PSORIASIS

Many studies have been done regarding psoriasis. One study of 126 people showed: 115 had imbalance of the lungs, 126 the colon, 124 the digestive system, 125 the liver and 125 the kidneys. This demonstrates that the underlying organs need attention and may have been the problem in the first place.

There is also a definite genetic factoring, therefore if your parents have psoriasis, you will be inclined to have the same weakness. David Slater traced the weakness back to forefathers that had syphillis long ago, weakening the DNA, passing it along. The weakness lays dormant until the body is stressed. As proof of this, when we give homeopathic syphillinum (syphillis), the problem clears up.

Attacks can be triggered by nervous tension, stress, illness, surgery, cuts, poison ivy, several viral and bacterial infections, sunburn, drugs: lithium, chloroquine, beta blockers.

The Emotion behind Psoriasis:
Fear of being hurt. Deadening the senses of the self. Refusing to accept responsibility for our own feelings.
New thought pattern: I am alive to the joy of living. I deserve and accept the very best in life. I love and approve of myself.
Effective affirmations: "my skin is comfortable", "my blood is cool", "my heart is warm", "my body is beautiful".

DIET:

- **Low fat diet is recommended. Pork can be a principle offender.**
- **Basic foods should be vegetables, fruits, seeds, some fish and chicken in moderation, rangefree eggs. Try to eat a 50% raw foods diet.**
- **Remove ALL refined foods, alcohol, sugar, preservatives etc. from diet.**
- **Avoid fried foods, cooked oils and fats.**
- **Distilled water is the drinking water of choice. Avoid fluoridated water.**
- **Determine if any allergies, and avoid those foods.**

DAILY SUPPLEMENTS:

- **2 tbsp flax seed oil or 3-5 capsules**
- **1,000 – 2,000 mg daily Evening Primrose Oil or Borage Oil or Black Current Seed Oil. This is very important. 30% of psoriasis can be corrected with these fatty acids.**
- **2 capsules Fish Oil (Omega 3) - 60% of people respond to this, try it for a while and see if it works for you**
- **Hydrochloric Acid/Digestive Enzymes taken at mealtimes when you are eating protein**
- **Vitamin A emulsion: 100,000 IU for 1 month, then decrease to 50,000 or capsules**
- **Antioxidant formula (Vitamins A, D, E, Selenium)**
- **2,000 mg Vit. C with each meal.**

HERBAL HELP:

Tea Tree Oil Products: oil, creams, shampoos etc.
Sarsaparilla - endotoxin binding which overtax the liver and are theorized to be one of the major causes of psoriasis.
Gallbladder/liver decongestants: eg. Milk Thistle, Dandelion Root, Burdock Root (for the liver)
Red Clover Blossom tea (blood purifier)
Lower Bowel Tonic (enough to have 2-3 soft stool movements a day). Wildrose LBT3 is a favourite.

OTHER:

- **Take homeopathic Syphilinum 2-3 times a day (30c) for a year.**
- **Stay out of chlorinated swimming pools.**

- **Sunlight seems to be beneficial. Many use ultraviolet light or tanning beds during the winter when the outbreak is worse.**
- **Parasite cleanse twice a year.**
- **Cleanse all traces of mercury from the system. This can be done with homeopathics. After doing that, detox heavy metals in general.**
- **Albumin/lead poisoning has been reported in many cases of psoriasis. Check for gas leaks at home, auto, work etc.**
- **Cook with stainless steel.**
- **If adrenal stress:**
  1,000 mg Pantothenic acid (Vit. B5) twice daily
  Raw Glandular formula or Raw Adrenal
- **Don't try to cover up any open lesion.**
- **Hot water can actually make itching worse.**
- **Cold water bath with perhaps a cup or so of apple cider vinegar added is great for itching. Another thing that really works is ice. Just dump some ice cubes into a small plastic bag and hold it against the affected skin.**
- **Lose weight if you are overweight, obesity makes it worse.**
- **Treat infections. eg. insect bites, strep throat etc. which can bring on a bout of psoriasis.**