

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.¹⁰¹¹

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.¹²¹³

2- Fried & Ultra-Processed Foods

- Fried foods
- Fast foods

Impact:

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

3- Dairy & Sweetened Yogurt

- rBGH Milk

- Flavored yogurts
- Cheese

Impact:

May increase inflammatory responses and mucus production in sensitive individuals.¹⁵

4- Pickled & Vinegar-Heavy Foods

- Pickles
- Banana Peppers
- Condiments

Impact:

Excess acidity may burden detoxification pathways that influence skin clarity.¹⁶

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.¹⁷

©CRogers

©ConnieRogers2026 www.skinhealthfromwithin.com