

Why the Alkaline Lifestyle is the Secret Key to Your Beauty Routine



You can buy all of the lotions and potions out there today to keep your skin glowing and youthful, your hair lustrous and thick, your body toned, and your nails long and healthy.

But together, they won't be as powerful as each individual thing you eat.

Here's the simple truth... What you put in your body is a lot more important than what you put on your body.

What I love about eating the alkaline way is that the same foods that are perfect for nourishing your body on the inside also make your body look great on the outside.

And I have a feeling you already know this is true. Anyone who has struggled to fight acne, rosacea or skin redness, hair loss, or the effects of aging on skin, knows that supposed cure-alls and even prescription-strength medications just don't work.

You can slather on all of the chemical treatments you want, but stubborn skin and hair problems just won't go away.

So What *Does* Work?

If you've ever noticed the skin of a breastfed baby, it not only has the plump softness that we all would like our skin to have, but it also has a pearly glow to it that only comes from eating the best possible food nature could create.

No expensive lotion necessary!

While I wouldn't tell you to try a diet of only breast milk, you can do the next best thing. By consuming high-alkaline foods and following the other aspects of the alkaline lifestyle, you too can reclaim your youthful glow.

Let's run through my 5 favorite alkaline beauty tips that will have your hair, face, body, and nails all looking like you've spent weeks at a high-end spa.

1. Cut out trigger foods.

Acidic foods as a whole actually rob your skin and nails of B vitamins, magnesium, and zinc, which are essential to your body's immune response. The more your body has to fight acid and

diseases from a weakened immune system, the fewer reserves it has to keep skin healthy, eyes shining, and hair lustrous.

So, cutting out acidic foods and replacing them with alkaline options goes a long way for your body as a whole and your beauty in particular. Replacing **coffee** and **carbonated water** with [alkaline water](#) is a great start. And if you are going to drink coffee, add some coconut oil or MCT oil, and a lemon slice if its carbonated water.

Sugar is the worst food for your skin! Acne and other skin problems feed on sugar. Unless you nearly eliminate sugar (only keeping natural fruit sugars in combination with alkaline ingredients), you'll continue to have redness and inflammation in your skin.



Gluten and **dairy products** clog up your digestive system, and if you're wondering what that has to do with how you look... well, the short answer is: everything. If your digestive system isn't properly clearing out toxins and hormonal build up, it stays put or even recirculates in your body. Skin issues are one of the first ways you'll notice a backed-up gut.

Fried foods, processed foods, and foods with **trans fats** all have an adverse effect on your appearance by stimulating oil production, clogging pores, aging skin, and gaining excess weight around the midsection.

2. Eat a **HIGH fat diet** – as long as they're good fats!

Yes, you read that right. For decades, we've been told that a low-fat diet is the key to looking good. But in fact, the opposite is true.

Healthy fats all contain essential fatty acids like Omega-3s that result in more hydrated skin and shinier hair, as well as less redness and irritation. They can be found in:

- Fish oil
- Wild-caught fish like fresh, cold-water salmon
- Micro-algae oil (this is the best source for vegans and vegetarians)
- Chia, flax, and hemp seeds
- Walnuts



The mistake that many people who have figured out that the low-fat trend was wrong have done is decide that ALL fat is okay. This means they're eating a lot of the pro-inflammatory Omega-6 fatty acids, like baked goods, margarine, corn, soy, and vegetable oils.

This is incorrect and dangerous. Those foods should be avoided like the plague!

What about flax oil? That needs to be avoided too, because it's oxidized, in all forms.

Eating plenty of good fats will have another positive effect on how you look – you can finally get rid of any unwanted belly fat!

By eating more good fat and fewer carbs and sugar, your body can begin to run on fat rather than on carbohydrates. You'll look better, feel better, and crave fewer carbs as a result.

Finally, by eating good fats, you'll get plenty of collagen. You may have heard skincare experts talk about collagen, but what is it?

It's a type of protein that is used in connective tissue in the hair, skin, nails, teeth, and joints to keep them plump, strong, and working properly.

Although your body naturally produces collagen, that slows as we age. By 40, we've already lost 15% of our production.

The good news is that you can eat collagen to supplement your natural supply. It's found in chicken skin, chicken feet, bone broths, and some cuts of meat.

But you don't need these acidic foods to boost your collagen supply – healthy fats, dark green leafy vegetables, and other alkaline foods like avocados, tomatoes, garlic, chia seeds, and pumpkin seeds are all high sources of collagen.

3. Eat more of these top beauty foods.

Lots of beauty creams add vitamins to deliver results, but the truth is, eating the vitamins and minerals themselves is far more effective.

For instance, vitamin C boosts skin's collagen production, vitamin A prevents extra cell growth on the outer layer of skin, which exacerbates the signs of aging, and zinc prevents scalp and skin dryness.

So, if you want to look younger and healthier, these foods are your best bets:

- Flax, chia, and hemp seeds
- Avocado
- Organic, wild-caught salmon
- Coconut oil
- Raw almonds
- Kale, spinach, watercress, arugula, and other leafy greens
- Carrots
- Pumpkin seeds
- Bell peppers
- Broccoli



- Tomatoes
- Lemons and limes
- Sweet potatoes

4. **Go for alkaline beauty on the outside too!**

We've been talking about starting your beauty routine from the inside out, but there are alkaline products you can use on your body as well.

For instance, coconut oil makes a great moisturizer with none of the chemicals of so many lotions you can buy for that purpose. It melts quickly, as soon as you start to apply it to your skin, and with the steam of the shower, it locks moisture into your pores.

Apply it as the last thing you do in the shower so any excess can rinse off before you towel dry.

Essential oils are more powerful than many of the best chemicals you can buy. Try these essential oils as part of your beauty routine (apply directly unless stated otherwise):

- **Tea tree oil** for pimples and to prevent dandruff (add a few drops to your shampoo)
- **Frankincense oil** on wrinkles, scars, and acne
- **Lavender oil** can heal skin problems like eczema and acne
- **Jojoba oil** for dry skin, eczema, and signs of aging

5. **Take nourishing supplements for beauty.**



If you talk to some of the biggest celebrities known for their beauty, many of them will tell you they supplement what they eat and the products they use. And they're onto something. [Bobbi Brown](#) uses our Daily Greens and Daily Minerals to keep her pH on track. (I am actually a wellness expert in her latest book.)

Science supports the idea that ingesting products that make you look better and younger work as well as or better than their topical counterparts. Research is evolving in this new field, but studies are finding that oral supplements reduce the effects of aging.

While there are specific beauty vitamins, that's not really necessary if you're taking quality supplements that serve you inside and out.

Here's what I recommend you take:

1. **Omega-3 Fish Oil** – Taking an Omega supplement is essential for your health in so many ways, but one area it will have immediate effects on is your skin and hair.
2. **Probiotics** – Supporting a healthy gut will help your body deal with inflammation and sweep clean the toxins that are coming out in dull hair and problem skin.



3. [Alkamind Daily Minerals](#) – the combination of magnesium and calcium, along with potassium, and sodium bicarbonate, will reduce skin inflammation.