

TOP 3 EASY PSORIASIS CURES

Dan Crawford's Psoriasis Revolution





Top 3 Easy Psoriasis Cures

*Use These Top 3 Powerful Psoriasis Cures
For Any Child Or Adult Suffering From Psoriasis*

Dan Crawford

*This e-book is dedicated to all of the children and adults who are
currently suffering from Psoriasis and are looking for a solution
on how to get better as quickly and safely as possible.*

The information contained in this e-book is for informational purposes only.

I am not a doctor. Any health advice that I give is my opinion based on my own experiences and what I've researched and tested over the years with Psoriasis. You should always seek the advice of a doctor before acting on something that I have published or recommended.

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These Psoriasis Cures changed my life.

You've probably found your way to this e-book from my blog, website, or maybe a friend passed it along to you.

I wrote this e-book because the remedies and methods outlined here, as well as in my other e-book called **Psoriasis Revolution** have changed my life. Not only did they help me quickly and safely recover from a severe case of Psoriasis, but it has allowed me to help thousands of people around the world suffering from Psoriasis. The **Psoriasis Revolution** website, and this e-book, are my way of giving back and to ensure that no child or adult ever has to go through the gruesome experience that I went through.

In this e-book, I will reveal to you **3 Powerful, Easy Psoriasis Cures** - that if you choose to apply - will help you or your child recover from Psoriasis much faster. If you enjoy what's in here and want more, then I suggest you take a look at my **Psoriasis Revolution** e-book, where I walk you step-by-step how to cure Psoriasis in days.

To all of my subscribers, followers, and friends out there, old and new, thank you for the gift of your support. I hope this free e-book can begin to repay you for the time and attention that you've given me. Here's to you and your family's health and prosperity!

If at any point while you're reading this guide you have any questions, please don't hesitate to contact me.

Even if you don't have any questions, I'd love for you to come by and say hello!



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Who Is Dan Crawford?

Hi, I'm Dan and I want to thank you for downloading this free e-book, **Top 3 Easy Psoriasis Cures**.

I've been studying and researching Psoriasis for several years now. It all started when I got Psoriasis for the first at 34 years old. I didn't know much about the skin disease at the time - all I knew was that it caused ugly scaly patches on the skin.

I still remember all the embarrassment and stress that this condition caused me, and how it has still affected me emotionally to this day.

The type of Psoriasis that I experienced is known as plaque Psoriasis, which created red and white hues of scaly patches on large regions of my skin. I've had it both on my scalp (not fun at all), as well as my knees and arms at different points of my life.

I can honestly say that having Psoriasis was one of the lowest points in my life.

After my horrible experience with Psoriasis, I committed myself to learn everything I could about the skin disease. I began by researching on the internet, then reading books, and later meeting and interviewing many doctors and specialists on Psoriasis. My research over the years is what led me to create this e-book, along with my well-known [Psoriasis Revolution](#) program.

Throughout the years, I've been fortunate to have been able to help thousands of children and adults who are suffering from Psoriasis. As you probably know by now, Psoriasis can be a serious condition and symptoms can be quite severe if left untreated. It can be extremely dry, itchy, embarrassing and can leave ugly permanent scars or marks.



There are millions of doctors visits each year because of Psoriasis or its complications. And according to stats from various resources, approximately 120 - 180 million people on Planet Earth suffer from Psoriasis. The United States, Canada, Australia, and the UK all have more than one million Psoriasis sufferers.

I don't say that to worry you, but rather to be completely upfront and honest with you about the reality of the situation.

It has become my mission to help children and adults cure Psoriasis as quickly as possible. I can confidently say that you've come to the right place for getting 100% back to normal and healthy. I want to let you know that I respect you for taking the time to check out my resources, and I sincerely want to thank you for your willingness to take action and find a cure.

About Psoriasis

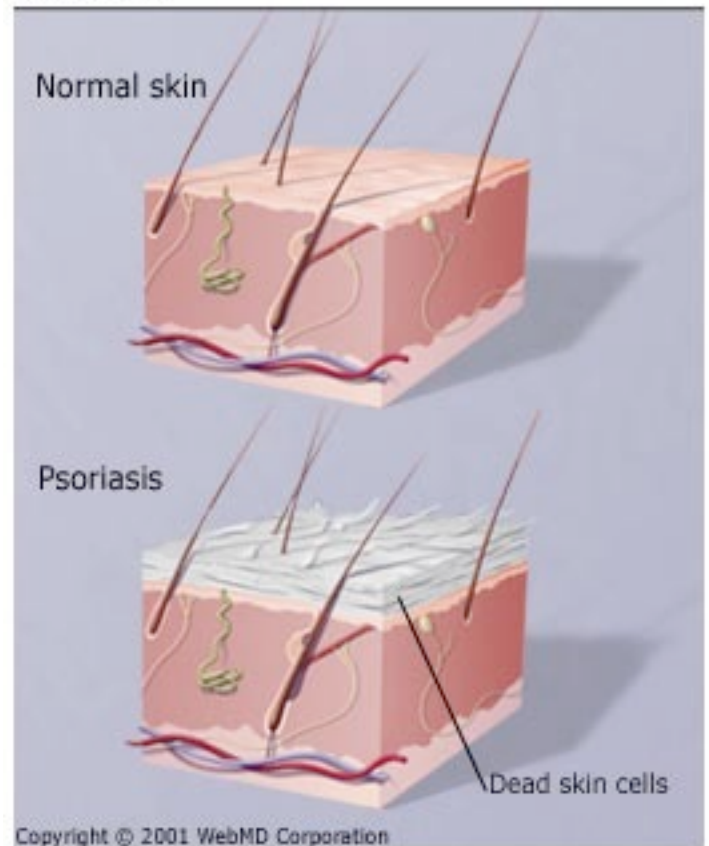
I want to start off this e-book just going over some basic information about Psoriasis. I promise I won't bore you with it all, or get too scientific on you, but it's important to know a bit about the disease.

First, what is Psoriasis?

Psoriasis is a skin disease that causes scaling and inflammation (pain, swelling, heat, and redness). Skin cells grow deep in the skin and slowly rise to the surface. This process is called cell turnover, and it takes about a month. With Psoriasis, it can happen in just a few days because the cells rise too fast and pile up on the surface.

Most Psoriasis causes patches of thick, red skin with silvery scales. These patches can itch or feel sore. They are often found on the elbows, knees, other parts of the legs, scalp, lower back, face, palms, and soles of the feet. But they can show up other places such as fingernails, toenails, genitals, and inside the mouth.

Psoriasis



Anyone can get Psoriasis, but it occurs more often in adults. In many cases, there is a family history of Psoriasis. Certain genes have been linked to the disease. Men and women get Psoriasis at about the same rate.

Psoriasis begins in the immune system, mainly with a type of white blood cell called a T cell. T cells help protect the body against infection and disease. With Psoriasis, T cells are put into action by mistake. They become so active that they set off other immune responses. This leads to swelling and fast turnover of skin cells.

People with Psoriasis may notice that sometimes the skin gets better and sometimes it gets worse.

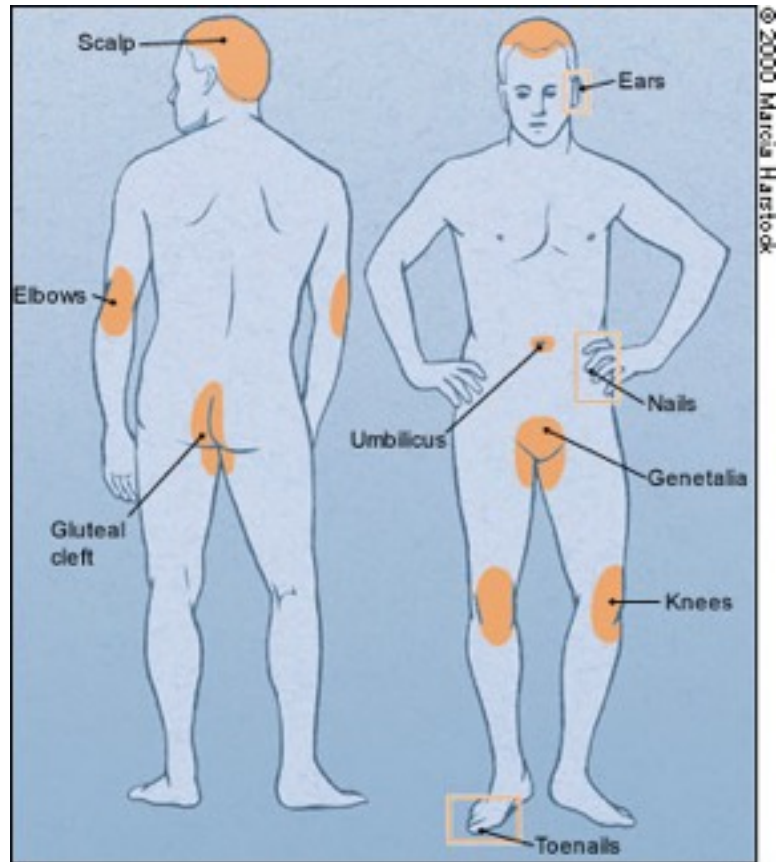
Things that can cause the skin to get worse include:

- Infections
- Stress
- Changes in weather that dry the skin
- Certain medicines.

Psoriasis affects 2.2% of the United States population and 1% to 3% of the world's population.

Psoriasis can last for years if left untreated, and can often come and go for many Psoriasis sufferers.

If you follow the [Psoriasis Revolution](#), you should easily be able to clear up any type of Psoriasis at a much faster rate.



Symptoms Of Psoriasis

What are some of the symptoms of Psoriasis that you can expect? I've provided a full list below that can be found [here](#).

The primary symptoms associated with Psoriasis is red and scaly rashes or patches on specific regions of the body, along with dry, cracked skin that may bleed.

The Psoriasis patches can range from a few spots of dandruff-like scaling, to major eruptions that cover large areas of the skin.

There are different types of Psoriasis, all that have varying symptoms. There is Plaque Psoriasis, which is the most common form and causes dry, raised red skin lesions (plaques) covered with silvery scales. These patches can be extremely itchy or painful, and can occur anywhere in the body.

There is nail Psoriasis, which is on the fingernails and toenails. Along with Scalp Psoriasis (on the scalp of the head), Guttate Psoriasis (triggered by a bacterial infection), and many other forms.

Here is a list of potential symptoms that have been associated with Psoriasis:

- Red patches of skin covered with silvery scales
- Itchiness, soreness, or burning
- Pain or discomfort
- General achiness
- Headaches
- Dry, cracked skin that may bleed
- Thickened, pitted or ridged nails
- Swollen or stiff joints
- Fatigue/Low Energy

I recommend you to take note of these symptoms below and make a list of the ones in which you may be experiencing.

The Top 3 Easy Psoriasis Cures Revealed

Ok, now I think I have bombarded you enough with enough information about Psoriasis.

I wanted to educate you a little bit, so you know what to expect and a bit about the skin disease before I got into the meat of things - the **Top 3 Easy Psoriasis Cures**.

I will mention that there is much more to curing Psoriasis than these 3 treatments I'm about to reveal. This is really just the tip of the iceberg and little things you can do right away that will help. In my well-known e-book program called [Psoriasis Revolution](#), I jump into a whole bunch of powerful remedies and cures that have helped children and adults cure all symptoms within weeks or months. I also go deeply into what you should be eating, drinking, and doing to speed it up and avoid any permanent scars and other issues you may encounter. I just wanted to say that first, just so you don't think this is the end-all, be-all for curing Psoriasis. It isn't. But, I promise you it will make a difference and help your situation!



If you are interested in more of the tips and secrets, then I recommend that you check out the [Psoriasis Revolution](#) e-book by [clicking here](#).

So, are you ready for it?

Let's get to it. Move on to the next section for the **Easy Psoriasis Cure #1**.



Easy Psoriasis Cure #1: Oatmeal Bath

The first Easy Psoriasis Cure I want to share with you is the Oatmeal Bath.

You may have heard of this one before, because it is pretty popular. The reason it's so popular is simply because it's effective.

If you are going to follow any of these Easy Psoriasis Cures in a sequence, you will definitely want to start out by having a bath.

An Oatmeal bath will help with any itching or inflammation, and can also do wonders for the overall appearance of the skin. Oatmeal has been used since 2000 BC by the Egyptians and Arabians for their own skin ailments - and it's still effective today.

An oatmeal bath is a safe, natural and effective way to soothe the itching, discomfort and pain caused by Psoriasis. By dissolving colloidal oatmeal - which is rolled oats that have been milled into a fine powder - into a bathtub full of luke-warm water, you will experience relief from itching and discomfort for several hours.

Here Are The Instructions:

You'll need a blender, food processor or coffee grinder and one cup of oatmeal.

You can use instant oatmeal (unflavored), quick oats or slow cooking oats - all work equally as well. You can purchase these items at any local grocery store.

STEP 1: Blend or process the oats on the highest setting until you have a very fine, consistent powder. To test the colloid property of the oatmeal, stir one tablespoon of the ground oats into a glass of warm water. If the oats readily absorb the water and give it a milky look and a silky feel, you've blended long enough.



STEP 2: Dissolve the oatmeal into cool to luke-warm water, taking time to ensure the oatmeal clumps are broken up completely. The bath water should appear evenly milky before you get into the tub.

STEP 3: Soak in the tub for at least 15 minutes, taking care to submerge as much of your body as possible underneath the surface of the water. Avoid getting water in the eyes, since the oatmeal will sting. And be careful getting in and out of the tub, since it will be slippery.

STEP 4: Remove the entire oatmeal residue from the skin before you completely exit the tub by rinsing it off. Any leftover oatmeal may dry out your skin and increase itching.

STEP 5: Dry your body carefully by dabbing away moisture with a thick, absorbent towel. Avoid rubbing the skin with the towel and irritating the sores from Psoriasis, which may cause bleeding and scarring.

STEP 6: You should use a bathing procedure like this at least 2-3 times per day (see other bathing procedures in the [Psoriasis Revolution](#) e-book) to effectively treat the pain, discomfort and itching caused by Psoriasis.

STEP 7: Right after you get out of the bathtub, you will want to apply a lotion or ailment to the skin before getting dressed. By using a lotion in combination with an oatmeal bath, you can relieve the pain and itching caused by Psoriasis and speed up the recovery. Check out the [Psoriasis Revolution](#) program for what lotions to use and how to properly apply them.



Easy Psoriasis Cure #2: Honey

The next Easy Psoriasis Cure I want to share with you is what I call the “Honey Treatment”.

This is another powerful method of treating Psoriasis, and it’s something you can do after one of the bathing procedures that I talked about above.

Honey has been proven to get relief from inflammation and the peeling away of skin from the affected parts. It can also help fade away the spots and appearance of Psoriasis.

Honey is a sweet and viscous fluid produced by honey bee’s from the nectar of flowers. It’s been used for centuries as a natural medicine for a variety of ailments. It has natural anti-bacterial and anti-fungal properties which will help speed healing and prevent infection of Psoriasis sores.

Here Are The Instructions:

You will need some raw, organic natural honey. You can buy this at your local health food store. Make sure it’s the good stuff!

Or, you can order it on Amazon.com. I personally like this stuff called **Super Raw Honey by Wee Bee**. I’ve heard others get great results with it too.

STEP 1: Apply a thin layer of all natural honey to the affected areas. You don’t need to use too much, just enough to cover everywhere that’s affected.

STEP 2: Leave it on the skin for at at least 30-60 minutes to allow it to absorb into the skin.

STEP 3: After you've left it on long enough, you can rinse the skin off with cool to luke-warm water if you choose. Sometimes it's so absorbed into the skin that you can just leave it and be fine. However, some people don't like the scent of it or it may feel a bit uncomfortable. Make sure that you dry the skin off using a towel (do not rub the skin, it will irritate it). Instead, use the towel to dab the skin to dry it.

In the [Psoriasis Revolution](#) program, I share a special lotion that you can create that is extremely powerful and will get rid of any sores or rash within days.

There are also certain oils that you can use that are also very powerful and effective.

The Healing Power Of Honey

Raw Honey - which has not been pasteurized or filtered, and ideally taken directly from the hive - is a treasure chest of nutritional value and medicinal remedies. It contains an abundance of vitamins and minerals and is a natural and powerful medicine, both internally and externally.

The list of honey's benefits is a long one. Honey increases calcium absorption; can increase hemoglobin count and treat or prevent anemia caused by nutritional factors; can help arthritic joints, when combined with apple cider vinegar; fights colds and respiratory infections of all kinds; can help to boost gastrointestinal ulcer healing; works as a natural and gentle laxative; aids constipation, allergies and obesity; provides an array of vitamins and minerals; and supplies instant energy without the insulin surge caused by white sugar.

Many have found raw honey helpful for its positive effects against allergies and hay fever, and one to two teaspoons last thing at night can help with insomnia. As an antiseptic, honey is also a drawing agent for poisons from bites or stings or infected wounds, and has outperformed antibiotics in treatments for stomach ulcerations, gangrene, surgical wound infections, surgical incisions and the protection of skin grafts, comas, blood vessels and bones!

Easy Psoriasis Cure #3: Oil of Oregano

The next Easy Psoriasis Cure is a powerful and effective one. Much like honey, it can be used for a multitude of conditions. But more importantly, it is very powerful for treating Psoriasis.

Wild Organic Oregano Oil from the high mountains of the Mediterranean is one of the strongest antibiotics on the earth which many people are turning to as an alternative to pharmaceutical drugs. It is especially powerful for killing free radicals, bugs, toxins, infections, and skin diseases like Psoriasis.

Oil of Oregano comes from one of three plant species: *origanum vulgare*, *origanum acutidens*, or *origanum minutiflorum*, all of which are found in Turkey.

As you can tell, this special oil has MANY different uses and functions. I'm going to stick with it as the use for Psoriasis.

Oil of Oregano has been hailed for its amazing anti-microbial properties as well as its high anti-oxidant properties. It is used to treat circulation problems as well as skin conditions such as Eczema, **Psoriasis**, Warts, Rashes and infected wounds. The germicidal or anti-microbial properties are used to cleans the body's digestive, reproductive, and respiratory systems of yeast, fungi, or bacteria.

Here Are The Instructions:

You should be able to buy this at your local health food store. There is a liquid format, as well as a gels that have the actual liquid inside. And there's powder capsules if you don't like the taste of it.



Or if you prefer, you can purchase this online. I personally use the [Global Healing Center](#) website, they make really quality stuff.

Or another great website is [Oasis Advanced Wellness](#).

The instructions will vary of course depending on which Oregano Oil you purchase. It's recommended to read the bottle and follow their directions.

STEP 1: Take X number of drops (read the label on the bottle/product you buy) per day taken orally to stimulate the immune system for the desired antibiotic and antifungal effects. For best results, begin taking oil of oregano as soon as symptoms first appear.

STEP 2: The other effective way you want to be taking Oil of Oregano is by using the oil on the infected areas of the skin. You simply want to rub it on the infected area at least twice per day, and let it absorb into the skin for at least 30 minutes.

The ancient Greeks were one of the first people to recognize oregano oils for its health benefits and medicinal qualities. Some of the specific benefits of Oil of Oregano are:

- Destroying organisms that contribute to **skin infections** and digestive problems.
- Strengthening the immune system.
- Improving respiratory health.
- Increasing joint and muscle flexibility.



Final Words

Thank you and congratulations for finishing this e-book!

I hope you enjoyed the information I've provided about Psoriasis and how you can follow the **Top 3 Easy Psoriasis Cures** to help you quickly recover from Psoriasis.

It took me a LONG TIME to find these Psoriasis Cures and test them out, so hopefully I was able to save you some time and give you the top stuff that I know about Psoriasis.

I've spent YEARS now researching this stuff, so I know what works and what doesn't.

It is every bit my intention to see you and your loved ones quickly recover from this skin disease as fast as possible. I hate to see people suffer, and the reason why I created this e-book, along with the [Psoriasis Revolution](#) e-book is so that you DO NOT HAVE TO.

If you enjoyed this e-book, I highly recommend and encourage you to check out my [Psoriasis Revolution](#) program, which is my step-by-step method that will outline all of the steps in an easy-to-understand way that will help you **cure Psoriasis as fast as possible - guaranteed**. I wasn't able to cram all the information in this free e-book, so if you want it all, go to the [Psoriasis Revolution](#) website.

This e-book was designed to provide some simple and fast solutions. I wish I could say these **3 Easy Psoriasis Cures** is all you need, but trust me, there is a lot more to it. I can confidently stand behind my [Psoriasis Revolution](#) program because I have received so many amazing testimonials on my website ([click here](#) to check them out!). That's how I know it works and that's why I want you to go get it right now.

The [Psoriasis Revolution](#) program doesn't cost much money. Whether you buy it or not isn't going to make a difference to my bank account. I've decided to make it affordable for everyone. If you want to take the long-route to curing Psoriasis, I



understand - I've been through it and personally think you're crazy if you do. But I take it that you don't want that, and that's why you're here reading this e-book right now.

Some of the things that I cover in the [Psoriasis Revolution](#) program are:

- I reveal my very best, top Psoriasis Remedies and Cures that aren't outlined here (including special lotions that you can make and will help clear up the sores, rash and scabs within weeks).
- What you should be eating and drinking while suffering from Psoriasis. I share special recipes for soups, meals, and specific juices you should be taking. Also there's some supplements you can buy that will strengthen your immune system and fight off the disease quickly. You can do this stuff before bed, wake up and see a big difference.
- I cover all the ways to get rid of any Psoriasis pain, discomfort or itchiness you might be experiencing, along with strategies on how to HEAL your body from the inside out.
- I cover how to get rid of Psoriasis spots, scaling, scars, and marks - along with exactly how to prevent them.
- I have methods for getting rid of almost all of the symptoms that go along with Psoriasis - all are safe, natural and effective.

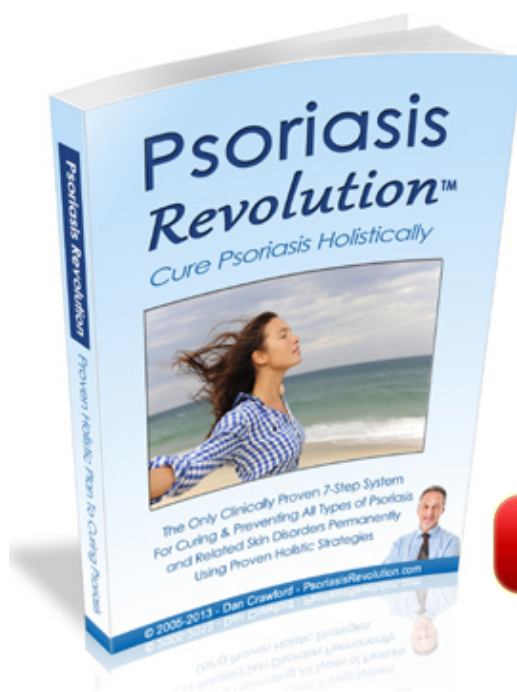
That and a whole lot more!

If you're ready to get it, [click here](#) to get your copy of the [Psoriasis Revolution](#) program now!

I appreciate you for taking the time out of your day or evening to read this. If you have any questions or comments for me, I would love to hear them. I read each and every single comment or e-mail myself, so don't be afraid to say hi!

Thanks again. I wish you and your loved ones a safe recovery from Psoriasis!

Dan Crawford



Psoriasis *Revolution*TM

Treat Psoriasis Holistically



The Only Clinically Proven 7-Step System
For Treating & Preventing All Types of Psoriasis
and Related Skin Disorders Permanently
Using Proven Holistic Strategies





Psoriasis Revolution

A 7-Step Holistic Plan for Complete Psoriasis Healing

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By Dan Crawford





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CHAPTER ONE: INTRODUCTION

Psoriasis is incurable – or so say the medical experts. Although the traditional medical community has long been stumped by this chronic inflammatory disease and unable to find any real cure for it, this doesn't necessarily mean that it is truly "incurable."

Nature has many ways of offering the aids we need to treat just about every affliction that ravages the human body. The key to healing is finding which natural cure-alls are designed to attack certain diseases and disorders. Psoriasis is no exception.



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One of the oldest skin disorders known to man, psoriasis has been plaguing its victims for thousands of years. Why, there is even evidence that Ancient Egyptians suffered with the disorder and had developed a system of herbal aids to treat it.

For centuries, psoriasis was confused with leprosy, banning its victims to a life of isolation and ridicule. It wasn't until the 1800s when Doctors Hebra and Kaposi





made the distinction between the two, and psoriasis was given its own definition in medical history.

Still, the stigma that surrounds psoriasis remains. More often than not, the red, scaly and bleeding pustules keep psoriasis victims hiding their condition from their friends and acquaintances. For those who suffer severely with the disorder, trying to hide their unsightly outbreaks can leave them isolated and lonely.

Even worse than the emotional trauma (and let me assure you that psoriasis can cause some major emotional upset in some people) are the physical aspects of the disease. When continual outbreaks are present, the skin itself is at high risk of infection. Psoriasis-induced arthritis is also a major complaint of sufferers. This, combined with the pain of the pustules themselves, can leave some patients fighting chronic pain.

Still, the dermatology industry is stumped by the underlying cause of psoriasis. While many people think that it is a condition in and of itself, those who have been studying the disorder for any length of time understand that it is the result of other health concerns. In other words, it is an outward manifestation of an inward problem.

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Many researchers believe that when the kidneys and liver fail to flush toxins from the body, they find a new way to escape – through the skin. This caustic secretion of toxins through the skin can irritate or even “burn” it, causing the flaking, itching, burning sensation and actual scaling of the skin. Then, to help to protect and repair itself, crusty pustules are formed on the surface. These outbreaks become recurrent, depending on how much toxic residue is left inside the body. This happens because other internal organs cannot keep up with the excretion of daily toxins, and an overload continues to build up until it is finally released through the skin, causing this painful inflammatory response again and again.





Unfortunately for many patients, what begins as a small rash or irritation can become all consuming over months or even years, as the psoriasis spreads from the hands and feet to arms and legs, back, stomach, and even face! In the worst cases, psoriasis victims may report 80% of their bodies are covered in unsightly and painful pustules.

If you suffer from these painful attacks, you may feel alone in your agony, but you aren't! As a matter of fact, nearly 8 million people in the United States alone (and about 3% of the world population) suffer with the disorder! Considered one of the most prevalent autoimmune diseases in the United States, psoriasis is becoming an epidemic, causing havoc in the lives of its victims.

Costing more than \$11.2 billion every year, psoriasis has become far more than a cosmetic issue – it has become a real medical one. Yet it remains one of the most misunderstood autoimmune diseases out there, both amongst the general medical community as well as those who suffer from it! That's why this book is so important – to help patients better understand their disorder and to help them find the help they so desperately need, and to help highlight this disorder amongst doctors themselves and to show the medical community the variety of healing options that are available for this relatively mistreated affliction.

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About This Book

This book was written primarily as a resource to help educate the general public and the medical community about psoriasis. But it is more than just a guidebook to explain psoriasis; it is also a step-by-step guide to help the sufferer cure this so-called *incurable disease*.

One of the most distressing aspects of psoriasis tends to be its permanency. During the worst of an attack, patients can neither find relief nor have hope that their physician can help ease their discomfort and rid them of future outbreaks. This can be both distressing and disheartening, to say the least.





But there is hope. *The Psoriasis Revolution* doesn't just talk about the most common treatment methods being offered by general practitioners or even dermatologists in the fight against psoriasis. This book offers real hope to the psoriasis patient in not only relieving their symptoms but actually curing the disease. Better yet, this can all be accomplished without the need for dangerous drugs.

To completely rid the body of psoriasis attacks, it is vital that the body works properly from the inside out. When every system and organ is working at peak capacity, toxins are unable to build up in the system causing a dangerous overload, which results in a painful psoriasis outbreak. When all evidence of psoriasis is finally gone, a patient can claim to be "cured."

Unheard of in traditional medical practices, a psoriasis cure is a fairly new phenomena and one only seen on the holistic level. Why? Traditional healers tend to offer help in keeping its symptoms under control and not really dealing with the underlying cause of those symptoms. Remember, the medical community thinks psoriasis itself is a medical condition; but holistic healers believe it is a symptom of something else going awry within the body.

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This book does the complete opposite, tackling the root causes of psoriasis so that the symptoms of the disease disappear completely – and permanently.

How This Book Is Organized

The Psoriasis Revolution is presented in a way that will help you better understand this disorder as well as find practical helps in dealing with its symptoms, while also finding its underlying cause to cure it.

Broken down into five main sections, *The Psoriasis Revolution* begins by discussing the facts about psoriasis. Here, you will learn more about your skin





than you have ever known before: what kinds of psoriasis sufferers must deal with, the real causes of the disorder, as well as:

- the link between psoriasis and the intestines
- how psoriasis affects (or even causes) arthritis
- the risk factors of psoriasis
- the statistical facts about the disease
- how children are affected
- the complications to watch out for
- and the psychological effects of psoriasis

Once psoriasis has been explained in detail, section three will begin to discuss evaluation procedures and diagnosis. This section will outline the following:

- The signs and symptoms of psoriasis
- How a diagnosis is made
- What to expect during your physical exam
- The related medical disorders that may be inhibiting a true diagnosis
- Tests to expect

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Diagnosis is only the first step to treating psoriasis. Next in your healing plan is learning about the conventional treatments offered by the general medical community. Without understanding what is available (and the risks of each treatment), it will be impossible to understand the importance of using holistic remedies to help rid your body of the toxins that are causing your skin condition.

Section five may be the most important part of the entire book since it outlines the 7-step psoriasis elimination program that you both want and need.

The 7-Step Psoriasis Revolution

Reversing psoriasis is possible but only if you know what to do. Not everyone does. It has taken years of research to compile this basic 7-step psoriasis-easing program. At first it may seem too simple to work, but rest assured that





thousands of people have taken the challenge and found relief from their symptoms and a cure from their disorder.

Psoriasis doesn't have to keep you from enjoying life and it doesn't have to make you stand out in a crowd. Leave those stares and giggles behind. Stop feeling the burn and itch of an outbreak. Ease your suffering with this 7-step plan:

Step #1: *Quick Relief: All Natural External Applications to Ease Your Suffering*

This unique 7-step psoriasis revolution may take awhile to work, but in the meantime, step #1 offers some quick relief to get you through the next few weeks without feeling the sting of an outbreak.

Step #2: *The Psoriasis Diet, Nutrition and Supplement Program*

The body can't work well if it doesn't have the right vitamins and minerals. Cells need certain substances to thrive, and since every organ and system in your body (including your skin) is made up of billions of cells, it makes sense that you need to feed those cells properly for everything to work.

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Fail to balance the minerals and vitamins in your body and the entire system will begin to break down. This can cause all sorts of chaos, including psoriasis. In step #2 you will learn what types of foods are needed to give your body's cells and organs the energy they need; how the acid balance in your body can affect how your body eliminates toxins; the role good hydration plays in healthy skin and how to fight psoriasis naturally with the right mix of nutritional supplements and herbs.

Step #3 *begins to explain the role your immune system plays in keeping psoriasis at bay.* In this step you will learn more about the link between psoriasis and the immune system and how to use your immune system to protect your body from internal toxins and keep the skin from fighting back in a negative way.





Step #4 *talks about the link of Candida fungi and psoriasis* and how eradicating Candida can help to reverse the skin responses that causes psoriasis outbreaks.

In Step #5, *The Psoriasis Revolution* will explain how to cleanse and detoxify the body once and for all and get rid of those built up toxins to free the body and skin. Once these toxins are eradicated, the body no longer has to overreact and fight them. This frees the skin from working as a toxin evacuator and will immediately stop any signs of psoriasis.

Finally in Step #6 and **Step #7** of this unique psoriasis program, you will learn *how to use both spine adjustment and relaxation exercises to help calm the skin's reactions* to stress and enable it to release toxins naturally to keep the skin from having to do it through a psoriasis attack.

As thorough as we have tried to be in this unique guide, there are always some questions left unanswered, so we have also included a variety of appendices in the back to help you quickly find the answers to additional questions you may have. Some of the topics discussed here include:

- The Healing Process
- What to Eat (sample meals plans)
- FAQs
- Terms to Know
- Additional links, Resources and Research Opportunities

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My Story

At this point, you may be wondering what qualifies me to offer such a comprehensive healing guide for the psoriasis sufferer. Am I a trained dermatologist? No! Am I a medical doctor? No! Am I a medical researcher? No! Then, who am I?

I am you! I am a psoriasis sufferer who has spent years meeting with doctor after doctor looking for answers, only to be told that psoriasis was incurable and to learn to deal with my disfiguring affliction. As the years passed and the rest of my health began to suffer, my relationships became non-existent, and my life began to crumble around me. But I decided to take action. If no one in the medical field was going to help me then I was going to help myself.

From books and interviews, I found some of the newest psoriasis research being conducted throughout the world as well as tapped into a tremendous amount of information regarding the holistic aids that others were using to treat their symptoms.

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But there was still a problem: most of what I was reading offered only partial or temporary relief. The attacks still came. Yes, with the aids I was finding online, I controlled them more and found at least some relief from the itching, burning, and pain I felt externally. But without a real cure to stop the disease, my internal pain remained.

I felt as if I would never be a complete person, a normal person, with this disorder plaguing me. So I began to look for a cure. And to find that, I had to figure out what was causing my skin to erupt in painful pustules in the first place.

It was this realization – that psoriasis is the result of another medical problem – that helped me find the permanent help I longed for.





I had spent most of my teenage years hiding behind long sleeves and pants, trying to keep my scaly skin covered no matter what the temperature outside. Suddenly, I wanted to look at my skin (really look at it) and figure out why it was erupting in such a nasty way. Yes, my body was trying to tell me something – actually, it was screaming for help. Instead of hiding it, I was finally ready to look at my psoriasis head on and listen to what it had to say. It was then that I found the answers no one else was capable of finding.

Once I made the medical connections between the internal workings of the body and my skin affliction, I was able to begin tackling those issues one at a time, using more holistic remedies. Suddenly all of those creams, lotions, and steroids weren't needed. The side effects I had experienced from these heavy-duty medications were gone.

As I healed my internal self, my outer skin began to clear. It took months to figure out the right mix of holistic aids to completely rid my body of the scaly sores that had once permeated more than 60% of my skin's surface. But eventually, my skin looked smooth and healthy once again – maybe for the very first time ever!

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All of the stares, giggles and nasty remarks I had heard whispered my way at school, at work, even on the bus or in the grocery store, were replaced with comments like “*Wow, you look great! How did you get your skin so clear?*” My inner beauty was now shining on the outside and my entire life started to change.

The way I looked at myself had clouded the way I looked at the world around me. Now that I could look into the mirror without gasping in distress, the more I smiled and talked with people outside of my intimate group of friends and family.





I felt better and happier and it showed. My life with psoriasis was over and I was determined to begin living a richer, fuller life of gratitude. But wait, I had one more thing to do – share my good fortune.

After several years of psoriasis-free skin, I knew it was time to unleash my findings on the world and share my secret. I was a psoriasis survivor and I had the magic cure. Maybe not magic, but it sure felt that way. Regardless, I had answers to the questions that millions of psoriasis victims were looking for.

So, I took my research findings and the outline for my own therapy and developed a 7-step plan that virtually anyone can use. The result: *The Psoriasis Revolution*. The pages to follow are the exact treatment I used to cure myself. But first, I wanted to make sure that it worked on other people too, so I sent out a message to the psoriasis world, asking for volunteers to try my therapy. The response was unbelievable. Better yet, the results of my unofficial experiment worked. Hundreds of people tried *The Psoriasis Revolution* and within weeks I started getting letters telling me how much better those who tried it felt – and looked. Their health was stronger, their skin clearer, and their attitudes – well, that may have been one of the biggest benefits of using the plan.

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People who had hidden themselves away from the outside world for years were now going out and making friends and trying new adventures. No longer afraid that someone would “see” their outbreak and run in fear or in ridicule, these former victims began to live the life they deserved – psoriasis free! And now, you can too!

No longer must you fear your next outbreak or experience the harsh realities of living with erupting skin. Freedom from psoriasis is yours. I’ve survived and so can you. Now, isn’t it about time that you got started?





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CHAPTER TWO: ALL ABOUT PSORIASIS

For centuries, psoriasis was considered a dirty disease. Often confused with leprosy, those afflicted with the scaly, bleeding scabby sores of psoriasis were often shunned from society for fear that their condition was contagious. It wasn't until the 1800s when scientists realized that psoriasis was not contagious. No one really knew anything about autoimmune disorders back then, so they still didn't know what was causing these painful outbreaks on the skin. But at least they knew that coming into contact with someone with psoriasis did not mean you would fall victim to the condition too.



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Unfortunately, the stigma associated with the disorder still did not go away. Even today, almost 300 years after the first doctors announced that psoriasis was not contagious, many people still shy away from close contact with its victims. Maybe they still fear contacting the disease, or maybe they emotionally feel uncomfortable with its victims because it looks so nasty. Either way, those who suffer with debilitating psoriasis are left feeling abandoned and in the worst cases, even worthless.





Psoriasis has long been considered a skin condition. While yes, it does affect the skin with outward signs like blistering scabs and oozing sores, we now know that psoriasis is much more insidious than just a cosmetic affliction that affects the way the skin looks. It is a dangerous autoimmune disease that can affect a person's overall health. Psoriasis is just one sign that the immune system has been compromised, and when the immune system is compromised, all other kinds of unhealthy consequences can result.

But before we go into too much detail about the other health concerns related to psoriasis, let's back up a moment and take an in-depth look at the skin. Until you understand exactly what the skin is and how it functions, you can't truly understand what is happening during a psoriasis outbreak.

All About the Skin

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The skin is the largest organ in the entire body – and maybe one of the most important. More than just a cosmetic layering to cover up all of the other important organs and systems that make the body work, the skin is essential to life. It is an intricate web of nerve endings, receptors and protective layers that has a lot of different jobs to do. I bet you did not know that without your skin you would die in minutes. It's true! The skin is responsible for:

- ***Regulating Your Body Temperature:*** When the body gets colder than 97 or hotter than 100 degrees all kinds of bad things can happen. So, how does the body stay at its optimal 98.6 degrees all of the time? The skin of course! When the body gets too cold, the skin heats up, creating a thermal blanket to keep in the heat; and when it gets too hot, it begins to sweat, causing a cooling evaporation effect.
- ***Working as a Message Board:*** When one organ or system needs to communicate with another, it uses the billions of receptors found in the skin. Within seconds, messages can be sent all over the body.





- ***Keeping Infections and Disease Away:*** Our first line of defense against disease is our skin. This outer layer of the body works as a barrier to keep toxins and free radicals from causing chaos. Even though some germs and infections do sometimes make their way through the skin, without this protective barrier, our bodies wouldn't stand a chance against all sorts of dangerous bacteria and toxins.
- ***Offering Feelings of Sensation:*** Feel that biting wind? Notice that itchy bug bite? The nerve endings in your skin are warning the rest of your body about things that could harm it. Feel cold? Your skin is advising your brain to tell you to put on a jacket! Feel that sting from a bee? Your skin is warning you to get away from that hive! Imagine life without feeling anything. You would never know when you were hurt and need help.
- ***Metabolizing and Storing Fats:*** Your skin is responsible for metabolizing and storing fats for your entire body. What does that mean? Basically, if your skin is too sick to do its job properly, you won't be able to metabolize fats correctly and that can lead to obesity. So, while counting those calories, also be sure to take good care of your skin to help boost your weight loss efforts.
- ***Producing Vitamin D:*** Vitamin D is necessary for a strong immune system. Of course, the best way to boost your Vitamin D levels is to get plenty of sunshine. But did you know that the sun doesn't contain Vitamin D. On the contrary, it contains ultra violet light that your skin turns into vitamin D. No other part of your body can do that – just the skin. Amazing!

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How the Skin Works

Now that you know a little more about the skin, let's talk about how it works. With so many jobs to do, you may be wondering how all of that fits together. The skin is an amazing organ made up of multiple layers that each have their own job to do. When working together all of these layers (and responsibilities) help the skin to protect and nurture our other organs and internal systems. But





when something goes awry, the skin fights back – sometimes in the form of crusty pustules that are most associated with a psoriasis attack.

So, what are these important skin layers?

The Epidermis

The epidermis is the top layer of the skin that we see. It is pretty thick, actually featuring five of its own sub-layers. These sub-layers continually produce new cells, which are pushed up to the top, replacing old, sickly ones. These sub-layers consist of:

1. **The stratum corneum:** This is the outermost layer of the skin. Since it takes a lot of abuse from the outside world, it can often look dry, cracked, burned, flaky and yes, even wrinkled. Although these dying cells can make your skin look bad, there is something to be happy about – these cells will soon be replaced with newer ones and if you learn to care for your skin better, these newer cells will make the skin everyone sees look and feel healthier. As a matter of fact about every 45 days your epidermis is completely replaced.
2. **The stratum lyeidum:** This is the skin found on the soles of your feet and the palms of your hands. It is a clear layer that reflects light to protect the other skin layers.
3. **The stratum granulosum:** Found deep within the epidermis, this sub-layer is made of flat, discolored cells that look like small granules of sand.
4. **The stratum spinosum:** This is the spot where new skin cells are formed.
5. **The stratum basalelies:** This is the layer of the epidermis where keratinocytes and melanocytes are formed to make their way to the top of the epidermis and replace old dying cells there.

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The Dermis





The second layer of the skin is called the dermis. It sits directly beneath the sub-layers of the epidermis. An important elastic-like layer, the dermis is sometimes called the glue that holds the skin together. Containing a lot of blood cells, the dermis often looks pinkish. Like the epidermis, the dermis has its own sub-layers called the:

1. Papillary – an elastic fiber woven together to connect the dermis and the epidermis.
2. The Reticular – or the storage house of collagen and fibers that helps to make the skin strong and elastic-like.

The Subcutaneous Tissue

This fatty layer of skin connects the dermis, epidermis and muscle. The Subcutaneous Tissue gives your skin its smooth foundation. It also works to protect your internal organs by providing a protective sheath around them.

Individually, all of these layers do a good job at protecting our bodies, but when working together they create a formidable force against free radicals and the damage they can cause. Research shows that our skin can be attacked by several hundred different toxins within the course of a day. These toxins and free radicals cause such things as cancer. The skin helps keep these toxins from penetrating into the body. Of course, only healthy, strong skin can do this. Aging skin becomes thinner and can leave you open to all sorts of disease and infection – including psoriasis. Maybe that's why the older we get, the harsher the psoriasis attacks may become.

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What Is Psoriasis?

If you suffer from psoriasis you know this much: it can itch (but it doesn't always have to), it looks terrible, it is often painful (some people report severe pain, but about half of all patients don't really mention much pain during an attack), it results in crusty or oozing pustules and can come back again and again without





any real notice. Okay, so you know what psoriasis looks and feels like, but do you know what it really is?

The medical definition of psoriasis is something like this: a chronic inflammatory skin disease that is not contagious and is characterized by:

- silvery-white scales
- crusty sores
- bleeding lesions

During a psoriasis attack you can expect to find this type of scaly rash on the elbows, knees, scalp and back. However, it can appear all over the body (even the face). Those with the most severe cases of the disease report coverage of anywhere from 50% to 80% of the entire body!

Psoriasis can be quite mild or can be extremely severe as mentioned above. Anywhere from 15% to 30% of all patients report severe outbreaks that impact their daily lives or even become disabling.

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Psoriatic arthritis is one of the main side effects of the disease, and when present can limit a patient's ability to work, or even walk, making all movement excruciatingly painful.

In addition to how it looks and the arthritis it can cause, psoriasis can feel itchy or even increase into a major burning sensation. Depending on the level of discomfort, patients may be unable to concentrate or focus on the task at hand. Relationships and leisure activities may also be impacted, as the patient's condition deteriorates.

The Types of Psoriasis





As you can see, there are several different types of psoriasis that patients have to deal with. Each degree offers its own level of pain, discomfort, emotional trauma and health-related side effects.

To better understand what you are dealing with, look here to find out which of the seven main types of psoriasis you suffer from. Remember, it is possible to suffer from more than one type of psoriasis at the same time:

1. *Plaque-Type Psoriasis (Common vulgaris)*

Considered the most common form of psoriasis, common vulgaris (or plaque type psoriasis) is easy to spot. It features round or ovalish pustules that appear in a symmetrical pattern, usually around the elbows, but it can also affect the scalp and genitals. Raised areas of the skin appear to be a silvery-white or powdery scale, which is usually at least 1.0 cm in diameter (in many cases much larger). Plaque type psoriasis features a distinct border between affected skin and unaffected skin. Nearly 90 percent of cases involving common vulgaris last for days, weeks or even months.

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2. *Guttate Psoriasis*

Guattate Psoriasis is usually suspected when small red, scaly bumps appear to arise on the skin's surface within either a few days or a few weeks after a strep infection of the throat is diagnosed. These tiny red bumps (usually only 2 to 3 mm in diameter) may appear in one isolated area, but usually cover larger areas on the trunk, arms, and legs. Children are most susceptible to this type of psoriasis after a throat infection and usually recover quickly with no recurrence. On the other hand, adults usually aren't so lucky, often reporting repeat flares after an initial attack.

3. *Flexuralor Inverse Psoriasis*

Found in the folds of the skin (like the breasts, armpits, groin and buttocks), flexuralor inverse psoriasis is often misdiagnosed as a Candida





yeast infection. The reasons are simple: this type of psoriasis does not show the typical scaly, silvery pustules but instead a smooth, shiny salmon-colored rash. Often extremely uncomfortable, it is also difficult to treat due to the fact that it is hard to keep these parts of the body dry.

4. Erythrodermic / General Psoriasis

One of the most severe forms of psoriasis, erythrodermic general psoriasis often takes over the skin, covering as much as 80% to 90% of the body's skin surface. It can become so red and inflamed that the victim looks much like a boiled lobster. Scales and peeling are so severe that the skin actually looks and feels raw.

There are two type of erythrodermic vernal psoriasis:

1. A chronic plaque-like version that appears after plaque psoriasis begins to worsen and spread over the entire body, or
2. Unstable psoriasis that is triggered by such things as stress, trauma, illness, or even corticosteroid use.

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One of the things that makes this form of psoriasis so horrible is that it also brings on a variety of other health attacks including high fevers and chills. Patients are also much more prone to skin infections during a flare-up and may even find it hard to maintain normal fluid levels and body temperature as a result of the disease. Those with heart disease may also be at a higher risk of heart-related complications. Immediate medical care is necessary during flares of this type of psoriasis attack.

5. Pustular Psoriasis

Often triggered by infection, stress or some medications, pustular psoriasis comes in two main forms:

- Generalized, which can cover most of the body.
- Localized Palmoplantar Pustulosis, which affects only the hands and feet.





People suffering with generalized pustular psoriasis can become quite seriously ill, as non-infectious lesions begin to appear on the body. These blister-like pustules are small and raised, yet can cause a lot of pain and anguish amongst their sufferers.

6. Exfoliative Psoriasis

The most severe form of psoriasis, it affects the entire body with untreatable scaling and inflammation, ultimately leading to the patient's death in just 2 to 3 years from the start of the outbreak.

7. Psoriatic Arthritis

When the psoriasis has become so severe that it begins to affect the joints, Psoriatic Arthritis is diagnosed. In the past, this disease has been confused with rheumatoid arthritis, but blood tests will confirm a lack of the rheumatoid factor in the patient, making it apparent that the psoriasis is causing the demineralization of the affected bones and joints. We'll discuss this serious condition in more detail later in this chapter.

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What Really Causes Psoriasis?

Psoriasis is a complicated disease. Maybe, in part, because it really isn't a disease so much as a symptom of an underlying cause. Although technically considered a disorder of its own, psoriasis is not in and of itself the problem; but rather the consequence of other problems or problems going on inside the body.

For a long time people considered psoriasis just a skin condition, but researchers have learned in recent years about several important key factors that may have more to do with the reaction of the skin than anything else.

First, let's look at the role the immune system plays in psoriasis and its painful attacks. The first clue that an imbalance in the immune system may be one





cause of psoriasis came when patients were given Cyclosporine to help ease their arthritis pain. As the drug suppressed the immune system to lessen the arthritic inflammation, it also worked to ease the inflammation of psoriasis.

That realization started scientists on a hunt for the link between the immune system and psoriasis. Early indications suggested that a faulty message to the skin caused it to thicken. This is why psoriasis is considered an autoimmune disease: because it causes the immune system to go into overdrive, making more cells than it needs. It is this overabundance of skin cells that cause those hard, crusty and scaly outbreaks. But why does the skin suddenly begin to produce too many cells? That question has yet to be answered. But there are a lot of theories including these other important links:

The Link Between Psoriasis and the Intestinal Walls

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Who would have thought that a severe psoriasis outbreak could start because of something going wrong inside of your stomach and intestines? Yet new research shows a distinct link between a “leaky gut” and a scaly psoriatic episode.

Renowned psoriasis researcher Edgar Cayce has for some time acknowledged that psoriasis is a disease that begins on the inside of the body, finally manifesting itself on the outside. According to Cayce and his research, the primary source of psoriasis can be found in the intestinal tract. It is here, he states in his writings, that toxins are permitted to enter the body, causing havoc and disease.

But before we go into details about how these toxins affect the skin, let's first discuss the intestinal/digestive tract itself. A long tube that runs from the mouth to the anus, the digestive tract is responsible for taking the food that we ingest and the nutrients the body needs and sending those nutrients all over the body to be used for energy. Whatever is left is then sent back out of the body in the form of waste materials.





Of course, this whole process takes time. When we eat, food particles are sent down the esophagus and into the stomach, where they may remain for hours as acids and enzymes get to work, breaking them down for the body to use. Then food particles are sent to the small intestine. First, they go into a short foot long section called the duodenum and then into the jejunum, and finally into the ileum. It is in these three sections of the small intestine where the trouble likely begins. Because of the thinness and twistiness of the small intestine, there are spots where the three sections meet and where the tissue can become porous. When this happens, toxins, bacteria, fungi and other dangerous substances that should normally be expelled by the body are unleashed into the bloodstream.

When these substances are allowed to seep through the intestinal walls, they make their way to the lymphatic system, ultimately getting into the bloodstream. Here, they build up, and over time they become toxic to the body. It is then that the skin (the body's largest organ) tries to purify the system and rid itself of this dangerous toxic overload.

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Psoriasis isn't the only health effect of this condition. Even more dangerous diseases are caused by this Leaky Gut Syndrome like lupus, irritable bowel syndrome, Crohn's Disease, chronic fatigue syndrome, to name just a few.

What Causes This Intestinal Seepage?

Leaky gut syndrome seems to be causing all sorts of medical problems in today's patients, but what is causing this relatively new phenomenon to take place? Some believe it is caused by one or a combination of the following:

- **Antibiotics:** Although these medications can offer life-saving aids in treating many infections, they also have the tendency to lead to the overgrowth of bacteria, Candida, and fungi in the intestinal tract. This can all lead to the thinning of the intestinal walls.
- **Caffeine:** This is an extremely strong stomach irritant and may be doing more harm to our "gut" than we realize.





- **Contaminated foods:** It is not uncommon to eat parasite-ridden foods. When we get an overabundance of parasites in our system they can cause trouble, eating away at the intestinal walls before the body kills them off naturally.
- **Chemicals found in processed foods.** Any unnatural chemical that goes into the body can have an adverse reaction.
- **Diets high in refined carbohydrates.** Example: white bread, cookies, cakes, snacks, soda.
- **Birth control pills.**
- **Mold and fungal mycotoxins found in stored grains, fruits, and refined carbohydrate foods.**
- **Insufficient water intake.** The average person needs at least 6 to 8 glasses of water each day to stay sufficiently hydrated.
- **Chronic constipation.**
- **Saturated fats.**
- **Emotional trauma, stress, and depression.**
- **Genetics.**

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As you can see, quite a few common food items may be contributing to the thinning of your intestinal tract and its resulting toxin seepage into the bloodstream. This ultimately causes the skin to try and rid the body of these dangers in the form of a psoriasis outbreak. However, it isn't necessarily the foods that cause the problem, but the reaction those foods and substances create in the body.

More specifically, it isn't necessarily a certain food causing your psoriasis, but the acid levels increasing in the body. When pH levels get out of whack, yeast can grow in the body. When this yeast grows in the intestinal tract, it can damage the lining, causing it to thin to the point of becoming porous. That is one reason





why many people experience intestinal distress while using antibiotics. The antibiotics elevate the acid levels in the system, which allows higher yeast productions and irritates the intestines. While short-term use of antibiotics will not cause lasting damage, eating the same irritating foods day after day and week after week can – and will.

Is There Help For Damaged Intestinal Walls?

Now that you know what may be causing your psoriasis attacks on the inside, you may be wondering if there is a way to fix the damage that is already done. The answer: absolutely! The good news is that the body is wonderful at repairing itself. As a matter of fact, one of the most important intestinal areas called the lumen (which is often affected by leaky gut syndrome) actually regenerates itself every week. That means, that if you can get whatever is irritating it out of your system – and keep it out – your body can (and will) fix itself relatively quickly.

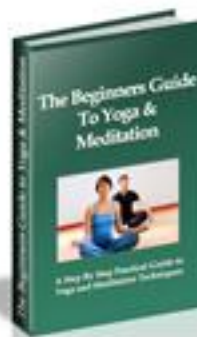
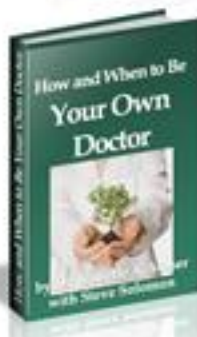
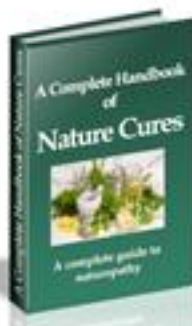
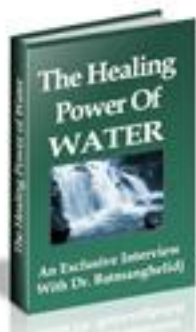
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End of Preview...





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