

Meet Dr. Debbie Palmer

September 3, 2024



Alright – so today we’ve got the honor of introducing you to Dr. Debbie Palmer. We think you’ll enjoy our conversation, we’ve shared it below.

Dr. Debbie, we’re thrilled to have you sharing your thoughts and lessons with our community. So, for folks who are at a stage in their life or career where they are trying to be more resilient, can you share where you get your resilience from?

I feel some of my resilience is innate. We are born with certain characteristics, some stronger than others. As we grow, we develop our characteristics further and our life experiences play a large part in this. I experienced living in a single parent family and this experience contributed to further developing my resilience. When we are challenged in life, it gives us an opportunity for growth.



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Thanks, so before we move on maybe you can share a bit more about yourself?

I am a board certified dermatologist, award winning author, and Founder of Replere(R) skincare brand. Every day, in my busy practice, Dermatology Associates of New York, I help patients not only with their skin (which is the largest organ in the body), but also with other aspects of their lives. I do this because I know that the skin is one of the first places to show imbalance in the body. I talk with my patients about the best foods to eat, the simple lifestyle changes that make the biggest difference, easy relaxation strategies, sleep-better habits, and so much more. I help my patients make over their lives from the inside out and they get amazing results: their skin problems resolve, they're happier overall, and they're healthier too. This is my goal for all of the readers of my award winning Mindful Beauty book and Mindful Beauty one-minute daily mindfulness cards.

All Replere products are produced using a patented laboratory process and are packaged in airless containers to ensure the purity and potency of the combined ingredients. The line is the first to target all of the major free radicals that damage and age the skin. They have been proven by a 12 week, double-blind, randomized and controlled clinical trial showing that they improve fine lines, wrinkles, hyperpigmentation, firmness, blotchy redness, firmness and overall brightness of the skin.



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Looking back, what do you think were the three qualities, skills, or areas of knowledge that were most impactful in your journey? What advice do you have for folks who are early in their journey in terms of how they can best develop or improve on these?

organized, disciplined, mindful

I have taught my children to be mindful and to live in the moment. This can help with reducing anxiety or the feeling of being overwhelmed. I always say to them, "Just keep moving forward, one small step at a time". You should have a goal but life is more about the journey than the destination. Appreciating life along the way not only adds joy but it can decrease worry.

Discipline and organization can also get you far. Follow your passion in life and be disciplined in following that path.



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Alright so to wrap up, who deserves credit for helping you overcome challenges or build some of the essential skills you've needed?

My grandmother was an important role model for me. She taught me many lessons in life. One important lesson was to follow your passion no matter what others may think. She did this when she got her college degree before starting a family. In her generation, this was frowned upon. She had the pressure from society to have children at a young age. Instead of following the norm, she chose to pursue her dream.

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