to be with you.

[00:03:07.550] - Jacquelyn Hill

We are super excited to have you. We are super excited to have you. So I know that healthy aging is kind of like your jam, so we're just going to get right into it. So talk a little bit with us about your journey into healthy aging and what makes you so passionate about this topic?

[00:03:30.850] - Dr. Marc Ronert

Yeah. That's a great question. So for my background as a plastic surgeon, obviously, I'm constantly surrounded by people that want to look younger or want to stay young, and that is really the trigger point for me many years ago that I got really interested in it, because the the point about this is people are always looking for other people to help and alter your appearance. Patients that come to me are always asking what I could do for them.

[00:04:12.000] - Jacquelyn Hill

Right. Me, too.

[00:04:16.130] - Dr. Marc Ronert

But in fact, we as patients or people, can really alter our own aging process. And we have it really in our own hands. And there are a few things that we can do, actually, many things that we can do in order to combat aging and delay the aging process for ourselves. And that is for me, really the exciting part of this that we are basically our own boss when it comes to the aging process.

[00:04:52.260] - Jacquelyn Hill

I love that. I love that we come to you for guidance, but really, it's our decisions and the habits and the things that we do every single day that are going to help us in this healthy aging process. So I know that you love this so much that you wrote a book all about it. So tell us the name of your book and tell us a little bit about what we're going to learn if we pick this book up.

[00:05:15.060] - Dr. Marc Ronert

Yeah. The title of the book is "Age Later" very telling, right?

[00:05:20.370] - Ashleigh Kehrt
Yeah.

[00:05:20.370] - Dr. Marc Ronert
And you can age later, and the subtitle is just in seven weeks. How do you look seven years younger in just seven weeks.

[00:05:32.800] - Jacquelyn Hill
I'm gonna do 14 weeks.

[00:05:36.870] - Dr. Marc Ronert
And I truly believe that. If you are in your forties and fifties and you have done a few things wrong, and you pick up my book, you're going to find numerous tips and tricks, how to delay the aging process and how to really look younger in a very short period of time.

[00:05:58.470] - Dr. Marc Ronert
It's really not rocket science, and I'm really trying to explain very scientific things in layman's terms so that everybody can really understand it. And I was trying to break it down and make it simple and give real world tips and tricks, how we can actually do that ourselves and not just jump for the knife, so to say, and try to rely on short term fixes.

[00:06:32.400] - Ashleigh Kehrt
How did you come up with the seven weeks, the seven years. Is there a reason for that. Is that after doing this yourself, that you felt that's enough time to really see change? Where did you get that part of that? I'm super interested in that.

[00:06:48.060] - Dr. Marc Ronert
Yeah. That's a great question. And I wish I would have a very sophisticated answer to this, but the number seven is just a very catchy number.

[00:06:59.650] - Ashleigh Kehrt
Okay. I like it, too.

[00:07:01.780] - Dr. Marc Ronert
You do usually things in threes or in sevens, and three years younger is not so catchy, I don't think. So I thought seven years sounds much better. [crosstalk 00:07:15] Go ahead.

[00:07:18.070] - Jacquelyn Hill
Are these things that you have given your patients? Are these things that... Is this why you look so young, because you do them personally? How did you decide these are the things that are going in the book? Are there seven things, too or are there more than seven things?

[00:07:33.740] - Dr. Marc Ronert
Yeah. I was thinking about this. I originally wanted to have seven subjects, but I actually settled on just four main topics because I do believe that you need to keep it simple. And seven things would be a little bit much. And that's why I described four topics in the book. And those topics are skin, diet, exercise and our mental well being in the mind. And those are the main four topics that you can really focus yourself on and make a true difference in your entire life.

[00:08:17.800] - Ashleigh Kehrt
It's amazing.

[00:08:19.160] - Jacquelyn Hill
Yeah. I love this. I love the four things too, because -

[00:08:22.030] - Ashleigh Kehrt
It does make it simple, and it's kind of how we talk about skincare. If you're giving somebody seven or

ten different products, they're going to be overwhelmed, especially if they're new to this, and they're probably not going to follow through. So four seems very approachable. You can balance that very easily. So I definitely love that that's the mindset that you had when you were writing this.

[00:08:46.570] - Ashleigh Kehrt

What sources did you use? Was this your personal experience? Was it travel? I know you've traveled everywhere. We were just talking about that. And I know that that's your inspiration when it comes to ingredients and things in skincare. But what would you say is your number one source for the information that you found?

[00:09:06.260] - Dr. Marc Ronert

Yeah. I think the number one source is really a deep dive in the clinical, scientific evidence-based data that I was researching on the Internet and books and in articles and in magazines. So I used hundreds of references and sources. There's a section in the book with numerous pages full of references. So everything is really scientific based. But obviously, I intertwined that with my personal experience. Like you said, I travel a lot. I see what Asian people, for example, do in South Korea and Japan.

[00:09:52.980] - Dr. Marc Ronert

And so it is a combination of my personal experience, of my professional experience, but what was very important for me that those are not anecdotal stories, but much rather, everything is based on science. Everything has a real deep foundation, what I'm describing, and that was very important to me.

[00:10:19.790] - Ashleigh Kehrt

I love that. I think that's, especially for someone that doesn't know you through other journeys, to have those sources and see that it's actually science we're talking about here. We're not just -

[00:10:31.060] - Jacquelyn Hill

Making it up as we go.

[00:10:32.380] - Ashleigh Kehrt

Right. We're not just saying drink your water. This is actual factual information that a lot of people probably already know, but don't know how to apply.

[00:10:41.580] - Dr. Marc Ronert

And it's really risky when you just Google something or you look on your Instagram, you have a ton of so-called experts that just write about their own opinions, and you have a ton of misinformation out there.

[00:10:59.580] - Ashleigh Kehrt

Absolutely.

[00:11:00.860] - Dr. Marc Ronert

And that is dangerous.

[00:11:02.160] - Ashleigh Kehrt

It's terrifying.

[00:11:03.530] - Jacquelyn Hill

It is terrifying.

[00:11:04.360] - Ashleigh Kehrt

And sometimes people don't do their own research. So if they're on Instagram all the time, and they like a person's personality, they're going to do whatever they say.

[00:11:15.510] - Jacquelyn Hill

That's the truth.

[00:11:16.430] - Ashleigh Kehrt

Like the gorilla glue girl. It wasn't a good thing for her, but she did it. So I'm glad that we have actual science behind this, because it just makes it even better information. Okay. So let's dive into those four different subjects that you talked about in your book. So starting with skin, what are your favorite skincare ingredients? And what would you say is the must in everyone's skincare regimen? I know I've talked about this with you before, but I'm interested to see if it's changed since the last time we talked about it.

[00:11:50.740] - Jacquelyn Hill

It's probably evolving. My favorite changes all the time.

[00:11:55.060] - Dr. Marc Ronert

Sometimes I change my mind but -

[00:12:00.030] - Ashleigh Kehrt

Not on this one?

[00:12:01.660] - Dr. Marc Ronert

Not on this one.

[00:12:01.670] - Ashleigh Kehrt

Okay.

[00:12:02.520] - Dr. Marc Ronert

To keep it simple, basically, what is good for your body from the inside is usually also beneficial for the outside.

[00:12:12.180] - Ashleigh Kehrt

Right.

[00:12:12.580] - Dr. Marc Ronert

And that's how I look at skincare ingredients. Antioxidants, vitamins, all those things that are free radical scavengers. All those things are super beneficial for our skin. And then you have newer type of ingredients that we at Image are really big fans of, like peptides.

[00:12:35.020] - Jacquelyn Hill

Yes. We love peptides.

[00:12:35.590] - Dr. Marc Ronert

Which are small little molecules that can alter certain functions in our skin cells. For example, they can increase collagen or lessen production, or they can even inhibit little muscle contractions to reduce fine lines and wrinkles. All those are very exciting new ingredients. But when it comes to the mainstay stuff that I really, truly believe in, then those would be really the antioxidants. The fruits and vegetables that we know are beneficial for our entire body, are also beneficial for our skin.

[00:13:14.280] - Dr. Marc Ronert

And then when it comes to the skin regime, I believe in simplicity. You need a good facial cleanser in the morning and the evening. You need a good moisturizer. But most importantly, you need great sun protection daily because we know that 90 percent of the aging process on our skin is due to UV radiation and our sun exposure. And there you already have one of the big solutions that you can do in order to prevent the aging process on your skin. Use a great sun protection daily and on a long term effect, it will have great benefit for you.

[00:14:04.080] - Ashleigh Kehrt

Absolutely. I think that's all of our, here at least, it's our number one. [crosstalk 00:14:07] If you could have the last thing on a stranded island by yourself, or deserted island and you were stranded, it's

sunscreen, right? It has to be.

[00:14:16.590] - Jacquelyn Hill
Well, since I'm on a island, yes.

[00:14:18.750] - Ashleigh Kehrt
I would do eye conceal because it's makeup and sunscreen.

[00:14:22.760] - Jacquelyn Hill
Just in case you get rescued, you can look [crosstalk 00:14:24]

[00:14:24.380] - Ashleigh Kehrt
I want to look my best. Give something to... A little glow about you. What about skin treatments? How do you feel about lasers or injectables or chemical peels, etcetera? Is there a go-to for you? Is there a routine that you do?

[00:14:44.530] - Dr. Marc Ronert
Yeah. I'm a huge fan of noninvasive injectables: Botox and fillers, hyaluronic acid that you can inject underneath your skin layers and really plump up your skin. And those are great maintenance treatments and techniques that truly work. I also believe in mild exfoliation, and I'm really not a big fan of lasers.

[00:15:17.710] - Ashleigh Kehrt
Really?

[00:15:17.710] - Dr. Marc Ronert
Because I do believe... No, no, I'm not.

[00:15:20.520] - Ashleigh Kehrt
That's interesting.

[00:15:20.520] - Dr. Marc Ronert
And I constantly in presentations or in talks, I try to explain that, because the laser is a high energetic force on our skin and it creates inflammation and it creates also free radicals and all those things are actually negative for our skin and it leads to a prolonged healing process.

[00:15:47.300] - Dr. Marc Ronert
And yes, you might reduce some wrinkles and fine lines and maybe a little bit of pigmentation in the short term. But I think long term it is not helpful when you talk about healthy aging or delaying the aging process for many years to come. I'm not a big fan.

[00:16:09.300] - Ashleigh Kehrt
That's interesting. Well, I would say if you're doing all of the things in your book, you might not need to get to that point where you need a laser. So hopefully, people are doing all the things to prevent having to go that extreme.

[00:16:21.980] - Dr. Marc Ronert
Yeah. No. Lasers are not mentioned in my book.

[00:16:26.140] - Ashleigh Kehrt
I mean, I knew that. I have read it.

[00:16:30.740] - Jacquelyn Hill
What do you think, Dr. Marc, is one of the biggest mistakes that people make with skincare because I think even with healthy aging, like thinking that you're never going to have a wrinkle; nothing's ever going to sag; you're never going to lose volume. People think that they can stop the aging process. What's your thought about that?

[00:16:51.450] - Dr. Marc Ronert

Yeah. The biggest skin care mistake, I guess, one would be to do nothing. Two would be to do too much to over-exfoliate and overstimulate your skin cells over and over again, that they eventually are exhausted and lose their regenerative powers. And lastly, probably not using any sun protection.

[00:17:20.580] - Ashleigh Kehrt

Right.

[00:17:21.020] - Dr. Marc Ronert

Even if you are in colder climates, you always have UV radiation. And we discussed that already, that sun protection is really key and that's one of the big mistakes. Certain people use retinol products and then in combination with no sunscreen -

[00:17:40.940] - Ashleigh Kehrt

Terrifying.

[00:17:41.790] - Dr. Marc Ronert

It's actually negative.

[00:17:43.350] - Ashleigh Kehrt

Right. Absolutely.

[00:17:45.320] - Dr. Marc Ronert

Those other things that are easy to manage. And yeah, would I say biggest skincare mistake? That's tough to pin point.

[00:17:58.320] - Ashleigh Kehrt

So there's more than one.

[00:17:59.330] - Jacquelyn Hill

There's more than one. Everything in moderation. Don't go into extremes. Don't do nothing. Don't do everything.

[00:18:04.940] - Ashleigh Kehrt

Right. There's a happy medium.

[00:18:07.090] - Jacquelyn Hill

Yeah. Alright. We want to get into the next topic in your book, which is diet. So I think a lot of people don't understand how diet can affect your aging or how you look outwardly. What are some of your favorite healthy aging foods?

[00:18:27.770] - Dr. Marc Ronert

So diet. It's a very emotional topic for me, living in the United States because 70 percent of the entire population in the United States is overweight and obese. And that's shocking.

[00:18:45.380] - Ashleigh Kehrt

It is.

[00:18:45.890] - Dr. Marc Ronert

And it has a detrimental effect on our kids. It has a detrimental effect on our entire lifespan. In fact, we are the only industrialized nation on the entire planet where the life expectancy for the last two to three years, is going down and not up.

[00:19:07.580] - Ashleigh Kehrt

Wow.

[00:19:08.400] - Dr. Marc Ronert

And that is a sad story. And that has something to do with our diet.

[00:19:13.210] - Ashleigh Kehrt

Right.

[00:19:14.420] - Dr. Marc Ronert

And it's over consumption of food. And it's the consumption of the wrong food, and the volume, the sheer volume. It's insane that we consume in the United States and other Western worlds.

[00:19:29.640] - Jacquelyn Hill

If you go to a restaurant, you get so much food, it's like enough for five people.

[00:19:34.200] - Ashleigh Kehrt

Right. [crosstalk 00:19:35] In Europe, the portion size is so different. Process aside, because that's a whole other level of it. But when you've been to Europe I've been to Europe, it's like normal sizes there. And here it's like a big super size me, basically.

[00:19:52.100] - Jacquelyn Hill

Yes. Everything is super size.

[00:19:53.480] - Dr. Marc Ronert

Yeah. It's a big problem. So when we talk about healthy foods that are great for our skin, for our overall health, everything that has deep colors. You know, I'm a big fan of berries, for example. Nuts and seeds. Walnuts are great. Ginger and ginseng are great antioxidants. Dark leafy Greens. All those things are super beneficial for our entire body.

[00:20:25.120] - Dr. Marc Ronert

And then when you talk about what you really need to avoid, then it's basically all the processed food, meat products. I personally don't eat meat anymore. I think meat accelerate the aging process tremendously. And then the consumption of sugar.

[00:20:46.220] - Jacquelyn Hill

Yes.

[00:20:47.410] - Dr. Marc Ronert

It's a big issue.

[00:20:49.590] - Jacquelyn Hill

And it hides in everything. Sugar is in things that you don't even think that there's sugar in.

[00:20:54.300] - Ashleigh Kehrt

Same with carbs. There's carbs in everything. But carbs aren't bad. But the overconsumption of carbs can be bad.

[00:21:01.810] - Dr. Marc Ronert

Right. It's got to be a healthy balance.

[00:21:04.580] - Ashleigh Kehrt

Right. So as far as causing aging, are there specific things that are directly linked to aging? Or is it just that when you think about the processed food, in my mind I think, because I try to stay away from that myself and I try not to go to fast food places unless it's like the last thing. I'm starving and I can't get an apple or something. But would you say that's what's wreaking havoc on the inside that's causing that inflammation in the body, the wear and tear, the stress even, of trying to break it down?

[00:21:39.780] - Ashleigh Kehrt

Are there specific foods that are caused or is it just kind of that overall pocket of processed, etcetera,

that you were just talking about?

[00:21:47.640] - Dr. Marc Ronert

No. I think we mentioned that already the two main culprits of accelerated aging are meat products, especially red meat from cows and pork, and then sugary products, sugar with everything and the sugar content, even in yogurt. And in other products that you might believe are healthy for you. But then they are just saturated with sugar. So those are the two main things that I would tell you to focus on. Cut out the meat consumption and try to cut down your sugar consumption as much as you can.

[00:22:35.620] - Ashleigh Kehrt

How do you feel about fish or eggs?

[00:22:39.600] - Dr. Marc Ronert

I don't think necessarily fish once a week is necessarily bad. For my own personal taste, I can do without it. But for me, it's more personal preference. I feel sorry for animals, quite frankly. And that's why I don't like to eat animal products anymore in my life. But I do believe that if you eat a piece of fish once in a while with healthy omega threes, it is quite beneficial and it will not hurt you.

[00:23:19.280] - Ashleigh Kehrt

Good to know.

[00:23:20.400] - Jacquelyn Hill

Yeah. So we know that you need a healthy diet. Like how you were saying, you're dark, all leafy greens and you're berries. I always tell my kids to eat the rainbow, but is it just food that you're getting these nutrients from? Is it better to get it from your food or is it better to have some supplements that you're doing every day to be able to get these nutrients?

[00:23:41.060] - Dr. Marc Ronert

So that is a super good question. Should I rather eat normal food, and then I have everything covered and I don't even need supplements anymore? That's a general question that I always hear. And during my research, when I dug a little bit deeper in the nutrient content of our food nowadays, it is really shocking to discover the depletion of nutrients. So, for example, when you look at vitamin A content in carrots or vitamins in tomatoes or oranges, you have almost up to 90 percent reduction in nutrient value of our current food that you can buy in your supermarket nowadays, than just 25 years ago.

[00:24:34.560] - Dr. Marc Ronert

And that's a revelation that I found is really... You can eat very healthy, but don't expect that you get the same quality in nutrients that you used to get 25 years ago. So I do believe that certain essential nutrients and vitamins supplementation is really important. For example, over 90 percent of people in our country and elsewhere has a vitamin D deficiency. And is very difficult to get vitamin D, and we live in Florida and my vitamin D level was even reduced.

[00:25:19.920] - Ashleigh Kehrt

Mine was too.

[00:25:19.920] - Dr. Marc Ronert

So those things are very important to supplement.

[00:25:24.400] - Jacquelyn Hill

Okay. And so supplements every day. If I just take it in the morning, is that okay? Do I need to spread them out so that my body has time to absorb them, like morning, noon and night? Or do I just do one multivitamin during the day and that's enough?

[00:25:39.590] - Dr. Marc Ronert

Doesn't even matter, I would say, you know, a personal preference. Certain people need to eat something first and then they can take their supplementation. And some people like it in the evening. I

usually combine it with my tooth brushing. Brush my teeth, take a glass of water and my supplements, and then off I go for the day. So that's my program.

[00:26:06.140] - Ashleigh Kehrt

Yeah. I like that habit stacking, right. [crosstalk 00:26:08] I'm a morning person.

[00:26:11.570] - Jacquelyn Hill

Add it to a habit you have now.

[00:26:13.130] - Ashleigh Kehrt

Absolutely. We talked about that last month, and I think that's... I've been trying to do that. So that's been good. What about collagen? Do you believe in collagen supplements? And there's different types. So there's liquid, there's powder, there's probably pill form. How do you feel about that?

[00:26:33.460] - Dr. Marc Ronert

Yeah. Collagen products really depends on where it's sourced.

[00:26:39.530] - Ashleigh Kehrt

Right.

[00:26:39.860] - Dr. Marc Ronert

There's a ton of collagen products out there that use cheap by-products from animal processing factories. That's an issue and a concern. So you want to use a product that uses a high quality type of collagen. And then overall, I think good collagen has shown to be beneficial for skin, overall, reduction in fine lines and wrinkles. And there is some clinical evidence that it is helpful. I would just be careful to do a little bit more research behind where is it sourced.

[00:27:23.610] - Ashleigh Kehrt

Right. Are there foods that have collagen? I've never really thought about it that way. But is there specific food that could give you that or is it supplementation is going to be the best route.

[00:27:36.480] - Dr. Marc Ronert

We do offer supplements with the company that I'm running, and that's a challenge. Collagen is a product or an ingredient that can only be found in the animal world. So there is currently nothing out there that is derived from plants. However, there is an exciting project going on right now where we can produce collagen by yeast fermentation.

[00:28:12.840] - Jacquelyn Hill

Wow. Okay.

[00:28:14.000] - Dr. Marc Ronert

It is not on the market yet, but in a couple of months, it will be available. And I think that's very exciting because then we don't have to use the collagen derived from animals anymore.

[00:28:24.630] - Jacquelyn Hill

Right. It is exciting.

[00:28:25.830] - Ashleigh Kehrt

That's awesome.

[00:28:26.520] - Jacquelyn Hill

I love how this technology keeps changing with the times.

[00:28:30.680] - Ashleigh Kehrt

Oh yeah, absolutely. And what about a first timer? So somebody's coming to you for advice and they have a terrible diet. Or maybe they have a great diet. Like, I have a great diet, I think.

[00:28:42.650] - Jacquelyn Hill
I have a terrible diet. Ashleigh and I are polar opposite.

[00:28:45.540] - Ashleigh Kehrt
The both of us are going to come to you and say, Dr. Marc, we want to change our diet. What do we do first?

[00:28:50.430] - Jacquelyn Hill
What's one thing?

[00:28:51.620] - Dr. Marc Ronert
So people that tell me they have a terrible diet usually don't have that bad of a diet. And people that tell me, "Oh, you know what? I have a great diet." Those are the people that usually have a horrible diet.

[00:29:06.130] - Ashleigh Kehrt
What? I feel attacked. I love this. I know your diet, Jacquelyn. Mine is definitely better than yours.

[00:29:14.510] - Jacquelyn Hill
Thank you Dr. Mark.

[00:29:16.820] - Dr. Marc Ronert
Yeah, I'm backing you up here.

[00:29:18.560] - Jacquelyn Hill
Yes. Thank you.

[00:29:20.010] - Dr. Marc Ronert
But what you need to do, what I tell clients or patients, is start a diary of your eating habits. You got to write it down to really, really analyze it because you're going to be surprised first of all, about the amount that you eat and then also the stuff that you eat during the day. The mindless snacking. That's when you sit in front of the computer and you have something besides you. So you have to write all that down for a few days and then compare that with current scientific data that you can easily find, for example, in my book or on the Internet, which will take you a little bit longer. But yeah, that would be a great start, to do that little exercise to really write down -

[00:30:13.780] - Jacquelyn Hill
We're gonna compare next week, Ashleigh.

[00:30:15.320] - Ashleigh Kehrt
Oh girl.

[00:30:15.450] - Dr. Marc Ronert
Then you compare and then you tell me what you all ate in a week and then you're probably going to be shocked either in a positive way that you do many things right or in a negative way, where you say, "Holy moly. I didn't know that I'm actually consuming so much food.

[00:30:32.310] - Ashleigh Kehrt
Right. I feel like you'll be very happy with my diet. I've really cleaned it up.

[00:30:36.710] - Dr. Marc Ronert
That's great. [crosstalk 00:30:37]

[00:30:37.820] - Ashleigh Kehrt
I've always been more into healthy. Portion was everything for me. That was my biggest thing. I'm like, well, I eat salad so I can eat this much. So portion was my biggest change in my diet, I think, not sugar. This one over here.

[00:30:52.540] - Jacquelyn Hill
I haven't changed mine.

[00:30:53.580] - Ashleigh Kehrt
We're gonna compare notes.

[00:30:55.000] - Jacquelyn Hill
We're gonna compare notes. We'll call you back on this one, Dr. Mark.

[00:30:58.620] - Dr. Marc Ronert
Okay, great.

[00:30:59.340] - Ashleigh Kehrt
Alright, so the next -

[00:31:00.160] - Dr. Marc Ronert
I'll keep you guys honest.

[00:31:01.680] - Ashleigh Kehrt
Oh, good. He's going to judge us hard.

[00:31:04.710]
Does wine count?

[00:31:06.340] - Ashleigh Kehrt
Yeah, that was a great question. What about wine? Red wine?

[00:31:10.590] - Jacquelyn Hill
How much does wine count, Dr. Mark?

[00:31:12.580] - Dr. Marc Ronert
Next topic, please.

[00:31:13.820] - Jacquelyn Hill
And champagne. It has grapes. I feel like it's a serving of grapes.

[00:31:17.980] - Ashleigh Kehrt
I mean, champagne is supposed to be good for your brain and red wine has antioxidants. So maybe this is another -

[00:31:23.630] - Dr. Marc Ronert
In moderation. It's great.

[00:31:25.090] - Ashleigh Kehrt
Okay, good to know. He means one glass maybe. And it's like a very small pour, like a two ounce pour, if you really break it down.

[00:31:31.790] - Dr. Marc Ronert
I would almost go up to six ounces and you should be fine. I'll give you that.

[00:31:36.020] - Ashleigh Kehrt
Oh. Good to know. If you spilt it in two, three and three, then it's two glasses of wine.

[00:31:41.510] - Jacquelyn Hill
Okay, I like this.

[00:31:42.360] - Ashleigh Kehrt
Let's try that for a week.

[00:31:43.580] - Jacquelyn Hill
Okay.

[00:31:43.880] - Ashleigh Kehrt
Alright, let's talk exercise. I'm super interested in this because I've probably been exercising since I was born, but I know a lot about overdoing something and what's the right thing for your body and actually over working out can cause a lot of issues. So how does exercise contribute to the healthy aging process? And I'll just jump into the next part of that, too. Would you pick strenuous exercise over something like a yoga?

[00:32:14.280] - Dr. Marc Ronert
Yeah. Okay. Let's break this down. Healthy aging and exercise. Exercise is one of the four main blocks.

[00:32:23.100] - Ashleigh Kehrt
Right.

[00:32:23.790] - Dr. Marc Ronert
And I'm going to try to make this the most simplistic way I can, okay? So exercise helps to deliver oxygen to our body cells. And in return, our cells have a better capability to regenerate, reduce toxins in our body, and all that also contributes to an increased metabolism, which in return reduces body weight and which in return prevents from various diseases that shorten our lives. So it is really a cascade of events that are triggered by exercising.

[00:33:01.770] - Dr. Marc Ronert
And, of course, you can do too much. But I can also promise you most people do too little. So that's a bigger issue than doing too much for many of us. And you got to get your heart rate up once a day for at least 30 minutes. Three or four times a week is good, but it's not great. You should really try to do something every single day. And a walk is also good. But a walk doesn't get your heart rate up. And that is really crucial because our heart is also a muscle, and we have to train all our muscles in our body.

[00:33:47.680] - Dr. Marc Ronert
So you got to get your heart rate up once a day for a few minutes to really stay healthy.

[00:33:55.900] - Dr. Marc Ronert
And then to your second question, that's a tough one, because everything fulfills kind of a good need. Strenuous exercise is good for strength and endurance and pumping more oxygen throughout our body cells. But yoga is a great exercise as well. I'm a big fan of yoga because yoga is flexibility. And I always say flexibility is longevity. Very rarely, you see an older person that is super flexible that looks unhealthy. Old people that are flexible, they are super agile, they're alert, you know, they seem to have a great mind, still a clear mind.

[00:34:48.690] - Dr. Marc Ronert
And that's why if you want to live longer, younger, you got to stay flexible. And I'm a tall person. I'm 6' 6".

[00:35:02.610] - Ashleigh Kehrt
Yes.

[00:35:02.610] - Dr. Marc Ronert
And for me, that is one of my main objectives, to stay flexible, because I know if I would stiffen up over time, I don't want to sound too dramatic, but I'm probably going to end up in a wheelchair when I'm 60 or 65. So I pay a lot of attention to that. And I think both is... You got to do some physical

exercise and get your heart rate up, and then you got to work on your flexibility.

[00:35:36.280] - Ashleigh Kehrt

I think that's key, because that's the hardest thing for me, is the stretching.

[00:35:41.720] - Jacquelyn Hill

Yeah, you got to have the balance.

[00:35:43.550] - Ashleigh Kehrt

I can work out. I will take any type of class. I will do any type of workout you give me. But the stretching part is like, "I don't have time to do that. I'm fine." And I think that's something that I've been mindful of lately, and I think you're 1000 percent right. When you get older, you're not taking cycling classes like that. Some people do. I've had older people in class with me.

[00:36:05.270] - Jacquelyn Hill

But you still should be flexible. [crosstalk 00:36:06]

[00:36:07.570] - Ashleigh Kehrt

Yeah. And I don't want to look hunched over either, because that's not attractive.

[00:36:10.750] - Jacquelyn Hill

No. And that's not healthy aging. Now, I think what I'm getting from this entire conversation, is when we're talking about healthy aging, I think so many people just attribute aging to if they can see lines or wrinkles or if their skin is losing elasticity, but it's everything. It's how you look. It's how you feel. It's how you move. It's how you eat. So all of that is aging. And I think that's kind of going to be my biggest takeaway from this.

[00:36:40.100] - Ashleigh Kehrt

Totally. Yeah.

[00:36:40.910] - Jacquelyn Hill

It's not just about if I have some crow's feet or not.

[00:36:43.760] - Ashleigh Kehrt

Which you don't. She doesn't.

[00:36:46.640] - Jacquelyn Hill

Thank you melanin.

[00:36:49.990] - Ashleigh Kehrt

But I don't either because of Botox and skincare.

[00:36:53.110] - Jacquelyn Hill

But eventually you may, but if I have a couple of crow's feet, but I still eat well and I can move well and I feel good then that's healthy aging. And I think that should be a huge takeaway.

[00:37:04.820] - Ashleigh Kehrt

And aging isn't just appearance.

[00:37:06.700] - Jacquelyn Hill

No.

[00:37:07.910] - Ashleigh Kehrt

It's longevity of life.

[00:37:09.010] - Jacquelyn Hill

It's longevity of life and not ending up in a wheelchair with Dr. Mark.

[00:37:13.190] - Ashleigh Kehrt

Right. Well, let's talk about sleep. That's kind of the end of this topic, but I know that a lot of times exercise can lead you to better sleep, and sleep is something I also really love and work on all the time. And I know that it attributes to aging. So can you touch on sleep and how that's important, and maybe the exercise link?

[00:37:35.980] - Dr. Marc Ronert

Yeah. Sleep is a super important topic when it comes to aging and delaying the process of it. The same with stress. You can almost put this into the same bucket, and that has something to do with our mental well being. Lack of sleep, the same way as stress, it triggers a lot of bad hormones in our body. For example, cortisol is going up. Serotonin is going down. That can lead to depression. That leads to oxygen depreciation of our cells. It leads to weakening of our immune system.

[00:38:21.480] - Dr. Marc Ronert

So it has a whole array of negative impact for our entire body, that we need to pay attention that we get enough sleep. And we need to pay attention that we are not running around in our daily lives totally stressed out of our mind. So you got to pay attention to that the same way. And that's why this is fourth bucket, our mind and mental wellbeing bucket, is as crucial as the diet, the exercise and the skincare that we can do. All that plays a big role.

[00:39:02.180] - Jacquelyn Hill

Yeah. Absolutely. So going into that mind and stress, are you a big fan of meditation? I know yoga could be exercise and stress relief in one. So what are some of your ways to work on your mind and eliminate that stress or try to fight stress as much as you can?

[00:39:21.450] - Ashleigh Kehrt

Manage it.

[00:39:21.450] - Jacquelyn Hill

Manage it, yeah.

[00:39:24.870] - Dr. Marc Ronert

Yeah, totally. I'm a big fan of meditation. And because it really helps your body to lower your blood pressure, it reduces your stress level. It increases your mental health. So I'm a big fan of meditation, and I take a few minutes out every single day. And people that know me, they know that for me, the work life balance is really super important. So for example, I schedule my work appointments in the same discipline as I schedule my free time and play time. Very disciplined. So I would never cancel an hour of tennis because there's an important business meeting coming up.

[00:40:19.220] - Dr. Marc Ronert

So I'm very disciplined around scheduling the balance of the positive things in the same way as I schedule the work stuff, if that makes sense.

[00:40:36.070] - Ashleigh Kehrt

Right.

[00:40:36.480] - Jacquelyn Hill

That's a great tip.

[00:40:38.640] - Ashleigh Kehrt

It is, and actually, we talked about that in the wellness summit when we were talking with Janet, actually, and Adam from Heyday, he said the same thing. The older that he gets, he said, now he schedules in those times for me time, basically, or an activity, or just take some time. And he said he doesn't move them because it's important to take that time for yourself and really have that balance. So I agree with you 100 percent.

[00:41:03.630] - Jacquelyn Hill

I think when we're so accessible all the time. All of my friends know that my phone goes on do not disturb at nine o'clock. So if you're texting me or calling me after nine o'clock, you're not going to reach me until seven o'clock the next morning. I literally turn my phone off.

[00:41:18.280] - Ashleigh Kehrt

That's great.

[00:41:19.230] - Jacquelyn Hill

Yeah. So I think it's really important to have some time where you're just shut down.

[00:41:25.110] - Ashleigh Kehrt

Right.

[00:41:25.560] - Jacquelyn Hill

And you're not so inundated with everything that's happening.

[00:41:28.380] - Ashleigh Kehrt

Very hard to do in our society, especially. I mean, it's work, work, work, work some more.

[00:41:33.540] - Jacquelyn Hill

Yeah. I think we've made it hard to do.

[00:41:35.260] - Ashleigh Kehrt

We have.

[00:41:35.260] - Jacquelyn Hill

At first I was a little panicked. I was like, "Oh my gosh, what if I miss a call?" And then I realized nobody wanted to talk to me that much anyway.

[00:41:43.030] - Ashleigh Kehrt

It's not that important.

[00:41:43.900] - Jacquelyn Hill

I wasn't missing that many calls. And now it's very nice to know. And I wake up in the morning and I see notifications of people who called me after nine, and I just schedule it into my next day, to get back in touch with them. But it's been very therapeutic for me to shut down at nine o'clock.

[00:42:02.150] - Ashleigh Kehrt

I like that. I might try that, too. Dr. Mark, tell me, can you give me a day in the life of you? So from sun up to sun down and what's your schedule like when you're feeling your most balanced and healthy and aging later?

[00:42:20.540] - Dr. Marc Ronert

Yeah, that's a great question. I'm still traveling a lot, so I have a pretty un-rigid schedule throughout the week. But anyway, I'm going to try to give you kind of my typical day. Wake up fairly early. I would say like 6.30 or so. We have small little kids, so either myself or my wife have to drive them to school. But then I'm trying to do some exercise. I have a personal trainer and you can do this also by yourself. But I'm not disciplined enough to kick my butt every day.

[00:43:05.800] - Dr. Marc Ronert

So I have somebody that is fulfilling that duty to kick it. And then I either exercise with somebody or I play tennis. And I do that five times a week, Monday to Friday. Every day I have something. And then I have my work schedule and I typically don't like, and I know that doesn't work for just about everybody, but I have the luxury and flexibility that I can do it. I typically don't schedule anything before 10am.

[00:43:38.940] - Jacquelyn Hill
Nice.

[00:43:40.320] - Dr. Marc Ronert
I'm fittest in my head and I have time for myself. Half an hour to read the newspaper or do a little bit of meditation. And then at 10 o'clock, I try to do a lot of in-person meetings and try not to answer emails or be just on my computer. So I do a lot of things in-person. And nowadays you can do those also on Zoom.

[00:44:03.730] - Ashleigh Kehrt
Right.

[00:44:04.280] - Dr. Marc Ronert
And try to get our team going and do the work. I usually have a very light breakfast. I usually only use a vegan organic protein powder that has everything in there like fiber and super fruits and superfoods and super greens, all in one. And I use that or I use a little muesli, a couple bites.

[00:44:29.040] - Jacquelyn Hill
Okay.

[00:44:29.710] - Dr. Marc Ronert
So I have a very light breakfast and then for lunch I usually have only a salad or a half a sandwich. So I really try to not overeat during the day. And then I have a full meal in the evening. But I try to get my exercise and my mental balance stuff out of the way in the morning and then I feel much more productive during the day.

[00:44:59.360] - Ashleigh Kehrt
I'm the same way. I feel like I'm a nicer person too, because I've done something for me and it wakes me up, and you definitely do feel the oxygen going to your brain. And I feel more alert and able to take on the day, versus not working out and then working out later in the day. And then it's like a struggle to get it done.

[00:45:18.450] - Jacquelyn Hill
I fl put it off, it's not going to happen. So on my mirror, it just has a sign that says, "Win the morning. i know.

[00:45:24.330] - Ashleigh Kehrt
Mine says, "Get your butt to the gym."

[00:45:26.190] - Jacquelyn Hill
If I don't win the morning, then the rest of my day is probably not also going to -

[00:45:31.360] - Ashleigh Kehrt
Right. Isn't that funny how that works?

[00:45:33.570] - Jacquelyn Hill
Yeah.

[00:45:34.500] - Ashleigh Kehrt
Just doing simple things like that can really make or break your day.

[00:45:38.880] - Jacquelyn Hill
Do you have a favorite hobby or favorite way that just makes you relax, recharge? What's your absolute favorite go-to if you need to destress, Dr. Marc?

[00:45:49.600] - Dr. Marc Ronert
Yeah, I'm a big fan of playing tennis. So I grew up with tennis and it really helps me get my mind off

everything. I can really focus on that exercise. I think it is a great exercise to play tennis. It really moves every single muscle in your body. You need to use your mental strength, your focus. I think tennis is a great sport. You can do it until you're 90 years old or older, and it is a sport that leads to very low possibility of injuries, I believe.

[00:46:27.490] - Dr. Marc Ronert

So tennis is a great all around sport. But like I said already, yoga is part of my routine as well. And then physical exercise in addition to that.

[00:46:41.200] - Ashleigh Kehrt

I love that.

[00:46:42.230] - Jacquelyn Hill

Alright, I love it.

[00:46:43.460] - Ashleigh Kehrt

So if you could give the listeners three simple, immediate changes, besides reading your book, that they can make to their lifestyle after listening to this podcast, what would be your top three things for them to do right now?

[00:46:59.860] - Dr. Marc Ronert

Yeah, keep your weight down. Monitor your weight. That is key. Weight contributes to many of the diseases and ailments that we suffer in society, avoid meat and then do some physical exercise. And those are three things that I do believe make a significant difference in your health, and in the way how you're going to age?

[00:47:31.590] - Ashleigh Kehrt

I love that.

[00:47:32.710] - Jacquelyn Hill

I love that. So if people have additional questions, what's some ways that they can get in touch with you? Do you have social media? Can they get in your DMs? Do you have a website? What's the best way?

[00:47:44.760] - Dr. Marc Ronert

Yeah, well, that's a great question. I have my Instagram page.

[00:47:47.920] - Jacquelyn Hill

Okay.

[00:47:48.430] - Dr. Marc Ronert

That's Dr. Marc Ronert. Very easy to find.

[00:47:52.500] - Jacquelyn Hill

Very easy.

[00:47:53.370] - Dr. Marc Ronert

You can always DM me. You can also find me on Imageskincare.com. And you can also find me at Hush&Hush.com, which is the supplement company that I'm involved in. But I think the easiest is Instagram, right.

[00:48:11.410] - Ashleigh Kehrt

And for the listeners, it's Marc with a C.

[00:48:13.780] - Jacquelyn Hill

Yes.

[00:48:14.270] - Dr. Marc Ronert
Correct.

[00:48:16.190] - Ashleigh Kehrt
You need to spell it right.

[00:48:18.620] - Dr. Marc Ronert
Very important.

[00:48:19.270] - Ashleigh Kehrt
Well, I think this has been one of my favorite topics so far. I always love speaking to you. I think I learned so much every time we have these interviews and chats and I really appreciate your time today for sure.

[00:48:32.080] - Dr. Marc Ronert
My pleasure was super fun with you guys.

[00:48:35.540] - Jacquelyn Hill
It's always fun. Dr. Marc, thank you so much.

[00:48:39.020] - Dr. Marc Ronert
Thank you.

[00:48:39.770] - Jacquelyn Hill
I'm going to try to eliminate meat a couple of days a week. I can't promise all the time, but -

[00:48:44.890] - Ashleigh Kehrt
Start slow. Baby steps.

[00:48:46.700] - Ashleigh Kehrt
Yeah.

[00:48:47.560] - Dr. Marc Ronert
It's a start.

[00:48:47.840] - Ashleigh Kehrt
We're definitely going to write our diets down and compare and then we'll send them to you.

[00:48:51.080] - Dr. Marc Ronert
Yeah, great. Thank you.

[00:48:53.030] - Ashleigh Kehrt
You're welcome. So to get a copy of Dr. Marc's book "Age Later: Look Seven Years younger in just seven weeks, you can visit Imageskincare.com.

[00:49:01.360] - Ashleigh Kehrt
Make sure you're following Image Skincare on social media. It's just at Image Skincare. We're on every platform you can think of and make sure that you tune into next month for an awesome topic. We look forward to talking with you all again. Thanks for listening.

[00:49:15.430] - Jacquelyn Hill
All right, guys. Bye bye.

[00:49:18.470] - Outro
Thank you for listening to Skinfluenced. If you are skincare obsessed just like us, don't forget to subscribe and rate this podcast. We also love hearing from our skincare fans. So send us your questions and comments to Skinfluenced@imageskincare.com.

