

# PSORIASIS

## What is it?

A high rate of skin cell replication, causes the pile up of the skin cells which accumulates, and results in the characteristic silvery scale.

It produces inflamed patches of red, scaly skin.

Family history in 50% of cases.

Inflamed patches may be found on the scalp, backside of the wrists, elbows, knees, buttocks, ankles and sites of repeated trauma.

Possible arthritis

Auto immune disease

## What causes it?

Caused by a high rate of replication which is a basic defect within skin cells and there may be genetic involvement. It is an auto-immune disease which means the body's immune system attacks the skin.

A natural approach, finds Psoriasis to be caused by

- Incomplete protein digestion
- Bowel toxemia
- Impaired liver function
- High animal fat intake
- Nutritional factors
- Stress

Protein may not be broken down in the body, and this leads to a pile up of toxins in the bowel, which causes an imbalance in the bowel, enters the blood stream, hampers liver function, as the liver is responsible for filtering and detoxifying the blood.

Poor bowel function, is also linked to decrease in dietary fiber, colon health deteriorates and there is a build up of toxins. The body detoxifies via kidneys, bowel and skin and the liver plays an important role in detoxifying.

## Treatment:

Holistic treatment- treating the condition of the person, looking at **all** areas and healing it from within.

Treatment of cleansing herbs is essential to cleanse the bowel to remove toxins and regenerate the liver to create an internal balance.

If stress aggravates the condition and stress release techniques are a good idea to implement- exercise, yoga, meditation.

Diet plays an important role- decrease animal products- meats, fats, dairy. Improve digestive health to aid protein digestion.

Taking care of the liver is essential- the herb Milk thistle contains a constituent Silymarin which reduces inflammation and reduces cell proliferation.

## Natural supplements:

**Omega 3 oils**- have a wonderful anti inflammatory effect on the skin

**Psyllium husks**( a natural fiber)- assist with bowel regulation and toxin evacuation

**Anti oxidants**- aids skin health and regeneration.

**Vitamin B complex**- Nourishes the nervous system for high stress levels

**Sarsaparilla** Ø- a good blood cleansing herb which also reduces itching for skin conditions particularly Psoriasis and assists with joint pain in Rheumatoid arthritis

**Skin-clear formula**- cont. Liquorice, Red clover, Nettle, Echinacea- reduces inflammation, decreases body's histamine response, improves liver function and aids bowel health, immune support.

Correct immune support via sterols and sterolins.

Have a live blood analysis to have a specific treatment plan drawn up.