

Pretty Curious with Jonathan Van Ness & Dr. Anthony Youn

JVN: Hey, curious people. I'm Jonathan Van Ness and welcome back to another episode of Pretty Curious. Did you know that the term plastic surgery originates from the Greek word *plastikos* which means to mold or to shape the word *plastikos* itself is derived from the Greek verb *plastos*, meaning formed or molded procedures to correct change or rejuvenate or enhance have been around for a millennia and yet people are still so uncomfortable to talk about it, but I wanna talk about it and I wanna know what should I get done to my face? I've seen so many videos on my tiktok lately of all these people getting lower bleph, upper bleph. And now I wanna bleph. I'm wildly curious also, we're just seeing so many people with these like glow ups to the gods and I'm curious about that. So to help us learn more, we've invited tiktok sensation and renowned surgeon, Dr. Anthony Youn to the pod to dive into discussing plastic surgery and also the new science of auto rejuvenation. But before we go under the metaphorical scalpel with Dr. Youn, it's time to get ready with me. We have our first newness launching um in JVN Hair for like in a year and a half or really since I think, since our nurture mask launch, which was in like mid 2023. So like a year and a half. And you guys, we didn't even know, I didn't even know at this time last year, if JVN Hair was going to exist or not. Um, just how much everything that JVN Hair went through last year, the way it rocked my world. I really am so proud of us and our perseverance and our resilience and getting here. I'm also just so excited for our launch because it really is a celebration of hair. It is like it's so cool. It's really innovative. It's I will give you this little sneak peek. It is an in shower treatment. It's really just, I can't wait for people to get to see it, but I can't spoil too much about it, but we got to have this like fun influencer event for it. And when we got to see all these like amazing beauty editors who we worked with for years. Jeremiah came. That was really fun. I also hit up some hardcore Black Friday deals guys. I went in hard um on the Black Friday. I'm happy to report that. I am obsessed with those Patrick Ta eyeshadow duos. They are gorgeous. Um, what else? I, I think I wrote something down to, oh, I'm back on my Summer Fridays you guys, their lip oil. I'm really into lip oils. I had seen some like Tik Toks that were either way on the lip oil. But I found this Summer Friday's lip oil that is literally my lip color, but just a little shinier. I'm, I'm obsessed. It's, it is so luxurious. I don't want to leave my house without it. I've been wearing it so much and I've really not been like a big lip girl. I mean, this stuff is major sidebar, Chris, you know what we have to do. We have got to order me Morph that Morphe setting spray so that we can try from what Darcei told us about as I'm thinking about it because I've been using that Urban Decay all night long.

CHRIS MCCLURE: Totally. I've used it before. I've used the Morphe setting spray before in my drag days. It was amazing. It really is amazing. So we'll get it for you because it's really, really good.

JVN: Excuse me. Um, that's your first strike towards a PIP that you literally had been letting me use this dry ass crusty fugly –

CHRIS MCCLURE: I didn't know, I didn't know! I've been using the Morphe for –

JVN: Yes, you did. I have been talking, yes, you did, Chris. I have never felt like I've never been betrayed by you like this in our whole lives. And I am honestly, wow. So you just come up here to make your little guest appearance and, and Pretty Curious to, to just audition you in here and then you. Ok, great. Well, thanks. Let me have this crusty musty setting all over

my face. And obviously we would never do a PIP, I was joking. It was a, it was a silly girl joke. But wow. Ok. So yeah, we got to order that. I have not gotten to try that yet you guys. Oh also Kosis did send me a shit load of stuff and I'm so obsessed with their line. Like the bronzer, their bronzer, their blush. They're, they just sent me a oh they sent me these like liquid eyeliners. You guys that are so good, like to put on your water line. These like gel cream pencils are stunning. So there's been a lot going on in the beauty space.

You guys. Doctor Youn's gorgeous. He's literally stunning. I love his tiktok. Um, so let's get into it. Dr. Anthony Youn is a renowned plastic surgeon and expert in holistic approaches to beauty, emphasizing his motto, Auto Juvenate Before You Operate. He advocates for achieving youthful looks through a combination of nonsurgical methods. Dr. Youn has appeared on major TV shows like Live with Kelly and Mark, The Rachel Ray Show and The Doctors, and has authored best selling books including Younger for Life, which offers holistic tips for looking younger without surgery. He hosts The Doctor Youn Show, a very popular health and beauty podcast and has been named one of the top plastic surgeons in the US by various prestigious publications. Doctor Youn graduated with honors from Kalamazoo College and Michigan State university completing his plastic surgery training in Michigan and Beverly Hills before returning to his home state Dr. Youn currently resides in Motor city USA, which I'm pretty sure is Detroit. Dr. Youn, how are you?

DR. ANTHONY YOUN: Thank you so much for having me, Jonathan.

JVN: This is like a little bit. Um, we, we've covered like plastic surgery, we've covered fillers, we've covered, we've covered like lots of different like aesthetic things on the pod. But really today is a little bit more of a selfish episode because I really want to talk about my face –

DR. ANTHONY YOUN: Oh interesting.

JVN: Because this is what happened on Halloween. I shaved so that I could be Samantha from Bewitched with my husband. Like for that was her Halloween costume –

DR. ANTHONY YOUN: Ok, yup.

JVN: And I, I jump scared myself like every day for like to seeing myself with no beard. I was like, who is that girl? I like from 36 to 37 like my double chin got that thing where it was like, go south. You need to be a snowbird, go south. And it just, it got, I just, I have this whole thing going on down here that I didn't used to have. And then I was like, and then when I started feeling like that, then my Tik Tok algorithm, Dr. Youn, all it started doing was showing me lower bluff, upper bluff and fat transfer.

DR. ANTHONY YOUN: Mhm.

JVN: And now I'm like, I need a lower bleph and an upper bleph and fat transfer. Also, my girlfriend told me that she got sculptrra on her hairline to pull her fucking face back. And now I want sculptrra on my hairline to like pull my face up and back. So welcome. Should I do all of those things? What's wrong with my face? What's wrong with all of our faces? Another follow up I have that has nothing to do with all of that. And I get that you're in Beverly Hills 20 years ago. But do you notice any, like, regional? No, we had to stick with myself and then I'll ask you that question later because it's, it's too out of the, it's too, it's too different. Ok. But what about the lower bleph, upper bleph? What's going on with that?

DR. ANTHONY YOUN: So, these are very common operations. I do a lot of them. The upper blepharoplasty is a surgery to remove excess skin from the upper eyelids. How, how old are you if you don't mind me asking?

JVN: I'm 37.

DR. ANTHONY YOUN: Ok. So, I mean, you're definitely on the young side. Uh, occasionally, occasionally I'll see somebody who's your age who'll have enough skin to potentially think about doing an upper blepharoplasty. But usually that is an operation done on people who are a bit older, lower blepharoplasty is very different. That's for puffiness under the eyes and that's due to fat. Now, it can be made worse if you're having, you know, a real salty diet. If you're really inflamed, if you've got bad allergies but in general, that's due to fat, uh that can actually run in families. You know, I have done lower blepharoplasty on people who are in their twenties and thirties just because they genetically inherited that puffiness from their parents and yeah, I can see –

JVN: And that would be so pretty to just get it like snatched right out. So, so a lower bleph, what happens?

DR. ANTHONY YOUN: Um, so it's, there's a lot of different ways to do it in men. Usually, what I do is called a scar less technique where I make an incision on the inside of the eyelid and from the inside, I basically tease out fat from the three lower eyelid fat compartments by taking that fat out. It depuffs the eye and the good thing. And why we do this, a lot of people who are younger like yourself is that there's no visible scar from it, you know, so not, you know, you're upfront and, you know, you don't mind if people know you had something done, but a lot of people want to hide it. They don't want anybody to know they had their eyelids done and there's absolutely zero visible scar from it. The negative of that operation is if you are a bit older and you've got excess skin, then you can't remove the skin with that operation. Uh, then you'd have to do what's called a pinch where you remove a pinch of extra skin from the front of the eyelid that however will create a scar underneath the eyelashes.

JVN: Would you rather? And I guess this is different for everybody under eye trough filler or lower bleph, which is more effective?

DR. ANTHONY YOUN: It's different. So if you've got hollowing, then the filler is the way to treat hollow.

JVN: What do I have, I just have bags, right?

DR. ANTHONY YOUN: So I can't see you as well. Uh, just because of the quality of the picture, but I think you've got puffiness in which case. Yes, that would be the surgical option.

JVN: Yes.

DR. ANTHONY YOUN: Now, if the puffiness is mild and sometimes you can treat it with filler just because you, you can try to camouflage it. But in general, if it's puffiness, it's just going to continue to worsen as you get older and the surgery is really the option and looking at you as, as the pictures kind of get coming in and out. It does look to me like the blepharoplasty would be the option for you, uh but that's –

JVN: Well, I did have two martinis last night and a bag of candy at Jeremiah's 40th birthday. And then I had a grilled chicken sandwich with like bacon and like buffalo sauce on it after that, so, but –

DR. ANTHONY YOUN: Were you crying this morning? If you had been crying this morning, then maybe that would do it too.

JVN: How dare you Dr. Youn! No, I didn't cry this morning. I did just get out of the shower though –

DR. ANTHONY YOUN: Ok **laughing.**

JVN: So that, no, but you're right. She's like, she's got a whole situation down there and I feel like cut. Ok. So lower bleph or lower bleph. Yes. Under eye filler more –

DR. ANTHONY YOUN: Hollowing, yeah.

JVN: More hollowing.

DR. ANTHONY YOUN: Yeah, somebody is like real hollow down there. You can see kind of the orbital rim, which is the bone, the orbital bone. Then that's going to be more of a filler issue.

JVN: Hm. Ok. Ok. So another question I have and obviously I feel like I feel like social has allowed us to see how people do things in other places in real time, so much more so than it did.

DR. ANTHONY YOUN: Oh yeah.

JVN: You know, then we were able to like 10 and 20 years ago. But do you notice like regional differences in terms of like what's in like what's chic in LA versus what chic in New York or like what chic in Paris versus like, you know, LA as far as like facial aesthetics and how people approach like plastics?

DR. ANTHONY YOUN: Oh yeah, they're definitely different styles. I think the most obvious is when you compare New York, LA, and Miami –

JVN: Ohh.

DR. ANTHONY YOUN: Like those are three very different asset and then you can throw Texas in there really the whole state of Texas.

JVN: Oh fuck really? Can you please get into the differences for us?

DR. ANTHONY YOUN: Ok. So in general, New York, plastic surgery is going to be things that um people in general want to do things that you can hide, you know. So a lot of the top facelift, plastic surgeons, some of them are in New York City. The idea behind New York plastic surgery is work that is subtle, that is natural. Um, and that is high quality and really honestly is very, very expensive. You know, there are plastic surgeons out there who are much less well known than me and they charge three or four times as much as I do just because they're in New York City –

JVN: How much is a lower bleph?

DR. ANTHONY YOUN: Um, so it can run anywhere if you've got it from a less expensive surgeon out in the Midwest somewhere, maybe three grand to maybe up to 10 to 15 if you have it done. Like I said in New York, maybe LA.

JVN: How often does an upper or lower bluff just go fucking wrong? Like, did you see that thing on tiktok of that lady who like got like almost like giving like almost like puppy like, like like that big, like a Shar Pei eyes, like down.

DR. ANTHONY YOUN: Yeah.

JVN: She went in for lower bleph, but it went way down and you could see her like, like eye meat, like that kind of like, you know, that like pinkish tissue –

DR. ANTHONY YOUN: So that's called ectropion or lid retraction. And so, you know, I mentioned earlier that, that the technique I use, I make an incision on the inside of the eyelid to take the fat out. One of the reasons why honestly is we can avoid the scar in some cases. But the other reason why is that you don't cut through the muscle in the front of the eyelid, uh, when you do kind of the old fashioned technique where you make the incision on the front, you cut through the muscle. There is a belief that you have a higher risk of the eyelid pulling down due to scar tissue afterwards –

JVN: Yes –

DR. ANTHONY YOUN: Uh, and you can see some older people. Um, I think Dick Van Dyke is a good example of a guy who, I don't know that if he had his eyelids done, but he's so old now that his eyelids are pulling down. So he's got to have really major dry eye issues. Well, you can get that from doing a poorly done blepharoplasty where the incision is made out, but the front, they remove a lot of skin, they're being really aggressive and you think, oh, you're being aggressive, remove a lot of skin from the eyelid, then it's just gonna make it tighter, right? No, it just pulls it down because when you think about the lower eyelid, there's nothing above the lower eyelid holding it up.

JVN: Oh yeah.

DR. ANTHONY YOUN: What's above the lower eyelids, the eyeball. And so if you've got not enough skin left over because you remove too much, it doesn't tighten it up, it pulls it down. Uh, and so that's one of the things that we see, there's a lot of things I do in my practice to try to, um, see whether that's going to be a potential risk. If it is, then I usually send them to an ophthalmologist to consider different types of operations instead.

JVN: Can I just say that your book title is probably my favorite. Dr. Youn's Fourth Book is like obsessed. Was that just like literally your fourth book?

DR. ANTHONY YOUN: Uh, yes. Yeah. So I've written two memoirs and then this is my second anti-aging book and I think maybe my last one, that's my plan is that I think this is it. It's, this covers everything. I don't need to write another one now.

JVN: Oh, oh, oh my God, Chris, I could kill you. But I love, I'm ob – ok so Chris our producer just like is like typing me notes in my message because really, Chris meant to say like Dr. Youn's fourth book. But I thought that you'd titled your book, Dr. Youn's Fourth Book. And I was like, that's so genius.

DR. ANTHONY YOUN: Oh **laughs.**

JVN: I was just imagining I was like, were these publishers just like, what's the name? What's the name? And you were like, I'm gonna give you just fourth book like giving Sarah Bareis. I'm not going to write you another love song story about Younger For Life. This is your fourth book. I'm so sorry, Doctor, I love you. And also Chris, I'm not literally going to kill you. I love you. I'm just kidding. Ok. So um, Younger For Life, your fourth book, Lol, I wonder if there's a way that we could keep that for the edit just because that was hilarious. But I don't know if it's gonna make sense –

DR. ANTHONY YOUN: It is fine with me.

JVN: Lol ok. So, but Younger for Life, so you lay out this process of jumpstarting your auto rejuvenation is auto –

TOGETHER: Autojuvenation.

JVN: There we go is auto like giving like your technique on this kind of life?

DR. ANTHONY YOUN: But it's also more of a holistic approach to anti aging. So it's the idea of food, it's lifestyle, it is skincare, it's noninvasive treatments. Uh and even things like intermittent fasting because there is so much that you can do without going under the knife or even under the needle that can turn back the clock naturally. And, you know, I, I get so many people say, oh, what did this celebrity have done? What did that celebrity have done? Um, and celebrities will lie. You know, they'll say, oh, you know, I look this great when I'm 55 because of olive oil. I just put olive oil on my skin and we know that that's not true. We know that they have a team of nutritionists and dieticians, uh, personal trainers, aestheticians, makeup artists and all that. And so what I really wanted to do is put out there just what these celebrities are doing. What is a true holistic approach to turning back the clock, not throwing in even surgery at all, even though a lot of them do get surgery. But I think actually they get less surgery than we think. You know, and I think that there's so much more to clean living and holistic, you know, not, uh, holistic anti-inflammatory lifestyle and all that, that really can make huge changes in your skin and your whole body.

JVN: I love that because it's really giving like a holistic approach and it's like, very, like, not a binary approach where it's like, it's this, it's like, it's not so prescriptive, it's giving like a larger, like, more nuance and context for people to really get that idea. I think that's so important that you're doing that.

DR. ANTHONY YOUN: Oh, exactly. Because I think a lot of people don't realize, you know, and I get people who come to see me and they have money in hand saying, hey, I want a facelift. Um, but, you know, they're eating at mcdonald's every day, you know, they don't eat fresh fruits and vegetables. Uh they don't take care of their skin, they don't know what a good skin care plan is. Uh they're not on any, let's say nutritional supplements, they've never thought about taking a collagen supplement. Um, and those are the types of things that I encourage people to do first. You know, when you truly look at anti-aging and turning back the clock, the way I describe it, it's like you're building a house and these procedures that we started talking about eyelid surge and all that, that's like the spire at the top of the house. The foundation of the house is what you want to start out with and that's really going to be what you eat, then the main floor of the house may be skin care, maybe a level above that, it's gonna be noninvasive treatments like red light therapy. Um and really, it's just when you get up to the top is when you do those other types of things. And the hope is that people, you know, a lot of, let's say your followers who may not have the money to spend 15 grand

on getting their eyelids done or, you know, going to a med spa that they can spend much, much less and do these treatments at home and do things that can help get, get them where they want to be with their skin without spending tons and tons of money.

JVN: So if you like diet, what you put in your body, like sleep hydration exercise, like you can get so, like, even those are more valuable that maybe than even, like, you know, skin care, surgery, like bigger, like, more expensive things.

DR. ANTHONY YOUN: And they can be. But you also have to be realistic. You know, if you say, hey, I've got, you know, a turkey neck, you know, I'm, I'm 60 years old. I've got a turkey neck. What can I eat? What type of berries can I eat to make that go away?

JVN: That's right. Yeah. Yeah.

DR. ANTHONY YOUN: Um, it's like –

JVN: all things within reason.

DR. ANTHONY YOUN: Yeah, exactly. But there are a lot of things that people don't know. So for example, fermented foods, you know, the standard American diet is devoid, it's really of fermented foods, it's devoid of bacteria, of beneficial bacteria that is so, so important to having a healthy gut, the health of your gut will show on your skin. So for example, you know, Jonathan, if you've got real inflamed skin, if you're breaking out and you wonder what is going on here, it could be actually a problem with your gut. You know, and doing things like eating fermented foods like kimchi, sauerkraut, miso, adding in a daily probiotic. Those are simple things that you can do that can potentially help your skin clear up and look better and even potentially younger.

JVN: What are the benefits of intermittent fasting? And is there any like hard and fast science that you can like? Because I'm telling you coming out of the skeptic closet. I just don't know if I believe in it.

DR. ANTHONY YOUN: Now, if you talk to anti-aging scientists and you ask them, ok. And these are scientists, doctors are working in the lab on anti aging on, you know, studies with rats and stuff like that. And you ask them, what is the one thing that you can do to live longer? And they'll tell you calorie restriction, you know, eating less. And there are studies where you take mice, you calorie restrict them by 20% and they live longer than mice who are not calorie restricted. Um, and so there are studies now that are being done.

JVN: Why Dr. Youn? Do you think it's just because why?

DR. ANTHONY YOUN: Because it's a process called autophagy. So basically autophagy. Uh one of the main of our body and of our skin is a build up of cellular waste. So the fact that we're alive, our body has metabolism and it creates waste products and our body has a natural mechanism that can get rid of this intracellular waste. And what is this waste? It's basically proteins, use proteins, discarded mitochondria and, and, and when you get this waste that builds up in your cells, it can kind of gunk up the mechanism of your cells. So your cells don't function as efficiently. Now, our body has a natural mechanism to recycle this waste product uh for fuel essentially. And that's called autophagy. But in order for that process to kick in your body has to not have fuel coming into it. Uh, and so hence these, the belief is that when you calorie restrict, you don't eat as much, your body runs out of fuel. And instead of let's say, um and instead of not functioning well, it starts using up that autophagy,

it starts using up those intracellular organelles that in intercellular waste for energy that helps to clean out the inside of your cells and your cells function more efficiently afterwards, essentially more youthfully. So, but the problem is calorie restriction, eating less every day is not so much fun. And that's when you bring in the idea of fasting. And so there are actual studies that have been done that show that by fasting and there's different ways to fast. You basically take time or your body is not getting fuel, your body actually will then clean out, you know, using autophagy, it's in the inside of the cells, it functions more efficiently and it helps you to basically live longer because it's kind of this cleaning up process. Uh, and that's the whole idea then behind intermittent fasting, you know, you don't have to do a five day, you know, extended fast to get the benefit. The belief is that if you only if you do as little as 12 to 16 hours where you give your gut and your body a chance to rest, that can get that process of autophagy going and it can help you to actually live longer. And there are some studies that are being performed where you actually treat. Uh and, and most of this is my studies are getting into humans too. Um, but you take a mice with cancer and you treat it with chemotherapy and it leaves lives a certain amount of time. You take a mice, a mouse with cancer and you treat it with calorie restriction or fasting and it leaves the same amount of time as if it was treated with chemotherapy. But if you combine the two, it lives longer than it would with either of those single treatments. Um, and so this really is cutting edge with anti aging, it's cutting edge with cancer treatments and all of that. Um, and that's why I am a firm believer in intermittent fasting. However, if you have a history of any type of eating disorder, obviously, that's something you have to keep in mind. You know, and, and maybe the, um, risks can outweigh the benefits in those types of situations.

JVN: At least for me, like, I think it kind of has, like, but I wonder if there's like, any studies, like, is 10 hours, not enough is like eight, not enough. Like, is my little nine in the morning breakfast. If I wake up at six, like, is it maybe, like, maybe it's like a little bit of autophagy, or not so much?

DR. ANTHONY YOUN: I think in general everybody's body is different and you listen to your body and if you are just starving, then you start with an eight hour fast and you try to work your way up if you can, uh, for me, I intermittent fast a couple of times a week. Uh, women as they get older too and you take hormones into account, women shouldn't fast as much as, let's say men, men can as they get older as well. And so there's a lot of individual individuality to this and part of it is really listening to your body. I have friends of mine, I know who fast every morning and they just feel great from it. But it takes a while to get to that point. For me, um I will intermittent fast if I'm not operating. If I have a day where I'm operating, then I always will have a high protein breakfast because I know if I don't, I don't function as well in the operating room. And honestly, that's number one thing, you know, if I'm, you know, if I've got somebody under the knife.

JVN: So basically, ok, so I love that. We love Dr Youn on a full breakfast when we're doing the bleph.

DR. ANTHONY YOUN: **Laughs.**

JVN: So you said earlier that like basically, like sometimes someone may get to the clinic and they like have money in hand. They're like, I'm ready for a facelift. And then you may say to them like, have we started with diet? Have we started with – and you know, you, you say those things. So what if something like that happens? What happens? You kind of send

them away and say like work on XYZ and then we'll do it or do you like, say, well, we can do it but it's not gonna last as long because of the way that you're treating yourself?

DR. ANTHONY YOUN: Yeah, I think ideally you do everything, you know that you can at the same time. You know, I there are people we, we have a discussion and if let's say they have a lot of aging concerns and the facelift will treat one of them, but there's five other ones that it won't, then sometimes they'll say, hey, you know, before you plunk down the money, especially if they're afraid. You know, so many patients are nervous. I say, why don't you just come in, you know, you can get some skincare products, we can get you some, you know, skin treatments. Let's get you seeing a change in your skin, get you comfortable here before you jump to, you know, actual having surgery. You know, some doctors liken it to dating, you know, it's like you go on a date, you meet somebody and you don't sleep together every night, like right away necessarily, you know, you go and have coffee and then you have lunch, then you have dinner and then eventually, you know, things happen. Um, and so obviously that's not exact that way, but if it's the same way with some where they come in and they're afraid, you know, they don't want to just jump in and have surgery right away. So you start them off by getting them some early, easy wins by getting them on the right products, maybe by doing, you know, some skin treatment, some chemical peels, Botox, you know, Botox so effective and can get people such a quick, uh, nice improvement right away. Um, you know, that sometimes we'll do something like that, make sure that they feel comfortable so that when they do consider having surgery, if, if they end up doing that and maybe they don't, and which is great if they don't. Um, then they feel very, very comfortable. They know that they're in good hands. Um, and it makes this, the, the whole scary situation much easier for them.

JVN: That makes so much sense. It's like let's do a little laser, let's do a little something not so invasive and see how we go and kind of get to know each other. One thing I just wanted to go back to really quickly. Just we, I went straight into the deep end. How do you, how do you define aging?

DR. ANTHONY YOUN: So, the way I look at aging, I mean, I guess depends for me, I look at aging more from a skin perspective. Uh, and so there are really five causes of aging of the skin. It's nutrient depletion, basically, our food is not as nutritious as it used to be. It's collagen degradation, the collagen of our skin, which takes up about 78% of our skin breaks down as we get older. Um, there is uh oxidation which is free radicals. That's one reason why we encourage people to eat colorful fruits and vegetables. Uh, there's chronic inflammation, a lot of that's due to sugar, eating too much sugar. Sugar is the big ager of our skin. And then the fifth thing is that build up of cellular waste and that's what the autophagy takes care of. Uh, and so when you think about all those things, like every, all of those really are impacted by diet, you know, and that's why it is, is really that the, the, the foundation of that house of anti aging and that's what, you know, it's so important for people to focus on first. And if you read my book Younger For Life, the first several chapters, it's all about diet because that really has to be the foundation of it all.

JVN: Ok, so I'm obsessed which kind of leads us into there is this growing trend towards non surgical cosmetic treatments and kind of just building that foundation. So in terms of just before we get into any treatments, any procedures, I come in, I'm like, honey, I got my double chin honey. I got my little lower baggies. Um, but like the fried food is like, I'm not

doing really literally never doing a fried food. Like I'm not doing French fries, I'm not doing fried chicken. I'm not doing like just not doing fried stuff –

DR. ANTHONY YOUN: Mhm.

JVN: Um, is there any things that you tend to try to avoid completely?

DR. ANTHONY YOUN: Yeah, I mean, number one thing is you want to try to avoid ultra processed foods and foods with a lot of added sugar. Now, that being said, you know what? I love having a Coke if I'm going to have a burger. Ok. And it's a sometime food, it's not an all the time food. You don't, you just don't want to be that person who's having, you know, six cans of Coke or even three a day, which a lot of people here in the United States do that. Uh, so sugar is a great age of our skin. But really, I think that goes hand in hand with ultra processed foods. So it's gonna be those foods that are packaged in, like as a snack that you buy in the middle of the grocery store, uh, like packaged dessert foods, um, chips cookies, you know, those types of things. And it's more than just the fact that there's sugar in them, the fact that there's unhealthy fats, but it's a lot of the preservatives and additives that are added to these products that, that weren't added before. You know, there's a very interesting thing going on right now where there are a lot of health care influencers who are trying to boycott Kellogg's. And the reason why is that if you look at, let's say their fruit loops here in the United States and you compare it to the fruit loops just in Canada. Ok, now they're made in the same plant a couple of hours from where I live in Battle Creek. Um, but the ones in the US are filled with these colorful dyes that are potentially harmful to children. But then in Canada, the colors are a little more muted because they're made from, let's say carrots and from other types of fruits and vegetables. These are natural coloring. Um, and so here in the United States, we just have this epidemic of ultra processed foods that have all these chemicals and dyes and taken in small quantities may not be harmful to us or to our children, but taken in the amounts year after year after year of people eating them, we don't know what they do. And so why would we use them? Well, it's for profits, you know, as kids would rather, you know, eat something that's so colorfully, you know, looks so bright and colorful versus something that has the orange color of a carrot,

JVN: Right. So there's this like woman who I follow on Instagram, she's like, Beth something fitness, but she's always like, hey, what are you eating today? But she also does like, she's very like, cut the fearmongering bullshit –

DR. ANTHONY YOUN: Yup.

JVN: Like I don't like, she always stitches, people's things where like this person will be like three things I never eat for my anti aging. There's this like one man who's like 57 on my Instagram who's gay and he's always like, and he's like Brazilian and he's always like, this is what I look like at 20 this is what I look now, but I haven't had any work done. He's like, really funny and he haunts my feed like I can't get, he just is haunting my feed, but Beth stitched one of his things and she's just like, she's like, don't fear monger around food. Like, so what do you say to those type of people that are like, just because I could just feel those people and I, and I, I wanna kind of learn a lot of different things from different places. I'm not trying to be like a QAnon girl with like food. But for the people that are really like, don't fucking fear monger around food, don't say like around these chemicals. What do you say to that?

DR. ANTHONY YOUN: No, I agree. I mean, I think that there, you know, food, it's not a black and white issue with food. And I think we have to also be understanding that there are

people who maybe cannot afford to get organic fruits and vegetables for all their meals. Um, and so I think that that's, it's important, I think to strike the right balance there. And, you know, I, I think that I am on the side of, I think we want to educate people and because I think a lot of people just don't realize how bad some of these foods are when you combine that with other types of, you know, poor lifestyle habits. Uh, being understanding that we don't want to shame people and have them feel bad about themselves. You know, I, you know, I eat some bad foods every once in a while because you got to live, you know, you got to enjoy things. Um, at the same time, I think we need to educate them, especially as a health care provider. You know, one thing I don't like because when I see health care providers who are going so far on the other end that they don't want to say that a food is unhealthy for you. Uh, I don't understand why you can't, I mean, it's good to educate people but also let them know in the end that, hey, you know what, you have to live as well. And ideally if you, you want to try to strike a balance of most of the time, even if it's an 80/20 rule of most of the time that you're eating good, healthy nutritious foods. And you know what, every once in a while you want to get that crumble cookie, you're out with your friends, then you got to live too. But one thing too that I think people don't realize and I think this is super important, Jonathan is, I think a lot of people that diet is so bad and they feel terrible all the time but they don't know that they feel terrible. And I think that's really important is because I think there are a lot of people out there who feel terrible because of their lifestyle because of their diet. And they don't even realize that if they made a 20% change in that, how much better they would feel.

JVN: Ok. I see a lot on Tik Tok of like plastic surgeons who kind of do dissect, like what maybe a person had done. And one thing I'm seeing lately, is it like, if you see, like you don't get like tighter in your mid face in your like thirties and forties and fifties, like without like some work. And so we were, I was seeing like, you don't get tighter in your jaw in your forties and fifties without work. And so there are some celebrities who are having like incredibly good –

DR. ANTHONY YOUN: Yeah.

JVN: Very unclockable work. There's one person in particular who had like a really big Netflix show this year who I feel like that lower third is just like whoever did her lower third, you need to know who did that. Lower third because it's like so good.

DR. ANTHONY YOUN: Lower third, lower third is facelift. You know, when people say facelift, they a lot of times they think forehead and eyes and cheeks, but lower third is basically that's facelift territory. So if you see somebody who had jowling and loose skin and now it's gone and their, their, you know, their jawline and all that is just clean –

JVN: A couple of guys this year, we're seeing some really good facelift in men.

DR. ANTHONY YOUN: Yeah, men, you have to be careful in men because men, you can really see those scars and then that's how you find out. Um, is you look for the scars and now with HDTV, nowadays you can spot a lot of those, you know, I see celebrities who I'm like, oh this person totally had a facelift and I just wait for that up close shot to see to see where that scar is. But it's always in front of and behind the ears.

JVN: Yeah, how can we preserve our tragus if we want a facelift but we don't want people to notice?

DR. ANTHONY YOUN: So you can either make the incision in front of or behind the tragus and most men, I actually make it in front of the tragus. So you will have a little scar there. But the whole idea is you've got, uh, men have got sideburn hair and if you cut the skin out and you pull it over that tragus, that little part of cartilage at the front of the ear. Now, you've got hair that's growing out of there and you've got either laser that hair or you gotta shave it or pluck it. Um, and so I usually will make the scar in front of it, but really in the end, it comes down to looking for those scars. You know, I think anybody who honestly, anybody who's 60 they have a completely sharp tight neckline, they've had a facelift with, with very, very few exceptions. If somebody is 60 years old and they've got a perfect neckline that's facelift, baby. It is not olive oil.

JVN: What about 45 and a perfect neckline?

DR. ANTHONY YOUN: 45 you could still, you know, with good living and all that, you could still do it even at 50. I mean, I'm 52 and I'm starting to notice a little bit of looseness. I've never had a facelift. I've had noninvasive stuff. Um, and so you can get there, but really, once you get into your late fifties, mid fifties, late fifties then and, and if that, if that jawline is perfectly straight and tight, that person's had work done, you know, very, very rarely has that person not.

JVN: Back to the kybella for two seconds. How long does it take for the swelling to go away and for you to see your results?

DR. ANTHONY YOUN: Um, it can take anywhere from two weeks to some people like six weeks.

JVN: Fuck.

DR. ANTHONY YOUN: It just depends on how, how much of a, how much of a reaction you get. But the good news is if you do get that reaction and you have a month of swelling, it's, it means it's working. What you don't want is to get Kybella and then have no swelling at all. Because then you wonder, did they actually inject Kybella? Is, is it, did they not inject enough? Like why is that fat not reacting and getting inflamed and disappearing?

JVN: I def want more of a bleph, I don't even want – I just don't want to go through it. I just can't, I already know, I don't even know why we have to talk about that so long. I'm so sorry, I'm a nightmare. Ok, fast! What do you see next big trend or breakthrough in plastic surgery or anti aging over the next few years?

DR. ANTHONY YOUN: Exosome, exosome are basically what stem cells create. They are little pockets of what we call vesicles where you can put information in them. Uh, right now you cannot inject them. You can only use them on the surface of the skin. Uh, who knows, uh that may change hopefully in the next few years and uh, exosomes are totally the future in skin care. And possibly more.

JVN: We've been hearing that I'm jelly because I do have the HIV. And I feel like we can't do my own fucking exosomes. Or can you, if you have the HIV, can we get like some salmon or something?

DR. ANTHONY YOUN: Yeah, you don't need your own exosomes. There are companies that are packaging and creating them. It's just right now in the United States it's illegal to inject them. So let's say if you want it in your hair, you know, to help grow hair, you can put it

topically. But if somebody is to inject the exact same thing, then they could get arrested for doing that, so –

JVN: Where can I get that injected in my scalp and not get the doctor arrested? Like where is that at?

DR. ANTHONY YOUN: You'd have to go probably to Mexico.

JVN: Oh, viva Mexico. I'm here for it.

DR. ANTHONY YOUN: Yeah, you'd have to go overseas.

JVN: What do you, what trends or procedures, anesthetics do you hope goes away? Like is there anything you're not vibing? You're not loving?

DR. ANTHONY YOUN: It's the massive lips and the massive cheeks. That's, I mean, it's, it's, it was a calling card for the Real Housewives for how many years and the Kardashians and stuff. Um, but really in the end it doesn't look natural, you know, I wrote one of the seminal um articles about three dimensional aging back in 2004. You know, we talked about injecting fat in the face as a way to help rejuvenate the face naturally. Uh, but people have taken that idea and have gone to, to such extremes that everybody looks just so weird and puffy and uh yeah, not a fan of that. Really, it's about looking youthful to the point where people can't tell if you've had work done.

JVN: That's what I want!

DR. ANTHONY YOUN: They just look at, they go man that Jonathan looks amazing, but I can't tell if he's had work done and then they find out that you were in your late thirties and they're like holy crap. He's in his late thirties and he looks that great. He must have had something done.

JVN: Ok, so one thing is with my upper bleph that I really wanted, I realize that like my fucking brow bone is just gigantic and I don't have that much like eyelid skin. So you know what I mean? So like maybe it's just like, maybe I'm just like not a candidate for an upper bleph because I just have like a big ass eyebrow bone.

DR. ANTHONY YOUN: You don't need an upper bleph because you can see your eyelids pretty well. Um, the brow bone itself there are, you know, people who will actually shave some of that down, but that's more looking at transgender types of operations –

JVN: FFS, I know, I wish, I just want like big fucking, I want, like I want eyelid skin and I want a lot of it. I want to see all my eye shadow that shit just disappears.

DR. ANTHONY YOUN: You can remove a little bit of skin there. You can always just do a handful of millimeters of it, but it will create a little scar in the crease of your upper eyelid. That's the tradeoff.

JVN: I think those are so pretty. I love those upper bleph scars.

DR. ANTHONY YOUN: And especially in men. You know, whenever I do upper bluff or plasty in men, I always caution them because that operation, if you do it aggressively, it is a feminizing surgery, ok? And, and some guys don't want that, you know, they don't want a feminized appearance. But if you get rid of that skin to the point where there's no skin that's

overhanging at all, then that is a feminizing procedure and especially as guys get older, it can look kind of strange with them.

JVN: Ok, so it's, it's rapid fire favorites. It's really, really fast. What's your budget? Beauty recommendation under 10 bucks?

DR. ANTHONY YOUN: Um, to get a retinol uh, there's retinols that you can buy over the counter at your drugstore. I have my own line. Youn Beauty. We've got a retinol moisturizer, but that's not under \$10 but that's technical my favorite one.

JVN: That could be your splurge recommendation.

DR. ANTHONY YOUN: So that's my splurge. So you can go and get one from, let's say Rock or some of these drugstore brands do that. If that's what you can afford, if you can splurge get my Youn Beauty. It's at YounBeauty.com. It's our retinol moisturizer.

JVN: What about just like doctor doing good, like splurge shit. Like car, bag, vacation, like luxury thing.

DR. ANTHONY YOUN: Like, what's like my favorite thing?

JVN: Mhm.

DR. ANTHONY YOUN: You know what? I don't, I, I actually don't buy a whole lot of stuff. You know, for me –

JVN: Vacation?

DR. ANTHONY YOUN: We go on a lot of vacations.

JVN: What's your favorite vacation?

DR. ANTHONY YOUN: Um, we went to Korea a couple of years ago and Australia, those are probably my two favorite.

JVN: A product you never leave home without?

DR. ANTHONY YOUN: Um, product. I never leave home without not a skin care product. Honestly, it's probably just my phone because I'm all over social media.

JVN: No, that's a good one. Ok. What's your favorite vintage beauty product? Look or beauty memory? Like something like a grandpa or like a grandma did or like a cover of a magazine or like someone's hair cut in a movie?

DR. ANTHONY YOUN: Yeah, I think the most, um most, the thing that people have always done is moisturizing and I think that there is a lot of benefit to moisturizing and to keeping your skin uh healthy and um moisturized and hydrated. I think that really overall just helps with, with comfort and appearance.

JVN: Ok. Um, uh ok. Now. Ok. Favorite. Ok. We already did vacation spot. What's your favorite sunscreen?

DR. ANTHONY YOUN: Uh, the Korean sunscreens are fantastic, but unfortunately there was a law passed recently and a lot of them are going off the shelves. So look for Korean Sunscreens, ones from Beauty of Joe Sun. Uh, Isntree is another brand if you can. Um, I import it. Uh, that's the way to go.

JVN: Favorite moisturizer?

DR. ANTHONY YOUN: Um, probably my Youn Beauty calming antioxidant moisturizer.

JVN: Oh, that sounds pretty. What's your favorite procedure to perform?

DR. ANTHONY YOUN: Uh, favorite procedure? Probably facelift. I do a lot of face lifts and I think that it's a very powerful operation and especially if it's done well, you can't tell it's been done. They just look great.

JVN: Favorite fragrance?

DR. ANTHONY YOUN: Um, I stopped using fragrances recently because I can't smell. I don't know what happened, but I lost a lot of my sense of smell. And so I used to, I used to have a long time ago. Colors by Benetton was my favorite one I used to and now I, I even I go scent shopping and I can't smell half of them, so –

JVN: Honey! Favorite lotion or like body moisturizer?

DR. ANTHONY YOUN: Um body moisturizer. I'd have to think about that and there's, I don't have a favorite one right now. We're actually currently developing one for our Youn Beauty line that has Retinol in it.

JVN: Ooo.

DR. ANTHONY YOUN: So that one I'm gonna be Yeah, because I don't know of hardly any out there that does. So this one I'm really excited about because it's gonna be moisturizing plus anti aging to the skin. So stay tuned. Younbeauty.com will be coming out with that. Hopefully in the next few months.

JVN: Favorite movie?

DR. ANTHONY YOUN: La La Land.

JVN: Ah! Favorite album? Like music album.

DR. ANTHONY YOUN: Um, so I'm a big Jimmy Buffett fan. So, anything by Jimmy Buffett is my deal.

JVN: Favorite decade?

DR. ANTHONY YOUN: Oh the eighties. Yeah, I grew up in the eighties.

JVN: I think, I feel like I got it, Dr. Youn I had so much fun getting to interview you and having you on Pretty Curious. Thank you so much. And so just before we let you go, where are you the most active and where can people follow along. Are you like a tiktok queen, king?

DR. ANTHONY YOUN: So I'm on all the different social platforms –

JVN: Where are you most you?

DR. ANTHONY YOUN: I actually have my own podcast called The Doctor Youn Show. So if you like a lot of what we talked about here, check out my podcast and yeah, I'd love to have you on sometime!

JVN: Please. Anytime I'd love to come on!

DR. ANTHONY YOUN: After you get your eyelids done **laughs.**

JVN: Yes, honey, I can't wait. Um, and I want to get my, I, I gotta come for like a little like facial rejuvenash. So um, thank you so much for coming on Pretty Curious, Dr. Youn, we appreciate it so much.

DR. ANTHONY YOUN: Thank you so much. Appreciate it.

JVN: You've been listening to Pretty Curious with me, Jonathan Van Ness. You can learn more about this week's guest in the episode description and follow us on Instagram and TikTok @CuriouswithJVN. Pretty Curious drops every Monday wherever you get your podcasts and make sure to tune in every Wednesday for Getting Curious. Still can't get enough? Honey, you're insatiable! Subscribe to Extra Curious on Apple Podcasts for commercial free listening and our subscription only show, Ask JVN, where we're talking all about sex, relationships, or really just whatever's on my mind that week. Our theme music is composed by Nathanael McClure. Come on Nathanael! Our editor and engineer is also Nathanael McClure, yes! Getting Curious is produced by me, Chris McClure with production support from Julie Carrillo, Anne Currie and Chad Hall.