

Soap: Neutral, Not Alkaline, is Best

Just because soap has been made with lye for over 2,000 years, it doesn't mean you should use it to wash your skin.

by **Mary Jo Fahey**

Most soap is alkaline. Alkaline substances neutralize the body's protective acid mantle that is meant to be a natural barrier against bacteria and viruses. Healthy skin is meant to have a pH in the range 5.4 to 5.9. A majority of soaps, including today's handmade varieties, are made from oils and lye or potassium hydroxide. On a pH scale, lye is a 14—at the very end of the alkaline range. In nature, there is nothing more alkaline than lye.

[*Note: On a pH scale, 7.0 is neutral and values below 7.0 are considered acidic. Values above 7.0 are basic or alkaline.*].

Expression “Acid Mantle” Coined in the 1920s

Scientists have been studying the body's outer-most acid layer since the 1920s. In a 1928 research paper, Schade and Marchionini called this layer the “acid mantle.” Very recent research indicates an *acidic environment* on the skin is important for:

- Activation of the enzymes responsible creating fat or lipid molecules in the skin's outermost layer
- Creation of a critical bilayer lipid membrane that forms around skin cells
- Restoration of the skin following damage

Glycerin soap that is not made with lye is pH neutral. Pears Soap, created by Andrew Pears in London, in 1789, is an example of a delicate, transparent bar that does not strip what some scientists call the body's “permeability barrier.”

Nanoscope Metals Added to Soap

Not only do alkaline soaps neutralize the body's acid mantle, but commercial soap makers are adding controversial nanoscopic metals to soap for color and anti-bacterial action. Aluminum, titanium, nickel, and silver nanoscopic metals are being used to “rob” electrons from odor-causing bacteria. Electrons are hydrogen ions that are essential for life. Soap makers have figured out that stripping electrons from an organism [in this case the bacteria] causes death—when too many electrons are lost. The nanoscopic



[**Optional Stock Photo Caption**] Most soap, including popular new handmade varieties, are extremely alkaline.

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Small 849 × 565 px 11.8” × 7.8,” 72 dpi, 3 credits

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Large 2716 × 1810 px 9.1” × 6.0,” 300 dpi, 12 credits

metal in soap is also meant to remain on the skin and in pores—to “extend the benefit beyond a washing.” Here's what a variety of research and safety organizations have to say about the same metals that are being added to soap as nanoparticles:

Aluminum

The National Institute for Occupational Safety and Health's data sheet on aluminum says:

If aluminum dust contacts the skin, workers should flush the affected areas with plenty of water, followed by washing with soap and water.



[**Optional Photo Caption**] Pears transparent bar that is pH neutral has a 200 year history that originated in London. It is easy-to-find in stores [including dollar stores}. Source: Pears Web site.

Nickel

The International Agency for Research on Cancer has classified nickel compounds as carcinogenic to humans.

Silver

Besides soap, nanosilver is showing up in socks, bandages, athletic wear and cleaning products because of its antibacterial properties.

Scientists at the 235th national meeting of the American Chemical Society (ACS) warned that nanoparticle silver:

- Washes off consumer products
- Travels through wastewater
- May have unwanted effects on aquatic organisms living in the water and possibly humans.

Paul Westerhoff and Troy M. Benn who spoke at the ACS meeting said, "once the silver ions get into the gills of fish, it's a pretty efficient killer.

Titanium

Titanium soaps are extreme white in color. A study done by A. Churg, B. Stevens, and J. L. Wright at the University of British Columbia found that ultra fine titanium dioxide particles are pathogenic or disease causing.



[Optional Photo Caption] Dial's new called Natural Radiance: White Tea and Vitamin E Bar, has sodium tallowate listed as the first ingredient. Sodium tallowate is made from sodium hydroxide [better known as caustic soda or lye]. Dial's glycerin bar also contain propylene glycol, a component in automotive antifreezes and de-icers used at airports.

Source: Dial Web site.

- Amazon.com

Amazon.com's discount on Pears requires the purchase off a 12-pack.

Amazon.com [\$25.20, free shipping]

• Clearly Natural - Glycerin Soap, 4 ounces Unscented bar, \$1.79

Clearly Natural is a brand that is sold in health food stores.

Beaumont Products, Inc.
1560 Big Shanty Drive
Kennesaw, Georgia 30144
1-800-451-7096

www.clearlynaturalsoaps.com

• South of France Glycerin Soap, 8 ounces Unscented bar, \$3.70

This glycerin bar is twice the size and almost twice the price of other bars.

www.myvitanet.com

Mary Jo Fahey writes books for alternative medical doctors and believes that papers can attract readers who are seeking news that they will never see or hear on television. She lives in Madison, Wisconsin and may be reached through e-mail at maryjofahey@tds.net.

Most Glycerin Soap Brands Are pH Neutral

Large companies such as Dial are starting to produce glycerin soaps. However, not all glycerin brands are created equal. Dial's new called Natural Radiance: White Tea and Vitamin E, lists sodium tallowate as the first ingredient. Sodium tallowate is made from sodium hydroxide [better known as caustic soda or lye]. Dial's glycerin bar also contain propylene glycol, a component in automotive antifreezes and de-icers used at airports.

The following brands are made by companies that understand that pH neutral soap is the correct soap for human skin:

Glycerin Soaps

• Pears Natural Glycerin Soap, 4.4 ounces

If you can't find Pears bars at your local dollar store, check the Internet.

- Harmon Stores

<http://www.facevaluesonline.com>

Harmon Stores, a subsidiary of Bed, Bath & Beyond, is selling a Pears 3-Pack for \$2.79 [shipping is \$4.95 up to a \$150 purchase].

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Source for stock photo: www.istockphoto.com

[Note: Dial and Pears images can be sent via e-mail].



[Optional Stock Photo Caption] Glycerin bars of soap that are pH neutral are translucent.

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