

How Certain Ingredients Affect Us

As a skin health expert I was asked, why would I recommend or not recommend these 5 skin care ingredients to my customers.

Malic Acid is derived from corn and is a fruit-flavor enhancer. In skin Malic Acid is a pH adjuster and raises the pH of skin. Used in cosmetic peels and exfoliants as AHA to rejuvenate skin, and found in anti-aging creams. If you have a [corn](#) allergy, don't use it.

Niacinamide is a form of vitamin B3. Used in skin care products to help calm inflammation, acneic, and eczema skin conditions, and brightens the complexion. Nicotinic acid, a synthetic from coal tar, or formaldehyde has risks and side-effects if used on the skin.

Plant stem cells. "Phytohormones are key mediators of plant responses to abiotic stresses." They regulate and stimulate cellular processes in plants after injury. Still, in its infancy stage for skin care, the focus of phytohormones will be used to prevent aging, lengthen telomeres, and de-stress skin. Plant [stem cell extracts](#) are not the same as plant stem cells. Salicylic acid (BHA) a plant extract, found in skin-care products, plays a role in stressed acneic skin, but overusing it may cause issues.

Hydroquinone is primarily in skin bleaching products, used for pigmented skin, and was a big hit in the 80's. However, after you discontinued using it, dark spots returned. It's carcinogenic and found to have side-effects. This is not Connie approved. Another name for Hydroquinone is Benzene-1.

Resveratrol is a by-product of grapes and other plants such as mulberries and peanuts! In grapes, resveratrol is extracted from the skin and seeds. [Studies show](#), resveratrol fights free radical damage and may decrease skin cancers. Resveratrol is touted for its anti-inflammatory and antioxidant capabilities. But what if I told you [pure grape seed oil](#) has shown more effectiveness than pure resveratrol!

Comments are welcome.

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Connie's books found on Amazon:

'Path to a Healthy Mind & Body'

'Fat Vegan'