

# ACIDIC FOODS NEGATIVELY CHANGES SKIN HEALTH

## *How Dietary Acids Accelerate Premature Aging*

### **Skin Reflects Internal Balance**

Skin is a nutrient-dependent organ. Excess dietary acidity can impair mineral availability, increase inflammatory signaling, and compromise collagen integrity contributing to dryness, dullness, and premature aging.<sup>1011</sup>

### **Acidic Foods That Stress Skin Physiology**

#### **1- Sugary & Acidic Drinks**

- Sodas
- Store bought juice concentrates
- carbonated water
- Wine and other Alcoholic drinks

#### **Impact:**

Promote glycation, oxidative stress, and dehydration. Key drivers of visible aging.<sup>1213</sup>

#### **2- Fried & Ultra-Processed Foods**

- Fried foods
- Fast foods

#### **Impact:**

Increase systemic inflammation and disrupt gut/skin axis signaling pathways.<sup>14</sup>

#### **3- Dairy & Sweetened Yogurt**

- rBGH Milk

- Flavored yogurts
- Cheese

**Impact:**

May increase inflammatory responses and mucus production in sensitive individuals.<sup>15</sup>

#### **4- Pickled & Vinegar-Heavy Foods**

- Pickles
- Banana Peppers
- Condiments

**Impact:**

Excess acidity may burden detoxification pathways that influence skin clarity.<sup>16</sup>

#### **5- Gluten/Bread/Pasta**

**Impact:**

May increase inflammatory responses, poor digestive health.

### **Skin-Nourishing, Organic Alkalizing Foods**

- Dark leafy greens
- Cooked vegetables (carrots, sweet potatoes, squash)
- Healthy fats (olive oil, avocados, wild salmon)
- Berries (moderation)
- Mineral-rich broths
- Oats
- Fresh Ginger Root

**Benefit:**

Support collagen formation, hydration, and cellular repair.<sup>17</sup>

