



Health Fact Sheet

Psoriasis

What is Psoriasis?

It is an inflammatory skin disease characterized by silvery scales or red areas. Often itchy, then usually occur on the skin over the elbows, knees, ears, back and scalp.

It results from a dysfunction in the production of new skin cells. Normal skin cells take about 28 days to mature. In psoriasis this can happen in as little as 4 – 8 days. This leads to excessive shedding of dead skin cells, hence the scaliness. The increased blood flow required makes the affected skin look red.

What Causes Psoriasis?

There is no definitive answer to this, although several possible causes have been identified:

Unhealthy dietary choices – this can lead to poor body nutrition, and to a build-up of food intolerances.

It is always wise to check for food intolerances and remove anything which might be causing problems.

Leaky gut syndrome – toxins get into the bloodstream and the skin becomes a back-up dumping ground.

Poor liver function – this leads to faulty utilization of essential fatty acids, the lack of which is implicated in psoriasis. It can also lead to a buildup of toxins in the body which will also have an adverse effect on the skin.

Vaccine after-effects – vaccines often have all sorts of nasties added to them, including harmful metals such as mercury. Psoriasis can develop as a response to the introduction of these toxins. Heavy metals can be a particular issue.

Build-up of toxins in the colon – if the colon is not kept clean and moving, a build-up of toxic waste can lead to the re-absorption of these toxins with resultant problems.

What Can I Do About It?

Firstly, let's look at **dietary** changes you can make. It is important to eat a wholefood diet and to reduce or eliminate all foods which have an inflammatory effect. These include red meat, dairy products, fried foods (frying damages the fatty acids), refined and processed foods (damages foods and leaves them nutritionally deficient), too many animal fats and hydrogenated fats (including many margarines and low fat spreads). Stimulants such as sugar, tea, coffee and alcohol should also be eliminated where possible.

A wholefood diet includes plenty of whole grains such as brown rice, millet and quinoa. Brown rice can be very helpful in keeping the colon clean as it helps cleanse the body. Plenty of vegetables, beans, pulses, seeds, nuts, fish (especially oily fish), fresh fruit and eggs also need to be included. The emphasis is on good wholesome food, and lots of antioxidant rich foods to reduce inflammation.

Drink plenty of fresh clean water (2 litres or more) as this helps to flush toxins through and keep your body hydrated – very important to enable your body to work effectively and efficiently and to re-hydrate dry, flaky skin. Also, other possible fluids to use include vegetable juices and herb teas. Instead of cow's milk, use almond, rice or goats milk.

Next it is important to look at a **supplement** regime to ensure sufficient of essential nutrients to help the body cleanse and heal:

Omega 3 essential fatty acids giving good levels of DHA and EPA are important in treating psoriasis. Starflower oil and flax oil can also provide linolenic acid which can be converted to Omega 3.

A high potency antioxidant is also needed to help address the underlying causes of the inflammation.

Many psoriasis sufferers are known to be deficient in vital nutrients such as folic acid, various B vitamins, zinc, selenium and sulphur. It is helpful to also take an MSM supplement for additional sulphur as this can be very beneficial to helping skin. Additionally it is worthwhile including lecithin granules to help with fat utilization, and milk thistle to strengthen liver function.

A good probiotic has also been shown to help with psoriasis. It is thought this might be because a healthy gut flora enables the body to uptake vital nutrients better.

Also consider taking a Vitamin D supplement – a sublingual spray is best. There is a clear link between Vitamin D and healthy skin and most people in the UK are badly deficient.

One of the best topical treatments is a new health technology involving redox signaling molecules. These are messenger molecules in the body which ensure proper communication, healing and repair and are badly depleted by stress, illness, toxicity and ageing. The only product containing these is a gel called Renu28 and a liquid called ASEA. Ideally, use both, but at the very least use the gel topically at least twice daily to promote healing and normalization of skin cell turnover. See link below to source.

Other topical treatments include aloe vera inner leaf gel applied directly to affected areas as often as felt necessary. It provides a rapid, soothing short term effect and can help promote healing. Goldenseal extract rubbed into the affected area has sometime proved useful as has lavender oil. Topical vitamin A cream can also help. Shampoos containing tea tree oil have been found to greatly improve scalp psoriasis. An intensive treatment includes combining a product called Paw Paw Cell Reg with liquid Pau D'Arco and applying 4 times daily.

There is a product recently on the market called Tamanu Balm, made from totally natural plant-based ingredients which is also showing great healing properties for skin, including psoriasis.

Other things you can do to help include using toiletries and beauty products which are free from chemicals (see separate fact sheet), practice some sort of stress management technique such as yoga or meditation as many psoriasis outbreaks are stress related, and wherever possible get out in the sun as sunshine has been shown to relieve symptoms.

Redox Molecules – only available direct from manufacturer go to this link for further information
www.lifedesigns.teamasea.com