



Fix Your Skincare Routine: Dr. Gary Goldenberg Breaks It All Down

Video • Stronger with Don Saladino

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Episode Description

World-renowned dermatologist Dr. Gary Goldenberg joins Don Saladino to demystify skin health, what actually works, what's a waste of money, and how to build habits that protect your skin for life.

Dr. Goldenberg explains the difference between medical dermatology and cosmetic dermatology, why prevention beats correction, the daily routines that support long-term skin health, and how diet, sleep, alcohol, and stress really affect the skin.