



## **Salicylates and YOUR Sensitive Skin**

### **Tips to Help You Control Skin Inflammation and Outbreaks**

Salicylates are naturally occurring anti-inflammatory chemicals that are found abundantly in natural foods, herbs, fruits, vegetables and spices. They are also present in many personal care and skin care products, toothpastes, cosmetics, and medicines, and are also found in less healthy substances such as artificial fragrances, colorings, dyes and preservatives.

Salicylates are the active ingredient in aspirin, and once in a while you will hear about someone who is allergic to aspirin. What you may not know is that they may also be allergic to the salicylates found in many of their foods, cosmetics and personal care products as well.

If you are having difficulty finding solutions to your allergies and sensitive skin, it may be useful to learn about how an over-abundance of salicylates can impact the health of your skin and your whole body.

### **Too Much of a Good Thing**

Salicylates are everywhere, in so many of our foods and drinks and also in many of the products we rely on to look and feel beautiful. In fact, the amount of salicylates we are exposed to on a daily basis is much higher today than it was 100 years ago.

We live in a world that is already out of balance in so many ways. Our modern farming practices create genetically engineered foods which have a much higher salicylate content, and a much lower nutritional content than foods grown with more traditional farming practices.

In days past we made our own medicines, soaps and personal care products, and did not have access to the wide variety of manufactured cosmetics, shampoos, dental products and over the counter medications that we have today. Many of today's products contain much higher salicylate levels than the "old fashioned" homemade personal care products.

### **Allergies and Sensitivities**

## *My Sensitive Skin Care's Free Guide to Salicylates and Salicylate Free Products*

Most people today have not heard of salicylates because they don't have a problem tolerating them. For those of us who have allergies and sensitive skin, it's a different story! Our bodies are extra sensitive, and so small chemical imbalances can trigger a skin rash or outbreak or allergic reaction.

For this reason, when you have sensitive skin it is helpful to avoid excessive salicylate exposure as part of an overall health and wellness program. Creating balance is very important, and sometimes a challenge in today's stressful world.

If you struggle with long standing allergy problems that seem to have no solution, you may want to ask your doctor whether you may be sensitive to salicylates. The medical profession is just now learning about salicylate allergies and salicylate sensitivity, and so many doctors do not yet have a good grasp of the condition. There are some people with allergies and sensitive skin who may actually have a salicylate sensitivity without knowing it.

### **Symptoms of Salicylate Allergies**

This is a partial list of some of the symptoms that people with sensitivity to salicylates experience. These can range from mild to severe symptoms.

Many of these symptoms are similar to symptoms of other allergies and conditions, so if you think you might be sensitive to salicylates, please see a doctor or health professional.

- Changes in skin color
- Irritated and itchy skin
- Hives, rashes and mouth ulcers
- Itchy burning, inflamed or puffy eyes
- Swelling of the face or lips
- Headaches
- Sinus inflammation
- Stuffy nose
- Asthma
- Nasal polyps
- Wheezing and coughing
- Swelling of the hands and feet
- Exhaustion
- Nausea
- Diarrhea
- Urinary incontinence
- Hyperactivity
- Depression
- Difficulty concentrating
- Memory loss
- Anaphylactic shock

## **Tips for Reducing Your Exposure to Salicylates**

If you discover that you have a salicylate allergy, the treatment involves avoiding the substances that trigger irritation and inflammation. Your doctor will recommend specific dietary and lifestyle changes that reduce your exposure to salicylates will help you to feel better.

If you don't have a salicylate allergy, but you DO have sensitive skin that tends to break out and erupt, you may benefit from limiting your exposure to salicylates. Since they exist in so many healthy foods, the best way to avoid excessive salicylate exposure is through the medicines and personal care products you use.

Here are some tips to help you minimize the salicylates you absorb into your body.

- Avoid acne and exfoliation products that contain Beta-hydroxy acid or BHA, or salicylic acid.
- Avoid using shampoos, cosmetics, soaps and skin care products that contain artificial colors, dyes, or artificial fragrance.
- Use products with a minimum of herbs, botanicals and essential oils, as these have high salicylate content which can cause allergic reactions.
- If you don't NEED aspirin for pain relief, try using another pain reliever such as acetaminophen or ibuprofen.
- Instead of those mentholated pain relief creams like Ben Gay, which is loaded with salicylic acid, try using a natural pain relief cream. Although these will likely contain salicylates from the herbs they contain, they will be less intense because they are in a more naturally occurring form.
- Use a salicylate free toothpaste, or try using just baking soda. Most toothpastes contain not only mint, which is very high in salicylates, but also other ingredients that cause irritation and inflammation for sensitive skin.
- Avoid alcoholic beverages, coffee and tea. These are high in salicylates and are not really essential for health. I know, you might love them and have trouble giving them up! The question is, how badly do you want radiant and clear skin? :-)
- Limit your use of condiments such as ketchup, jelly, vinegar, and tomato sauce. These have a very high salicylate content.
- Limit your intake of spicy foods. Herbs and spices have very high salicylate content.
- If you MUST eat candy (which really isn't good for sensitive skin!) stay away from the peppermint and licorice flavored ones.

These are simple adjustments to your lifestyle, along with a healthy diet, plenty of pure water and exercise, will make a huge difference in the health of your sensitive skin!



## Salicylate Free Products

### How to Manage Your Daily Salicylate Exposure

Where do you find salicylate free products if you have salicylate allergy or salicylate intolerance? What are salicylates and how do they affect your sensitive skin? Can you prevent salicylate sensitivity?

These are some of the questions My Sensitive Skin Care will attempt to answer here, so that you can be educated about salicylates and how they may be affecting your sensitive skin. We are dedicated to helping you reduce skin inflammation and outbreaks through education and awareness.

Dealing with an allergy to salicylates can be a very frustrating topic, because we are still at the early stages of understanding salicylate sensitivities.

On top of this, it can be difficult or next to impossible to find salicylate free products! How can you avoid salicylates if they aren't clearly labeled on your personal care products?

Even though resources are slim, more people are getting educated about salicylates and some are starting to provide some salicylate free products. One that I am aware of is Paula's Choice which makes a product line in Australia of some salicylate free products. Another is **andrearose.com** which is based in the U.S.

### What Are Salicylates?

Salicylates are chemicals that occur naturally in plants which protect them against diseases, pests, bacteria and fungus. They have natural preservative, immune and hormone properties, and for most people they present no problems, and actually provide healing benefits.

However, for people with salicylate allergy or salicylate sensitivity, even a small amount of salicylates can cause an allergic reaction. For this reason, if you tend to be allergic, or to get a lot of skin outbreaks, it is best to reduce your exposure to salicylates as much as you can by using salicylate free products.

## *My Sensitive Skin Care's Free Guide to Salicylates and Salicylate Free Products*

Salicylates are one of the main ingredients in aspirin and other anti-inflammatory pain relief medications such as ibuprofen. Some people who are allergic to aspirin may not realize that the same active ingredients are contained in many herbs, foods, chewing gums, sunscreens, muscle pain creams, acne creams, wart removers, shaving creams, toothpastes, skin care and personal care products, cosmetics, perfumes. solvents.

### **Why Do People Develop Salicylate Intolerance?**

There is not a lot of medical research yet on salicylate sensitivity, but it is thought to be triggered by stress and a diet that is high in sugar. Salicylates do have a relationship with insulin and blood sugar levels, and so excess sugar is likely to throw the body's natural hormonal systems out of balance, which can trigger allergic reactions.

Additionally, our foods today now contain more salicylates than they did 100 years ago. More foods are genetically engineered to reduce the susceptibility of plants to diseases and pests, which has increased the salicylate content of the food.

In addition to these stresses on our bodies, most of the personal care products, cosmetics, and pain relievers we use contain salicylates. Preservatives and food dyes also contain salicylates.

Salicylates have been shown to accumulate in the body long after initial exposure, so can you see why more people are developing salicylate sensitivity?

The best way to avoid developing a salicylate sensitivity is to limit your exposure to unnecessary salicylates.

Lots of healthy fruits and veggies have salicylates, and you shouldn't stop eating those, unless you are sure that you have a salicylate allergy, but you don't really need them in your makeup, shampoo, personal care products or skin care products.

### **Why is it Difficult to Find Salicylate Free Products?**

It is challenging to find products that are free of salicylates for several reasons.

1. Doctors are still learning about salicylate sensitivity so there isn't a lot of research yet on the subject.
2. Salicylates are so common, found in many foods, medicines, herbs and botanicals.
3. Many ingredients in personal care products contain salicylates but are not labeled as such.

Many ingredients in personal care products or medicines contain salicylates even though the word 'salicylate' is not on the label.

For example, the preservatives BHA and BHT contain salicylates ( and are generally not good for your health anyways! ). Red and Yellow food colorings contain salicylates.

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Nitrates, found in hot dogs, contain salicylates. So does mint, spearmint, peppermint and aloe vera.

At the bottom of this article I have provided a partial list of some of the ingredients in personal care products that contain salicylates.

### **Symptoms of Salicylate Allergy**

Some people are diagnosed with salicylate sensitivity, but many people may be allergic to salicylates without knowing it, as the symptoms resemble those of other allergic conditions.

Symptoms can range in severity from mild allergic reactions to a serious anaphylactic shock.

Salicylates can cause a reaction that both stimulates and depresses the nervous system. That is why you could experience depression, fatigue and hyperactivity all at once.

Here are some of the most common symptoms of salicylate allergy.

- Hives, rashes, mouth ulcers
- Skin itching or irritation
- Burning, soreness, puffiness or itching in the eyes
- Changes in skin color
- Swelling in the hands and feet
- Swelling of the face, lips or eyelids
- Headaches
- Nasal congestion
- Asthma
- Wheezing, trouble breathing, a cough that won't go away
- Exhaustion
- Nasal polyps
- Incontinence, bedwetting or an urgency to urinate
- Sinus inflammation
- Nausea or stomach pain
- Diarrhea
- Hyperactivity
- Loss of memory
- Depression
- Difficulty concentrating

### **Salicylates in Foods**

Salicylates are found in many foods especially fruits and vegetables. They are concentrated in a food when the food is juiced, dried, processed or made into a sauce.

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The natural, raw form of a fruit or vegetable may have more salicylates than that same vegetable cooked. A ripe fruit has less salicylates than the same fruit when it is unripe.

The highest levels of salicylates in fruits and veggies are directly under the skin, or in the outer leaves of the vegetable.

Foods with the highest salicylate levels include

- Citrus fruits
- Grapes (including champagne and wine)
- Plums
- Strawberries
- Almonds
- Tomatoes
- Avocados
- Broccoli
- Tea
- Honey

### **Salicylates in Personal Care Products**

Many skin care and personal care products contain salicylates, both from chemicals and also from natural herbs or fruits that may be added to the products.

Here is a partial list of ingredients that contain salicylates in over the counter medications and personal care products. If you think you might have salicylate sensitivity, I recommend you avoid products that contain these ingredients.

- Acetylsalicylic acid
- Aloe Vera
- Artificial flavorings
- Artificial food colorings
- Aspirin
- Azo dyes
- Benzoates
- Benzyl salicylate
- Beta-hydroxy acid
- BHA
- BHT
- Choline salicylate
- Coal tar dyes
- Disalcid
- Ethyl salicylate
- Eucalyptus Oil
- Isoamyl salicylate
- Magnesium salicylate

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- Menthol
- Methyl Salicylate
- Mint
- Nitrates
- Nitrites
- Octylsalicylate
- Wintergreen oil
- Peppermint
- Phenylethyl salicylate
- Red Dye
- Salicylaldehyde
- Salicylamide
- Salicylate
- Salicylic acid
- Salsalate
- Sodium Salicylate
- Spearmint
- Yellow Dye

Yes, I know that's a long and intimidating list! It's a real pain to print that out and carry it with you every time you go to the store. It is easier if you can use salicylate free products, it will save you a lot of time a headache, literally!

Salicylates from foods may also be in your personal care products. If you use natural or organic products, the following is a partial list of foods which are sometimes added to natural skin care products have a high salicylate content.

- Almonds
- Honey
- Tea
- Mint
- Licorice
- Capsicum
- Olive
- Ginger
- Sage
- Apricot
- Blackberry
- Blackcurrant
- Blueberry
- Cherry
- Cranberry
- Date
- Grape
- Guava
- Pineapple

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- Plum
- Raspberry
- Strawberry
- Tangerine

### **Recommendations for Salicylates and Sensitive Skin**

If you have sensitive skin, it is important to stay in balance in your daily life. If you are able to create healthy habits for yourself, and avoid unnecessary exposure to irritating, harmful or allergy producing substances, then you are much more likely to avoid developing salicylate allergy or other allergic reactions.

To stay in balance, here are some recommendations that will help you avoid developing a salicylate intolerance.

- Get salicylates naturally from your fruits and vegetables rather than from your personal care products.
- Eat fresh produce, seasonally.
- Eat ripe fruits and veggies.
- Use personal care products *without added fragrance*.
- If you tend to be allergic, to get a lot of acne outbreaks, or think you might be salicylate sensitive, use salicylate free products.



## Salicylate Free Diet

### Managing Your Salicylate Intolerance WITHOUT Overwhelm

When is a salicylate free diet useful in dealing with allergies or skin problems? Do salicylates in food make my symptoms worse? Does salicylate intolerance mean that I can't eat ANY fruit?

This guide will help you to **simplify the process** of reducing your exposure to salicylates in food and personal care products, so you can start feeling better soon!

Although it may feel overwhelming at first, dealing with a salicylate intolerance can actually help you to begin feeling better. Once you stop irritating your body and your sensitive skin, you will notice a **BIG** improvement!

### When is a Salicylate Free Diet Helpful?

A salicylate free diet can be useful IF your doctor has diagnosed you with salicylate allergy or salicylate intolerance.

If you have chronic skin problems or other allergy symptoms, you may find that you experience fewer symptoms if you *limit* your exposure salicylates in your foods and personal care products.

Salicylates are found in many healthy foods, so please do NOT self diagnose yourself or eliminate ALL salicylates without first consulting with your health care practitioner.

### Why a Salicylate Free Diet?

Salicylates in food are natural anti-inflammatory substances that in moderation are usually well tolerated by most people.

In today's modern world, our environment and food sources have become unbalanced. Our foods have a much higher salicylate content than even 100 years ago, due to modern farming practices.

In addition, our daily lives are now filled with salicylates in our medicines, toothpastes, shampoos, skin care products, and cosmetics.

## *My Sensitive Skin Care's Free Guide to Salicylates and Salicylate Free Products*

It is no wonder that more and more people are developing salicylate intolerance. This is a condition that is still new to medical professionals and is just now getting the attention it deserves.

A salicylate free diet is not necessary for most people, however if you have a salicylate allergy or salicylate intolerance, your doctor will prescribe a salicylate free diet at least until you can get your symptoms under control.

The symptoms of salicylate allergy are very similar to other food allergies so please do not try to diagnose yourself. You really need the assistance of a qualified medical or health care professional if you are planning to eat a salicylate free diet.

### **What Foods Can I Eat on a Salicylate Free Diet?**

Generally raw foods and the skins and outer leaves of fruits and vegetables have higher salicylate contents. Depending on the severity of your salicylate intolerance, your diet may be very limited for a while until you get your symptoms under control.

MOST processed foods, artificial colorings, artificial flavorings and sauces contain a high salicylate content. Most people following a salicylate free diet choose to cook for themselves in order to have the healthiest and freshest foods.

Some foods with low salicylates such as soy or rice milk may have extra added ingredients which may have salicylates, so please *read the labels* on all foods.

Foods that are very low in salicylates include:

- Fresh meats
- Poultry
- Fish
- Eggs
- Dairy products except for blue vein cheese
- Tofu
- Soy Products (read the labels)
- Soy milk
- Rice Milk

Some vegetables which have very low salicylate content are:

- Bamboo Shoots
- Beans-dried
- Cabbage
- Celery
- Iceburg Lettuce (inside leaves)
- Lentils
- Peas

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- Potato
- Swede

Fruits with very low salicylates include:

- Bananas
- Pears (peeled)

Grains which have low salicylates are:

- Barley
- Buckwheat
- Millet
- Oats
- Rice
- Rye
- Wheat

Sweeteners, oils and other foods with low salicylates are:

- Carob
- Cocoa
- Maple Syrup
- Butter
- Canola Oil
- Safflower Oil
- Soy Oil
- Sunflower Oil
- Vegetable Margarine

### **What Foods Should I Avoid on a Salicylate Free Diet?**

Many commercial seasonings, herbs, spices, sauces, jellies and jams are very high in salicylates.

Dried fruits, berries, most fruits are high in salicylates to varying degrees.

The following fruits are have the highest salicylate content, and are generally avoided if you are eating a salicylate free diet:

- Apples
- Apricot
- Avocado
- Blackberry
- Black currant
- Blueberry

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- Boysenberry
- Cantaloupe
- Cherries
- Cranberry
- Currants
- Dates
- Grapefruit
- Grapes
- Guava
- Kiwi fruit
- Loganberry
- Mandarin
- Melons
- Mulberry
- Nectarine
- Orange
- Peach
- Pineapple
- Plum
- Prunes
- Raisins
- Raspberry
- Redcurrant
- Strawberry
- Sultana
- Tangelo
- Tangerine
- Watermelon
- Youngberry

Vegetables with high salicylates include:

- Alfalfa sprouts
- Artichoke
- Broad bean
- Broccoli
- Canned green olives
- Canned black olive
- Capsicum
- Chicory
- Chili peppers
- Cucumber
- Eggplant
- Endive
- Fresh Spinach
- Gherkin

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- Hot pepper
- Okra
- Peppers
- Radish
- Sweet Potato
- Tomato
- Tomato Products
- Water chestnut
- Watercress
- Zucchini

Nuts that are highest in salicylates include:

- Almond
- Brazil nuts
- Macadamia nuts
- Peanuts with skins
- Pine nuts
- Pistachio
- Water chestnut

Sweets that are highest in salicylates are:

- Chewing gum
- Fruit flavors
- Honey
- Honey flavors
- Jam (except for homemade pear jam)
- Licorice
- Mint flavored candy
- Peppermints

Seasonings that are highest in salicylates include:

- All Spice
- Aniseed
- Balsamic vinegar
- Basil
- Bay leaf
- Black pepper
- Caraway
- Cardamom
- Cayenne
- Celery powder
- Chili flakes and chili powder
- Cider Vinegar

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- Cinnamon
- Cloves
- Commercial Gravies & Sauces
- Commercial Jam and Jelly
- Coriander
- Cumin
- Curry
- Dill
- Fenugreek
- Fish, meat, and tomato pastes
- Garam masala
- Ginger
- Honey
- Mace
- Mint
- Mixed herbs
- Mustard
- Nutmeg
- Oregano
- Paprika
- Peppermint
- Pimiento
- Rosemary
- Sage
- Tabasco
- Tarragon
- Thyme
- Turmeric
- Vegemite and nutritional or brewer's yeast
- White pepper
- White Vinegar
- Wine Vinegar
- sWorcester Sauce

### **Salicylates in Your Medicines and Personal Care Products**

If you are eating a salicylate free diet, you can increase the beneficial effect of your diet by eliminating salicylate exposure through your personal care products.

Salicylates are contained in MOST personal care products that contain **fragrance or perfume**.

They are also in most shampoos, conditioners, shaving creams, sunscreens, skin care products, cosmetics, toothpastes, mouthwashes, and herbal remedies.

## *My Sensitive Skin Care's Free Guide to Salicylates and Salicylate Free Products*

Salicylates are in aspirin, most pain reliever formulas, alka seltzer type medicines, muscle pain creams, and many herbal remedies.

I know, this is REALLY overwhelming isn't it!

The hardest thing about avoiding salicylates in your personal care products is that there are many ingredients which DO have salicylates but which are not called "salicylate" so you cannot tell from their name. A few examples of this are:

- Aspirin
- Acetylsalicylic acid
- Artificial coloring and flavoring
- Benzoates
- Beta-hydroxy acid
- Magnesium salicylate
- Menthol
- Mint
- Salicylic acid
- Salicin
- Peppermint
- Phenylethyl salicylate
- Sodium salicylate
- Spearmint
- White Willow Bark

Even more overwhelming, these ingredients sometimes go by OTHER names so it is very difficult to tell whether your personal care products contain salicylates.

Here are just a FEW of the many names that "aspirin" can be called in the name or the ingredients list of a product...

- 2-(Acetyloxy)-Benzoic Acid
- 2-Acetoxybenzenecarboxylic acid
- 2-acetoxybenzoic acid
- A.S.A.
- Ac 5230
- Acenterine
- Acesal
- Aceticyl
- Acetilsalicilico acetilum acidulatum
- Acetisal
- Acetonyl
- Acetophen
- Acetosal
- Acetosalic acid
- Acetosalin

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- Acetoxybenzoic acid
- Acetylin
- Acetylsal
- Acetylsalicylate
- Acetylsalicylic acid
- Acidum acetylsalicylicum
- Acimetten
- Acisal
- Acylpyrin
- Alka-seltzer
- Anacin
- Asagran
- Asatard Ascoden-30
- Ascriptin
- Aspalon
- Aspergum
- Aspirdrops
- Aspro
- Asteric
- Bayer
- Benaspir
- Bialpirinia
- Bufferin
- Caprin
- Chlorpheninaurine; Claradin
- Csedrin
- Empirin
- Extren
- Gelprin
- Globoid
- Helicon
- Idragin
- Measurin
- Neuronika
- Norgesic
- Novid
- Nu-seals
- O-Carboxyphenyl Acetate
- Persistin
- PolopirynaRhodine
- Robaxisal
- Salacetin
- Salcetogen
- Saletin
- Salicylic acid acetate
- Solprin

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- Solpyron
- Supac
- Triaminicin
- Vanquish
- XAXA O-acetylsalicylic acid

The good news is, you don't have to suffer and stop using cosmetics, shampoos, toothpastes, mouthwashes or skin care products. As more companies begin learning about the dangers of salicylates, and as more customers begin requesting them, we will begin to see more choices available for salicylate free products.