

# A Recipe To Heal Your Skin

Are you lacking energy? Do you feel sluggish getting out of bed in morning? Do you suffer from sleep problems at night? Have you tried losing weight but however hard you try those pounds are not moving?

Dealing with stress and redressing your alkaline intake could be the single most important dietary change you make while in isolation. Most of us have been on a acid-rich lifestyle for a longtime. Altering the intake can instantly help with mental well-being, health and complexion.

## Stress

Your emotions have a powerful effect on your well-being. While you are stressed, blood is directed away from the digestive system to deal with the problem of stress and turns everything more acidic.

This causes an unbalanced digestion and that gut inflammation makes your skin sensitive, reactive, dry, blemished and problems like eczema and psoriasis are common symptoms of underlying anxiety.

Additionally, stress has shown to weaken immune system, cause high blood pressure, increase fatigue and depression and lead to heart disease. A recipe for disaster.

In life, a certain level of stress is unavoidable, it is not the stress that kills you, it is how you deal with it. The greatest weapon to combat stress is the ability to choose one thought over another.

If you feel that your job, being isolated, social life or relationship is causing stress, you may need to make bigger changes too feeling good again.

That's why Boris one exercise a day will help. I am trying as much as I can by writing these articles to FaceTiming clients for sessions etc to help with the stuff we do not see in the news.

Furthermore, introducing a clean diet will help reverse some of the physical effects of stress. You should try cutting out acidic foods and swap to more alkaline diet as this will counter the strain of internal acidity.

Your mood will lift, sleep is better, have more energy and wake up earlier. Even doing ten mins stretching, meditation or yoga will help.



## Acid/Alkaline

Following on from the water article, introducing a clean, high alkaline diet, alongside vitamins, salts oils etc will reduce inflammation, replenish skin and defeat sickness long term.

Forget what you know about acidity and foods. Think of a lemon, very acidic as it contains citric acid. However, even though they're acidic in nature, they actually have an alkalising effect on the body once digested.

When you metabolise food and extract energy/calories from it, your body is burning the food. This a slow and controlled and the body leaves behind an ash residue, like burning wood.

Think of chemistry at school. When you looked at pH, you'd use little strips, dip them in liquid and compare the colour change to test acid or alkaline. Our blood has a specific pH of 7.36 and should not alter.

Modern day living is putting so much pressure on this balance. The acidic end of the spectrum (fizzy drinks ,sugar, junk food, alcohol and drugs) just joins in with the stressful lifestyle bombarding the body over time.

These acidic levels weakens cells that carry oxygen around the body. Cells clump together, weaken and die, then release their own acids. Depleting alkaline reserves and the body has to work in overtime too detoxify. As a result skin diseases and more stress.

Highly alkaline foods (fresh veg, nuts, seeds filtered water play a huge significant role in reversing symptoms of skin problems etc and it should be noted I'm not trying to raise the alkalinity in the blood.

It is about reducing the strain, allowing the body to maintain a healthy equilibrium. Your aim is to fuel your body with nourishing, life giving alkaline foods.

Attached on my next message is a table highlighting the most acidic and alkaline foods within fruit, beans, vegetables, nuts, cereals, meat, eggs, dairy, drinks and sweeteners.

