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Podcast Episode # 13

## The Beyond The Food Show

Skin Care - How Your Products Can Make You Sick with Trina Felber



the

BEYOND THE FOOD

Show

WITH STEPHANIE DODIER

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Stephanie: Welcome to Episode 13.

And today's episode of The Beyond The Food Show, we're talking how we need to think beyond the food and into our skincare routine with Trina Felber from Primal Life Organics.

Here's a question for you, are you nourishing your skin or are you numbing it and hiding symptoms aka body messages with product? Maybe this is the time to move to the nourishing aspect of your skincare instead of hiding it.

Yes it is about looking good but it's not just about looking good, because truth be told and skin care product available on the market right now. Yes there is some natural elements, some oils, but there's also a series of different chemical product added to our skin care that can actually affect our health and some particularly are endocrine disruptor. So, they can actually negatively impact our balance of our hormones and in our body. This is very scary.

I personally became aware of that in my journey of healing myself, and it came very evident as I was going through my nutrition diploma. And one of my particular Herbology teacher actually offered us a workshop where I learned, to not only make my skin care product, but also to make my household chemical product, and I was astonished how easy it was to make my own product.

And Trina with Primal Life Organics came into my life about at the same time, and I started switching gradually all my skin care product to food-grade product that I put on my skin, and what a transformation of my skin. And I'm going to talk about it during the podcast so I invite you to listen carefully.

If you haven't yet listened to episode 12 of the Healthy Gift Guide that I did for you, it's maybe time for you to go back and listen to this episode, but also stay tuned till the end of this episode when Trina share a special discount code for her product.

You still have time to order it for Christmas in getting it, there's a gift to yourself or as a gift for maybe one your girlfriend or somebody else in your life. So, are you ready to learn how your skin care choices can impact your total health? If you're ready, let's do this.

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Stephanie: Trina Felber is the CEO of the Primal Life Organic, Paleo Skincare Company. Trina is a natural skin care expert in skin care biohacker, and is improving the way you feed your skin. She's a Certified Registered Nurse Anesthetist and International Best-Selling Author of Beauty's Dirty Secret, and her products have been featured on TV stations all over the country.

She is dedicated to helping others realize the danger in everyday cosmetics in skin care, and spreading awareness for the importance of using plant-based product. So welcome to this show, Trina.

Trina: Stephanie, thank you. I really appreciate you having me on.

Stephanie: Stephanie: Thank you. And I was chatting with Trina earlier, and I was telling her that I have been an avid user of her product for three or four years now, I absolutely love it. And I'm very happy to have her on this show so she can share her knowledge of impact of our choices in skin care to our total health.

And what I teach to women is that our body talks to us through craving but also through symptoms and body messages. And one of the most evident one that women always start looking for is the skin, in the aspect and aesthetic of the skin, and acne, and breakout, and wrinkles, and sagging, and it's a way for our body to talk to us. So, can you tell us a little bit more about what you see as far as symptoms of the skin and what it truly means?

Trina: You know, that's a huge question. That's a load of question. Let me start by saying that you're absolutely right, that your skin is basically speaking to you. And if you keep in mind that your body was created to detoxify naturally and to have normal beautiful skin, when something's not right inside or outside there can be signs of that. And signs like you mentioned could be acne, it could be, it could be rosacea, it could be eczema or perioral dermatitis. It can also be something as simple as dry skin or oily skin. Some of that is related to your internal health like your gut flora, sometimes your immune system is based on your gut.

And if your gut flora is not healthy then your immune system is not acting properly, as well as your skin because symptomology comes out through your skin as well.

So sometimes you have to heal the gut. But what people don't realize and what I love open people's eyes to is that sometimes these things that you're putting on your skin, play a huge role in what you're seeing on your skin as well. For instance, some of the ingredients putting commercial skin care are skin irritants and cause acne. So if you're putting on benzoyl peroxide, it is a huge skin irritant. It's one of the leading ingredients in commercial acne

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products, but it can actually trigger or cause acne. So you're not really combatting or healing the situation, you're just making it worse but you don't realize it. It's a viscous cycle. The other thing is, some of these ingredients also dry your skin out. I used to suffer from acne myself. I suffered from oily skin for 20 years, and it wasn't until I ditched commercial skin care that had all these harsh ingredients that were stripping away my natural oils that protect me, that I realized was causing me to overproduce my own oil as a protect mechanism, as well as the acne was a result of these ingredients as well.

So it wasn't until I ditched all that, it was leaving my natural biomes and that fight harsh bacteria or bad bacteria that my acne went away. My oiliness completely ran away because I no longer had to overproduce my own oil. I could normalize my own oil production as well as hydrating my skin, it just hydrated my skin. And when you have a hydrated skin, you'll look younger because your wrinkles are not accentuated. Dehydrated skin accentuates the wrinkles. That was a lot.

Stephanie: That was a lot. That's very instructive. So, let's get on to the topic of menopause and this whole wrinkle situation that women are faced with. What is it you do and what can we do about that?

Trina: It's due to a lot of things, it's hormonal obviously. It has to do with your aging. As you age, you produce less collagen. So you're fighting someone in uphill battle on that aspect, however like we talked about that ingredients that you're putting on your skin aren't always helping. The nutrition that you're eating isn't always helping your situation, because there are things that you can't do to replace, or replenish, or improve your collagen production.

And for me and I know for you, it all comes down to cellular health. It's the healthy cells that produce other healthy cells and cells make up your tissues, your tissues make up your organs, and your organs make up systems. Your skin is an organ and it's a part of your entire system. I like to tell people that it's the organ that you can see. And if you're not happy with the way your skin looks, just imagine how your internal organs look that you can't see.

So if you have dried, if you have hydrated skin, or you have a condition going on, there's a possibility that it's an allergic reaction or it's a symptom of something going on your body's not liking. Wrinkles, yes it's going to happen as we age, but you can help minimize that by putting the correct ingredients on your skin, including some collagen-based ingredients but also the oils. I love to talk about water. Are you ready for my

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water talk?

Stephanie: Go for it, girl.

Trina: Okay. So one of the things I love to say is “flip it over.” When you get home or wherever you are, grab what your favorite moisturizer is and just flip it over. And if water is listed—this goes for all skin care—if water is listed as the first ingredient, that product can be up to 95 percent water.

So, the ingredients that you’re actually buying that for could be less than five percent. And if you have water, you have to have an emulsifier to mix oil and water, and you also have to have preservatives in it.

So when there’s water, the other thing I want you to notice is does it say it’s purified? Because chances are, it’s not purified water, and tap water contains heavy metals, as well as other toxic ingredients or things from the pollution, or things like that contaminates it.

So, when your first ingredient is water, you could be contaminating your skin with things you don’t even know what’s in there. Secondly, water, being the primary ingredient in that, doesn’t get absorbed by your skin.

Your skin is made to absorb lipids or spat. So, water doesn’t get absorbed in your skin, it has nothing to do with hydrating your skin. In fact, it actually dehydrates your skin because as it evaporates off your skin, it takes with it your own natural oils and it pulls that moisture right out of your skin. So it’s doing two things: it’s not hydrating your skin, and it could be polluting your skin with ingredients that you don’t even know like heavy metals.

As well as the fact that the ingredients that you bought it for, those nourishing oils aren’t really being effective because the water is in there, and it could be a higher concentration than the oils themselves. The fastest way to look younger and bring a glow to your skin is to put oil on your skin because the oil becomes absorbed by your skin, it can feed your cells. It’s full of micronutrients including vitamins, minerals, essential fatty acids, antioxidants, all sorts of things that your cells need to make them healthy, to make them reproduce healthier cells, to plump them up.

If your cells are plumped, your wrinkles are going to look less, you’re going to notice your wrinkles less. It’s going to deaccentuate your wrinkles. How’s that?

Stephanie: That’s amazing. Because you know what, as you were talking, I’m like “this is nutritional skin care.” Because I always teach women that we need to eat

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more fat because we need to nourish our cells which are made out of 70 to 80 percent fat. So if you don't consume the right fat and the right quantity, your tissue inside will get unbalanced and synced and so does your skin. So by putting the oil on your skin, you're doing the exact same thing as you're putting it inside with your nutrition.

Now I want to go into the place of this whole polluted water which is crazy because it's true. When you buy commercial skin care, you'd fill the bottom of your hand and you just ladder yourself, and you're drying five minutes later. Where when I used your product, I barely put like not even the size of a penny in my hand, and my skin is filled with nourishing oil. That's a huge difference, number one.

But I want to get to that pollution and byproduct that is in the water that can also include hormonal byproduct, because we know that water contains things such as estrogen, right, because of the birth control pill. Because when we excrete birth control pill, we put estrogen in the water and the filtration system are unable to pick it up so we end up putting estrogen in other hormones on our skin. And hormonal dysregulation is a huge place where skin condition begins, am I right?

Trina: Absolutely. You know, I've been through numerous dermatologist for my acne, but this goes across the board, I never had a dermatologist. They ask me what I'm using on my skin. Never had them ask me what I'm eating. So think about that, if you really want to heal the body, it's through nutrition, whether that's through your skin or through what you're eating, including the hormonal aspect of it. You're absolutely correct.

Stephanie: And there is other product, phthalate. Am I pronouncing it right? That mimic, the effect of estrogen as well? Can you talk about that a little bit?

Trina: Yeah. They mimic the effects of estrogen. It's thought to also promote the reproduction of cancer cells and can cause other hormonal imbalances, as well as infertility, because your whole hormonal system is affected by this. Your thyroid gland is part of your hormone system.

Your thyroid gland is responsible for your metabolism, so we're not correlating a little bit of a fat holding unto fat or weight gain with our skin care. But if you're absorbing all of these endocrine disruptors, phthalate and there are numerous other ingredients that do this but phthalate is a big one because it's in so many products out there.

And the problem really isn't being in one product; the problem is that it's in almost product on the shop. So when you're absorbing this numerous times a

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day, of course the FDA or whoever might have some sort of warning, they say that the amount in that ingredient is safe. But when you multiply that by the fact that women sometimes will use up to 15 products every single day, that's where the problem is. That's where the problem lies. If you're a woman and you go to work, and you put on makeup on every day, that's another source of contamination for your skin and your body. There is also the endocrine disruptors in makeups so that's something women don't seem to think about, but that's also another source.

So yes, endocrine disruptors affect your entire hormonal system. It can affect your hormones on the level of aging, as well as when you're in the fertility period of your life. And within fertility on the rise, you have to wonder if there's a correlation between all of these things that we're absorbing.

This is one thing that I don't know that people understand, and this is my other topic that I love to talk about because it brings awareness to the fact that your skin is extremely important. I was a burn nurse. I worked as a burn nurse for about 10 years when I first started my nursing career, and I saw what the skin really does to the body. I saw how damaged skin affects every single organ of the body. In fact, if you have a significant damage to your skin, you cannot live because every internal organ is affected by it. It also regenerates, it can heal. So, when you absorb something through your skin, your body absorbs it completely different than the way you absorb it when you eat something.

So when you ingest something through your mouth that has something in it that your body doesn't want, a toxic ingredient or, or a hormone, or something like that, your body starts to digest that with your saliva. It works its way down to your stomach with your digestives, your system break it down, and then it's sent to your liver. So your liver is your protective mechanism, it converse it from fat soluble to water soluble. So, you can excrete the majority of that ingredient out of your body from your urine, you also excrete it out as sweat and other forms as well.

When you take something—I like to say, when you ingest it through your skin so you'll really get the idea that this is food—when you ingest skin care through your skin, you no longer have that liver protecting you. It becomes absorbed into your vascular system first, and your vascular system travels throughout your body before it actually goes to your brain. If you follow your vascular system, it will go to your heart and your lungs, and then it gets shot out.

A portion of it will go to your liver, but the rest of it, the majority of it will go to



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feed your other internal organs including your brain. Now, all of these ingredients are still fat-loving because it hasn't been broken down by your liver into water soluble.

So, if it's traveling throughout your vascular system, you have fatty tissue that surrounds your heart and all of your internal organs. Your brain is also primarily a fatty organ. So, these fatty molecules that are toxic or chemicals that can alter anything, your cellular component can travel throughout your body and get deposited in any fatty tissue including your brain.

So, a lot of times what happens when people start to lose weight, they feel really good. They feel really good for a week, and then all of a sudden you plummet and no one really knows why that happens. Here's my theory: I have no proof, this is just my theory understanding how the body works at this cellular level. As you are absorbing or breaking down that fat tissue, it contains some of those toxic ingredients still in the same form, that fatty form.

As you're breaking that down, you're absorbing that back into your vascular system, and you're getting almost an influx, or I don't want to say toxic overload but more a higher level than you normally would if that fatty tissue are left alone. And you're going to be traveling that fatty tissue or those toxic chemicals are going to be traveling through your blood stream.

Some of it will go to your liver but that might be while you have that decreasing energy, you start to feel not so good. You start to feel like little sick or nauseated, or your immune system starts to decline. That's my theory. We forget all about that stuff that's hanging out in our fat tissue.

Stephanie: I totally agree with you. I personally lost 100 pounds by going to the paleo lifestyle back six years ago. And I was very fortunate to work with a natural health coach at that time who put me right away on supplement that supported detoxification because what you've observed is exactly what happened with his obese client.

And they become toxic, and then they become sick, and then skin breakouts happen because the body cannot feel what the toxic load in the fat cells, because that's where our body's trying to protect us by pushing those chemical in the fat cells. Fat cells are big toxic load coming out.

Trina: Right, you could get a lot of breakouts. Like what you said, it's absolutely true. The breakouts and the skin, what you see in your skin is from those ingredients getting back into your blood system.

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Stephanie: And we see that with babies. That's the thing that's coming up to my mind now when baby start eating food and the parents are not conscious that they may be intolerant to certain food or certain food are not good for them. What happen, they get breakout, they get rashes, because the body is trying to push what they considered toxin out through the skin.

Trina: Right. And even through the urine. And yeah, it's true the skin itself, but it's also because it's in the urine that in the diaper is causing that you see it. And there should be a light bulb that goes off in everybody's head that says, "Oh yes, I get that now. When there's something wrong with the skin, it's probably something that I'm ingesting." and ingesting means either through your skin or through your mouth.

Stephanie: And the skin, when you were saying like a woman can use up to 15 products in a day. And I can crank that up for some women who are trying to hide their skin breakouts, I mean you just think. You wake up in the morning, you put soap on, shampoo, hair conditioner, other hair products, and then you brush your teeth with God knows what again. And then you start putting on makeup, and then skin lotion, and all kinds of products throughout the day, you end up with a load of chemical on your skin. Your skin being your biggest organ, you become a toxic individual. So, what should we avoid? What are those ingredients that we should look for? What should we do and what we have in our house to avoid that toxicity or that hormonal disruption that those commercial product gives us or provides us with?

Trina: Well I also like to tell people, "Look at your labels." And it's ultimately our responsibility to know what we're putting on our skin. No longer can you trust anyone out there or anybody producing skin care especially when it's mass-produced. Because when it's mass-produced, it's mass-produced so that it can sit on a shelf for a long time. So it has some of those ingredients in it, and those ingredients are protecting it from bacterial growth while it sits on a shelf for one, two, three years. That being said, as soon as you open that product that has those ingredients protecting it, that no longer holds true.

As soon as you open a skin care product, the environmental bacteria that what's floating around in the air can get inside, so most skin care usually has an open life of about six months. So once you open something, regardless of whether it was mass-produced and has massive amounts of preservatives or if you use something natural, you should try to use your skin care within six months so that the bacteria from the environment don't get in. But the ingredients to look out for—we mentioned phthalates—phthalates are

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softeners that are put in the skin care, they're endocrine disruptors. They can cause infertility issues because it's a hormonal disruptor, it can also cause a neurological damage, It can promote genetic mutation, it can cause developmental defects, it can cause reduced sperm counts in men. So this doesn't just affect women, this does affect men as well. And when I talk about men, I don't just mean the men that are past puberty, I'm talking about boys as well. Because these endocrine disruptors aren't picky about who they pick on, and little boys can be affected especially since they're being exposed almost—I'd like to say—from conception. Unless you are using 100 percent natural skin care, a lot of children when they're conceived, and they have found these ingredients in the cord blood of newborn babies. When they've tested, they found the skin care phthalates. They found these things, cord blood of newborn babies.

So you're talking about babies being developed in uterus are already affected by some of these ingredients. Other ingredients would be sodium laureth sulfate that's a big ingredient that's in any kind of soap. Anything that ladders, it's also in household cleaning things. It's also in bubble bath for little girls and little boys. You have to be very careful; it's in toothpaste, shampoo, laundry detergent things like that. But it's the foaming agent, it's an emulsifier, it also can cause damage to the outer layer of the skin. So if you're having skin conditions and you're using something with the SLS, it strips your natural bacteria and they can cause irritation to the skin, it can also cause cancer. It's a known cancer-causing agent. So, those are two big ingredients. Parabens are also an endocrine disruptor, so as we're talking about the endocrine system, your hormonal system. There's a bunch of different types of parabens, but paraben is going to be in the word. It's in foods, it's in skin care, it's the preservative, it's been linked to breast cancer, and it can cause skin aging. It can also cause damage to your DNA, and that's in moisturizers. It's in makeup, that's in all sorts of shampoos, conditioners, things like that. Those are the big ones.

Stephanie: What do think of the site EWG?

Trina: Yeah, skin deep.

Stephanie: You support that site. So what that site is for people listening, it's a free website that you can go online and you can tighten your mass-produced cosmetic, and it will give you a rating on the quality and the natural aspect of that product if it's safe to use. And it will consider what Trina just talk about as far as ingredient is concerned.

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Trina: Yes. EWG is wonderful. And you can also put in an ingredient, propylene glycol for instance, you could type that in. I don't know what they rated, but they would give you a rating on any ingredient as well. And propylene glycol for people that don't know this, it's in so many skin care products, and it's also in ice cream. It's in a lot of food products, but propylene glycol is antifreeze.

Dogs can't eat it. If they'll eat it they'll die, let's put it that way. If you overdose on it, you will have a lot of internal damage. But it is linked to kidney and liver disease, it affects your kidneys, it affects or liver so that's in almost every skin care products. It's a cancer-causing agent, it can cause genetic malformations.

Stephanie: That's amazing. All those products what we use on a daily basis are basically killers for us, they destroy our health. So, we can go to the site and look at those products, or we can turn to someone like you, who makes natural skin care. So I want us to understand what you do with your skin care and what product, what quality you're offering as an alternative to those mass-produced products.

Trina: So, my background is a nurse. I've been a nurse for over 20 years, and I went back to school after about 12 years to nursing to do anesthesia. So, I learned the cellular health, and I learned how things affect the body at the cellular level. When I became pregnant the first time, my husband and I went to the Fiji to get married. And on our honeymoon, I was 40 years old, so we were ecstatic that it happened right away. And we were very healthy, and we were eating very healthy.

We're not paleo yet because there was a little bit before the paleo time, but we were eating healthy ditched processed foods. I came back to the States, week seven I miscarried. I was devastated and blown away by the fact that what happened. As a nurse, I know that it could be something genetic, but if it was something under my control why could it be?

You know, I never even thought about skin care, but I got pregnant again right away. I was at week seven at that same spot, and I was getting ready for work. I grabbed my moisturizer and for the first time really looked at the ingredients, and I realized what I saw were toxic ingredients. And here I am, my baby is at seven weeks, she's a little bundle of joy, and she's growing and developing every single day. And here I am, polluting my body with something I thought was healthy. I didn't realize I was blown away that they could put those things in there



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and pollute my body, and my baby, and not even know it. So, I started creating things myself. And my goal with my company, since I have my nursing background, was to make products that heal. That was my whole goal. To heal the bodies through nutrition so that your body can perform the way it was intended. Because when you're sick, you can't perform. You cannot perform the way they're intended.

But when you're nourished, you feel good, your head is clear, you're alive and you can function normally. So my goal was to feed this skin nutrition so that your skin can function the way it's intended. It can take that toxic overload off of the liver, because the liver is meant to detoxify. But in our day and age of polluted food, polluted air, polluted water, and polluted skin care, it's overworking. As your liver's overworking, it's not going to get rid of everything that it should. So my goal was to depollute the body through your largest organ - the skin.

So when I created my products, I looked for ingredients that would help heal the body. For instance, for acne or for aging skin, we can talk about aging skin. For aging skin, I really looked for the ingredients that helped produce collagen, help feed the cells the nutrition.

The antioxidants are extremely important, the essential fatty acids, things like that. So, this is really what I did, I put my list together and then I always set a little prayer, and ask the hand above to just direct me and move from this column to that column, the ingredients that needed to go in this product. And honest to God, it was divine intervention because I could never have created the things I've created without that help, because they really do work. It's incredible.

Stephanie: And it's all handmade by you and your team, correct?

Trina: It's all handmade, yes. That's our goal, it's to continue make everything by hand and we do. We make everything by hand. I have a team of probably 20 employees now, who are making everything on a weekly basis so everything is pretty much made fresh to order. When you order your product, it may not already be made. We may have to make some of the products because it depends on our cycle of ingredients in products that we're making. So sometimes it takes a week for us to actually make and then everything that goes along with that. We put the labels on ourselves, we seal the products ourselves and then shipping everything, so yeah.

Stephanie: It's obviously all natural products, organic, and it's mainly oils. The one

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that I use is pure oils with the beautiful smell of herbs that you add to it, but it's mainly just oils put together in a formula that will help certain condition, correct?

Trina: Correct yes. I try to formulate everything for certain skin conditions. I don't believe that everyone's skin is the same, and I don't believe the skin you have today is the skin you're going to have tomorrow. So it changes. People get stuck with the idea that "I have acne. I have acne. I have acne." Well, when your acne goes away, they still think they have acne, because they have acne skin. Well no you don't, you no longer have acne.

You fixed the problem so go with something that fits your skin today. I know it's winter almost everywhere, I get influx with people come, saying "My skin is so dry." Well of course it's dry, it's winter. Your skin changes and that truly shows you that your skin is responsive to things, your environment, to what you put on it, to what you're ingesting, to the heat, the cold, the dryness in the air.

So change what you're using, my pomegranate line was made for dry skin. And I try to remind people during the winter, "You don't have to use the whole pomegranate line, but if you buy one or two of the pomegranate serum or the moisturized and you incorporate that and put it on maybe every other day, you're going to notice the difference." Mid-day in the winter, especially if you live in the cold climate, I love to throw it. It doesn't have to be fancy. Mid-day, I say "no fancy." If you're making lunch, or you're making dinner, or whatever you're making, and you're using olive oil, or coconut oil, or hazelnut, or whatever you're using, put a little bit on your hand and slap it on your face. I mean, your skin will absolutely love you if you do that. It's going to hydrate it whether you want it, you need it or not, so that's my tip.

Stephanie: That's amazing. I used coconut oil on almost single part of my body in every single different recipe that I have, and my skin just loved it. I want to beyond skin care because I know it also beyond skin care. There's Dior, there's toothpaste, and there's makeup, there's a lot for us to look beyond lotions.

Trina: Right. I love to talk about toothpastes. One of my best selling products is my tooth powder, and here's my quick steal on toothpastes. Toothpastes will be cleaning your teeth, there's no doubt. It will clean your teeth, but there are a couple problems with it. The first problem is that it contains very harsh ingredients including SLS that will remove or strip your natural bacteria. Your mouth, your gums have natural bacteria in it to fight off bad bacteria. If you wake up with morning breath or you have bad breath,

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that's a sign that you're losing your natural bacteria, because your natural bacteria will help prevent that. I call it toxipaste. Toothpaste contains harsh ingredients that are going to kill your natural bacteria. The other problem is, if it has glycerin in it, glycerin can leave a coating over your teeth. That coating will prevent any minerals from going back into your teeth to prevent mineral loss. And if you have more minerals leaving your teeth then you have entering your teeth, you are going to end up with sensitive teeth.

A sensitivity is a sign that you're losing minerals if you don't replace those, you will end up with a cavity. Third thing: Toothpaste does not contain those vital minerals that your teeth need. Your teeth are made up of minerals. And if you're not replacing them, you cannot reach this from your bloodstream.

Trina: So you cannot take a supplement, you cannot ingest anything that will help with the help of your teeth. You have to have those minerals inside your mouth. So you can get that two ways, you can either eat food that are high in minerals. And there's a problem with our diet today, first of all tightly processed but okay. So you are eating healthy, you're eating natural foods not processed. The other problem is our soil is very depleted of minerals.

So even if you're eating a very natural organic diet, there's a chance that the soil is so depleted. There is a study done that our ancestors even 50 years ago could've eaten one carrot and gotten the minerals they need for their teeth, today we probably have to eat about seven or eight carrots. So our soil is depleted.

So the way I fix this, my daughter was born with a defect in her mouth or in one of her premolars, she was two years old when the molar came in. We noticed this cavity-looking defect, took her to the dentist and he said, "At her age, there is no way this tooth is going to make it, within a year we'll have to pull it." And I said, "Hold the phone. I am going to fix this. I'm going to figure something out." So I started researching, and what I found was that clay contains the exact minerals in the ion form, which is what you need, to be reabsorbed into your teeth to remineralize your teeth. So I started developing a product I called "Dirty Mouth Toothpowder." I used three different clays because that blend of clays has the exact ingredients, the exact minerals that your teeth need, so it has Bentonite Clay, white kaolin and French Green. The thing I love about the French Green clay is that it has antiseptic qualities, and it also has algae in it which makes it the green. It's from the sea so it has algae. And if you know anything about phytonutrition in algae, it's such a good nutrition for your gums and your teeth. So, I put those three ingredients along with a little

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bit of baking soda, and a little essential oil. If you want some flavor, the flavor comes from essential oil. You brush your teeth, those minerals are right there, there's no coating, there's no glycerin so it will remove the glycerin coating if you develop a sensitivity when you first start this, it's because the glycerin is being removed and yet sensitivity is right there. The glycerin was covering up and then it will take about a week or two weeks usually, and the minerals will replace and that sensitivity won't go away. I had one woman in Texas that used the toothpowder. She went to her dentist, she had six cavities, she needed a root canal on one of them. So she bought the Dirty Mouth Toothpowder as a last resort, used it for about two months. Went back to her dentist to get the root canal, sat down and he said, "You only have one cavity and you no longer need a root canal." So that was a total win. It's an amazing product built to really heal your teeth.

Stephanie: It's not just about cleaning your teeth; it's about nourishing your teeth.

Trina: And the great thing about clay is that it naturally whitens, so it's going to naturally whiten your teeth. It's going to clean your teeth non-abrasively, and it's going to put those minerals back in your teeth. But the other thing it does is it detoxifies your gum tissue. It's not harsh; it's going to leave your natural bacteria in place.

People started emailing me after they started using this, wondering why they no longer have bad breath. And so I had to figure that out, but I realized it's because it's leaving that natural bacteria in place and you no longer have bad breath. You wake up in the morning your breath isn't nasty, it's normal.

Stephanie: Because nasty breath is not normal, it's a message from our body, right?

Trina: It is right. It's a message that something's not right in our health, our body, or whatever, yeah right.

Stephanie: Because I wake up was like fairy breath in the morning for the last four years because I fixed my body, but I used to have bad breath and it's gone now, it disappeared. Anyway, we're running out of time. I could talk for hours with you and maybe we can do something in 2017 some type of master class but there's so much to teach especially women because we are a huge consumer of this cosmetics industry. And we've been brain-washed and we need to reeducate ourselves to nourish our skin in our body, instead of trying to cover up and trying to put product on it. And it's not more expensive because I've been buying Trina's product. And to tell



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you the truth, I spent a lot less money on cosmetics that I've ever done in my life because I don't need to put as much.

Trina: Yeah. And you simplify it because you don't have the skin conditions. So you're not using five things, you're using one and it's so easy. And the products last time, I know people get my product, they're like, "They're so tiny but they really last a long time." It's 100 percent active ingredients. By active, I mean the oils, the essential oils, there's no water. Water is an inactive ingredient. If you look at your skin care and you see water on that, that's not doing you a bit of good.

Stephanie: No, it's just diluting the product so they can make more money. Oops! So you have this special offer for the listener of the podcast, I think.

Trina: I do. You know what, it's overwhelming. I get it, I was there. It's overwhelming to figure out where to start so I put together a starter package. It's an amazing package. It has a face wash and a face moisturizer so that you can normalize your skin, get your normal bacteria back, get your normal oil level back, and you're going to see a huge difference almost immediately. So it's got the Bare Face Wash, the Bare Face Moisturizer, it has a Dirty Mouth Toothpowder, which is really excited because that's one of my best-selling product that we talked about. It has a stickup deodorant and which we didn't talk about but deodorant is another skin care product that can cause a lot of issues down the road, especially if you're using an antiperspirant that prevents sweating, that's a whole another topic.

You do want to sweat, so you would get a deodorant. And then you'll also get a hand repair with the nurse in me. Had to put that in there because your hands are what you used for almost everything, they're in the elements. They are your tools. And if your hands get dry, you don't feel good. Any open area is an open area for bacteria, or viruses, or anything that get into you. So I made a hand repair for the nurses in the OR because we wash our hands, it works so well, it protects your hands even through washing after washing, after washing, after washing. You get five things and I'm going to give you 20 dollars off of that package. Stephanie has the link, if you click the link and use the coupon code, you'll get the starter package at a discount which is an amazing deal.

Stephanie: Amazing. So it's all going to be in the show note so you can refer, the links will be there with the coupon code. And I thank you so much for that amazing education you've given us in 40 minutes. We could go on for hours as you say and there's a lot more education and maybe we'll do something in the future. But thank you very much for coming in and sharing that offer as well with my listener.

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Trina: Oh Stephanie, it's a pleasure. Education is what I'm all about. I feel that it's the nurse in me. If you don't understand your body and you don't understand what you're doing to your body, you will never be able to heal your body because you will give up, because it's a multitude of things, it's multifactorial. So you have to understand and education is so important. So thank you for letting me help you educate everyone and just share our knowledge.

Stephanie: Thank you. Have a great day.

Trina: Thanks Stephanie, you too.

Stephanie: There you have it, how your skin care choices can impact your health and how you can make better choices. All the links of everything we talked about today will be in the show note, which can be found at [stephaniedodier.com/013](http://stephaniedodier.com/013). The discount code and the link to purchase special offer will also be in the show note.

That's where you can also pick up the transcript of the show and the link to join my private community so you can ask your question for Thursday's Q&A, and also my Keto Connector Program which is going to help you move from worrying about food and move on in connecting your mind and your body. I also would like to thank our sponsor for today, and today's sponsor is my Healthy Holiday Cookbook. This is the book that I created two years ago based on my patient's request on what they needed for the holiday period, not only Christmas but Easter as well and Thanksgiving. And the objective was always for me to allow them to share the holiday dinners and meal with their family while respecting their own food journey. So this book is filled with 40 recipes that are dairy-free, gluten-free, grain-free, low-carb, and they've been tested on my own friends, family, and everyone loves it even the kids. So go check it out, it is linked in the show note.

If this is your first time here then welcome. I'm happy to have found you and that you found me. We do The Beyond The Food Show every Sunday and Thursday, make sure to subscribe to this show so you get every episode. If you've enjoyed this show and believe that someone else would benefit from this experience, please share. It will help me spread the message and help thousand more. If you have a minute and could take a moment to review this show on iTunes with an honest review, I would absolutely appreciate it.

Thank you again and looking forward to serving you in the next episode.