What does pH have to do with skin?



Talking about pH level takes us back to seventh-grade science class. Unfortunately, there must have been an oversight in the PH lesson plan because the topic of pH- balanced skin definitely wasn't stressed enough. Why exactly are we discussing pH levels? Because, according to the reports of more than 130 clinical studies, achieving the perfect pH is the secret to beautiful skin. "A study published in British Journal of Dermatology by Greg Hillebrand, PhD, revealed that patient's skin which was too alkaline (their pH balance was too high) developed more fine lines and crow's feet than those with acidic skin (their pH was balanced)," Dr. Nussbaum says.

1 The Ideal pH

There is an ideal number that leads to a lifetime of happy skin. “Balanced skin is achieved when skin maintains the ideal pH of 5.5,” studies reports confirm. “At this slightly acidic pH, the skin is optimized to seal in hydration, while protecting us from free radicals, pollution, and environmental irritants

Unbalanced pH of Skin

How do you know if you’re off-balance? Generally, skin that isn’t behaving can be traced to pH problems. Many Studies show, that skin issues like eczema, redness, dry patches, acne, oiliness, psoriasis, and premature signs of aging all indicate that your skin’s pH is off-balance.

(AKA, When pH balance was too high) it developed more fine lines and crow’s feet than those with acidic skin (AKA, their pH was balanced).

2 If your skin is off-balance, Dr. Nussbaum says it’s because you’ve been too hard on it. Most likely you’ve been scrubbing too aggressively, using too much HOT water, and using harsh cleansers. Washing with Hot water (that’s anything warmer than lukewarm) strips your skin’s protective layer and dehydrates it , while showers longer than five minutes could also be depleting your skin’s moisture levels. Finally, if your cleanser is soap, alkali, and surfactant-free, you’re stripping your skin’s acid mantle, which causes pH to rise. Most soaps are ALKALINE !!! Definitely not the right PH for skin and on top most of them leave a coating that doesn’t allow your skin to breath, lets not forget that skin is ruled by the lungs and needs to do just that, aside from eliminating toxins and keeping moisture balance, so consequently when the skin is suffocated it can not possibly do its work in an optimum way. Researchers have also discovered that traditional soap (which is alkaline, not acidic) strips the skin’s acid

mantle and causes skin pH to rise, making skin susceptible to outside (allergens, irritants, weather, infection) and internal (stress, hormones) factors that trigger skin inflammation. Soaps may seem innocent, but traditional soap bars can have a pH of up to 9, leaving skin with a dry, tight feeling. Hot water is also irritating to skin's protective barrier, and without proper hydration following exposure, skin is left vulnerable to damage.

3 Instead, use ultra-mild gel cleanser that's soap and alkali free, and cleanses and moisturizes all in one while adjusting skin to its ideal pH of 5.5. Wash your face with lukewarm water, and pat dry with a soft cloth instead of scraping skin with an abrasive towel.

4 On the Body use refreshing and invigorating formula designed to wash away dirt and debris whilst maintaining the skin's moisture levels and correct pH balance. Made with gentle cleansers derived from Coconut and skin- softening agents; Aloe Vera Gel and Jojoba Oil, skin is left soft and smooth.The SKIN goes all over the body as well people!!! For some reason people seem to think of treating skin on the face with gentleness and the body gets left out.

5 Use at-home peels, in moderation: Glycolic peels can help the skin maintain acidity, while also providing exfoliating benefits. To avoid irritation and too much acidity, opt for peels or masks with a neutralizing ingredient like seaweed, which regulates the pH of Glycolic and Kojic acids to deliver the brightening and exfoliating benefits while eliminating the risk of sensitivity. Use only at the dermatologist recommended intervals and stop immediately if your skin becomes dry, red or flaky.(all in moderation, the tendency is to think more is better. I don't think so in fact I know so).



One more Tip and a crucial one that we don’t usually connect to is FEED your skin from inside out. After all, the inside is what makes it, so give it the proper materials to do so.Feed your face with alkaline greens: Keeping your insides slightly alkaline helps keep your skin in balance. Incorporating green vegetables and vegetable juices into your diet over several weeks will aid digestion, boost immunity, AND improve skin. If your diet is too acidic, signs of deterioration may surface as your cells won’t be getting enough minerals and oxygen.

The accurate expectation of balanced skin.According to Scientist and extensive research, your skin will appear healthier overall. It will look and feel adequately moisturized and have a healthy glow, which is ultimately what we’re all hoping for. Our skincare products will deliver, isn’t that what the ultimate outcome is we desire ?. Once balance is restored, your products will work better too. “You

want to apply your moisturizers to a surface with the right pH so they can actually WORk”

Chart from: http://www.rense.com

More Ranked Foods: Alkaline (pH) to Acidic (pH)

Alkaline: Meditation, Prayer, Peace, Kindness & Love	**Acid:** Overwork, Anger, Fear, Jealousy & Stress
Extremely Alkaline Forming Foods – pH 8.5 to 9.0	**Extremely Acid Forming Foods – pH 5.0 to 5.5**
9.0 Lemons **1**, Watermelon **2** **8.5** Agar Agar **3**, Cantaloupe, Cayenne (Capsicum) **4**, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley **5**, Seedless grapes (sweet), Watercress, SeaweedsAsparagus **6**, Endive, Kiwifruit, Fruit juices **7**, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable juices **8**	**5.0** Artificial sweeteners **5.5** Beef, Carbonated soft drinks & fizzy drinks **38**, Cigarettes (tailor made), Drugs, Flour (white, wheat) **39**, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) **40** Beer **34**, Brown sugar **35**, Chicken, Deer, Chocolate, Coffee **36**, Custard with white sugar, Jams, Jellies, Liquor **37**, Pasta (white), Rabbit, Semolina, Table salt refined and iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).
Moderate Alkaline – pH 7.5 to 8.0	**Moderate Acid – pH 6.0 to 6.5**
8.0 Apples (sweet), Apricots, Alfalfa sprouts **9**, Arrowroot, Flour **10**, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic **11**, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) **12**, Spinach **7.5** Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob **13**, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash **14**, Sweet corn (fresh), Tamari **15**, Turnip, Vinegar (apple cider) **16**	**6.0** Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes, Shellfish, Wheat germ, Whole Wheat foods **32**, Wine **33**, Yogurt (sweetened)**6.5** Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)
Slightly Alkaline to Neutral pH 7.0	**Slightly Acid to Neutral pH 7.0**
7.0 Almonds **17**, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe **18**, Onions, Pickles **19**, (home made), Radish, Sea salt **20**, Spices **21**, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water ChestnutAmaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread **22**, Goat's milk and whey (raw) **23**, Horseradish, Mayonnaise (home made), Millet, Olive oil, Quinoa, Rhubarb, Sesame seeds (whole) **24**, Soy beans (dry), Soy cheese, Soy milk, Sprouted grains **25**, Tempeh, Tofu, Tomatoes (less sweet), Yeast (nutritional flakes)	**7.0** Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries **30**, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphered organic) **31**, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), WalnutsBlueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) **28**, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) **29**, Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums **30**, Prunes **30**, Spelt
Neutral pH 7.0 Ñ Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips)	
Butter (fresh unsalted), Cream (fresh and raw), Margarine **26**, Milk (raw cow's) **27**, Oils (except olive),Whey (cow's), Yogurt (plain)	

NOTE: Match with the numbers above.

1. Excellent for *EMERGENCY SUPPORT* for colds, coughs, sore throats, heartburn, and gastro upsets.

2. Good for a yearly fast. For several days eat whole melon, chew pips well and eat also. Super alkalizing food.

3. Substitute for gelatin, more nourishing.

4. Stimulating, non-irritating body healer. Good for endocrine system.

5. Purifies kidneys.

6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.

7. Natural sugars give alkalinity. Added sugar causes juice to become acid forming.

8. Depends on vege's content and sweetness.

9. Enzyme rich, superior digestibility.

10. High calcium content. Cornflour substitute.

11. Elevates acid food 5.0 in alkaline direction.

12. Vegetable content raises alkalinity.

13. Substitute for coca; mineral rich.

14. Winter squash rates 7.5. Butternut and sweeter squash rates 8.0.

15. Genuine fermented for 1102 years otherwise 6.0.

16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, + honey & water before meals.

17. Soak 12 hours, peel skin to eat.

18. Sundried, tree ripened, otherwise 6.0.

19. Using sea salt and apple cider vinegar.

20. Contains sea minerals. Dried at low temperatures.

21. Range from 7.0 to 8.0.

22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.

23. High sodium to aid digestion.

24. High levels of utilizable calcium. Grind before eating.

25. Alkalinity and digestibility higher.

26. Heating causes fats to harden and become indigestible.

27. High mucus production.

28. Mucus forming and hard to digest.

29. When sprouted dry beans rate 7.0.

30. Contain acid-forming benzoic and quinic acids.

31. Full of iron.

32. Unrefined wheat is more alkaline.

33. High quality red wine, no more than 4 oz. daily to build blood.

34. Good quality, well brewed – up to 5.5. Fast brewed beers drop to 5.0.

35. Most are white sugars with golden syrup added.

36. Organic, fresh ground-up to 5.5.

37. Cheaper brands drop to 5.0, as does over-indulgence.

38. Leaches minerals.

39. Bleached – has no goodness.

Video contributed by David Wolfe

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Some great skincare products



Eminence Organics Mineral Cleansing Concentrate



Eminence Organics Eight Greens Youth Serum