

As a skin health expert I was asked, why would I recommend or not recommend these ingredients to my customers. However, if I would not use them, I wouldn't recommend them.

How Certain Ingredients Affect Us

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. Also, brightens the complexion. Niacinamide, in its natural form, is found in food. Nicotinic acid, a synthetic from coal tar, or formaldehyde has risks and side-effects if used on 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 can cause problems.

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. 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](#) it fights free radical damage and may decrease skin cancers. Resveratrol is touted for its anti-inflammatory and antioxidant capabilities. “However, [pure grape seed oil](#) has shown more effectiveness than pure resveratrol.”

Author: Connie Rogers is a Certified Integrative Holistic Health Coach, Certified Cosmetologist/ Esthetician and Skin Health Expert for 40 years, Reiki Master, Optimal Living Expert, Ambassador of Well-Being, Published Author and Speaker.

Website: www.bitesizepieces.net and thehealthguru.net

Connie's books found on Amazon:

'Path to a Healthy Mind & Body'

'Fat Vegan'