Healthy Skin From Within

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Beauty is a billion dollar industry, as of 2017 it’s worth $445 billion to be exact, according to Forbes Magazine, but acquiring the proper cosmetics only accounts for half the solution as far as skincare goes.

Foundation, blush, cleanser and bronzer, there are a ton of products available for the surface of the skin but caring from within is even more important.

(Newswire.net -- January 5, 2018) Cheyenne, Wyoming -- Whoever said beauty is only skin deep must have been either really philosophical or just unaware that beauty works its way from the inside out. pH balance isn’t something immediately thought of much during one’s skincare routine, but it’s certainly something all cosmetic lines place great emphasis on addressing. Typically, products are classified based on the type of skin they suit best, whether dry, oil or combination skin, these considerations are made as surface conditions affect results.

“The body functions optimally at a neutral level, however, normal skin is slightly more acidic at 4 to 6.5,” explains LiveStrong.com. “This environment is known as the “acid mantle,” and one function is to help skin cells grow and function. Obtaining healthy skin pH level is “akin to breeding cells in a test tube,” says Dr. Michelle Copeland, author of “The Beautiful Skin Workout.” She notes that if the pH conditions aren’t right, the skin cells won’t multiply. Another primary function of pH is to kill bacteria before it enters the body, according to the National Skin Care Institute.”

Skincare is like a delicate tight rope walking act, keeping the dermis acidic enough to block out germs and infection while keeping internal regions of the skin supplied with slightly alkaline blood to deliver all the vitamins and minerals hair follicles need to thrive.

“To maintain a healthy balance in the skin, it’s best to avoid harsh soaps that have an alkaline pH and instead use neutral or slightly acidic soaps with alpha or beta hydroxy acids, these especially help the bacteria/pimple cycle,” says Anastacia Achiellios, celebrity facialist. “I have seen thousands of skins transform from just making changes to cleansing routines.”

Eating pH balancing meals is the most important part of this health equation, foods that make the body more alkaline are to be favored. Meat, dairy, caffeine and carbs all contribute to acidity so they should be had in moderation to avoid forcing the body compensate for such imbalance.

“When your body is functioning at its best, your cells are able to maintain healthy blood pH easily,” explains Gabriela Peacock, Nutritional Therapist. “However, when our bodies have to work to filter the foods you eat to maintain blood pH, then you could be more susceptible to illness and our diets sometimes tend to be on the acidic side. Alkaline foods balance the body and allow our blood to absorb more oxygen to aid digestion, which will in turn lead to clearer skin.”

Fruits and vegetables like carrots, leafy greens and garlic are wise dietary selections for promoting healthy skin and overall pH balance. Furthermore, it’s well-advised that regular pH tests be done to be sure of the body’s handling of acid-base conditions. The HealthyWiser™ pH Test Strips for Saliva & Urine is considered one of the best options for keeping tabs on overall balance so keeping a pack close by is ideal for gauging one’s average pH over time.
About HealthyWiser LLC

HealthyWiser™ is a recognized and flourishing personal health and premium dietary supplement brand offering products that are diligently tested to meet industry standards. Passionate about good health and innovation the HealthyWiser™ brand is committed to delivering quality to customers. Learn more about pH Health Test Strips for Saliva & Urine on Amazon.

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