

Sensitive Skin Care



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Sensitive Skin is Not Normal

We should not have sensitive skin. Skin is the largest organ in our body. Imagine what would happen if all of your other organs were sensitive and broke out in rashes or became irritated, burning, and stinging at the slightest provocation. Would you call that “normal” or “healthy”?

The general recommendation is: Sensitive skin takes sensitive care. Sounds good. But this is dealing with side effects, not the cause of the problem.

Your Skin is a Messenger

Your skin tells much about what is going on inside of you. If your skin is constantly breaking out, inflamed or burning and needs to be soothed and medicated, that should set off alarm bells for you. When sensitive skin flares up, it's called many things: acne, dermatitis, rosacea, redness, burning, stinging.

Inflammation

All the skin issues mentioned above amount to the same thing— inflammation. People with sensitive skin have some type of inflammatory response either to external causes (such as cosmetics or sunlight) or to internal causes (such as food or medication). Many things can cause our skin to be sensitive, but diet stands somewhere at the root of most. Cooked foods create sensitivity and inflammation, particularly foods high in sugar.

The Naked Truth

Here is the naked truth...You will never have beautiful skin if it's too sensitive. You can't brush it or work with overly sensitive skin. One of the worst drawbacks of sensitive skin is that it cannot tolerate enough

exfoliation, if any. That is why ultra-sensitive skin that reacts unfavorably to stimulation needs to be addressed internally first.

Healthy skin is robust. It heals fast after any external vexation. One reason: speedy cell turnover. It is this ability that rejuvenates your skin. And it is regular removing of dead cells that stimulates new cell development. Stimulation is the key, but sensitivity is its worst enemy. Only the raw foods diet, no matter your age, can help you defeat it. You don't have to resort to special medicated, hypoallergenic products or questionable chemicals to keep irritations and flare-ups at bay. You'll only handicap your skin by resorting to these methods, since these only address the symptoms, not the cause.

Your skin's condition reflects your internal health. Anyone who's enjoyed a life-changing nutritional experience knows the feeling. Raw food aficionados surely do. So do vegans and vegetarians of every stripe and hue. So, too, does the simple dieter—the person who's lost weight, say, by shedding pizzas and burgers and learning to enjoy good salads, fresh fruit, lighter meals better chosen. You feel better. You look better. And no part of “looking good” is more significant, visually, than the appearance of your skin.

Juicing is a Must

A raw food diet that includes daily juicing will help take care of your internal health so that the skin cells being manufactured are healthy ones. Juicing delivers outstanding nutrients and hydration from the inside. Within several weeks your skin will become less sensitive. Then you can begin your exterior beauty regimen. A good, consistent skin care regimen will cleanse, moisturize, soothe and exfoliate from the outside so that new, healthier skin cells can replace the old ones.

Skin Brushing

If you currently do have sensitive skin, you may have to go through an uncomfortable phase when you first start your regimen. I did. Be gentle. But be faithful. Brush your skin and apply a facial masque daily. Most of all, give yourself—and your skin—time to adjust. As well, if you're new to the raw foods lifestyle, or returning after a time away, you must give your raw food diet, and those fresh vegetable juices, time to work their magic from the inside. Start slowly. Gently. Work your way up. You may find it beneficial to follow your masque and brushing sessions with Your Right to Be Beautiful Facial Cream. One of the main ingredients is Sea Buckthorn oil which is remarkably soothing and helps rapid healing of irritated or sensitive skin.

I used to have sensitive skin. But I got over it. When I first started using a facial masque, it caused a slight burning. Dry brushing resulted in minor irritation and redness. But I persisted because I knew what I was doing and why. Now, I am not shy to admit, I have such healthy skin that I can brush it vigorously several times a day. Frankly, the more I brush, the better my skin looks! I am not plagued by flare-ups, rashes, and stinging or burning sensations. You shouldn't be, either. You can attain a beautiful, healthy, glowing complexion with the right skin care regimen and the raw food diet.