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# THE PSORIASIS PROGRAM

## PROGRAM

QUICK START GUIDE



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# The Psoriasis Program **QUICK START** Guide

## Introduction

The Psoriasis QUICK START Guide will help you get started quickly with the Psoriasis Program and will walk you through the steps you need to get you started right. Long-term total remission from psoriasis can be achieved with a holistic approach to the problem, and if you follow the Psoriasis Program in the sequence below you will be well on your way to achieving your long-term goals of being free from psoriasis.

## Quickly Crushing Psoriasis

I have always found that those most often wanting a QUICK solution for their psoriasis would be generally referring to their *external skin problems*. If it is a *permanent* resolution of your psoriasis you are after, then it is important to follow the Psoriasis Program outlined in my series of booklets I have written especially for people like you, the psoriasis patient. The Psoriasis Program is the same protocol I have recommended and fine-tuned over the past twenty-six years in my clinic, and is outlined in this booklet for your benefit in brief. The Quick Start Guide will give you a good overall idea on how to undertake the 5-stage program after reading this booklet, and will be able to put it into practice and get the results you are looking for.

In spite of what you may think or may have been told, chronic psoriasis is relatively easy to treat at home and you won't need to take those drugs or creams from the doctor or dermatologist either. Just follow what I am about to explain to you below to the letter and have faith that it is going to work for you, because I have faith in your ability to recover providing your stick with my recommendations.

## What to Do When You Find Out You Have Psoriasis

Psoriasis is considerably more common than you may think, and the amazing thing is that many people don't even know they have it. The Psoriasis Program contains a large amount of high quality information relating to many areas concerning psoriasis and you will find plenty of self-help information. In addition to the Psoriasis Program, you may well already have done online research or maybe have been diagnosed by your doctor or dermatologist to find out for sure. But what do you do once you get that diagnosis? Do you panic? Let's assume that the diagnosis for psoriasis has been confirmed, what is the next step and what are you options?

### ***Always try to search for the cause***

I always recommend that the very first thing you do is try to establish the actual cause or causes of your psoriasis are. If you are in a position to determine what helps to bring on the outbreaks you may be able to stop the frequency of the attacks. Figuring out the cause can be a real problem though, because there is no one trigger of psoriasis, there are many and they can all vary from person to person. Psoriasis outbreaks can be caused by genetics, which is hard to prevent, stress, the food we eat, or the weather.

**More Info:** Read the first booklet "The Psoriasis Program The Permanent Psoriasis Solution" to determine if there are any likely triggers you may be experiencing in your life *right now*.

## **The Bottom Line**

If you have bought The Psoriasis Program, you will be reading all about the three following conditions that you must rule-out as well as work on if you have psoriasis. You will discover that these three conditions are explained in great detail in my Psoriasis Program books, but bear this in mind – they are the big three.

1. Rule out – candida yeast infection
2. Rule out – gluten sensitivity
3. Rule out – leaky gut syndrome (intestinal permeability)

### ***Keep a daily log***

When you first get the psoriasis diagnosis, it's a good idea to start keeping a log of your daily activities. It can be a time consuming process at first, but in the long run it will really pay off and will only take several minutes of your day at the most. Writing down your daily activities as well as *when the outbreaks happen*, can give you a good idea of *what your maintaining triggers are*. Over time, you will become very good at discovering what your triggers are and can then take the right steps to avoid them. After self-analysis for a year or two, you will be expert in the cause and effect of your psoriasis triggers and will have noticed a major reduction in flare-ups.

The more you analyze you diet and lifestyle and develop that 'sixth sense', the more likely you will come up with answers. I have always found that when a patient with psoriasis takes the time to carefully examine their diet and lifestyle, they will invariably find one or several causes, and when these are corrected, the severity and duration of attacks of very much reduced, sometimes to the point where psoriasis is hardly noticeable.

**More Info:** Read the booklet "Psoriasis and Understanding the Lifestyle" to determine the relationship between how you are living and how it can reflect in your psoriasis.

## **ACHIEVING YOUR GOAL – LET'S LOOK AT THE BASICS FIRST**

You will have discovered by now that the Psoriasis Program consists of a series of 12 different booklets. The reason I wrote this particular booklet, The QUICK START Guide, was to give you an overview of the entire Psoriasis Program and to put the whole concept together for you at a quick glance.

Why would I write so much information all in separate books about psoriasis? The reason why is that most people will want a lot more information about *specific aspects of their psoriasis*, such as what to eat (the psoriasis diet), or how to best treat their skin (skincare and psoriasis), or about stress and how they live (lifestyle aspects), etc., without having to wade through several hundreds of pages of information. This saves on printing costs too, because all of the books in the Psoriasis Program are e-books, and by separating the information you only print out the books that you want instant access too.

Just like you, many psoriasis patients worldwide have finally found The Psoriasis Program after years of struggling with their skin and their health in general. The feedback I've received from many grateful patients has been fantastic!

After 26 years of studying and practicing natural medicine healing systems and many Western fad diets, I finally discovered the key to beautiful and glowing skin

- a flourishing inner ecosystem inside your digestive system, as well as living a balanced low-stress lifestyle. Based on a deep understanding of how your digestive tract, immune system and body's innate stress mechanism truly affect how you look, feel and even think, the Psoriasis Program offers a healthy and balanced way to live your life that can change your skin and your life forever.


## There are **NO** "Instant" Psoriasis Cures

The Psoriasis Program is NOT about an INSTANT or QUICK cure for your psoriasis, if you really believe in "instant" cures with little effort on your behalf, then you have wasted your money on this amazingly powerful and highly successful clinically proven program. This QUICK START booklet is a brief overview about adopting the right methods systematically that will result in permanent relief from chronic psoriasis in most all cases, from mild to very severe psoriasis. And if you are one of those patients I have seen over the years who is willing to put in the time and work required, AND you just happen to be looking for a permanent answer to psoriasis, then you will need to adopt the Psoriasis Program in the following 5 steps below in order to achieve your objective.

By following my psoriasis relief plan outlined below, you will get quick relief and sometimes even notice a remarkable turn around within just a few weeks, but I guarantee you, the best results will come to those psoriasis patients who adopt as well as maintain the lifestyle and diet procedures long-term, as outlined in my Psoriasis Program. Now I would like to outline the 5-step Psoriasis Program in brief, and then explain the key hints and tips of each of these 5 steps. Remember, each of these 5 steps is outlined in great detail in the respective booklets written on each step.

**Getting that new psoriasis-free life you want is as easy as starting with the following FIVE STEPS...**

## The 5 Key Psoriasis Program Steps

- 
- 1. The Psoriasis Diet.** A gentle cleanse followed by the three-stage diet.
  - 2. Internal Cleansing and Detox.** Clean your body to prevent recurrence.
  - 3. The Psoriasis Lifestyle.** The right way of living, the right way of thinking.
  - 4. Skin treatments.** Learn the best natural skin treatments.
  - 5. Special Foods, Supplements, Herbs and Teas.** To speed healing.

# The KEY hints and tips on getting the results you DESIRE

## 1 – The Psoriasis Diet

### Psoriasis Program Books – 3 A and 3 B

- **Before you commence the Psoriasis Diet, do The Big Clean-Up.** Read all about this in the Psoriasis Diet book, it lasts for one week and will set you up properly.
- **Your diet is one of the the KEY points in overcoming your psoriasis.**
- **Eat plenty of green leafy vegetables,** especially lettuce, spinach, celery, broccoli and watercress.
- **Avoid the nightshade vegetables,** which are potatoes, tomatoes and all tomato products including tomato sauce, paste and juice, chilli, eggplant, and capsicums (bell peppers).
- **Best meat is lamb and fish, chicken is OK, but try to avoid beef.**
- **Alcohol is your enemy,** psoriasis patients most disappointed with a lack of results are often the ones who just can't seem to give up alcohol for any length of time.
- **Home made juices are ok** such as carrot, spinach, apple, celery, cucumber, beets, sweet potato, ginger, wheatgrass, kale and swiss chard (silverbeet).
- **Drink plenty of water,** most psoriasis patients in my experience don't drink enough. Aim for at least 6 glasses of water every day.
- **Avoid junk foods,** you know the difference between healthy and unhealthy eating, stay on track by only eating foods that build-up health.
- **Be sure to read the Psoriasis Diet,** the most comprehensive diet and nutrition book ever written for psoriasis patients.
- Be sure to incorporate the special foods, supplements, herbs and teas for a faster recovery, but first get a good working knowledge of the Psoriasis Diet.
- **For much more information read these Psoriasis Program books:**  
3 A - Introduction To Healthy Eating For Psoriasis  
3 B - The Psoriasis Diet.

## 2 – The Psoriasis Internal Cleansing and Detox

### Psoriasis Program Book – 6

- **Don't skip this stage;** it is best that you commence with internal cleansing and detoxification. This is a most important step; regardless of how "clean" your diet or lifestyle were before you started on The Psoriasis Program.
- Understand that **psoriasis is the external manifestation of accumulated toxins. Detox is not to be skipped if you want to get rid of psoriasis.**
- The way to build a foundation for good health in the future is to remove the internal toxins that have accumulated to prevent further contamination and continuation of your psoriasis.
- **Toxins are best removed by way of internal cleansing** and the proper selection of foods and drinks.
- Perspiration may become more active when there is a lack of ability for your bowels and kidneys to function well. Be sure to use 100 percent cotton undergarments and bed linens.

- **Colon hydrotherapy is particularly good** if you have psoriasis and is an excellent detoxification aid.
- **Be sure to incorporate the special foods, supplements, herbs and teas** all which will aid in the process of helping you to achieve the goal of attaining a clear and beautiful skin in the shortest possible time.
- **For much more information please read the book:**  
6. - Psoriasis, Internal Cleansing and Detox.

### 3 – The Psoriasis Lifestyle

#### Psoriasis Program Books – 7 and 8

- Understand stress, keep your stress levels under control, and **managing your stress on a day to day basis is a most important factor in your recovery from psoriasis.**
- **Be aware of the key relationship between stress and your immune system**, this information is completely lacking in any books on psoriasis and surely worth the price of the entire psoriasis program alone.
- Be sure to read and understand both the books entitled Psoriasis, Stress and Immunity as well as Psoriasis and Understanding the Lifestyle.
- **Try and maintain a cheerful disposition.** smile, because worry or becoming angry or antagonistic only creates a toxic body, just as much as eating junk foods will.
- **Tell yourself that you will come right, it is just a matter of time.**
- **Positive self-talk** will get you through when you feel down and out.
- **For much more information read these Psoriasis Program books:**  
7. – Psoriasis, Stress and Immunity.  
8. - Psoriasis And Understanding the Lifestyle.

### 4 – The Psoriasis Skin Treatments

#### Psoriasis Program Book – 9

- Understand that **external applications don't cure psoriasis. they are palliative treatments, but don't get to the root of the problem.**
- Always sample any skin treatments before apply to large areas or start full body treatments, you may be very sensitive to the treatment without knowing it.
- **Use natural medicines on your skin instead of chemicals**, it will mean less chance of side effects and you will avoid toxins building up in your body.
- **Try jojoba oil**, it is one of the best oils to use for a scalp massage.
- **Pomegranate oil and emu oil are two of the best psoriasis oils you will get.**
- **Olive oil is probably the best oil to use to soften those scales and plaque**, they will wash away much more easily after you leave the skin to soften.
- Try the different essential oil skin mixes I've have suggested.
- **Dr. Pagano's olive oil and peanut oil combo** is excellent, instructions are in the Psoriasis What To Do With Your Skin book.
- **Dr. Airola's Formula F-Plus** has been proven for decades for psoriasis, instructions are in the Psoriasis What To Do With Your Skin book.
- **Apple cider vinegar in water** can bring good relief to inflamed and itchy areas.
- **Warm epsom salt baths** are very beneficial for healing the skin, add one to two cups of epsom salts to the bath.

- **Having a cool shower or even using ice cubes to rub over lesions** can be of enormous relief to especially bad areas.
- **Natural sunlight is excellent for healing lesions**, especially early morning (before 10.00 am) and late afternoon (after 3.00 pm).
- **Patience is required, internal toxins must first be reduced** before external lesions go away and eventually disappear.
- **For much more information read these Psoriasis Program books:**  
9. - Psoriasis What To Do With Your Skin.

## 5 – Special Foods, Dietary Supplements, Herbs and Teas

### Psoriasis Program Book – 12

- Many patients I have seen believe that dietary supplements play on a minor role when it comes to healing their psoriasis, and that skin creams, ointments and creams are more important, this is incorrect thinking!
- **Before you get serious with taking any dietary supplements, improve your digestion first.** This will generally mean that taking digestive enzymes with meals for several weeks. This may be a significantly positive move for you, read more in Psoriasis, Special Foods, Supplements and Herbs.
- **Preferably buy and use only high quality supplements, herbs and teas,** you always get what you pay for.
- There are different kinds of beneficial herbal medicines; they can be taken as liquid or dry as tablets or capsules. Herbal skin support formulations include burdock, St Mary's thistle, sarsaparilla, and red clover.
- **Supplement basic for those with psoriasis – multivitamin, antioxidant nutrients, omega-3 fish oil capsules, and zinc.**
- **Critical supplements to take are digestive enzymes, probiotics** (saccharomyces boulardii and Lactobacillus acidophilus), **Vitamins A and D<sub>3</sub>, high-dose folic acid (trial), and selenium.**
- **A fiber supplement is often most beneficial for those with psoriasis,** it will allow beneficial bacteria to thrive in the digestive system and facilitate easier removal of toxins.
- **Herbal teas include Pau d'arco, slippery elm, yellow dock, and St Mary's thistle.**
- **All recommended supplements can be purchased on this link:**  
<http://www.dssorders.com/ericbakker>
- **For much more information read these Psoriasis Program books:**  
12 - Psoriasis, Special Foods, Supplements and Herbs

## The 12 Psoriasis Program Books

There are 12 books in the Psoriasis Program Series, and you can basically read them in any order you like, but for the best results, read them in the sequence I have recommended below

### 1. The Psoriasis Program – The Permanent Psoriasis Solution

This book is a good introduction to psoriasis, I explain what psoriasis is, what your main triggers and likely causes are, the 3 main types of psoriasis, the factors that determine your recovery, how to avoid aggravations and flare-ups as well as the 12 psoriasis perseverance tips.



## **2. The QUICK START Psoriasis Guide**

The QUICK START guide was designed to get you straight into the Psoriasis Program, a simple step-by-step guide on exactly what to do. I explain each one of the 5 steps, and you will learn the key hints and tips on getting results FAST with your psoriasis.

## **3. a) - An Introduction To Healthy Eating For Psoriasis**

This amazing book contains more than 100 pages on some of the best diet and nutrition information you will find on psoriasis. It was designed as an introduction to the comprehensive 3-stage Psoriasis Diet program. I highly recommend that you read it before you start on the Psoriasis Diet, because it will lay the foundation for great digestive health leading to optimal health, as well as lasting freedom from psoriasis.

## **b) - The Psoriasis Diet**

The Psoriasis Diet is the most comprehensive book written yet about dietary treatment of psoriasis, whether it is plaque, psoriatic or guttate psoriasis. The book is 100 pages as well, and explains the three-stage psoriasis diet in detail. The diet begins with a one to two week cleanse, and is simple to follow. You won't have to starve yourself and you will still be able to eat many of the foods you love.

## **4. The Psoriasis and Candida Connection**

The purpose of this 40-page book is to explain what candida yeast infection is, how to recognize it and understand that there is a strong connection between a yeast infection and psoriasis. The results of many different studies supports the theory that candida albicans is in fact one of the prime substances that triggers the persistence as well as aggravation of psoriasis in patients. In a recent study, 21 out of 34 people with psoriasis were found to have athlete's foot. Other research found a 56 percent increase of nail (foot and toe) fungus in those with psoriasis. Researchers have consistently found a high number of yeasts in the colon of those with psoriasis, and while a yeast overgrowth may not necessarily be the cause of psoriasis, but rather an indication of poor gut ecology. The correct treatment of a candida yeast infection has shown a corresponding decrease in skin inflammation of those with psoriasis. . If you can recognize the signs and symptoms of a yeast infection and you have psoriasis, you will want to resolve your yeast infection as much as possible in your conquest to become and remain psoriasis free.

## **5. Psoriasis and Leaky Gut Syndrome**

This booklet explains what leaky gut syndrome (intestinal permeability) is, and its implications with psoriasis, and why you need to heal your digestive system. Leading research indicates that one of the major contributors to psoriasis (which some believe is the actual cause of psoriasis) is a condition called intestinal permeability or leaky gut syndrome. With leaky gut, it is believed that the walls of the intestine become thinned and have an increased permeability, allowing large particles of waste material and toxins to enter the circulation and eventually the bloodstream. These toxins flow through the body, confusing and challenging the whole immune system, wreaking havoc with inflammatory conditions such as psoriasis. If your body is not eliminating toxins properly through the intestinal tract, it will be forced to eliminate them via other organs such as the skin, exacerbating

Psoriasis. A 1985 study of patients suffering from psoriasis found that "passive permeability of the small intestine is normal in the majority of patients with psoriasis" (Hamilton, 1985).

#### **6. Psoriasis, Internal Cleansing and Detox**

Many health care experts who have had considerable experience in treating psoriasis patients, noticed that the best results were obtained by assisting their patients in internal cleansing by opening up and improving all the normal channels of elimination, primarily the bowels and kidneys, and secondarily, the skin and lungs. This 50 page book explains all you need to know about cleansing and detox if you have psoriasis. It outlines my 3-stage psoriasis detox program. You will learn basic as well as advanced detox concepts, and understand why you need to keep your bowels, liver and kidneys clean if you want to be free of psoriasis.

**7. Psoriasis, Stress and Immunity.** When you have psoriasis, it is particularly important for you to understand the connection between your immune system, your digestive system, and stress in your life and how your skin is affected. Many people don't know or fully understand the connection between stress, immunity and psoriasis, and this book explains all. You will learn how to rebuild your immune system and restore the integrity of your stress axis. Most all psoriasis sufferers have varying degrees of stress-related health complaints that can and should be improved, and by doing so will pave the way for a successful and permanent eradication of psoriasis. This key information is missing in most all books on this psoriasis.

#### **8. Psoriasis and Understanding the Lifestyle**

Psoriasis is an ailment that responds very well to a healthy change in diet and lifestyle. The best thing you can do for yourself is to change your lifestyle and prevent those psoriatic flare-ups from occurring outbreaks. It makes a lot of sense to try this first, instead of adopting not so healthy ways of living and then having to resort to drugs to get rid of the symptoms. This book contains 80 pages packed with some of the best advice on how to adopt a healthy and balanced lifestyle if you have psoriasis and are serious about getting rid of it. You will find that some lifestyle changes are really simple, while others are somewhat more difficult to adopt. Your diet and your lifestyle are both factors under your control, let me show you how to balance both and banish that psoriasis forever!

#### **9. Psoriasis – What To Do With Your Skin**

This book contains more than 30 pages packed with the best information on what to do with your skin. Learn my top 10 psoriasis skin-care tips, the best creams, ointments and oils to use. I'll show you specialized psoriasis skin formulations from some of the world's leading natural health doctors and even give you several recipes you can make up at home yourself.

#### **10. Psoriasis And Conventional Medicine Treatment**

A 2013 study undertaken by the National Psoriasis Foundation in America revealed that over half of psoriasis patients were not happy with their conventional medical treatments. This 20 page booklet explains all the treatments that your doctor or dermatologist may recommend, it outlines the different kinds of drugs and their side effects. I explain about the topical treatments, UV treatment, systemic therapy, disease modifying agents, and the kinds of drugs that have been implicated in actually causing psoriasis.

This is a very handy guide if you are currently taking any conventional medicine treatment for your psoriasis.

### **11. Psoriasis and Functional Medicine Testing**

I've often said that focusing on the psoriasis patient's individual cause of their disease will give the best chances of providing a personalized framework for the diagnosis and treatment. There are five primary causative factors that give rise to nearly all chronic conditions like psoriasis, namely toxins, allergens, infections, poor diet, and stress. Several of these causes can be assessed with correct testing, and You will be able to read a lot more about psoriasis and toxins, detoxification and internal cleansing, the right kind of diet to have with psoriasis, allergies and psoriasis and how stress affects and aggravates psoriasis in several other booklets I have written on psoriasis. The purpose of this particular 40-page booklet is to outline the various tests available to you, especially a test to show you the underlying digestive and immune problems that may well be hindering your recovery.

### **12. Psoriasis - Special Foods, Supplements and Herbs**

This comprehensive book describes the best foods, supplements and herbal medicines that have the best effect on reducing the inflammatory process, often underpinning psoriasis, the inhibition and eradication any unwanted bacteria, yeasts and parasites from the body, as well as balancing the pH of the body, making it less acidic and more alkaline. This is a very handy book indeed, as it will also teach you the best vitamins, minerals, herbal medicines and herbal teas that will aid in eradicating your psoriasis. I'll outline the core psoriasis supplementation program in this booklet.

# The Psoriasis Program

Now I will explain the Psoriasis Program in brief to help you get started as quickly as possible. It is best that you get a good understanding of how the Psoriasis Program fits together, and then to read more from the 12 individual books themselves. At the beginning of each step I have shown you what particular book to read.

## ***Start Here***



### **The Big Psoriasis Clean Up**

Book 3 a – The Psoriasis Diet (read pages 3 – 37)

It makes sense to clean up your digestive system even before you start on the Psoriasis Diet, even if you believe that you have a perfect diet or appear to have no skin or digestive problems. This cleanse only lasts two weeks and is easy.

#### ***Follow These Tips To Get The Most Out Of Your Preparatory Big Clean Up.***

- Do a bowel purge using Colozone or Vitamin C powder first.
- Stay well hydrated; drink plenty of clean fresh water.
- Avoid all alcohol, caffeinated tea and coffee. Don't even think about it!
- Eat fresh and raw, partially raw or steamed vegetables.
- Buy organic produce and poultry if at all possible.
- Fresh fish and free-range eggs are OK, but no red, pork or other meats.
- Drink the High Fiber Cleansing Drink each day, in the morning is best.
- Get plenty of rest and sleep.
- Try to complete this cleanse when you are not very busy.
- You will benefit a lot from regular relaxation and meditation.
- Complete this Clean Up over a seven-day period if your diet and lifestyle have been really good up until this point.
- Complete this cleanse over a two-week period or even longer if you have been drinking alcohol regularly, having several cups of coffee or tea or know that your diet and lifestyle have not been the best up until now.
- You are ready to begin the Psoriasis Diet after this cleanse.
- Seriously consider colonics if you have had a chronic bowel problem.
- Consider liver, gallbladder and kidney cleansing if you have undertaken the two-week or longer option. More on this in Psoriasis, Internal Cleansing and Detox.
- Never skip the Big Clean-Up, regardless of how "perfect" you diet is.



# First Stage – The Psoriasis Diet

## The 3 Psoriasis Diet Stages

The first stage comprises the Big Clean-Up then the Psoriasis Diet. Did you complete the Big Clean-Up? The Psoriasis Diet is in 3 stages, and each part will be covered in detail in the Psoriasis Diet book.

### Stage 1 – Psoriasis Diet – The Induction (Mevy Diet) Stage

The first stage is the Psoriasis Diet Induction (The MEVY Diet) Stage; this stage lasts generally from two to three weeks and is best followed strictly, NO exceptions! This diet is easy to follow; you have plenty of food choices and will find it easy to do. The Stage One MEVY Diet sets the foundation for your Psoriasis Diet. MEVY means Meat, Eggs, Vegetables and Yogurt. It is best to follow these diet principles for at least two to three weeks

- 1. Avoid all junk food** (white sugar, white flour, soda drinks, take-away).
- 2. Include liberal amounts of fresh, unprocessed and nutritious food** from a wide variety of sources. Shop at Farmer's Markets and produce store rather than buying all your food from the supermarket.
- 3. Eat NO red meat except lamb.** For your proteins, focus on white meats such as fish, chicken and turkey and then lamb. Free-range eggs are OK, unless you are allergic to them.
- 4. Avoid all sugars and sugar containing foods** such as candy, chocolate, honey, molasses, and maple syrup.
- 5. Avoid fresh fruits and fruit juices** from 2 to 4 weeks and definitely no dried fruits of any kind. If you feel significantly better on a "no or low" sweet fruit approach, you may want to continue this. You are allowed a few fruits however, see below.
- 6. Try not to eat the same foods every day**, rotate your foods if possible.
- 7. Feature leafy-green vegetables** especially spinach, celery, broccoli, lettuce, see the list of preferred vegetables I have described in this book.
- 8. Avoid the nightshade family of vegetables** – white and red potatoes, tomato (including any tomato products like tomato juice, sauce or paste), capsicum, sweet or hot peppers (like chili), and tobacco.
9. Reduce dairy foods except for **naturally soured acidophilus yogurt** you will be eliminating most all dairy foods when you do Stage 2 of this diet, the Low-Allergy Diet.
10. Try to incorporate some **fermented and cultured foods** (such as sauerkraut, kefir, tempeh or Kim chi)
11. Try to incorporate some **sea vegetables** (seaweeds) into your diet.
- 12. Multivitamin** – take one with each meal, **digestive enzymes** – take one with each meal. You can read a lot more about dietary supplements towards the end of the Psoriasis Diet book.
- 13. Did you get constipated on the MEVY Psoriasis Diet?** Try eating less meat, and more vegetables. Try drinking more water and taking digestive enzymes. Pay particular attention to the fiber information in the Psoriasis Diet book
- 14. Stay on the MEVY Psoriasis Diet strictly for the first two weeks, longer if you are getting significant benefit.** Keep on the MEVY approach as you move into stage 2, the Low-Allergy Psoriasis Diet phase.



## MEVY Psoriasis Diet Quick Check List Of What To Eat

1. Eat meats, seafood, vegetables and eggs. **The MEVY diet – Meats, Eggs, Vegetables and Yogurt** for the first two to three weeks.
2. **Eat NO red meat (beef), eat lamb instead.** Eat more fish, eggs, chicken, nuts and seeds.
3. **Avoid starchy vegetables for the first two weeks** (potato, pumpkin, peas, corn, squash, beans)
4. **Feature complex yet low carbohydrate vegetables** like leafy greens, spinach, celery, green beans, broccoli, cauliflower, etc.
5. **Eat the allium family of vegetables** – onions, spring onions, and garlic.
6. **Avoid the nightshade family of vegetables** (potato, tomato, eggplant, peppers, chili, tobacco).
7. **Avoid most fruits initially** (except those allowed) for two to three weeks, the longer the better)
8. **Fermented and cultured foods** are excellent and highly encouraged. Try to eat some regularly throughout the MEVY Psoriasis Diet and beyond. Try sauerkraut, Kim chi, yogurt or kefir, and fermented tofu like tempeh.
9. **Sea vegetables** are one of the world's true super foods; try to incorporate some into your diet regularly.
10. **Butter (real butter)** and shop bought or home-made (traditional sour) yogurt is OK. Hard cheese and sour cream *may* be OK, experiment.
11. **Include liberal amounts of nutritious food from a wide variety of sources.**
12. **Drink water, herb teas and especially Pau d'arco herbal tea.** I speak a lot more on the virtues of the amazing herb Pau d'arco in my other writings on psoriasis.

## Quick List Of What To Avoid

1. Avoid ALL white sugar, white flour, soda drinks and take-away foods.
2. Worst foods & drinks – Most all junk & take-away foods, high sugar or yeast (risen bread) foods, alcohol, soda/fizzy drinks. In my experience what you crave the most is what you need to avoid the most.
3. Avoid ALL chocolate, honey, molasses, and maple syrup.
4. Avoid ALL fruits and fruit juices for the first 2-4 weeks, and definitely no dried fruits of any kind, not even in muesli or packaged cereals.
5. Try not to eat exactly the same foods every day, rotate your meats and vegetables
6. If you have severe psoriasis, or have suffered with skin related problems for years, then avoid the high carbohydrate vegetables: sweet corn, peas, snow peas, squash, pumpkin, lima beans, white potatoes (eat sweet potato) for the first two or three weeks. You will soon notice if eliminating these foods has a positive effect on your digestive system.
7. Avoid ALL the solanacea group of vegetables (nightshade), which include white potato, tomato, peppers, chili, eggplant and tobacco.
8. If you have food allergies or react to foods then follow the Stage 2 Low-Allergy Diet for three weeks in addition straight up, no need then to wait until you begin the second stage of the diet. Avoid dairy products (cow's milk, all cheese, ice cream and cream. Butter and real yogurt are OK.



## Stage 2 – Psoriasis Diet - The Low-Allergy Diet Stage

The second stage of the Psoriasis Diet is the Low-Allergy (Hypo-Allergenic) Stage and this can last from two through to six weeks. Depending on your results in Stage 1, you may not even need to go ahead with Stage 2, but I would like you to do Stage 2 if you are a long-standing psoriasis sufferer, have consumed alcohol regularly for a few years or in particular have any history of taking an antibiotic (*even many years ago*), the oral contraceptive pill or *any* pharmaceutical drug regularly, like a topical steroid for example. This stage is important when it comes to healing the lining of your digestive system, especially leaky-gut, which is one of the biggest health challenges those with chronic psoriasis face. This diet will help your digestive system by removing those foods that have shown to be most reactive to the immune system.

- Did you follow the Stage One MEVY Diet for two to three weeks?
- **Suspect:** You will find foods in **bold**, in *italics underlined* and in plain font below. The foods you avoid are the foods in **bold**, as they are known to be the most reactive. Avoid foods *underlined in italics* if you have many known or suspected food allergies.
- **OK To Eat:** The foods in plain font are fine to eat in general.
- Follow this Stage Two Low-Allergy Diet from two to four weeks before moving on to Stage Three, the Food Re-Introduction Stage.
- This Low-Allergy Psoriasis Diet does not take into account the fact you may be a celiac, or be sensitive to dietary salicylates, amines, colors, flavorings or preservatives. You will need to bear this in mind and read on these matters.
- You may also have food intolerances (often from leaky gut or poor digestive enzyme levels), which also may need to be addressed.
- Be sure to read book 3 a - Introduction To Healthy Eating For Psoriasis, and 3 b – The Psoriasis Diet for more comprehensive information on these matters. You will be able to read about the best dietary supplements to take during this stage.

### Meat, Fish, Chicken, Legumes, Eggs

**OK To Eat: Fish**, chicken, turkey and lamb. All Legumes dried peas, lentils. You should be OK with most fish, unless you know you have fish allergies.

**Suspect:** *Red Meats*, Lamb, Pork, Cold Cuts, Sausages, Corned Beef or Canned Meats, *Eggs (white & yolk)* or Egg substitutes. *Soy products*. Processed Meats in general. Fish, *shellfish*

### Dairy Products

**OK To Eat: Milk** Substitutes (*caution* with soy) Almond or nut milks, Rice milk, and Oat milk. Stop all ice cream, including “soy” ice cream.

**Suspect: Milk, Cheese, Cottage Cheese, Yoghurt, Ice Cream, Cream, Non-Dairy Cream.**

## Starch

**OK To Eat:** **Sweet** potato, Arrowroot, Tapioca, Rice, Buckwheat, Millet, Amaranth, Quinoa, All Gluten-Free products.

**Suspect:** *All Gluten containing products* including Pasta, All Corn & Corn Containing Products.

## Breads and Cereals

**OK To Eat:** **Any** flat (yeast free) bread made from Rice, Quinoa, Amaranth, Buckwheat, Millet, Potato Flour, Tapioca, Arrowroot, All must be (certified) 100% Gluten-free based products.

**Suspect:** Any bread (containing sugars and yeast) made from Wheat, Oats, Kamut, Spelt, Rye, Barley, and even any 'Gluten-Free' containing grained breads (they may contain traces of gluten).

## Vegetables

**OK To Eat:** All Vegetables, preferably organic, freshly grown, (pref. not frozen). Leafy greens, garlic, onions, etc.

**Suspect:** Corn, **Nightshade family** (inflammation and allergic potential) the nightshades are potatoes, tomatoes, tomato sauce, paste and drinks, capsicum (bell peppers), chili, and eggplant.

## Fruits

**OK To Eat:** Blueberries and avocado are best fruits when you have psoriasis. Green apples are generally OK.

**Suspect:** Fruit drinks, Cocktails, **Oranges**, **Banana**, Pineapple, Strawberries, all dried fruits preserved with sulphites. (Like glazed apricots). **Avoid ALL dried fruits.**

## Soups

**OK To Eat:** Clear, vegetable based broth, homemade vegetarian. It is best to avoid packet or tinned soups, make your own from scratch using fresh vegetables & meats.

**Suspect:** **Canned or Creamed soups.** Avoid soups with glutinous flours & grains.

## Drinks

**OK To Eat:** Stay with filtered or pure water and unsweetened herbal teas. Safflower tea, works well. Lemon juice in water, grapefruit juice to which you add 5 drops of grapefruit seed extract per 250 mls.

**Suspect:** **Milk** or **milk-based drinks**, **dairy** based products, **avoid alcoholic drinks**, soda and energy drinks, diet drinks and most citrus drinks, **Orange Juice.**

## Oils and Fats

**OK To Eat:** Cold pressed oils, preferably in dark amber bottles; best oils are linseed, olive, and sesame, sunflower, walnut, pumpkin and grape seed oils. Oregano oil. Coconut

**Suspect:** **Margarines**, shortening/lard, butter, vegetable oil blends, salad dressings, spreads (sugars), deep-fried foods.



## Nuts and Seeds

**OK To Eat:** Almonds, brazil and hazelnuts, walnuts, pecans, pumpkin, sesame, sunflower, squash seeds, nut/seed butters made with allowed ingredients, watch those sugars.

**Suspect:** **Peanuts**, pistachios, cashew nuts, **peanut butter**, hazelnut spread (sugar).

## Sweeteners and Treats

**OK To Eat:** Brown rice syrup, fruit sweeteners. Xylitol or Stevia are acceptable, in very small amounts.

**Suspect:** White or brown sugar, caster, icing, Demerara, soft brown and all types of sugar, honey, molasses, maple & corn syrup, fructose, glucose, malt, dextrose.

**Chocolate** Avoid all candies & sweets

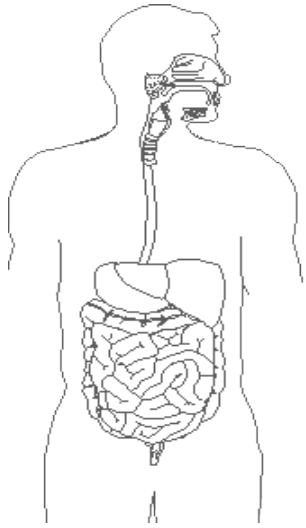


## Stage 3 - Psoriasis Diet – The Food Re-Introduction Stage

With the third stage it is time for Food Re-Introduction Stage, this stage is mandatory like the first stage. We are now returning your diet back to normal and go about expanding the range of foods you eat, carefully testing foods to establish those which are best left alone for some time and in some cases maybe even permanently dropped off your menu. In time you should be able to eat a normal diet again, like you did before you were getting those bad skin episodes when you would breakout regularly. Do you find this hard to believe? I've seen many people with psoriasis go back to eating foods they were told they would never eat again. Don't believe for one minute that you will have to avoid eating the foods you love forever, just because some website said so or somebody told you so. It's all trial and error.



## Second Stage - The Psoriasis Detox



## The Psoriasis Detox Program In 3 Easy Steps

- 1. Bowel Purge** - Clear toxic accumulations in the bowel (dysbiotic bacteria fungal or parasitic infestation). (the 'bowel cleanse')
- 2. Liver Cleanse** - Release toxic accumulations from the liver & the rest of body. (the deep cleanse phase).
- 3. Digestive Repair** - Repair and regenerate the digestive system, liver and kidneys to promote and maintain an optimal clearance of toxic accumulation. Eradication of bad bacteria, Candida, parasites. Optional (but recommended) liver, gallbladder, and kidney flush.

### Stage 1 – The Bowel Purge (14 Days)

Yes, it's time for that bowel purge (or the Big Clean-Up) once again. You can skip it, but I prefer you do it to ensure you get the very best from your Psoriasis Detox Program. This Big Clean-Up is more intense and lasts longer than the one you did before you started on the Psoriasis Diet.

Use Colozone or a *magnesium oxide or magnesium sulphate powdered product*, or a *Vitamin C powder*

- Take 1 level teaspoon in a glass of water before bedtime for 7 nights. After this initial 7 nights (and then stopping for 1 night) take a further 1 level teaspoon every alternative night just four times, i.e. 11 sessions of Colozone in total. This will work out to be around a 14-day to 15-day period. This is a gentle and effective bowel-cleanse, and your stools will turn loose and watery. Sometimes you may feel and hear your tummy (intestines) rumbling or gurgling. Don't worry; this is quite a normal process; just reduce the dosage of Colozone if you are concerned. The Big Clean-Up I recommend before the Psoriasis Diet has a 7-day Colozone protocol; here you will note it is 14 days. It is really up to you, but the 14 days is fantastic and ensures a complete bowel flush that will really get your detoxification off to a flying start.

#### Bowel Cleanse Tips:

- Just as a precaution, try not to pass early morning wind from your bowel unless you are sitting over the toilet.
- It is important to consume lots of water (1.5–2 liters) each day.
- Reduce amount of Colozone if experiencing any digestive discomfort.
- Be sure to eat light on these 14 days, stick with vegetables, brown rice, white meats, eggs, and decrease your portion sizes. I prefer not to eat any red meats (pork, beef and lamb) on these 14 bowel-cleansing days.
- Include lemon juice (the juice of ½ lemon in some water) in your diet, this will aid in your stomach's ability to increase output of digestive enzymes. This in turn will increase your tummy's ability to break foods down better, improving absorption, and health.



## Stage 2 – Liver Detoxification (14 Days)

### Liver Tablet or Capsule

- Take 1 tablet or capsule of a good liver formula with meals for the first 7 days. For the next 7 days, take two liver tablets or capsules three times daily with meals. This tablet may contain various herbs and nutrients of benefit to cleansing your liver. My favorite liver cleansing nutrients include the nutrients Choline Bitartrate, L-Methionine, Inositol, Betaine, Lecithin, Niacin (vitamin B3), and the herbal medicines Taraxacum (Dandelion root), Cucurmin (Turmeric), Silybum Marianum (St Mary's thistle), and Cynara (Globe artichoke)

### *Liver Cleansing Tips:*

- Follow the liver friendly tips below
- It is important to consume plenty of water (1.5–2 liters) per day. This is easier than you think, drink a glass of water before each of your three meals each day, and drink an additional glass mid morning and mid afternoon. That amounts to at least 1250 mls per day, or 1¼ liter.
- Do the liver/gallbladder flush at least once per year; it is best achieved right now, after your Stage 2 Liver Cleanse and before Stage 3 – The Digestive Repair. You can read all about the liver/gallbladder flush in the book entitled Psoriasis, Internal Cleansing and Detox.

### *Here are a few other tips:*

- Stop taking Colozone (or magnesium powder) but continue on with the Vitamin C powder, 1 teaspoon a day in water after you get up (before breakfast). Reduce the dosage if your bowels remain too loose.
- After the bowel purge, the liver's two main detoxification pathways are supported during this stage, allowing cleansing on deeper levels.
- Some patients may desire to undergo a liver and gallbladder flush after the psoriasis detox (before they undertake the Stage 3 repair), to release and expel any accumulated sludge, bile and gallstones. (Please read the book Psoriasis, Internal Cleansing and Detox).
- If you are aiming at weight-loss, this is the all-important stage. It is worth bearing in mind that the liver is your main fat burning organ.



## Stage 3 – Digestive Repair (14 Days)

### Anti-Parasite And Anti-Microbial Capsule Formula

Best product is canXida Remove from <http://www.canxida.com>

- Take a good anti-parasite and anti-microbial formula with meals for the first 7 days. For the next 7 days, take of 2 these three times daily with meals. Reduce with discomfort or any aggravation. See the booklet entitled "Psoriasis - Special Foods, Supplements and Herbs" for a more detailed description of the best dietary supplements to take when you have psoriasis.

### Probiotic Capsule

- Take 1 capsule of a top quality probiotic formula twice daily with meals, like breakfast and your evening meal.

It is essential to remain on a top-quality probiotic for some time after you have completed this stage, and I prefer you take one capsule twice daily for at least eight to twelve weeks after you have completed stage 3. This is to ensure you have fully established a small army of friendly bacteria inside your body, protecting your digestion and helping to keep any invading organisms under control.

You provide the nutrients and herbs that remove the bad guys and also the probiotics that sustain the growth of the beneficial bacteria.

### Digestive Repair Tips:

- Be sure to read the information in the books entitled The Psoriasis Diet as well as Psoriasis - Special Foods, Supplements and Herbs.
- Keep up with the probiotic for at least 8 to 12 weeks on completion.
- It is important to consume plenty of water (1.5—2 liters) per day.
- If you want to do the Liver and Gallbladder Flush, it is best to complete it before you start on Stage 3 detoxification, although you can do the flush later if you so desire.

### Congratulations!

This brings you to the end of your 3-stage Psoriasis Detoxification Program. Since you have worked so hard to regain wellness throughout this detox, I'd like to make a few recommendations to keep you in the wellness zone, so to speak.

- Eat less sugars, breads, alcohol and refined carbohydrates.
- Stick closely with the principles you learned with the Psoriasis Diet.
- Eat less food not more, and always strive for quality and not quantity.
- Occasionally say "No thanks" to a meal and eat light.
- The best exercise is to push the plate away from your belly at night.
- Pay attention to your digestion, appetite, sleep and energy levels and make appropriate changes you have learned so far in this book to bring these areas back into balance.
- Be aware of chemicals in your life and take appropriate action to minimize any unnecessary exposure.



## **Third Stage - The Psoriasis Lifestyle**

Psoriasis is an ailment that responds very well to a healthy change in diet and lifestyle. There are definitely ways to prevent outbreaks and deal with symptoms, and they are not that hard! The best thing you can do for yourself initially is to change your lifestyle and prevent the outbreaks. It makes a lot of sense to try this first, instead of adopting not so healthy ways of living and then having to resort to drugs to get rid of the symptoms.

You will find that some lifestyle changes in the Psoriasis Program are really simple, while others are somewhat more difficult to adopt. Finding ways to prevent psoriasis outbreaks is a search any psoriasis sufferer should be willing to pursue. The first thing you will want to change about your lifestyle is your diet, have you done this? I recommend that you take a look at Psoriasis Diet book, the most comprehensive one written about psoriasis yet, this book will explain everything you need to know about what to eat and what to avoid when you have psoriasis. Changing your diet can help you lose weight, which may be a factor in triggering psoriasis. Changing your diet will also help prevent chronic disease and could even help to extend your life by a decade or more. Add more fruits and vegetables to the diet and try to remove those take away foods and animal fats. Use sugars in moderation and watch out for processed foods, it is best to prepare you own food as much as possible.

I have not given you and quick hints or tips in this QUICK START guide about lifestyle and psoriasis, and that's because I want you to read the 80-page book entitled Psoriasis and Understanding the Lifestyle.



## **Fourth Stage – What To Do With Your Skin**

So far in the Psoriasis Program, we have explored and learned about what to eat when you have psoriasis, lifestyle and environmental considerations, and how stress affects the mind and immune system.

We have looked at the link between yeast infections and psoriasis, the importance of cleansing and detoxification and how leaky gut syndrome is one of the big contributing factors in the underlying inflammation that most all psoriasis patients suffer with. For some psoriasis patients I see, seeking relief from skin problems can be their lifelong quest. Many people search everywhere for that perfect cure yet never quite seem to find it, even after buying self-help books, and spending lots of time and money searching for cures which eventuate to nothing more than wasted money and time. Here are my top ten tips on looking after your skin when you have psoriasis.

You will want to read the book entitled Psoriasis and What to Do With Your Skin for a lot of detailed information of the best ways to care for your skin. There are many different skin recipes for you to try out, shampoos, creams, oils and many different solutions. Be sure to read the book and try out the many suggestions.

## Top 10 Skin Psoriasis Tips

1. **Protect your skin from your fingernails.** It is very easy to scratch your skin when you have lesions, because you don't even think about it and subconsciously scratch when it is itchy. When you are awake, it is easier to catch yourself scratching. But did you know that people scratch themselves at night in bed too?
2. **Wear gloves at night in bed.** As strange as it sounds, if you have quite severe lesions, wearing light cotton gloves to bed at night can stop you from waking up with weeping and irritated wounds in the morning. If you notice psoriatic lesions on your arms, wear suitable clothing that makes it hard for nail on skin contact. If you wear tank tops or loose short sleeves, it is too easy to scratch.
3. **Keep your fingernails short.** This may seem logical, but I often find patients with psoriasis with long fingernails. Longer nails will mean that it becomes easy to scratch your skin and break the surface, leaving you more prone to infections and scarring. Itching with short nails will help and prevent infections.
4. **Don't let your skin get too dry.** If the skin is dry it becomes itchy, dry, and scaly. It is one of the most overlooked triggers. Keep your skin moisturized to control flare-ups and keep your psoriasis at bay. Apply moisturizers after showers, bath, or you have been spending a lot of time submerged in water. Water actually sucks moisture from the skin, adding a moisturizer will lock in the moisture and keep your skin well hydrated. If you feel a skin itch coming on, try not to scratch but instead try to moisturize the area instead and see if that helps. A wet wrap can really help relieve some of that pain and inflammation associated with your psoriasis. Simply wet a cotton face cloth and place it on the skin lesion for a few minutes to feel instant relief. Aloe vera gel, fresh or a commercial product, can feel fantastic when added to this cloth. Try the cloth treatment FIRST before scratching, you may be pleasantly surprised.
5. **Moisturize your skin using natural products.** One of the key ways to keep your skin in top shape if you have psoriasis is to moisturize it, and the best moisturizers are natural products and are in addition they are low in their allergenic potential as they are made without any ingredients which could cause an immune reaction like those chemical concoctions doctors and skin specialists often prescribe. Be careful using chemically derived products as recommended by your medical doctor, dermatologist or drug store (pharmacy) because most are made from petroleum derived raw materials. Moisturizing your skin will help to prevent needless breakouts. Moisturize and apply lotion to your skin on a regular basis to keep that dry skin at bay.
6. **Change your diet** and follow the Psoriasis Diet. It is important to incorporate plenty of fresh produce into your diet. Eating fresh and healthy will help to give the body the right nutrition it needs, and will ensure that your skin is nourished and supplied with most of the essential nutrients it needs to rebuild healthy tissue. Proteins such as fresh fish and fresh nuts such as Brazil and walnuts all contain essential fatty acids which the skin cells need to reduce inflammation, lock in the moisture, keep out the dirt and bacteria as well as optimize their appearance and function.
7. **Spend some time in the sun.** Sunlight can help some, but be careful not to over do it. Sunburn can make your problem worse. Best time to be in the sun is before 10.00am and after 2.00pm. Only stay in for short periods of time.

8. **Wash your skin with a specially formulated mild "non-soap" cleanser** that contains only herbal ingredients that are organically grown and hypoallergenic. Commercially produced soaps and shampoos are not good for those with psoriasis and you are best to avoid them. Try goat's milk soap or a soap containing coconut oil. I advise my customers to become a "label reader" as this is vitally important. Choose only a specially formulated therapeutic body cream for the much thicker patches psoriasis often forms. It should be a very thick cream with a very rich emollient level. It should also contain the vitamins C, A and E as well as soothing Chamomile, Comfrey and Calendula Herbal Extracts and Shea Butter.
9. **Wear natural fibers whenever possible.** I have noticed that psoriasis patients appear to fare the best when they wear cotton or natural fibers like merino wool (sheep) or hemp fiber close to their skin. Wearing artificial materials like nylon or nylon/cotton blends can increase skin itching because these materials can't "breathe" as well as the more natural fibers can, particularly with underclothing like singlet and briefs.
10. **Urea cream is one of the best psoriasis creams** to use. The urea we are talking about is not the urea found in fertilizers, as some may think. Urea is a compound naturally found in every cell in the human body and has been proven in various clinical medical studies to be of an anti-fungal and anti-microbial nature. Urea cream promotes fast healing of conditions that are so well known to be associated with psoriasis, namely dry cracked split and irritated skin. Research has shown that urea has fantastic hydrating properties and can increase the skin's water content over 95%, much more so than any other natural substance known. Urea is non-toxic, non-allergenic, colorless and odorless. A good quality urea cream gives your skin the ability to attract and hold moisture from the atmosphere, pushing it back into your skin's cells. Ask your doctor or skin specialist for the best urea cream they have, and combine the usage of this wonderful healing agent with the other suggestions to optimize the outcome of your psoriasis skin treatment regime.



## **Fifth Stage – Special Foods, Supplements, Herbs and Teas.**

### ***The Correct Dietary Supplements And Special Foods Are Especially Important***

One thing that all patients do with psoriasis, is to try and find some effective natural supplements that are said to help, especially proven nutritional supplements. It may require some research to find the best treatment for you, but why bother when I have done all that already for you! Vitamin supplements are great as well, especially the list below. Aloe Vera and Olive oil can be taken internally or externally and both are great for the skin. Whilst psoriasis may not have a "cure" as such according to the medical profession, you can lessen the bouts of flare-ups considerably, in fact, if you follow my program you will begin to wonder if you really still have psoriasis.

control the outbreaks that can make all the difference in the world. Be sure to take the right dietary supplements in particular.

## **Proven Nutrients to Improve Your Psoriasis**

There are many other herbs and nutrients that are effective in psoriasis of course, and I could write many volumes on the many remedies available, but here follows the best of the best. Here is a list of what I believe to be simply the best nutrients to take when it comes to beating psoriasis. I will explain them all for you and tell you why they are a necessary part of my Psoriasis Program. You will find them all available online at [www.ericbakker](http://www.ericbakker.com) on this link: <http://www.dssorders.com/ericbakker>

Be sure to join my regular [Psoriasis Program newsletter](#), that way you will learn all about what and how to supplement in addition to what dosages are best in your situation

If you go to the last book in the Psoriasis Program series entitled Special Foods, Supplements, Herbs And Teas you can read a lot of detail about why I recommend the following nutrients especially, they have all been shown through extensive research and clinical trials to make a real difference with psoriasis. Dosages you will learn about in this book as well.

- |                        |                      |
|------------------------|----------------------|
| 1. Omega 3 Fatty Acids | 8. B-Vitamins        |
| 2. Vitamin A           | 9. Folic acid        |
| 3. Vitamin D           | 10.Selenium          |
| 4. Vitamin E           | 11.Biotin            |
| 5. Vitamin K2          | 12. Zinc             |
| 6. Silica              | 13. Sulphur          |
| 7. Vitamin C           | 14.Probiotics        |
|                        | 15.Digestive enzymes |

Here are the names of the best dietary supplements, they are all available on this link, but first you will have to register if you are not already purchasing from my online store: <http://www.dssorders.com/ericbakker>

1. Omega 3 Fatty Acids - QUELL Fish Oil, High DHA, 60 Soft Gels
2. Vitamin A - Thorne Research, Vitamin A, 90 Veggie Caps
3. Vitamin D - Douglas Labs, Vitamin D, 5000 IU, 100 Tablets
4. Vitamin E - Thorne Research, Ultimate-E, 1,000 mg Mixed Tocoph., 60 caps
5. Vitamin K2 - Thorne Research, Vitamin K2 Liquid, 1 fl. oz. (30 ml)
6. Silica – buy Horsetail Tea
7. Vitamin C - Thorne Research, Vitamin C With Flavonoids, 180 Veggie Caps
8. B Vitamins - Pure Encapsulations, B-Complex Plus, 60 Vegetable Caps
9. Folic Acid - Pure Encapsulations, B-Complex Plus, 60 Vegetable Caps
- 10.Selenium - Douglas Labs, Seleno-Methionine, 100 Capsules
- 11.Biotin - Allergy Research Group, Biotin 5000, 60 Vegetarian Caps
- 12.Zinc - Thorne Research, Zinc Picolinate, 60 Veggie Caps
- 13.Sulphur – diet
- 14.Probiotics - Custom Probiotics, D. Lactate Free, 50 grams
- 15.Digestive Enzymes - Kirkman, Maximum Spectrum Enzym-Complete/DPP-IV Fruit Free w/Isogest, 120 Capsules



[More Information](#) – Along with the right diet and lifestyle, be sure to take the right dietary supplements, herbs and teas to accelerate your recovery. Be sure to read “Psoriasis, Special Supplements, Foods and Herbs”.



## **Trouble-Shooting - What To Do If You STILL Need Help**



OK, so you have followed the Psoriasis Program faithfully, but you are still not satisfied with your recovery? It is as if something is holding you back from getting those permanent results you have been looking for. You have been following my recommendations for three or four months and you are having difficulties recovering from your psoriasis, where to now?

*Try going through the following checklist using this list as a guide:*

1. Re-examine your diet. Have you faithfully applied the diet principles I have outlined in *The Psoriasis Diet* book? Have you started to feel better and then included some of the foods that you eliminated earlier on, such as caffeine, alcohol, sugary or processed foods, or have you slipped back into your old ways of eating? Be honest with yourself!
2. Have you checked yourself out carefully for any potential food-allergies? You may need to do an IgE/IgG Elisa blood test to determine your allergy status. Have you eliminated all the foods you are allergic to, are addicted to or are sensitive to?
3. Have you incorporated the major lifestyle changes I have outlined? If not, make these changes right now. Read more in *Psoriasis And Understanding the Lifestyle*.
4. Do you have adrenal fatigue? You may wish to read Dr. James Wilson's book on *Adrenal Fatigue*, it may well be one of your biggest obstacles, and a major reason why you are failing to recover. Strong and healthy adrenal glands can beat psoriasis when all else fails, so be sure to read the section on adrenal fatigue in *Psoriasis, Stress and Immunity*.
5. You may like to re-examine your lifestyle, especially consider the balance of the demands on your mind and body that you are making. Have you completed the Holmes Stress Test yet? Are you taking enough time out from the hectic demands of your work or family life?
6. Re-examine your exercise program. Are you moving your body at least three times a week or are you chained to your computer?
7. How is your sleep? Do you have insomnia or difficulties getting to sleep or frequent early waking? You will never have a good immune system and finally

- beat psoriasis if you have a continual sleeping problem. Read the section on insomnia in this book.
8. Have you discontinued taking any unnecessary medications from the doctor? Can you stop the oral contraceptive pill, antibiotics or hormonal treatments? These can stop your progression and set your progress right back.
  9. How is your environment? Have you cleaned up that moldy ceiling or bathroom? Are you still using chemicals or exposed to fumes, poisons or any chemicals in your occupation? You may want to seriously think about finding another job. A green keeper saw me with psoriasis and finally beat his chronic skin rash once he got rid of his job and the chemicals that went along with it.
  10. Are you taking the right dietary supplements and taking them regularly?

More Information – You will read a lot more about hints and tips on what to do if you feel worse or aggravate during treatment, what to do if “all else fails” and you are at your wits end and ready to give up. I know, I’ve seen plenty of psoriasis patients just like this and have learned a few special tricks on how to get them motivated and back into treatment again. Be sure to study ALL my books well, you will find a huge amount of information about how to recover from psoriasis that you won’t find anywhere else.

Here’s To Your Fantastic Health!

All the best,

Eric Bakker N.D.

