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THE PSORIASIS PROGRAM

Introduction to Healthy Eating

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Healthy Eating For Psoriasis

An Introduction To Diet and Nutrition

"All disease can be alleviated and some even cured through the proper use of correct foods. This statement may sound deceptively simple, but I have arrived at it only after intensive study of a highly complex subject: colloid and endocrine chemistry. My conclusions are based on experimental and observational results, gathered through many years of successfully treating patients. I have sought to prescribe for my patients' illnesses antidotes which nature has placed at their disposal".
Dr. Henry G. Bieler, M.D. (1965). Food Is Your Best Medicine.

This book teaches you the healthiest ways of eating when you have psoriasis, and is packed full of the best hints and tips on how, why, and what kinds of foods and drinks are best to consume when you have psoriasis. The second diet and nutrition book in the Psoriasis Program is called The Psoriasis Diet. It is best that you read this book first to familiarize yourself with the concepts I explain to my psoriasis patients.

WHY change your diet with psoriasis?

All patients I have seen over the years with psoriasis benefit immensely from changing their diet, I have seen no exceptions. The same holds true for those with eczema and dermatitis, a good diet plan can bring about a huge change in the symptoms. It makes sense to change your diet as soon as possible if you have psoriasis, or more likely as soon as you've had enough of the itchy, scaly red skin that always seems to irritate you either by the symptoms felt on a daily basis, like showering for some, or with the unsightly lesions you would rather be rid of.

We tend to take great skin for granted, but for those who have psoriasis they certainly don't. The best diet for the psoriatic patient is a fresh wholefoods diet with minimal animal fat, ample protein such as fish or a whole grain and an abundance of fresh fruits and vegetables.

Forget all those creams

Too much emphasis is placed on the patient's skin, with all manner of creams, lotions and potions offered by skin specialists, yet little to no attention is given to the patient's inner world with psoriasis. I have always worked from the premise that without a very well functioning digestive system, the psoriasis patient has little to no hope of a great recovery. Psoriasis patients who focus purely on their skin and ignore their digestive system only look forward to reducing their skin-related symptoms, keeping their skin plaques at bay until the next outbreak.

Simply by the patient changing their diet, they are taking one of the most important steps to ensure they are doing everything in their power to eliminate their psoriasis. And yes, it IS possible to just about be symptom-free after many years; I have seen that it is possible with many chronic psoriasis cases. The very best results have come from those who finally stopped applying all manner of topically suppressive treatments and tackled their diet and lifestyle head on. So let's get into the dietary advice to help you get better from psoriasis. Remember that the more you stick with the recommendations, they quicker you will get the results!

Why Eating Correctly Will Give You Great Results

When you have psoriasis, it is very important to adopt very good eating habits while at the same time adopt a healthy lifestyle and supplement your diet. I'll explain a lot more about the reasons why this approach is so crucial if you want a permanent resolution from your psoriasis in the other booklets I've written on psoriasis.

Your psoriasis diet should include sufficient amounts of fruit and vegetables to give you plenty of fiber, along with sufficient trace elements, fatty acids, vitamins and minerals. When you have psoriasis, it is best to limit your consumption of saturated fats (animal fats) as much as possible and to eat plenty of foods rich in essential fatty acids, such as cereals, nuts, seeds and vegetable oils. Importantly, consuming too much fatty food and alcohol can overburden your liver, which will result in toxins accumulating in your bloodstream. As waste is also eliminated through the skin, it must work at full capacity when there is a large amount of toxins, increasing the likelihood of psoriasis flares.

As far back as 1932, Dr. Jay Schamberg (former professor of Dermatology from the University of Pennsylvania) demonstrated that psoriasis was clearly improved by making dietary changes. Dr. John Pagano, author of Healing Psoriasis, also noted that psoriasis patients whom he placed on his strict diet improved dramatically in as little as 6 to 8 weeks. Personally, I discovered several years ago that diet does not only play a crucial role in reducing and clearing up the symptoms of psoriasis, it is most probably THE most important factor in recurrence of psoriasis and healing it permanently. Please do NOT believe for one moment that recovery is "impossible" from psoriasis, it is not only possible, it is in fact highly probable if you stay on track with the correct dietary and lifestyle recommendations.

I have been treating patients with psoriasis for as long as I've been in natural medicine practice, for twenty five years, and I can tell you this one vital piece of information when it comes to chronic skin conditions: You will NOT recover unless you are prepared to stay on track and remain committed to the dietary changes I have recommended for at least 3 to 6 months, but preferably for as long as 12 months. The other suggestions are important, such as lifestyle and supplementation, but they are ALL a complete waste of time unless you are dedicated to stay on track when it comes to the dietary recommendations.

The second thing I must tell you at the beginning is that I do not wish to mislead you, some patients simply do not recover as fast as others, and a small percentage do not recover that well at all. But these psoriasis patients do tend to make up the minority.

In other cases, some people just don't want to recover for their own specific reasons or just "can't be bothered" with putting in any effort, and I can sense this after seeing them a few times in my clinic, in that case if I feel they are not committed or are after that "magic pill", I may refer them to somebody else.

The psoriasis patients I have routinely found to be the most committed are the psoriatics with the chronic skin lesions and extensive plaques, the people who have tried every trick in the book, been to the dermatologists, the doctors and naturopaths, have tried all the creams and extensive therapies yet who remain uncured. Cures from chronic psoriasis ARE possible, of that I have no doubt as I have seen many of them with my own two eyes, but cures from any chronic condition, particularly a chronic skin condition, require persistence and lots of patience.

One of the most important reasons for you to eat correctly when you have psoriasis, especially chronic psoriasis, is that the right diet will ensure the right bacteria in your digestive system as well as inhibit candida albicans (yeast), and in my clinical experience, those with plenty of beneficial bacteria and a negligible yeast population (of candida kept in check and balanced with good, beneficial bacteria) seem to suffer the least with psoriasis.

Therefore, it is vital that you change your diet; don't consume foods that psoriasis thrives on. I often tell my patients to be careful, because these foods will "call your name", they will tell you to buy them and consume them regularly and it's called a craving, and in disguise many cravings are actually sugar cravings. "I like the taste of that" almost always means that the food you like contains sugar.

Avoiding these highly desired foods means avoiding as much as possible any refined carbohydrate foods like white flour, refined sugars such as corn syrup and glucose, fruit juices and honey and more, just look at the "Foods to Avoid" list in the Psoriasis Diet book. There are countless books and articles I have read relating to psoriasis eradication, I have tried many diets with patients but have achieved outstanding success with the 3-stage Psoriasis Diet which I have found actually works, and it works brilliantly. The thing is to use common sense, and not the latest diet-book fad. If you crave it, then just stop eating it. If is very sweet in your mouth and you know it is wrong, then stop eating it!

I have found that a psoriasis patient will often desire a particular food or beverage, and this may very well be the one underpinning the condition. Think about it for just one moment; are you a person who has a strong desire or craving for a particular food or drink? It is important to remember that a candida yeast infection generally will underpin a psoriasis condition.

And it is also important to remember that yeast hates a healthy diet full of fresh vegetables, fruits and high quality proteins devoid of refined carbs. After many years of treating psoriasis patients in my clinic, I have not been convinced that all patients need to strictly avoid all fruits with candida issues, but do request that those with chronic psoriasis of several years duration follow my eating program as outlined in The Psoriasis Diet book. After a huge amount of research into foods and psoriasis, I've found out these ten points are the most important when it comes to psoriasis and diet, after interviewing many practitioners and patients who have been successfully cured:

1. Avoid all sugar containing foods and the refined carbohydrates.

2. Eat more complex carbohydrates (leafy green vegetables especially)

3. Eliminate sweet fresh fruits during the early weeks of the diet.

4. Eliminate starchy vegetables during the first two weeks of the diet if you have digestive problems especially.

5. Eliminate the nightshade family of vegetables (as a trial) to se if they cause any aggravation. These include tomatoes, capsicums, chilli, eggplant and potatoes.

6. Reduce animal proteins in general, lamb, fish, chicken, turkey and eggs are preferred to beef and pork.

7. Try to reduce wheat and gluten (as a trial) and eat brown rice, quinoa, buckwheat, nuts (no peanuts), and seeds instead.

8. Eat as much fresh and unprocessed foods as you can.

9. Avoid ALL alcohol and preferably as much coffee and tea as possible.

10. Be sure to drink plenty of fresh, clean water every day.

If you suspect or know that you have psoriasis, it is useful to take note of my dietary advice since it does not contradict the general guidelines for good healthy eating and has made an enormous difference in the lives of so many patients who unbeknown to them, were being made miserable by this condition. Just do the diet strictly from two to four weeks, then slowly include more fresh fruits, starchy vegetables and as you improve you will be able to eat a much wider assortment of foods, all in good time.

Many people who seek help eradicating their psoriasis routinely approach our clinic, and many of these patients have been following some kind of dietary protocol for a long time, in some cases for many years.

Unfortunately, if many of these patients fail to adhere very strictly to their diet and just for a day or two revert back to foods they could consume years ago, their symptoms return almost immediately. This does not prove that their diet doesn't work; it proves that their psoriasis protocol isn't working for them. The Psoriasis Diet is only one (yet very important) part of eradicating psoriasis, and once you have finished reading my other Psoriasis Program booklets on lifestyle and stress, you will understand what I mean by this.

It is more likely that the person who has had the most difficulty in recovering, will be the one most likely to be suffering from a condition such as adrenal fatigue. Other patients may have some other kind of "obstacle", and eating a perfect diet certainly won't make much of a difference in such a case, I can assure you. Just remember, you cannot eradicate your psoriasis purely by diet alone, you may subdue or tame it, but it will be ready to flare up and make your life miserable at the next opportune moment.

10 Golden Rules For Healthy Eating For Psoriasis

1. **Slow down when you eat**. Take your time and do not rush. Your digestion and bowel function will improve.
2. **Chew your foods well,** Eat more slowly, chew more slowly and deliberately and *be aware* of what you are doing. You'd be surprised how quick you chew and swallow your foods!
3. **Relax, and never eat when stressed or tired**. Remember, you don't have to eat if you don't feel like it, eat when you are hungry.
4. **Have at least one day per week where you eat very light**, light enough to make you feel like you could have had more after your evening meal. This will keep your digestion in good shape as you age.
5. **Smell and taste your foods**. Savor your foods and enjoy the experience. This will ensure that sufficient saliva is produced and your digestion will be in fine form. This is a bit like priming the engine of your lawn mower, chainsaw or brush cutter before you start the engine. A stomach anticipating foods will digest much more efficiently.
6. **Don't watch TV, read papers, books or emails or computers while you eat.** Your mind should be on the job!
7. **Eat smaller portions.** Buy smaller dinner plates and if you eat out don't feel that you have to eat everything on your plate. Do you *really* need that dessert after your meal?
8. **Increase the *quality* and decrease the *quantity*** of the foods you consume (except vegetables). For example buy organic or grow your own vegetables and fruits as much as possible. Buy organic chicken at least rather than commercial poultry.
9. **Eat a lot less red meat** (beef, pork, sheep, and deer) and get more protein more from fish, lamb, legumes, nuts and seeds and fermented tofu like tempeh. Avoid all kinds of processed meats.
10. **Eat breakfast like a king, lunch like a prince and dinner like a pauper**. Have a good-sized breakfast, a medium sized lunch and a smaller portion with your evening meal. Your weight will become much more manageable and your energy levels will increase in the afternoon as your blood sugar levels improve. It takes time to adjust to eating like this so please be patient!

Stay on the psoriasis diet especially stage 1 and stage 2 that I have recommended, for as long as it takes, which can be from 3 to 6 months or even longer. Why does it take this long you are thinking? It takes this long because you are trying to establish healthy bowel flora, and because the surface area of your digestive system is considerable and there is a large amount of bacteria present, including several hundred different species, it simply won't happen overnight. If you ever tried to start a new lawn you will understand exactly what I mean. It takes plenty of time and commitment, because you have to water the lawn, keep people off it initially, refrain from mowing it for several weeks and feed it regularly. After several months your lawn looks beautiful, because you took the time to care for it and did the right thing.

Over a period of time and commitment, your digestive system will feel great and you will have probably made some long-term changes as your health has improved in

many different ways. And who wants to continue with symptoms like bloating, flatus, and itching, mental fogginess and fatigue anyway?

I have found with patients that the ones who get the best long-term results are generally the ones who are totally committed to changing the way they think about their dietary and lifestyle choices, they make the right choices long term, and more importantly, they actually stick with those new healthy choices. If you change what you eat and make healthier choices, your digestive system will improve as a result, the yeast infection will go away and your health will improve. It's as simple as that.

Caution - Confusing Psoriasis Dietary Advice Exists

One word of caution before we go any further, you will find some confusion in the sometimes wildly and differing opinions of those who advocate various yeast control diets. Some books and websites I have studied over the years are far to "easy" on the psoriasis diet, one well-known book even recommends that all fruit is OK, whereas others are way too strict. One well-known American psoriasis website claims that nuts should never consumed by those with psoriasis, as they are among the foods on which a candida yeast infection thrives. This is a myth, I can understand that peanuts are taboo as they are potentially highly allergenic and are frequently moldy, but to take almonds for example out of the diet of a person with yeast infection is plain ridiculous.

After having worked with patients with psoriasis for over two decades, I can state with absolute confidence that most all psoriasis sufferers can tolerate nuts, but common sense prevails naturally. It is not wise to allow a person to eat 200 to 300 grams of nuts every day.

You need to obviously exercise caution, and some readers of this book will be more sensitive than others to one or several of the foods I may recommend. Others with a psoriasis may even be OK with a limited range of fruits as they begin their treatment, you will find that throughout this book that I advocate trial and error. One thing is for certain, one size does not fit all and you will need to tweak this program to suit your self.

Fad Psoriasis Diets – Watch Out!

I sometimes see patients who follow weird, extreme or fad diets in a bid to eradicate their psoriasis. This is one of the worst thing you can do, because extreme diets sometimes cause extreme problems. The best diet for psoriasis is a healthy one, it has to be balanced and offer plenty of fresh and healthy food choices. Sometimes a person will read on the internet about some extreme dietary approach and try it out, only to find themselves in a lot of trouble. There is always some new weird thing that supposedly "cures" your problem really quickly, and one blog post I read recently claimed that it was possible to "cure" psoriasis in only 12 hours. How stupid is that, and any person who actually believes that a radical diet change can cure their psoriasis in such a short period of time in my opinion deserves the aggravation they will probably end up getting!

Crush This Habit – Eating The Wrong Kind Of Foods

If we are not willing to settle for junk living, we certainly shouldn't settle for junk foods. *Sally Edwards*

The very foods we love to eat and the ones we buy from the supermarket and the ones marketed by the fast food companies often on the television are the foods that

favor the overgrowth of bad bacteria and candida yeast colonies in our bodies. Before you are serious about starting the Psoriasis Program, it is advisable to make the right dietary changes and to adopt the correct basic dietary habits you will soon read about. Are you guilty of eating take-out foods once, twice, or several times a week? This is the very first thing you change, stop buying those fast foods and eat more at home. Buy fresh foods from your grocery store, butcher and Farmer's Markets, you will be making healthier choices. This is the first step in the right direction as far the Psoriasis Diet and Nutrition Program is concerned.

I have noticed that the patients who appear to obtain the best results with psoriasis, are the ones who eat the most fresh foods in their diet. Plenty of fresh, steamed, and partially cooked vegetables. All the vegetables are fine generally. Carrots in particular have a most favorable effect on improving psoriasis, so eat plenty. Plenty of fruits (avoid banana, pineapple or citrus except lemon), raw and fresh nuts & seeds, sunflower & pumpkin seeds, and particularly sesame seeds.

A second reason to eat fresh fruits and vegetables and whole grains (organic or well cleansed) and to avoid eating the wrong kinds of foods is that you will consume less toxins such as preservatives, emulsifiers, colors, and many more additives commonly found in modern processed foods. There are several potential causes in psoriasis, and food additives is on the list.
Alkaline grains such as millet, quinoa, rice, buckwheat are all good. Remember, lots of water! Don't worry, I'll explain all about these choices and why.

Junk Food Challenge, Can You Do It?

Avoid These Foods For 21 Days

- No soda drinks
- No chocolate
- No ice cream
- No sweets or candy
- No biscuits of cookies
- No donuts, muffins or cakes
- No pastries
- No alcohol
- No white breads
- No chips
- No pizza, fried chicken or take-out foods
- No peanut butter, jam or spreads

Crush This Habit - Eating Too Fast

Some people immediately descend on the dishes the moment they have been set down. Wolves do that. *Desiderius Erasmus 1536*

I have spent many an hour in the clinic talking with patients not only about the foods they eat, but when and how and under what circumstances they eat them.

The people we see come from all walks of life, for example one day a patient may be a mother who is small business owner and who simply does not take the time out to eat properly and meals are often a hurried affair. She is off to work in a hurry with breakfast consisting of a coffee and a piece of toast, her child is dropped off at day care as she speeds to the office. Lunch will be quickly consumed over a keyboard, a nut-bar may be consumed in the afternoon with more coffee and on the way home

from work a take-away meal is bought to be eaten in front of television along with a glass of wine or a Coke.

The hurried 21st century habits we have created and very way we eat today is probably one of the most candida predisposing factors of them all; we tend to eat on the run whilst trying to do other things. It is called multi-tasking; a term that never existed in the 1960's when I grew up.

Today we seem to be gadget rich yet time poor and our digestive systems suffer as a consequence. The sugar and starch content of many meals today is way too high and the fiber component of our diet has become much too low, including our consumption of fresh fruits and vegetables. Convenience foods have become a quick-fix solution to our hurried and worried modern way of living.

The past five years I have focused on researching the best ways to treat stress and fatigue in my clinic and have found that this way of eating can predispose you to fermentation dysbiosis, particularly when you are stressed at the time of eating. You can read all about the effects of stress on digestion in this section 2 of this chapter.

To sum it up, many of us eat on the run, eat a highly refined diet and suffer very much from stress. Is it any wonder that yeast overgrowth and digestive problems are rampant?

Crush This Habit – Just Eating Too Much

"One-quarter of what you eat keeps you alive. The other three-quarters keeps your doctor alive." *(Hieroglyph found in an ancient Egyptian tomb.)*

The sheer quantity of foods consumed today can also dispose a person towards psoriasis. Many of us are still conditioned to eating all the foods on our plates, we eat far too much and too often, considering the fact that many of us live sedentary lives and exercise infrequently (if at all) and increasing technology has meant that many do very little compared to as little twenty years ago before this mobile phone, tablet and computer age. There is little doubt that the best exercise you can perform is simply to push that dinner plate away from your body when it is half empty.

When I was a student of naturopathy I can remember reading an excellent book written by the Swiss naturopath Dr. Alfred Vogel, called "The Nature Doctor". Dr. Vogel outlined the importance of eating much more slowly than we do today and in particular to chew each mouthful several times slowly and deliberately before swallowing and in addition, not to eat when we are stressed or tired. Do you eat your main meal later in the evening, perhaps at eight or nine after a glass of wine? Many patients I have spoken to do just this, particularly the city folk. Remember the old saying; "eat breakfast like a king, lunch like a prince and dinner like a pauper"? How often have you consumed a meal in front of the television news or whilst checking your e-mails, perhaps reading the local weekly newspapers or skimming through the junk mail?

Many people in countries like Spain and France still take their time with meals allowing their digestive systems to work more effectively, producing digestive enzymes and digesting their foods before they resume their work. Meals are consumed as an important part of their social rituals, whereas we tend to regard eating as something that needs to be completed as soon as possible because we have more important things to do, like checking our inbox or replying to that SMS on our mobile phone.

It is a known fact now that those who live the longest tend to eat fewer calories as they age, and my dietary recommendations are for as you get beyond fifty, to *increase the quality of your foods and decrease the quantity of your foods*.

Many of us still have the two-dollar shop mentality when it comes to buying foods for the family, and look at saving as much as they can on the weekly grocery bill, but then go out and blow the savings on alcohol and take-away foods each week. Isn't your health worth it? Of course it is, buy the very best foods you can afford, the very quality of your life will depend on the quality and quantity of foods you consume, especially as you age over the years. A high-quality and low quantity diet approach will discourage psoriasis much more than a low-quality and high quantity diet.

Your blood sugar levels will be naturally at a low point when you get up, that is why they call breakfast the "break-fast" meal, as your body has rested over night and fasted and is now ready for some food. If you skip breakfast like many busy women do, your blood sugar will stay at a lowered rate and you will be operating on your reserve levels until lunchtime. By eating a sugary breakfast cereal or a piece of toast with jam, or a donut and a cup of tea or coffee your blood sugar levels will quickly rise again but then drop rapidly as well making you feel tired, jaded and even a little jittery. Sudden drops in energy will have you clamoring for the refrigerator or pantry again for something quick or sweet. If however, on the other hand you have a protein meal for breakfast you will not suffer from this problem. It becomes easier for you to resist sweets or sweet foods when you get into the habit of consuming more protein in general, particularly before lunchtime. Try it yourself and see the incredible difference something simple like this can do to your health.

Crush This Habit – Technology And Eating

Do you need a digital detox? Were you aware that one in five people in America have at least one meal of the day while checking their Facebook status? A question I ask my patients is if they watch TV, check their mobile phone, IPad or computer while they eat their breakfast, lunch or dinner, and around forty percent say "Yes, I do". A 2010 Nokia study found that the average person stares at his of her phone over 100 times in a day, which works out to be about 6 minutes out of every hour a person is awake. According to Nokia's 3G consultant Tomi Ahonen, a mobile phone is a faster way to reach consumers than any other digital form of communication. A study done in New Zealand found that the average email is opened 48 hours after it is sent while the average text message is opened 4 minutes after being sent. Mr. Ahonen said, "SMS is literally 720 times faster than e-mail in message-opening throughput." My concern with all this increasing technology is that this incessant need for speed is making mobile phone users way too reliant on increasingly accelerated forms of communication, which serves to accelerate stress responses in their body as well. Later on you will read about the SNS, the sympathetic nervous system, stress and digestion. How about putting those mobile phones away and only them at certain times of the day? Do you really need to check those emails every hour?

Your Stomach Is Like A Cement Mixer

I find it helpful to explain digestion in simplistic ways; people tend to remember it a lot better that way and can picture these explanations in their minds better than showing complex charts with digestive organs and using a bunch of fancy Latin names. A cement mixer to me is a lot like the stomach, you place gravel, sand and cement powder in it (carbs, proteins and fats), and you then add water and mix it. Chewing food is like running the cement mixer, it needs to be done thoroughly and properly or the mix won't be any good.

Many folks eat too quickly, chew foods once or twice and then swallow. Imagine what kind of concrete this produces! A concrete truck in fact constantly agitates the mix, a bit like a camel is constantly seen chewing food. Did you know that some people in the Middle East chew a single fresh date - for more than six hours?

Your stomach produces a fluid called chyme, a liquid substance found in the stomach before passing through a small valve and into the small intestine. It results from the mechanical and chemical breakdown and consists of partially digested food, water, hydrochloric acid, and various digestive enzymes.

I was helping a friend last year to build a raised garden for his vegetables. We had to mix concrete as part of the job, and he said to only ever fill a cement mixer about three quarters full of gravel and cement powder, because by the time you add water it is still achievable to turn it and make cement. When I once tried to put more in, it didn't work and I started to realize how the stomach is the same. In fact, if you eat smaller meals and take your time eating, your digestion will be much more efficient because you break the food particles down to a much smaller size and mix the food more efficiently with saliva and digestive enzymes.

I worked out that by filling the cement mixer by fifty percent, we could mix it much more thoroughly, empty the bowl much more easily, and work more efficiently with smaller batches too. It was also easier to clean the equipment and we didn't make half the mess. I also worked out that too much water in the mix made it sloppy and ruined the concrete, and not enough made it too dry and unusable. I feel the same about drinking with meals; you will need to work out the right amount to drink with meals. You don't add coffee, tea or beer to cement, and it really should the same when you eat your meals; just add a bit of water. Watch the difference what comes out the next day, your motions will be better formed. With a bit of trial and error, you too will be able to get your "mix" just right. It's all about trial and error.

Crush This Habit - Eating The Wrong Way Around

One of the most important measures we can take to significantly improve our internal environment is meal reversal, meaning larger meal for breakfast (king) medium sized meal for lunch (prince) and a smaller meal for dinner (like a pauper). I have seen many patients improve on this regime where many other suggestions or treatments to improve their overall health failed. Your body, like everything else in nature, is designed to work in a time-pattern, and the Chinese gained this knowledge several thousand of years ago.

Professor Kurt Richter first discovered this pattern, a well-known American bio-psychologist who died in 1989 aged ninety-four. Dr. Richter discovered in 1927 the biorhythm principle that governs body function.

A whole new science has grown from his early work now known as bio-chronology. By understanding bio-chronology, we learn that our body runs on a body clock and that by understanding the gastrointestinal peak times and troughs we can significantly improve our digestion and health in general.

Stomach – The peak performance of your stomach is between 7.00 – 9.00am, so by including plenty of proteins in your breakfast at this time you will ensure a more complete breakdown of foods rather than eating loads of heavy proteins at your evening meal. Your stomach's activity peaks early in the day and slowly tapers off until mid afternoon. This includes the digestive tract and most organs in general. Most people have a bowel motion on rising (the large intestine is most active from

5.00 – 7.00am) and the excretion of motions is further enhanced by the stomach's activity a few hours later, if you eat breakfast, that is, increasing peristalsis which is a fancy word used in medicine to describe the wave like contractions of your intestines which help propel motions through it.

Small intestine – The peak performance time of the small bowel is between 1.00 – 3.00pm, so as you can see it pays to eat your protein load like a king in the morning, like a prince at lunch and considerably less with your evening meal. Most of your protein digestion and absorption occurs from about 7.00 am until 3.00pm. That is not to suggest that no protein digestion occurs at other times, it is just more concentrated between these hours. I suggest some protein with lunch, but not as much and a lighter grade than with breakfast. I personally prefer eggs with breakfast and fish or a small amount of chicken or fish with lunch. For dinner I suggest that you eat a lighter protein meal like fresh fish or free range chicken, tempeh (fermented tofu), lentils, and beans or perhaps quinoa.

Large intestine – Your colon is most active very early in the morning between the hours of 5.00 – 7.00am. This is the time you want to head to the bathroom, have you noticed? This is a good time to drink plenty of water as well, and be sure to drink plenty of clean, fresh water between rising up until the early afternoon in particular.

21 Best Guidelines For Following The Psoriasis Diet

Here are twenty of the best dietary guidelines for counteracting psoriasis. Food lists are given later in this chapter as well, to assist you in your efforts to stay with these guidelines and achieve the best effect with your diet.

1 Eat real food, fresh foods with every meal. Never skip meals, and it will really pay to snack on fresh foods like vegetables, between meals. Avoid snacking on fresh fruit, too much sugar. Keep away from bread as a snack for a long time if you have a yeast infection.

2 Be sure to eat each day at least one, but preferably two of the following groups: the green leafy group: (spinach, broccoli, salad greens, asparagus, celery, etc.), the colored group (red, yellow, purple, orange like peppers, tomatoes, eggplant, zucchini, etc.) and the candida specifics (coconut, garlic, oregano, fresh yoghurt, etc.). A portion would be from one to several tablespoons.

3 You can eat vegetables in six different ways – raw, steamed, stir fried, grilled, baked or boiled. Raw is best and boiled is the worst. Start with eating small amounts of raw vegetables and plenty of steamed vegetables and start eating less baked and boiled. In time, forget boiling and eat only raw, steamed (lightly) and stir-fried. This way you will destroy considerably less enzymes contained in these foods, and eat foods higher in phyto-nutrients with less chance of depletion.

4 If you want to consume vegetable juices then I would recommend that you don't juice your vegetables with a conventional juicer. They extract the juice only, and you end up throwing away the bulk, or the fiber. The fiber content is important for several reasons, particularly for reducing the chances of constipation and giving the bowel food to grow ample beneficial and friendly bacteria. Both of these reasons are important for those with candida because candida yeast sufferers often get constipated and lack sufficient beneficial bacteria in their bowel.

5 Get a vegetable juicer that pulverizes the whole vegetable, that way you get sufficient fiber. You will be reading a lot more about juicing and the best juicer to buy in this section soon.

6 Your bowel motions will give you a good indication if you consume adequate fiber in your diet. If you consume sufficient vegetable fiber, you bowel motions will improve and be easier to pass. They will be of good size and float more than they would sink. I learned this saying from Dr. Alan Gaby, one of America's leading natural medicine doctors: "small stools = big hospitals, big stools = small hospitals".

7 Eat ten to fifteen serves a week of first class protein, which includes poultry and eggs, seafood including fish and shellfish, and the pink & red meats including beef, venison, pork and lamb. Choose fish, eggs and chicken instead of the pink and red meats. Eat no more than 500 grams (1 pound) of read meat a week, you will read a lot about why you will want to reduce red meats soon in this section of the book.

8 If you crave sweet foods then you are best to eat small amounts of protein foods several times a day. Your blood sugar will be better balanced and you will crave less sweet foods as a consequence.

9 Be mindful that too much protein can constipate, therefore eat plenty of (especially green or highly colored) vegetable fiber in addition. Remember, you bowel motions will be your guide to a large extent. Do the "eyeball test", i.e.; look at your motions daily to see how your digestion is. If you start seeing food particles then you will need to chew your food more thoroughly, and consider staying with the digestive enzyme supplement for some time as well.

10 Eat meats stir-fried, steamed or baked – not microwaved, grilled, deep-fried and preferably not fried. Meats cooked medium rare or medium will be better digested than meat cooked well done. Trim off the fat (but not all, you need saturated fat in your diet) but do avoid meat that is marbled with far too much fat.

11 Drink a glass of water on rising, and another before breakfast and before each meal. It is also best to have a glass of water before bedtime, unless you have to get up out of bed early in the morning. Try to drink six to eight glasses of water daily. Your digestive system will improve tremendously, and this is the most important system to improve when you have psoriasis, and not your skin. So, drink up!

12 A very clever idea is to add one to two drops of liquid grapefruit seed extract to each liter of water you consume throughout the day. I got this tip several years ago from a doctor in America who specializes in psoriasis. It works very well and is most efficient if done for 3 months; if two drops is too much, just add one. This may well be the turning point for you if you have a chronic psoriasis, just this one tip daily (when continued for 3 – 6 months) could mean you are well on the way to a full recovery, especially if you keep your diet clean and healthy. While you are at it, add a drop or two of pure oregano oil to salad dressings.

13 Add lime or lemon juice to your water, it will aid digestion and has an antibacterial and antifungal action. Herbal tea is acceptable, but try to reduce or eliminate coffee and tea. Use a water purifier to filter tap water, preferably a reverse osmosis purifier.

14 Use a good quality sea salt and avoid the supermarket white salt. Useful seasonings to add flavor to your meals are black pepper, caraway, chives, cloves, curry,

paprika, sage, and parsley. Particularly good choices are oregano, thyme, rosemary and marjoram because they are antimicrobial by nature. It is a good idea to grow these herbs and add them to your dishes all spring and summer long. Garlic and ginger should be used daily in your cooking, fresh is best.

15 The best oils to use are extra virgin olive oil, peanut oil, sesame oil, and organic sunflower oil. Avoid canola and mixed vegetable oils. Keep your oils (except olive oil) in the refrigerator and preferably in dark glass bottles. Nice oils to use on your salad as a dressing include avocado, or nut oils such as macadamia or walnut oil. These are more expensive, but you only need to use them sparingly. Coconut oil and coconut milk are particularly good choices as they are anti-fungal by nature.

16 Remember to eat natural foods, and to completely avoid soda drinks, as well as snacks and sweets like candy, biscuits, cookies, donuts, muesli bars (sugars) and other hidden sources of sugars. After you have avoided sweet foods for two to three weeks your cravings will diminish remarkably, take 500mg chromium picolinate with meals if you still crave sugars, you soon will not. Avoiding sugars and hidden forms of sugar is very important in successfully overcoming psoriasis. It is critical that you identify early on the key sweet foods and/or drinks you regularly enjoy.

17 When you go to the supermarket, shop around the outside perimeter, there you will find the fresh produce such as meat, fish, vegetables, and other real foods. The foods in the aisles with be processed and packaged and is best avoided by you, especially in the first month or so. The reason why the perishable foods are situated on the perimeter is to give the shop assistants better access to foods that have a much shorter shelf life; the stuff in the center aisles can last for years due to the inclusion of preservatives, colors, additives and various other chemicals.

18 Eat less with your main meals; it is a good idea to leave the last spoonful or two of food on your plate. A good tip is to buy smaller dinner plates, you can pile a small plate up and think you have a lot of food on your plate, if you pile up food on a large plate – you are eating too much. I've said it before; one of the best forms of exercise is to push your plate away from your stomach, to the middle of the table before you have eaten all the food on your plate. You will be surprised how much better you feel and how easier it will be to maintain your weight. Avoid deserts, and if you get hungry later on, you can always have a little healthy snack.

19 Eat only those foods that you know are healthy for you. We are all human and like to indulge in the not so healthy at times. It is all about balance, but why eat foods repetitively, with which you have a bad relationship? If you know what food is bad for you or brings you down in some way, then simply avoid it.

20 You dietary requirements depend on several different factors such as your age, occupation, your health habits (such as smoking) or taking pharmaceutical drugs for a health condition. It is best that you work with a naturopath or a nutritionally orientated doctor to establish your needs, and it is likewise important that you regularly visit him or her for your follow-up visits.

21 Be sure to take the correct dietary supplements with meals or away from meals that you require to help eradicate candida, restore balance and suit your individual needs. You can read all about dietary supplements in section 4 of this chapter. Again, it is best to work in conjunction with your practitioner in this regard.

This book will give you good guidelines, but for any fine-tuning, be sure to ask your physician, and be sure that your physician gets a copy of my psoriasis book. I can be contacted too for Skype or telephone consultations for distance patients.

22 Last but not least, please don't get discouraged with the Psoriasis Diet; it is only temporary and a means to an end. Tell yourself that a strict adherence is best, particularly in the beginning phases. That way you will overcome your yeast infection along with any accompanying symptoms quicker, and you will soon be on the road to full recovery. I have helped many patients recover from psoriasis and have noticed that one of the most important prerequisites is persistence, the person who sticks with the recommendations and stays on track.

20 Commonly Held Myths In Nutrition

Here are a few of the commonly held beliefs in nutrition in general. Some you may well be aware of while others may be new to you. Many of these myths have been promoted by mainstream health and medical authorities and are viewed as factually correct by many members of the public.

1. A well-balanced diet supplies all of the nutrients in sufficient quantities we need for optimal health and vitality. Fact: this is not true, it is now well established that most people do NOT consume sufficient nutrients through their diet.
2. Processed foods such as bottled, packaged or canned foods contain nutrients sufficient for optimal health and disease prevention.
3. Our foods contain "safe levels" of agricultural chemicals such as herbicides and pesticide residues. The chemical companies would like us to really believe that the human body has evolved sophisticated mechanisms that will allow it to detoxify over 60,000 chemicals it is exposed to in our environment.
4. Chlorine, fluoride and many other chemical residues found in tap water are harmless in the doses found. Unfortunately, they block iodine from working.
5. Vegetarian based diets are best for everyone, and eating a predominantly vegetarian diet will prolong your life.
6. Sugar is a natural part of life, according to the sugar manufacturing companies.
7. The processing of food does very little harm, e.g.; storing, packaging, freezing, coloring, processing, flavoring, gassing and irradiating it.
8. The selection of foods from the five major food groups is good nutrition for everyone; you need no more than this to sustain good health.
9. Food allergies and food sensitivities are rare and affect less than 5% of the population, according to mainstream medicine.
10. Nutritional deficiencies are rare in modern western society; we get all we need from our supermarket-based diet.
11. Fast take-away foods are an acceptable part of a "balanced nutritional program".
12. Alcohol is safe and harmless when consumed in small quantities.
13. Milk is an essential food for the growing child, lack of it will cause bones to crumble and the person will develop osteoporosis. It is interesting to note that countries with the highest intakes of dairy products have the highest levels of osteoporosis, while countries with the lowest levels of dairy intake have in fact the lowest levels of osteoporosis.

14. Foods have little influence on behavior, learning, emotions and long-term health and wellbeing of the individual.
15. If we suspect a nutritional deficiency, all we have to do is to increase the quantity of foods we eat to correct it, or take a pill containing those missing nutrients.
16. Organically grown fruits and vegetables are totally safe to eat and contain more nutrients than supermarket purchased fruits and vegetables.
17. Taking dietary supplements is useless, a waste of money and even "fraudulent" according to some mainstream medical websites.
18. Real butter and eggs are bad for your heart and cause an "elevation in cholesterol", we are told to eat margarine and eat little in the way of eggs.
19. Nutritional supplementation produces expensive urine. You may like to see Dr. Linus Pauling speaking on "expensive urine" on YouTube.
20. Dietary manipulation and nutritional supplementation have absolutely no influence on diseases that have a genetic component, e.g. cancer, diabetes, arthritis, cardiovascular disease, according to one leading American medical website.

Are You Eating For Emotional Comfort?

"Do not bite at the bait of pleasure till you know there is no hook beneath it." *Thomas Jefferson*

How do you deal with feelings of anger, anxiety, frustration, fear, stress, loneliness, conflict, depression or disappointment? Do you find comfort in food? Are you a patient I've see in the clinic who is trying one weight loss plan after another, or are just constantly on a diet, but in spite of a "perfect diet and exercise program" never seem to be losing weight? When you feel frustrated or disappointed with events or people, is the answer to eat something sweet? If you answered several of these questions with resounding 'yes', then I may call you an emotional comfort eater. Sure there are many reasons why you are not losing weight, it may well be your thyroid gland. But in many cases, it will be how you eat, what you eat and more importantly, why you eat, and under what circumstances.

Emotional eating is the practice of consuming large quantities of food in response to how you are feeling at the time, instead of when you actually feel hungry – usually involving the comfort of junk foods. I have spoken with many nutritional and dietary experts over the years, and some estimate that many cases of overeating are caused by feelings, which means that many of us at times are guilty of using food as a prop to cope with how we feel emotionally at the time. Am I saying that most cases of obesity are caused by emotional reasons underpinning the eating problems? No, I am not, it is generally a combination of faulty lifestyle and dietary habits as well as emotional issues that cause weight issues with people.

Many people today eat too late at night, don't chew their foods sufficiently, eat in a hurry, skip meals, over-eat or have too large a portion size. And others simply don't prioritize eating anymore or cook good wholesome meals like their grandparents used to. So you can see, there are many issues here that can account for a person being overweight. Take a look at your favorite treat or snack food right now.

Is it chocolate or ice cream? Is it home baking? Is it licorice, candy or perhaps biscuits (cookies) like my dad used to eat in large quantities? I think you may be starting to get the picture by now. Some adult patients I see were overweight as kids. As an overweight child, they may regularly turn to junk food to relieve feelings they simply couldn't deal with. And we know from ample research that big kids have a much higher risk of developing obesity, diabetes and heart disease as adults. And as these big kids grow into big teens, overeating causes them more feelings of guilt, disgust and failure. Then there is the ridicule, the shame, the bullying and the comfort in computer games, the couch and remote control and the fridge or pantry.

Maybe you can identify with the emotional overeater, and even though you're eating and emotional thought patterns may not be as extreme – you might still be labeled as someone who eats for comfort.

What are the consequences of emotional eating? Basically, the comfort one finds from eating is only very temporary. Comfort eating does not resolve life's issues or feelings anymore than a credit card solves your financial woes. This type of eating leads to long-term consequences such as emotional instability, the guilt and shame and poor self-esteem as well as the physical problems that eating too much brings like obesity, digestive disorders like candida, skin problems like psoriasis, blood sugar problems like diabetes and heart and circulatory problems that the increased body weight causes.

Keeping A Food Diary

So what are some practical steps you can change eating for comfort patterns? You can start for example by logging when you eat and are not actually hungry. Do this for one week, and ask yourself – what triggered my need to eat? Were there any thoughts, such as stress, conflict, disappointment, fear, or anger driving me to food?

Think about the events that took place the day before eating and write out in detail what occurred prior to eating for comfort versus eating for hunger. It may have been a while since you actually ate because you felt hungry. Eating, though an enjoyable activity should be based on being hungry, and not pleasure. When was the last time you got hungry and then ate? I prefer overweight people to go on detox programs and juice fasts; it lets them experience what it is like to feel the need to want to eat which is not based on emotions, but rather the need to eat based on being hungry.

Maybe you don't use food for comfort all the time. How could you begin to use the healthy coping skills you practice more often? Identify any healthy coping skills you use in response to the emotional triggers you have discovered.

Let's Explore And Deal With Feelings

Better to eat a dry crust of bread with peace of mind than have a banquet in a house full of trouble. *Proverbs*

The next step is to implement interventions and a strategy for dealing with the anger, resentment, depression, low self-esteem, fear and stress underlying the eating for comfort syndrome. Your emotional feelings underpinning you wanting to grab something sweet are indicators that something is not quite right in your life right now. Deal with your feelings directly by asking yourself "what is the issue I am facing and is it valid?" Once you identify these core issues in your life underlying the eating for comfort, you can then begin to work on healthy coping skills. Are you ready to face the core issues? Do you really once and for all want to get a handle on those love handles? Patients with major weight issues most always have major digestive issues that go

along with it, and candida yeast infection, digestive problems and psoriasis will not be that far away when you explore the typical comfort foods.

The Psoriasis Diet May Cause You To Lose Weight

After treating many patients with psoriasis over the years, I have discovered that when many adopt a strict psoriasis diet, they invariably lose weight. I often get emails from patients about their weight-loss concerns on the anti-psoriasis diet, and I reassure them that it is nothing to worry about because their weight will stabilise over time. Most of us are too heavy and eat too much food anyway, and that's a fact. The ideal percentage of bodyfat is about 12 to 15 percent for men and roughly 18 – 20 percent for females. Remember, if you do not stay active or exercise as you age you will loose muscle size and this is often replaced by fat.

Losing weight is a struggle for most of us, but NOT for those on the psoriasis diet. Why? – simple, the key foods that tends to drive psoriasis symptoms up are the key foods that allow you to gain weight in the first place – the carbs and sweet foods. And these are often the foods and drinks that many of us are addicted to and find it hard to reduce or eliminate from our diets – bread, alcoholic drinks, candies, cakes, biscuits, soda drinks, take-away foods, etc. I'll bet that when you look at the psoriasis diet you may be thinking: "But those are some of my favourite foods, how am I ever going to avoid them in my diet". This is a key reason why you have not eliminated those bad bacteria or candida overgrowth from your digestive system - until now, you probably never tried hard enough or long enough to eliminate them.

I'm not at all suggesting that all overweight persons have psoriasis, but I am suggesting that many people who are overweight would benefit from my psoriasis diet approach considerably. The diet is very healthy and you will lose weight if you are overweight, there is no doubt about it. The bonus is that as your weight drops off, your metabolism will begin to normalise and so will your appetite.

Health Tip:
Eat small amounts of whole grains daily to avoid weight-loss
Some people who are losing weight too rapidly on the anti-candida diet will benefit in eating small amounts of safe grains like quinoa, brown rice, millet or buckwheat to curb their weight loss. They should aim for ¼ to ½ cup per day initially, and then increase to suit if they don't aggravate. This will also make their diet more interesting and help to avoid boredom. Many people will want to lose some weight anyway, and for those that weight gain is not necessary (and especially where weight loss is desired) then I'd recommend you follow my dietary recommendations carefully, and these include taking all grains out initially and slowly adding them back into your diet.

Why No Refined Carbohydrates, Yeasts and Sugar Containing Foods

It is a known fact that excessive carbohydrates in the diet (especially sugars and grains) in some people encourage psoriasis for several reasons:

1. Eating refined sugars, in particular, depletes B-complex vitamins, as well as zinc, manganese, selenium and many other vital nutrients.

This can worsen the body's immune response and other defenses against yeasts and other parasitic organisms.

2. Sugar is also the food that nourishes bacteria and yeast organisms. The more of it one eats, the more fuel that is available for the growth of yeast organisms in the intestines. Some of the sugars one eats may even nourish yeasts that live in the vagina, on the skin or elsewhere.

Eliminate Sugars Of All Kinds, Including Fruits And Most Dairy Products

As I have mentioned before on numerous occasions, get your digestion right and watch how your psoriasis improves. Remember, it is that yeast overgrowth you will want to conquer primarily, and candida's main food supply is a steady supply of sugar and carbohydrate-rich foods and all forms of it such as lactose contained in dairy products (except butter), honey, maple syrup, molasses, glucose, fructose, lactose, and sugar substitutes, i.e. NutraSweet, aspartame, saccharin, etc. – see list below. Eliminating sugar is the most important part of the psoriasis program.

My psoriasis dietary approach is similar to Dr. Galland's approach. Dr. Leo Galland is one of America's most experienced doctors specializing in digestive disorders, recommends the following dietary approach for patients with bacterial and yeast issues affecting their digestion:

- Low-sugar and low-yeast and a predominantly dairy free diet *to* begin with. Lactose-free milk may be OK if you are not dairy food intolerant or have a dairy allergy.
- Complex carbohydrates are allowed, but caution with the high starch vegetables initially.
- If patients don't improve, they go on a *very low-carb diet* for 2 or 3 weeks.
- Then, most people can increase their complex carbohydrates without problems.

How To Break The Sugar Addiction

If Obama wanted to make radical changes to America's health long-term, all he has to do was treble the price of sugar. *Jamie Oliver*

If you want to break the sugar addiction, give yourself at least 3 months, because that is how long it can take for you to break away from this extremely addictive substance. Because sugars and refined carbohydrates are so addictive, the first few days of being off them can be quite difficult. There is no doubt; you will experience cravings and withdrawal symptoms. And after about 4 days the cycle will be broken, and you could try some sugar to get an idea of what it has been doing to your body. I can assure you, it isn't pleasant experience.

To repair your body's digestion to the point where it can tolerate small amounts of unprocessed sugars, it can take from 3 to 6 months. This allows you not only to wean off that sugar addiction, but it also gives your digestive system the time it needs to heal and to develop the health bacterial flora so important in keeping that psoriasis at bay. One of the best ways to wean off sugar is by following a whole food plan just like I have outlined in my psoriasis program.

After your health starts to improve significantly, you can start testing small amounts of whole sugar foods like pure maple syrup, malt extract, and honey. If you notice the burping, bloating and gas production again, then reduce and stop these sugary foods and focus on the whole foods again. Once you begin to re-introduce these sweet foods into your diet, do it slowly and carefully. It is a good idea to remain on the probiotic during this stage as well, and this is one of the main reasons why the probiotic is the last dietary supplement for you to stop taking during my psoriasis program.

I've discovered that patients with psoriasis loves sweets, and if their yeast overgrowth does not get fed on the most refined of carbohydrates (the simple sugars), honey or molasses will do. Yeast is not fussy, it will feed on the sugar you supply it in your diet, whether it be a refined sugar or a less refined sugar like the fructose in fruit which will be perfectly acceptable. The more severe your yeast infection, the higher the demand for these sugars will be, and the more pronounced the symptoms of psoriasis, as well bloating and gas which will be as a consequence for some people. Sugar is also contained is most processed foods such as smoked luncheon meats, tomato sauce (ketchup), soup, etc. so reading labels carefully is very important. Reading labels can be tricky if you don't know the many names of sugar and sweeteners. Here's a partial list to help you.

Names For Sugar, The Natural And Artificial Sweeteners (Partial List)

Aspartame, carob powder, corn starch crystalline carbohydrate dextrin dextrose, disaccharides, fructose, galactose, glucose, high fructose corn syrup, levulose, malts of any kind, maltitol, maltodextrin, maltose (malt sugar), mannitol, mannitol, mono-saccharides, sucrose NutraSweet, polydextrose, polysaccharides, ribose, saccharin, sorghum, suamiel, succanat. Please note, not all sugar substitutes directly feeds candida, but all of them damage the immune system, and most are neuro-toxic (causing damage and disturbances to the brain and nervous system).

Sugar Depresses The Immune System

The fact that sugar greatly depresses the immune system has been known for many years, mainly because of the work of Linus Pauling. Pauling is the only person ever to have received two unshared Nobel Prizes, one for Chemistry (1954) and for Peace (1962). He concluded that white blood cells need a high dose of vitamin C, and so he developed his theory that high doses of vitamin C were needed to combat the common cold, the flu and even cancer.

A strong and powerful immune system is vital if you are to beat psoriasis, so therefore it is in your best interest to keep your immune system strong and vibrant.

Did you know that vitamin C and sugar have similar chemical structures so that means they compete with one another for entry into your body's many trillions of cells? If there is more sugar around, less vitamin C is allowed into the cell, and vice versa. It is interesting that taking vitamin C also helps curb sugar, alcohol and high carbohydrate cravings.

Since our bodies cannot make vitamin C on it's own it must be obtained from foods or supplements on a daily basis. Try taking 1,000 to 2,000 milligrams of vitamin C daily if you have strong sugar cravings. You might be quite surprised to find that you no longer want that ice cream or cookie after your main meal.

A Few Of The Hundreds Of Bad Effects Sugar Has On Health

- Sugar contributes to the reduction in defense against bacterial infection
- Sugar feeds yeast, and is candida's favorite food
- Sugar upsets mineral relationships in the body
- Sugar interferes with absorption of calcium and magnesium
- Sugar can interfere with the absorption of protein
- Sugar can change the structure of protein
- Sugar can increase the body's fluid retention
- Sugar can cause hormonal imbalances
- Sugar is an addictive substance and can be intoxicating, similar to alcohol
- Sugar reduces oxygen to your cells
- Sugar makes you sick and fat

Sugar Causes Insulin Resistance
Insulin is a hormone secreted by the pancreas. It helps the body utilize blood glucose (blood sugar) by binding with receptors on cells like a key would fit into a lock. Once the key insulin has unlocked the door, the glucose can pass from the blood into the cell. Inside the cell, glucose is either used for energy or stored for future use in the form of glycogen in the liver or muscle cells.

The body's cells become insulin resistant because they are trying to protect themselves from the toxic effects of high insulin that is required to regulate blood sugar levels when the diet is high in sugar and/or carbohydrates. This causes the cells to down-regulate their receptor activity and the numbers of their receptors so they don't have to receive the noxious sweet stimuli all the time. It is like having constant loud disgusting music being played and you just have to turn down the volume or you will go insane! Insulin resistance leads to blood sugar problems like hypoglycemia and diabetes, and to high blood pressure.

Sugar Makes You Sick And Fat And Here's How
A less known fact is that insulin also stores magnesium. But if your cells become resistant to insulin you can't store magnesium, so it is lost through urination.

Intracellular magnesium relaxes muscles. What happens when you can't store magnesium because the cell is resistant? You lose magnesium and your blood vessels and muscles constrict. This causes blood pressure to increase and reduces energy since intracellular magnesium is required for all energy producing reactions that take place in the cell. But most importantly, magnesium is also necessary for the action of insulin and the manufacture of insulin. When your insulin is raised, you lose magnesium, and the cells become even more insulin resistant. It becomes a vicious cycle that begins even before you were born. This is another very good reason not to eat sugar and high carbohydrate foods.

If I Can't Have Sugar, What Sweetener *Can* I Have?

I've discovered that Stevia and Xylitol are the only sweeteners allowed for psoriasis patients, but they should then only be consumed in *very* small amounts and not during the first three to four weeks, because like all sugar (and artificial sweeteners) it will increase cravings for sugar and high carbohydrate foods.

I have found that Xylitol is the better option; it has the ability to inhibit streptococcus bacteria and has even been endorsed by the US Dental Association as being safe for children in terms of dental caries.

Xylitol has proven anti-bacterial and anti-fungal properties and is very heat stable. I use it in cooking and baking and it tastes great. It is important to remember – only *small amounts* of Xylitol, but do avoid Xylitol in the first three to four weeks. As you progress through the various stages and improve, you can have small amounts of Xylitol and Stevia.
Whenever I see a patient with severe psoriasis issues, I prefer they abstain from ALL sweeteners for as long as it takes for them to:

A) – Break the sugar or sweet addiction cycle
B) - Learn to be able to go shopping without the need to buy a sweet treat
C) - Have balanced their digestive flora (no bloating, gas, etc.)
D) - No longer need sugar between meals (tea of coffee) or after meals (dessert)

Sweet Tip: Gymnema And Vitamin C For Sugar Cravings
Have you heard about an herb called gymnema sylvestre? This herb reduces the taste of sugar when it is placed in the mouth. From an extract of the leaves were isolated glycosides (an herbal chemical compound) known as gymnemic acids that exhibit quite a profound anti-sweet activity. This effect lasts up to about 2 hours after you place some of the liquid herb in your mouth, and you only need a tiny amount on your tongue. It is believed that gymnema may block sugar receptors on the tongue, so it perfect to carry a small bottle around with you if you have "killer" sweet attacks in the first month when following the Psoriasis Program. Gymnema has no side effects, but it does taste somewhat bitter, but you soon get used to it. It does it kill any good bacteria or cause die-off; it just suppresses the sugar cravings.

Vitamin C is another good option if you have sweet cravings, and I recommend you take 1,000 milligrams in the morning and another 1,000 milligrams in the afternoon. Take before meals, and if you find that it only helps a little then increase your dosage to 1,000 milligrams three times daily. Vitamin C can be used in conjunction with gymnema. Just make sure your vitamin C powder does NOT contain any sucrose (sugar), because many do!

Grains To Eat And Grains To Avoid

After two weeks you can eat quinoa, amaranth, millet and buckwheat again. I prefer it if patients remain off all wheat, oats, barley and rye products as well, not only for the first two weeks, but for a full month at the very least. This is where the real weight loss may certainly occur. You should be able to have wheat again in a month or so after you start the psoriasis diet, and if you do then only eat flat breads that have been made with only with whole meal flour, salt and water. Make sure there are no yeasts or sugars in this bread, and preferably buy high quality organic stone-ground flour and make your own flat bread.

The main grains and flours to avoid are commercial wheat, white flour, white rice and any refined, puffed or extruded cereals you get in those boxes from the supermarket shelves. They are highly refined and stripped of their goodness during the processing. They just clog up your digestive system because these "foods" become a gluey, sticky mess in your bowel. This results in a potential toxic build-up, reduces your immune function and just contributes to psoriasis growth.

I recommend that you eat brown or wild rice, quinoa, millet and buckwheat. I have started to really enjoy quinoa and have incorporated it into my diet considerably. You will find that quinoa can be cooked in small amounts for breakfast, lunch or dinner. It can be added to most salads, as a side dish or be included on your plate with your evening meal. It is high in very protein and gluten free and perfect for those who have a yeast infection. You read about quinoa earlier a little further ahead.

Eliminate Any Foods High In Carbohydrates

This is a difficult area, some say to eliminate ALL carbs from the diet initially, others say that carbs are ok. My experience has taught me with patients that complex carbs are *probably* fine, but the refined ones are definitely not fine.

Although some people with psoriasis can react very strongly to complex carbohydrates, it is a matter of trial and error really. If you find that you react to a complex carbohydrate food strongly – like potato, pumpkin or corn, then avoid most all complex carbohydrates for up to three weeks before you re-introduce.

Psoriasis can also be exacerbated by consuming high carbohydrate foods such as starches and grains, including breads, pasta, pizza, cereals, baked goods, beans, potatoes, peas, lima beans, etc. Some high starch vegetables must also be avoided strictly by some because they are also high in sugars and/or carbohydrates, i.e. beets, squash, corn, maize, parsnips, sweet potatoes, yams, carrots, etc. Once again, you will need to see what suits you and what doesn't. Take your time and work out the key foods which aggravate your condition, you will be able to tell pretty quickly with these potentially aggravating carbohydrates in your diet. You will either feel OK when you have them or you don't.

These high carb, or starchy, foods store their energy as complex strands of sugar molecules (starch), which acts just like sugar in the body. That is why grains are just as addictive as sugar. After taking all sugar and grains out of your diet for a few weeks you will find your craving for both of them will decrease.

A high-complex-carbohydrate diet is nothing more than a high-glucose diet or a high-sugar diet, albeit harder to digest. All carbohydrates turn into glucose (blood sugar) in the body, and 58% of protein and 10% of fat are also converted by the body into glucose. Our body can fulfill all of its blood sugar requirements by a diet of proteins and good nature-made fats alone. That is why Eskimos are very healthy on their natural diet of only meats and fats.

Why You Should Avoid Starches And Grains Initially

Eliminate all grains, seeds, nuts and legumes. Please note that legumes are plants containing seedpods, i.e. beans and peas, and by legumes I don't mean fresh or frozen green, yellow or string beans. Peanuts are legumes, and soy is too, they are highly allergenic to some people and are best avoided by those with psoriasis as well for some time, and this includes peanut butter as well. It you like peanut butter then try tahini, it is a paste made from sesame seeds and is delicious.

Psoriasis Patients Are More Prone To Low Blood Sugar

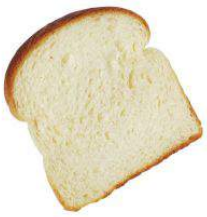
These are several good reasons why psoriasis sufferers would do well to eliminate starches and grains, and in some instances the high carbohydrate vegetables.

Most all grains can potentially aggravate psoriasis because they have a high glycemic (GI) index just like sugar, and like sugar they feed candida and create insulin resistance within the cells.

I have seen plenty of psoriasis patients over the years with blood sugar problems, especially hypoglycemia (low blood sugar), and there are a couple of reasons why they have developed these issues, here are some of the main reasons:

- Some psoriasis sufferers eat fruit, and plenty of it, because they have started to react to many different sweet foods which they crave but haven't figured out that many fruits are equally as bad when it comes to food reactions.
- Some psoriasis sufferers have very restricted diets but continue to snack on dried fruits with the fallacious belief they are eating a "healthy" snack.
- Some psoriasis sufferers skip meals or haven't quite figured out yet that small meals or snacks has a more stabilizing effect on their blood sugar levels, as well as mood and energy control.
- Other psoriasis patients I have seen who used to eat plenty of take-out, drink alcohol or Coca Cola every day, love chocolate bars, etc., have made an abrupt and sudden change in their diet and decided to "go healthy" very suddenly. Some of these psoriasis patients have ended up in trouble with weakness, fatigue, dizziness, nausea, headaches, and the many other abnormal signs and symptoms associated with abnormal blood sugar control. For these patients I recommend a good dietary supplement (containing chromium, B vitamins, zinc and magnesium) to help them overcome these issues. Their body will adapt to the new diet in about a two to three weeks period.

Gluten May Cause Problems In Those With Psoriasis



Certain grains contain gluten, which is an elastic gluey protein found in wheat, rye, barley, oats, spelt, kamut, and triticale, and it is hidden as well in an endless variety of processed foods. Triticale is a new hybrid grain with the properties of wheat and rye, while spelt and kamut are gluten-containing wheat variants despite claims to the contrary, and are likely to cause problems in the gluten department similar to other wheat varieties.

Gluten is a protein that is difficult to digest, and can potentially cause a great deal of intestinal damage. This damage, combined with the effects of yeast overgrowth so common in those with psoriasis, can make the intestines incapable of absorbing nutrients such as proteins, carbohydrates, fats, vitamins, minerals, and even water, in some cases. In my experience, many psoriasis sufferers have become gluten intolerant, and I have seen some even being diagnosed with celiac disease prior to finding out about psoriasis. What I have found in many cases is that these patients can go back and enjoy their daily bread once their underlying digestive issues became resolved. In my opinion, all too many people use the "I'm gluten intolerant" line without a thorough investigation as to the main causes of their digestive issues.

It is easy to point the finger and blame one protein found in food, but there are so many causes as to why they have developed a digestive problem that it can become very difficult to work out what went wrong in the first place.

Many practitioners find it easier to make the recommendation to "avoid all gluten" for the rest of the patient's life, rather than to spend an hour or two in the clinic trying to establish the real underlying factors of their patient's digestive problems (or other health complaints) and place the blame on gluten instead.

"But wait a minute Eric, I took my patient off all gluten products and she is feeling so much better" you may say if you are a doctor. Yes, I believe it, but remember also that this patient has become a lot more wellness focused instead of disease centered and made several other changes to her life such as drinking more water and less wine, making better dietary and lifestyle choices in general and then she tells you that gluten was the main culprit. Was it the peanut butter or sweet spread she had on her bread, did she take a probiotic around the same time she stopped gluten, thereby correcting a poor bacterial digestive issue.

Many changes occur to a patient's diet and lifestyle simultaneously, and it is almost impossible to implicate gluten as being the number one cause for all her health problems. After saying all this, I do believe that in many chronic cases of psoriasis it makes a lot of sense to remove all wheat products temporarily just like any other potentially allergenic food, at least until good improvements occur at which stage they can be re-introduced later. People love wheat, and to deny them from eating bread lifelong is not right in my opinion; besides, most all people will gravitate back to the foods they love to eat regardless of who they see for their health problems. Gluten is innocent until proven guilty in my opinion.

The Gluten Allergies And Psoriasis Connection

Some experts believe that there is a direct link between psoriasis and a gluten allergy, and I believe there is after having noticed how many patients I've seen who were diagnosed as being gluten sensitive or celiac, who could once again eat wheat and gluten products without any aggravations after having followed the my Psoriasis Program. It certainly is worth trying to avoid all foods containing gluten if you have tried everything else, to see if there is a link.

But it's not just the naturopathic doctors who recommend that patients trial a "no gluten" approach to see if it makes a difference to their psoriasis. Dr. Valori Treloar, a Boston-area (USA) dermatologist and certified nutrition specialist, tells her psoriasis patients to significantly increase their intake of vegetables, and also makes the recommendation for her patients to temporarily abstain from gluten to see if it makes a difference to their psoriasis. I've noticed on the National Psoriasis Foundation message board that there are many postings about going gluten free, and many patients have made positive comments, but for some it has made no significant difference, so it's all really trial and error.

There is a protein within the cell wall of the yeast candida albicans (Hwp-1, also known as Hyphal Wall Protein-1) that allows candida to attach itself to the cells of the intestine. The body's immune system does not recognize Hwp-1 as being that much different from the intestinal cells, allowing candida to remain in our digestive system. The configurations of the amino acids that make up Hwp-1 protein are very similar to the proteins α-gliadin and γ-gliadin found in gluten (wheat, barley, rye) products. Over time, the yeast cells begin to change and are not as fixed as the gliadin proteins, they die, their colonies expand and they hyphenate, sending out spores.

The immune system becomes challenged and mounts a response that not only includes an attack on the Hwp-1 protein, but also on the similar gliadin protein as well. Cross-over allergic reactions begin to occur as the immune system becomes confused, and as the immune system becomes increasingly sensitized to the effects of gluten, leading to celiac disease being triggered in susceptible people.

Because the immune system is confused and cannot readily distinguish between the Hwp-1 proteins and specific gluten proteins, it can lead to a condition known as auto-immunity. And guess what, psoriasis is called an auto-immune disease, and this is how celiac disease may even be caused for all we know. Have you never wondered why perfectly healthy people all of a sudden become "gluten intolerant"? There is always a cause, but it is generally never sought for, and this has lead to a whole new industry and mindset, the gluten free movement.

As I've mentioned previously, I have discovered in the past several years that when some psoriasis patients who have been diagnosed with gluten intolerance, and who finally improved their digestion to a high level of optimal functioning, that they could finally go back to enjoying their daily bread again. And this was achieved by diet change, and dietary supplements including digestive enzymes, probotics, as well as various anti-fungal medicines.

In view of the Hwp-1 protein and psoriasis connection and the development of gluten sensitivities, does this not make sense to you? Many people with gluten sensitivities have had a digestive problem that has not been thoroughly investigated, and the person certainly did not suspect an underlying parasite, bacterial or yeast infection. Did they ever have a comprehensive stool test performed to determine what bacteria; parasites or yeasts were involved before they decided to go gluten free? Did they ever try a strict no-sugar diet while treating their digestion for bugs? Did they strictly avoid all alcohol, soda drinks, chocolates, etc.? Probably not, they just took gluten out of their diet, end of story. But if the psoriasis patient had tried to commit to working on improving their digestive function to a high level, they would probably find that they actually could go back to eating wheat products again with minimal aggravation.

Over the past several decades, there has been a sharp increase in people diagnosed with gluten sensitivities and celiac disease. Ulcerative colitis cases have sky rocketed, and Crohn's disease is seven times more likely in those who are sensitive to gluten. It has been estimated that an incredible 1% of the population is celiac, with the majority not even knowing they have a problem with gluten. Some health experts believe that gluten sensitivities and celiac disease is totally understated, and in their efforts to understand why there could be such a rapid increase they have been looking for clues as to why there could be such a rapid increase. My guess is antibiotics, alcohol, pharmaceutical drugs, sugars and processed foods and the increasingly stressful lifestyles we all tend to lead. Those with psoriasis who believe they have gluten issues in my opinion should really try and stick with a yeast, bad bacteria and parasite eradication program for 6 months before they give themselves a life sentence of gluten avoidance.

Best Grains Are Buckwheat, Quinoa, Amaranth And Millet

Grains that are safer to consume are more seed-like than grain-like, and they do not contain gluten. These grains include amaranth, buckwheat, millet and quinoa. Brown rice is also a safe grain for those with candida.

Some people say to avoid all grains, including buckwheat, quinoa, amaranth and millet until you have progressed far enough on a psoriasis program so your body can handle them. This is simply not true; it may be for some of the most extreme cases (like 2%) but is certainly not a major factor for the other 98 percent in my experience.

Some psoriasis patients I have seen have a tendency to lose too much weight rather quickly, and they will need to eat small amounts of safe grains to stop their weight loss. It is really all about trial and error here, there are no rules when it comes to buckwheat, quinoa, amaranth and millet, and I recommend that you experiment to see what is right for you. It is a great idea to avoid gluten containing foods for a period of several months if you have had severe and recurrent psoriasis, which may includes lots of skin aggravations and maybe even digestive problems for a long time, especially if you have been attentive to eliminating any other potentially allergic foods from your diet (like milk, oranges, peanuts, fish/shellfish, etc.) but have never tried in earnest to remove all wheat and gluten products. The stage 2 component of the psoriasis diet involves removing any potentially allergenic foods from your diet, and will cover this aspect more in depth.

Quinoa

Have you ever tried quinoa? I first tried quinoa several years ago but have started to eat it more over the past two years. I love this tiny white colored seed called quinoa, and have become used to cooking and eating it, this grain satisfies my taste buds as it has its own subtle yet distinct taste which tells me that quinoa will end up becoming one of my favorite foods, just like avocado, after I began to appreciate the subtle flavors of the avocado flesh many years ago.

Quinoa originated in the Andean region of South America, where it has been an important food for more than 6,000 years. In contemporary times this crop has come to be highly appreciated for its nutritional value, and the United Nations has classified it as a super crop for its very high protein content (12%–18%). Unlike wheat or rice, which are low in lysine, quinoa contains a balanced set of essential amino acids for humans, making it an unusually high protein complete food. This means it takes less quinoa protein to meet one’s needs than wheat protein. It is a good source of dietary fiber, is 100% gluten free and considered very easy to digest.

Quinoa is a very easy food to prepare as well, it has a pleasantly light, fluffy texture when cooked, and its mild, slightly nutty flavor makes it an excellent alternative to white rice or couscous. Once you get into the habit of eating and snacking on fresh and wholesome foods like quinoa and avocado, your taste buds and sense of smell will develop significantly. You will find that confectionary like chewing gum and even chocolate in time will lose its sparkle. Who knows, you may even end up disgustingly healthy one day.

Quinoa is pronounced "keen-wa" and is a complete protein grain, meaning it contains all the essential amino acids required each day. Did you know that quinoa contains 50% more protein that wheat? When cooked, quinoa expands to four times its volume. This amazing grain contains plenty of nutrition including lysine, iron, phosphorus, magnesium, vitamins A, E and B as well as double the calcium of most other grains.

Tips For Preparing Quinoa

Like any grain from a third-world country, always wash carefully. It is not unheard of for quinoa to contain tiny pebbles or grains of sand. While the processing methods used in the commercial cultivation of quinoa remove much of the soapy saponins that coats quinoa seeds, some people believe that it is a good idea to thoroughly wash the seeds to remove any remaining saponin residue.
An effective method is to run cold water over quinoa that has been placed in a fine-meshed strainer, gently rubbing the seeds together with your hands, or rinsing it in ample running water either in a fine strainer or in cheesecloth. To ensure that the saponins have been completely removed, taste a few seeds. If they still have a bitter taste, continue the rinsing process.

Cooking Quinoa

A common cooking method is to treat quinoa much like rice, add one part of the grain to two parts liquid in a saucepan.

After the mixture is brought to a boil, reduce the heat to simmer and cover. One cup of quinoa cooked in this method usually takes 15 minutes to prepare. When cooking is complete, you will notice that the grains have become translucent, and the white germ has partially detached itself, appearing like a white-spiraled tail. If you desire the quinoa to have a nuttier flavor, you can dry roast it before cooking; to dry roast, place it in a skillet over medium-low heat and stir constantly for five minutes.
Since quinoa has no gluten content, it is one of the least allergenic grains, but its flour needs to be combined with wheat to make leavened baked goods. Quinoa flour can be used to make pasta, and quinoa pastas are available in many natural foods stores

Quinoa Flour

Quinoa flour can be used in wheat-based as well as gluten-free baking. For the latter, it can be combined with sorghum flour, tapioca, and potato starch to create a really nutritious gluten-free baking mix. A suggested mix is three parts quinoa flour, three parts sorghum flour, two parts potato starch, and one part tapioca starch.

Lastly, quinoa may be germinated in its raw form to boost its nutritional value. Germination activates its natural enzymes and multiplies its vitamin and mineral content. In fact, quinoa has a notably short germination period: only 2-4 hours resting in a glass of clean water is enough to make it sprout and release gases, as opposed to 12 hours overnight with wheat. This process, besides its nutritional enhancements, softens the grains, making them very suitable to be added to salads and other cold foods.

Quinoa Serving Suggestions

There are many ways you can serve up this tasty grain, I like to just simmer it in a little beef of chicken stock and have it as a side serve instead of rice occasionally.

- Vegetables and seasonings can also be added to make a wide range of dishes. It is also well suited to vegetable pilafs.
- Quinoa can serve as a high-protein breakfast food mixed with almonds, or berries; it is also sold as a dry product, much like corn flakes.
- As a snack food, quinoa can be toasted in a dry pan over medium heat until it is browned and mixed with a muesli, fruit (fresh or dried), coconut strands, or just eaten by itself.
- Combine cooked chilled quinoa with pinto beans, pumpkin seeds, spring onions & coriander. Season to taste & enjoy.
- Add nuts to cooked quinoa and serve as breakfast porridge.
- For a twist on your favorite pasta recipe, use noodles made from quinoa.
- You can even sprout the seeds in just a few hours. Sprouted quinoa can be used in salads and sandwiches just like alfalfa sprouts.
- Add quinoa to your favorite vegetable soups.
- Ground quinoa flour can be added to cookie or muffin recipes.
- Quinoa is great to use in tabouli, serving as a delicious and wheat-free substitute for the bulgur wheat with which this Middle Eastern dish is usually made.
- Quinoa Sushi - does this sound a little crazy? Try this dish, you will love it, it is not crazy at all, you will find recipes online.

Grains Are Best Soaked, Sprouted Or Leavened With Sour Dough

Grains, nuts, seeds, and legumes are best properly prepared in order to make them much more nutritious to eat. There is some talk about the benefits of preparing these foods before consumption. This is because they contain phytic acid which combines with calcium, magnesium, copper, iron and especially zinc in the intestinal tract and potentially blocks their absorption.

This is why a diet high in such foods may eventually lead to mineral deficiencies, bone loss and symptoms including dizziness, and even erratic unstable heartbeats in some.

Improperly processed grains, seeds, nuts, legumes, bran, etc. may cause irritable bowel syndrome, and various other adverse affects. I have witnessed this with several psoriasis patients who have gone all out in their quest for optimal health and who moved away from the conventional grains such as white rice and wheat and introduced a diet rich in amaranth, beans and peas, buckwheat, quinoa and more. In some instances their health deteriorated and I feel it was because they did not prepare these foods properly and introduced them too quickly.

Soaking seeds and grains also removes the enzyme inhibitors that impair digestion and cause gas. It is especially important to soak grains if you have poor or weak digestion, have food allergies or leaky gut syndrome.

Sally Fallon – Nourishing Traditions

If you want to get optimum nutrition as a psoriasis patient from these wonderful foods, proper preparing involves soaking that allows the natural enzymes, lactobacilli and other helpful organisms to break down and neutralize the phytic acid and their protein blocking enzymes. Therefore all of these "new" grains are best when properly soaked, spouted or better still, leavened with sour dough. This will dramatically improve their ability to be digested, and it is best that most nuts, seeds, and legumes are soaked in a slightly acidic medium like liquid whey (Molkosan), lemon juice or a good organic apple cider vinegar. I can highly recommend that you buy a copy of Nourishing Traditions by Sally Fallon; this book is simply one of the best and will teach you the best ways to select, prepare and cook healthy natural foods.

I have not seen a better book in terms of healthy cooking, you will soon find that your copy will be well used, be sure to cover it with plastic to avoid it becoming soiled like my copy has become. If you ever get a chance to hear Sally speak, do go to one of her most enlightening seminars on healthy eating.

Eliminate Dried Fruits

A common misconception is that dried fruits are a healthy addition to your diet. Dried fruits like raisins, apricots, pears, dates and figs are not only concentrated forms of sugar, they are frequently moldy as well. Avoid them strictly if you have psoriasis. I have found that many patients with psoriasis who have seen me over the years love to snack on dried apricots, sultanas, figs and dates, etc. They will either eat these alone or in combination with various nuts and seeds. Dried fruits can be re-introduced in stage 3 of the diet, and should be one of the last snack foods you re-introduce because they are such concentrated forms of sugars.

Be especially careful with prepackaged breakfast cereals and muesli, as they often contain many small pieces of dried fruits.

Health Tip:
Avoid fresh and dried fruits if you have psoriasis and a sluggish bowel
The irony with some psoriasis patients I have found is that a candida yeast infection in many patients can cause a sluggish bowel. Some psoriasis patients then think they are doing the right thing by consuming lots of dates, figs, dried apricots and prunes to relieve their constipation, when in fact they inadvertently just keep the vicious circle going. And in addition, I have also seen psoriasis patients who are vegetarians and vegans develop chronic yeast infections because they ate no animal proteins and tried to obtain much of their energy from grains (breads) and other carbohydrate foods including dried fruit for snacks.

Why Raw Foods?

To eat is human, to digest divine. *Mark Twain*

Many people talk about eating a pH balanced diet and how it is so important to consume an alkaline and predominantly raw food diet. Raw foods, particularly raw fruits (the non sweet varieties) and vegetables are quite alkaline, whereas cooked foods, especially proteins and sugars, are acid forming. It is important to follow a predominantly alkaline diet if you have psoriasis, this is not because an acid rich diet will favor the growth and proliferation of a yeast infection in your body, which is a myth, but because diets that are more acid forming than alkaline make it easier for candida to move from your digestive system into your bloodstream (translocation). Once this occurs, a yeast infection will be able to proliferate in this more alkaline environment and cause serious problems, meaning plenty of aggravation for those with psoriasis.

Acidic diets have been linked to many chronic diseases such as diabetes, heart disease and various cancers. For example, red meat is one of the most acidic foods, and the consumption of more than 500 grams of red meat per week is now linked to a 30% increased risk of cancer. First let's take a look at the benefits of eating raw foods in your diet, and then explore the pH issue.

Raw Foods

I have always found it strange how many foods are promoted as healthy, organic and natural – and then they are cooked, baked or even deep fried before they are consumed. Every time you cook food you will invariably destroy some of its nutritional value. Some people even see fries (deep fried potatoes) as "healthy" because they are potatoes. Remember, it's not only about what you eat; it's about how it is prepared, and how you eat food as well.

You may well be aware of foods which are rich in antioxidants or contain other nutritional factors which confer many health benefits, but only when they are eaten in a semi-raw or raw and natural state. Take for example spinach, blue berries, avocado, bell peppers and strawberries, an example of foods packed with many kinds of antioxidants, vitamins and minerals.

Researchers have found that the brighter the color the fruit or vegetable has, the more it is likely to be packed with nutrients which help to combat degenerative diseases. But what happens to their beautiful colors after cooking? They fade away like the colors of a rainbow after the rain has stopped; so by heating up and cooking these special foods we are tampering with their special protective factors.

It is hard to believe how much food is consumed in the Western world, and many people eat like there is no tomorrow, but the strange thing is that we have an unprecedented situation in which many are actually suffering from malnutrition in this virtual ocean of food. That's right, many people have become so deficient that their cells are starved and the incredible variety and affordability of foods is contributing to their chronic degenerative disease conditions by the time they reach 50 or 60 years of age. And this includes those with psoriasis too.

One of the best ways to resist the temptation of living the refined and junk food lifestyle is to develop a different attitude towards cooked food in general and adopt a more partially cooked or raw food lifestyle. Have you noticed how the trend in the past five to ten years has been towards the low GI diet, i.e.; eat a diet low in carbohydrates and more in vegetable and meat proteins? Many nutritional experts are now also advocating the paleo or cave man diet, to eat vegetables and meats foods more in their natural state. Both of these dietary trends have tendency to be more on the alkaline than acid side as well, particularly if you avoid the carbohydrate and processed foods.

I am personally not a big fan of an all-raw food diet and would find it boring and unappealing to eat most everything raw, but prefer instead to maintain a balance between raw, partially raw and cooked foods. Some foods are best consumed always raw, and no doubt you would be aware of this with for berries, most fruits and salad vegetables, but what about bell peppers, red onions, garlic, spinach, and a whole host of other foods you may have never tried to eat raw?

Don't eat anything your great-great grandmother wouldn't recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn't even recognize as food, stay away from these. *Michael Pollan*

Raw Dairy Products

While it is true that processed dairy products should be initially avoided by those with psoriasis, especially in the first month; I have most certainly found that the addition of raw (straight from the cow, un-homogenized and unpasteurized) dairy products such as milk, kefir, yogurt, buttermilk, cream and various cheeses can be quite beneficial. Personally, I would be more inclined to trust the opinion of a healthy cow over a scientist in a white coat and have never believed that foods like margarine or tampered with dairy products are conducive to good health.

An important point to remember is that raw dairy products straight from the cow, or minimally processed dairy products which have been made into various products, contain enzymes, beneficial fats, probiotics, and prebiotics not found in pasteurized dairy products.

Some experts will be quick to tell you that because psoriasis is a disease involving inflammation, a low-inflammation diet is just the thing to cure psoriasis, and that dairy products are pro-inflammatory foods. It is the animal fat that is mainly the culprit when it comes to the inflammation, not the dairy product itself. If you are worried about this aspect, you may like to try a low-fat dairy alternative, but personally I don't see this to be the problem. As your digestion improves, you should start to notice an increasing ability to have dairy product in your diet, if previously you found that you couldn't tolerate them. How do I know this? Because I've seen it occur in countless cases.

Some psoriasis patients can actually tolerate organic raw dairy products all the way through their treatment, so you may want to experiment and if in doubt ask your health-care professional about an ELISA food allergy test to determine your immune's antibody status when it comes to dairy products.

Incidentally, if your blood-based IgE-IgG food allergy test results reveal very high antibody levels towards dairy products, then you should avoid these dairy products regardless of whether they are pasteurized, homogenized, 100% certified organic or even biodynamic dairy products. The proteins will be the same, so just avoid them until your digestive and immune health improves.

The Paleo Low-GI Ecology Diet

How about a new diet that incorporates high protein (paleo diet), low carb, low GI diet, and yet looks at implementing a diet rich in cultured and fermented foods (the body ecology diet)? Well, this is how my grandparents ate in the 1950's. So what's new? My grandmother kept bees, made her own sauerkraut and yogurt and my grandfather maintained a large vegetable garden and orchard, as well as kept pigs and chickens. Their diet was rich in high quality proteins such as pork, chicken and eggs, plenty of fresh fruit and vegetables, fermented and cultured foods, honey and fresh fruits from the orchard. This is certainly a far cry from how people eat and live today. My father died when he was 72 but loved to eat take-out foods, white bread, ice cream and cookies. He did eat vegetables, but these were frozen TV dinners and heated in the microwave. Both my father and grandfather smoked but granddad lived until he was 93 years old. My grandparents never did eat take out foods or ever heard of a microwave oven, and I certainly don't advocate the use of them.

When you have psoriasis, it is important to try to maintain a fresh and healthy diet rich in meats, vegetables and especially cultured and fermented foods of which I will speak about later on, these foods could well hold the key to your complete and permanent recovery.

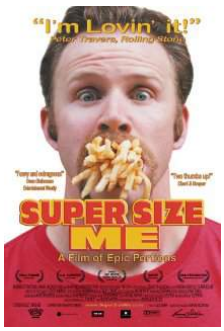
Raw Foods Contain Enzymes – Fries Don't

One of the most important reasons why you will want to consider eating a certain amount of raw foods in your diet every day is because raw foods contain enzymes, and these enzymes are destroyed when you cook food. Without enzymes, your body has a hard time digesting foods, and it is only the living things you consume that can make enzymes. Have you noticed how a fresh food can rot rather quickly, and that a processed food can stay looking good for months, even years, without deterioration? It's all in the enzymes.

Your body has two main types of enzymes: those that run your body, called metabolic enzymes, and other enzymes required for digestion, called digestive enzymes, which aid in the digestion of foods including proteins, carbohydrates and fats you consume. Foods that are raw and which come straight from nature contain enzymes, and it is these enzymes that are responsible for the release of the nutrients from the foods we eat.

Super Size Me

When you see the Golden Arches you are probably on your way to the Pearly Gates.
William Castelli, MD - Director, Framingham Heart Study



Super Size Me was a 2004 American documentary film directed by and starring Morgan Spurlock, an American independent filmmaker. Spurlock's film follows a 30-day period from February 1 to March 2, 2003 during which he ate only McDonald's food. The film documents this lifestyle's drastic effect on Spurlock's physical and psychological wellbeing, and explores the fast food industry's corporate influence, including how it encourages poor nutrition for its own profit. Are you a fast food junkie? This movie may change all that, my 14-year-old son was disgusted and has refused to eat take out food ever since watching this documentary.

Spurlock started to develop a rather sick liver and was advised by his doctor to resume a normal healthy diet. There are no enzymes in take-out food and his body had a hard time digesting the food he was eating, is it any wonder his digestive system started to become unwell? Only raw foods that come straight from nature come complete with their own enzymes, so be sure to consume some every single day.

The Happy Meal Project

Looking almost as fresh as the day it was bought, this McDonald's Happy Meal is in fact an incredible six months old. This plastic food was bought by New York artist Sally Davies in April 2010, and photographed at the end of September 2010. Note the complete absence of mold or decay even after six months, how this "happy food" can contain the slightest shred of nutritional value at all is anybody's guess. Imagine what this fake food does to your digestive system and to your health, especially if you have psoriasis and eat it several times a week. It would have made Mr. Spurlock seriously ill had he kept on eating it beyond a month according to his medical doctor. Is it any wonder we have so many fat, sick people and half-dead people in our world today? If you have psoriasis and are serious about beating this condition, you are best to leave these kinds of "foods" well alone.

Heat Destroys Enzymes – The Less Heat The Better

If you are surprised that diseases are innumerable, count the cooks. *Seneca (4 BC-AD 65)*

I read a book a few years ago called Enzyme Nutrition written by Dr. Edward Howell, and was surprised to discover that heating foods about 48 Centigrade (118 Fahrenheit) kills any enzymes in the food. Without enzymes in the foods you consume, your body has to start relying on producing an increasing amount of its own digestive enzymes to satisfy the demand. Those who eat refined or processed foods regularly will find that their digestion will begin to suffer, along with their energy and overall wellbeing.

Those with psoriasis will find that it is most important to maintain an excellent level of enzymes in their digestive system because psoriasis does not like a gut that has a high level of enzymatic activity. High enzymatic activity maintains a low pH (acid) environment in your stomach in particular, which discourages bad bacteria and yeasts from proliferating. Enzymes can also assist in busting open the cell walls of bacteria and yeasts, rendering them incapable of functioning, and the healthier your digestive system is, the less of a problem you will have with psoriasis.

Anybody with psoriasis who is serious about recovery should remain on a enzyme formula until they have fully recovered; the difference they make is astonishing. Some of the best psoriasis supplements contain enzymes for this very reason.

Microwave Cooking Destroys Enzymes

Enzymes are not only intolerant to heat, but also to irradiation from microwaves, and this is a very good reason to avoid cooking any foods in a microwave oven. Pasteurization also kills off any enzymes, and the milk you buy from the supermarket is "dead" for this reason.

There is a big movement the past several years not only in in New Zealand, but in America and many other countries amongst the many of enlightened people who appreciate natural health, to start using real milk from the cow again just as nature had intended. I made an interesting discovery some years ago that many people who cannot tolerate milk due to food allergies or intolerances can often tolerate unpasteurized and unhomogenized fresh milk. It is because there are plenty of *natural enzymes* in real milk, enzymes that have become de-activated and destroyed by the heating and sterilizing process. Many raw and fresh foods such as milk contain their own highly specialized enzymes, and if these are supplied it will be that much easier for the body to process it.

Another interesting observation is that human beings the only creatures that cook their foods, and over the past few hundred years we have developed the tendency to cook or heat everything we put in our mouths. Health experts now believe that many humans die below half their potential lifespan, and that much of the development of our chronic and degenerative illness and most of the premature deaths we face can be put down to faulty dietary and lifestyle measures.

When you think about it for one moment, cooking is the most profound abuse of food. But don't get me wrong, as I mentioned earlier, I'm certainly not a fan of eating everything raw. But to me, there is nothing more satisfying than biting into a fresh apple or a juicy tomato, or enjoying the smooth and creamy taste of a fresh avocado. Once we start to cook and bake foods we tend to load them up after either sugar, salt or a host of spices to bring out the flavors destroyed by cooking and make no mistake, the nutritional value will have vanished along with the color.

Isn't it interesting that there are health-conscious people with psoriasis today who steer clear of processed and refined foods, but will not think twice about placing foods in boiling water, wrapping foods in aluminum foil, place it in a styrene container, or cook their foods in a microwave or in an conventional oven? These same health-conscious people tend to forget that heating foods to very high temperatures is actually processing foods.

We have been told that the less food is processed, the better. Then why process nearly everything we eat, but then tell ourselves that supermarket foods are not OK because they are processed?

Just be aware of the fact that processed foods are not just foods you buy from supermarkets in packets, boxes and cans, they are also the healthy foods you cook to very high temperatures are home when you place them in the oven or microwave. Try to eat some fresh and raw foods each and every day, your digestion will improve and you will be amazed and delighted at the difference that eating "living" foods can make. I love cats, and the healthiest cat I ever had was fed on one large, fresh sardine each day. Everybody commented how amazingly beautiful my cat looked, his eyes and coat were the healthiest and shiniest of any cat I've ever owned, and I have no doubt it was his diet because he consumed every part of the sardine including the head, gut and even the scales. This is in stark contrast to how most people feed their cats, on highly processed biscuits or cooked and canned foods. If you have the opportunity to feed your pet on fresh, raw and unprocessed foods, you will be absolutely amazed at the difference it can make. Imagine if you ate only fresh, raw and unprocessed foods, your digestive problems would be solved literally in weeks or a couple of months, and your psoriasis would soon follow.

Eating Six Or Seven Serves Of Vegetables A Day – But How?

It is a fact that most people with psoriasis I see in my clinic don't eat the recommended daily amount of vegetable and fruit servings. If you really eat 6 or 7 servings a day along with some animal, vegetable, and grain, nut or seed proteins you will desire little else and your digestion will function very well. You will feel full and satisfied most of the time, your appetite and weight will be controlled as well.

But how do you achieve eating so much fruit and vegetable matter? It's not as difficult as it seems, all you need to do is increase your portion size of vegetables on your plate (eat less meat and more vegetables), snack on carrots, cucumber, bell peppers, apples, kiwi fruit, celery, etc. Let's take a look at a few different ways you can incorporate more vegetables and fruits into your diet.

Eating More Vegetables And Fruits

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." *Doug Larson*

I have helped many psoriasis patients over the years overcome their skin issues of eating more vegetables and fruits and have some tips that I think might help you. Try and get away from the idea of just eating meat and three vegetables on your plate and do experiment with your vegetable intake. You may like to begin by eating a combination of cooked and semi-cooked or raw vegetables. This is why I like Asian ways of eating, especially wok cooking.

This way of cooking involves high temperatures for only a very short period of time, and by cooking this way, vegetables are eaten partially in their raw state.

Wash your Vegetables and Fruits Well

Besides pesticides, fungicides, and other chemicals, mold spores maybe present on the outside of fruits and vegetables, it's important to wash them well before you consume them, especially if you are very unwell with a yeast infection. The more chronic your psoriasis, the more important it will become for you to eat predominantly organic and spray-free produce. You can help to lean your vegetables more effectively by adding a little Bragg's organic apple cider vinegar to the water.

4 Steps To A Diet Richer In Fresh Fruits & Vegetables

First Step - First it is a good idea to tell yourself all the reasons why you should eat fruit and vegetables in increasing amounts in your diet, there are too many reasons why you should eat more of these health foods and less of the processed and refined foods, this will help you stay motivated and make you think twice about buying that bar of chocolate or packet of your favorite snack food like chips, whatever this treat may be. Watch how your digestion, bowel and skin health improves, you will certainly notice this. Tell yourself you will be halving your risk of cancer, diabetes and heart disease. Visualize how great you will look and feel, as you get older.

Second Step - Write a list of all the fruits and vegetables that you enjoy eating and actually like the taste of and wouldn't mind eating on a regular basis. If you put a bit of thought into this, you will be surprised to find that your list will be a lot longer than you originally thought! This will help you to realize that you have many options indeed to pick and choose from, and not just the boring green stuff like lettuce, cucumber and tomatoes.

Third Step- Go to your fresh produce store or Farmer's Market and buy several of your favorite vegetables and fruits. Start by adding one new vegetable each week, which means that after a month you will have added four vegetables you wouldn't normally have eaten. Try and aim for seven to nine different vegetables that you will eat on a regular daily basis. Include two or three leafy green vegetables (broccoli, spinach, bok choy, lettuce, etc.) Two or three colorful vegetables (bell pepper, egg plant, zucchini, asparagus, corn, etc.) and two or three starchy or root vegetables (sweet potato, pumpkin, potato, parsnip, onions, squash, etc.).

You will soon notice however that we limit these starchy vegetables initially for the first few weeks as you commence the psoriasis diet, but then add them back as your digestion improves. Now depending on how you like to eat these vegetables, there are seven different ways as you will see in a moment, I'd recommend stir-fry or semi raw like sauté'.

Fourth Step – Understand that what you do for a twenty-one day period of time can become a habit. If you begin to incorporate more vegetables into your diet on a daily basis for twenty-one days then you may very well find that it becomes part of what you normally do with your mealtimes. When you eat out be sure to order a meal rich in vegetables, like a Thai dish or a Japanese meal. It's not hard to do and once a habit is formed it will become part of our normal routine.

Health Tip:
Avoid trying to convert *other* people's diets!
A good tip is to try and not enforce your dietary changes onto those you love and care about, whether they are family or friends. You don't want to become the food police after you have discovered just how good it feels to eat a healthy diet and rejuvenate your health and wellbeing. I have always personally found that the best way to get somebody to change is to change your own ways - first. Your loved ones or best friends may well change their "bad" ways over time as they see you looking and feeling fantastic. You will avoid a lot of potential antagonism and stress by looking after your own needs first. This of course does not count for young children but it does for teenagers. Trying to increase the average teenager's vegetable intake is like trying to nail Jell-O to a tree. Lead by example, it always seems to work the best.

There are many ways that you can increase your intake of fresh vegetables and fruits, depending on how you like to prepare your foods. You can eat vegetables and fruits raw, steamed, boiled, stewed, baked, or stir-fried or deep-fried ☹. When you eat vegetables and fruits in their raw state, you are ensuring that your digestive system has access to the valuable nutrients contained within. Eating vegetables and fruits in a semi-raw state is good too, and in many cases it will be a more pleasant experience. Stir-frying is personally my favorite method of cooking vegetables, but so is a partial steaming of vegetables. Remember, the more and prolonged heat you apply, the more chance you will be destroying those all-important enzymes. Casseroles, soups and stews are a favorite method for many people, particularly in the colder months. These methods are good, and even though you reduce the enzyme content, you lock in many minerals that would be otherwise discarded by cooking methods such as boiling or steaming.

Nutrient Loss When Cooking Foods

Some patients have told me over the years that they only like to eat raw foods, because any form of cooked food is inferior over a raw or fresh food when it comes to minerals and vitamins. This is simply not true. Take for example raw dried beans and most legumes; these high protein foods contain enzyme inhibitors that make it really hard for your body to digest any proteins they contain.

When you heat legumes, you disarm these inhibitors and allow the body to have access to the proteins contained inside them. Other foods are unhealthy to eat raw or uncooked, and can potentially cause much harm like eggs, chicken and meat.

It is the vitamins more so than the minerals that are affected by cooking, especially heating, and these are the nutrients most likely to be lost when you cook foods. Simple strategies like steaming foods rather than boiling, or broiling rather than frying can help to significantly reduce the loss of many vitamin and other nutrients when you are cooking foods.

If you want to preserve the nutrients in your foods, the best cooking methods are when you use the least amount of water and heat.

And remember, if you cook vegetables in water, don't throw the water out because it will be rich in nutrients, use it for gravy, a casserole or a soup base. Fortunately, when we cook foods at home we have complete control, but when we eat foods out we have no control and you can bet that the vitamin and mineral content may be severely compromised. Just another reason for you to eat at home, helping you avoid the temptation of just buying something "quick" from a take-away shop.

Minerals are virtually unaffected by most cooking methods, as they tend to be much more heat stable than vitamins. The minerals in particular which have a tendency to remain in foods whether they are cooked or eaten raw are calcium, magnesium, phosphorus, iron, zinc, iodine, selenium, copper, manganese, sodium and chromium. Potassium is the mineral that most easily escapes from foods into the liquids, but it is not affected by heat or air. Potassium broth is an excellent alkalizing and cleansing broth that I will be outlining soon.

The two most stable vitamins when it comes to cooking are vitamin K and vitamin B3, niacin. Many vitamins are easily destroyed when they become exposed to water, heat, air or even fat (cooking oil) exposure. Here is a table that highlights the vitamins and their sensitivities.

Vitamins and Minerals Affected By Cooking Methods				
Nutrients	**Air**	**Fat**	**Heat**	**Water**
Vitamin A		✓	✓	
Vitamin C	✓		✓	✓
Vitamin D		✓		
Vitamin E	✓		✓	
Vitamin B1 (thiamin)			✓	✓
Vitamin B2 (riboflavin)				✓
Vitamin B5 (pantothenic acid)			✓	
Vitamin B6 (pyridoxine)	✓		✓	✓
Vitamin B12			✓	✓
Folate	✓		✓	
Biotin				✓
Potassium				✓

How To Avoid Vitamin Loss When Cooking

Vitamin C – The best way to ensure you don't lose too much vitamin C is to use as little water and as little heat as possible. Light steaming or stir-frying is best, but most fruits and vegetables with a high vitamin C content are best eaten raw or partially raw. By not peeling vegetables, especially root vegetables when you cook them, you retain over half the vitamin C content in comparison to vegetables that have been peeled and then cooked. Serve promptly, and don't reheat after keeping in the refrigerator, most of the vitamin C content will be lost from foods which are high in vitamin C and then re-heated.

B vitamins – It is the heat and water that affect B vitamins, and I find that slow cookers are best here, just keep the heat right down and cook for prolonged periods of time. You consume the liquid that way, which is richer in minerals and vitamins. Bone broths are an exceptionally good way to get an incredible amount of vitamins and especially minerals into your diet. Don't rinse rice before you cook it, especially brown rice, because you may wash a lot of the thiamin (vitamin B1) away.

Fat-soluble vitamins A, E and D – Try not to cook these foods in too much butter, fat or oil, because you will end up loosing much of the valuable fat-soluble vitamins into the cooking medium. Baking, steaming or broiling are better options when it comes to foods high in the fat soluble vitamins.

- Never overcook fresh foods; excess nutrient loss is in direct proportion to how much heat was applied during the cooking stage.
- Eat red meat medium rare and not fully cooked, studies conducted by The National Cancer Institute have revealed a 30 percent less cancer risk in those who ate medium rare beef over those who consumed well-done beef.
- Cooking time and applied heat account for the two biggest factors when it comes to nutrient loss.
- Use very little water when cooking, steaming and stir-frying foods. It is the water that leaches the valuable vitamins and minerals from your foods.
- Avoid deep-frying and frying if at all possible.
- Cook vegetables as soon as you can after cutting them to prevent oxidation and nutrient loss.
- Remember that the four biggest factors accounting for nutrient loss in your foods are air, fats used in cooking, water used in cooking and applied heat. The less you use of these four elements the better.

Soups, Casseroles And Stews

One of the best ways to cook vegetables is by way of a crock-pot or slow cooker, and this is one of the easiest and laziest ways to prepare soups, stews and casseroles. You can make a delicious soup with just about any vegetables and legumes and some of the best things to throw into the soup or stew pot are carrots, onions, be sure to use red or purple ones.

You will find that the more colored the fruits and veggies are the more likely they are to contain higher levels of anti-oxidants. Other good choices are celery, yams or sweet potatoes, chopped spinach or other greens like broccoli, chopped cabbage, and whatever else you like.

This gives you the opportunity to throw into the pot any foods you would not necessarily cook by using other methods such as steaming or stir frying because the produce is a little older or sad looking. OK, so it might be down on nutritional value a little like this, but why waste money and toss out all that good food?

The minerals are most always maintained as your produce ages, but the vitamin content goes down rather quickly so it is always best whenever possible to consume your fruits and vegetables as soon as you buy them. Better still, you could have a vegetable garden like I have and grow your own!

Add Beans To Your Vegetable Meals

Did you know that beans are packed full of protein, are full of healthy dietary fiber, low in fat, and are a very healthy way to add protein and fiber to your daily meals? I have long been a fan of beans cooked in Mexican dishes and lentils cooked in Indian dishes. Have you ever tried cooking beans or lentils in a slow cooker with onions and tomatoes, adding some spices and garlic? Have you ever tried to make your own baked bean dishes?

They taste so much better than the canned variety and you save plenty of money too. Some practitioners who treat patients like I do with psoriasis have told me that it is best to recommend the avoidance of beans like starchy carbohydrate vegetables for the first few weeks from the diet. I find that if they are introduced too rapidly into the diet that they can be the cause of a tremendous amount of gas and bloating, so go slow at first. In my experience, hold off with beans and lentils for a few weeks, or just go *really easy*. Here are some good tips on beans in your diet:

- Avoid beans and lentils for the 2 – 3 weeks, especially if you have bloating.
- Introduce as soon as your digestion begins to improve.
- Go real easy to begin with, start with ¼ cup a day and work up slowly.
- If you do develop gas and bloating, reduce the amount & take a probiotic.
- Soak beans and slow cook seems to reduce the amount of aggravation.
- Chew your foods very well, this will greatly aid in digestion, slow down!
- At first, try to avoid mixing your bean or lentil dishes with too many starchy vegetables, especially if your digestive system is sensitive.
- Take a digestive enzyme, it will improve your ability to break down these foods.

Hummus, Guacamole And Salsa With Vegetables

Have you made hummus yet? This is a simple bean dip made from garbanzo beans (chickpeas) and is delicious when served with strips of carrot and celery, broccoli and cauliflower. Guacamole and salsa are also easy to make and taste delicious as well. These dishes are minimally processed and are eaten in conjunction with fresh vegetables. Guacamole is made with avocado, but you can also make it with a base of red onions, coriander (cilantro), lime and tomatoes.

Adding vegetables to meat fajitas is so easy and tasty, and for the vegetarians you can make vegetarian bean fajitas. Vegetables are also great in quesadillas, especially spinach and burritos. Have you tried Mexican foods? Burritos are great; you simply roll up flat corn bread which contains either a meat or bean filling which is topped with freshly cut tomato, lettuce, onion, grated carrot, zucchini, red bell peppers, mushrooms or even lightly steamed sweet potatoes.

It is easy to make a Mexican salad that is topped with guacamole and some salsa. Add a few sliced olives, sun dried tomatoes and sliced avocado and what a feast.

Pita Bread With Vegetables

Pita breads are fantastic, and it is so easy to create an excellent snack or meal with these breads. Be sure to lightly toast or grill your pita bread just before you use it, this is the trick. You can stuff a pita bread with anyone of a hundred different fillings such as shredded lettuce, tomato and carrot or what about lightly sautéing some vegetables, sweet potato and beans. Add a splash of Italian dressing (do read labels, and watch that sugar content) and top with a tiny bit of grated Parmesan cheese and you have a winner.

Grilled Vegetables

The trick to tasty and tender vegetables that have been grilled is a good marinade. Just like meat, if you marinate vegetables beforehand they will be more tender and tasty. I just use olive oil, finely cut fresh garlic, a little lemon (or lime) juice and salt & pepper. You can also add teriyaki, Worcestershire or a few drops of Tabasco sauce. My personal favorite is lightly grilled Portobello mushrooms, and these taste just like meat! Be sure to marinate overnight in the olive oil/garlic and lemon juice mix. Have you ever tried grilled avocado or grilled fresh asparagus? You will love it. I know that mushrooms are taboo with candida, but try marinating them overnight with olive oil and freshly chopped garlic and presto, your mushrooms have been soaking in one of the most powerful anti-fungals, so relax.

Steamed Vegetables

Vegetables are delicious when steamed, but the trick is not to overcook, but rather undercook. Always turn the heat off before they are steamed, take off the heat and by the time you serve up they will have sat an extra minute or two which is enough to have them still crunchy. If your fork passes very easily through steamed vegetables then they are overcooked, simple as that. Partially steam leeks and red onions before adding them to some fresh fish fillets which you grill, and you have a very tasty dish.

My favorite vegetables steamed when picked straight from my vegetable garden would have to be broccoli or fresh string beans but any vegetable lightly steamed with some butter added is simply delicious. A meal for me would be one steamed head of freshly picked broccoli, and a portion of fresh white fish fillet grilled or steamed.

Great Health Tip

Marinating vegetables and meats
Try marinating vegetables and meats with some olive oil, garlic, sea salt and a generous amount of fresh oregano, thyme or rosemary. These herbs in particular are anti-bacterial and anti-fungal and can help considerably in reducing the yeast population in your digestive tract. The best herb is oregano in my opinion, just grab a handful of fresh oregano, be sure to harvest the fresh herb in the middle of the day, preferably when the sun is at it's meridian at noon as this will ensure a good level of the essential oils are present. Place the oregano in a mortal and pestle and crush well, failing this you can tear the herb with your fingers until it is well bruised and you can really smell those oils. Now, place the crushed oregano in a jar and add enough extra virgin olive oil to cover. Add several fresh cloves of freshly minced garlic to the jar, place the lid on and shake well. Leave this mixture in a dark cupboard for a few days until you can taste the oregano oil in the olive oil, only then is it ready to use. Now you can marinate your chicken pieces, pork or beef overnight in this oregano and garlic infused oil. Both delicious and anti-fungal, the best of both worlds.

Vegetable Curries

Have you ever tried a vegetable korma? It is a vegetable curry, just buy some korma sauce, make sure there is no sugar in this product, or make your own and add a few cups of diced vegetables, leave to cook with the lid on until the vegetables are just tender and serve with some steamed brown rice or cooked quinoa. You can make up a vegetable fried rice or a vegetable chow mein as well.

Potatoes, Yams And Sweet Potatoes

The humble potato is such a versatile vegetable, but one starchy vegetable I keep psoriasis patients away from during the first few weeks of the psoriasis diet. Potatoes contain lots of fiber and vitamin C, they are healthy and there is so much you can do with them. They taste great when mashed, baked, roasted and are great when served cold in potato salads. They also taste good when boiled and served with a leafy green vegetable, or served with herbs, butter and olive oil.

Sweet potatoes and yams contain large amounts of potassium and are a good alkalizing vegetable. They are a better choice for those with psoriasis over other starchy vegetables. These root vegetables are delicious when roasted with other vegetables and are great in soups, stir fry dishes, curries and casseroles.

Asian Stir-Fry Dishes

Have you ever tried to make Thai, Chinese, Vietnamese or other Asian style dishes at home? These are my personal favorites because Asian style cooking incorporates some of the best techniques that ensure you eat your vegetables in the freshest yet tastiest of ways. I highly recommend that you take a good look online and view some recipe websites to get good ideas Be sure to visit either your local library or bookstore and get a good cookbook on Thai and Chinese style cooking.

There are countless Thai, Chinese, and Vietnamese dishes that include so many partially cooked all vegetables in combination with different meats that are often marinated. Trust me, the real key to succulent, juicy and tender meat is to marinate.

Stir-frying is considered one of the healthiest of cooking methods because vegetables are cooked literally without water, I add a few teaspoons to help steam the vegetables a little and use a small amount of oil and only a few minutes on high heat. Vegetables and meats should be sliced thin in order to heat and cook them fast. Because it’s fast, stir-frying sears the outside of what is being cooked, locking the nutrients inside.

Stir-fry dishes are just so easy to make, and the steel wok is cleaned in less than a minute. Just start with a little olive oil, some garlic, onion and fresh ginger and then add some meat of choice. Good stir-fry vegetables include broccoli, carrots, bok choy, onions, red bell peppers, baby corn, asparagus, green beans, onions, and snow pea pods. Serve with steamed jasmine rice or brown rice. Please use fresh vegetables, and avoid the temptation of using frozen stuff, it only takes a few minutes to cut up and prepare fresh vegetables.

Pizza Dishes

I'm personally not a big fan of pizza dishes for those with psoriasis, as I find that you will be consuming too much bread, fat and cheese along with vegetables that have been literally grilled to death. Even though pizza is a tasty dish, my preference is more for a kebab or pita styled bread that incorporates fresh salad vegetables to which little to no heat is applied.

More Tips On How To Add Vegetables To Your Meals

"It's bizarre that the produce manager is more important to my children's health than the pediatrician." *Meryl Streep*

Why not make up your own kebabs or hamburgers at home? Choose a thin piece of flat bread and add a substantial topping of your choice, begin with a meat, bean, tempeh (fermented tofu) or whatever high protein choice you like.

Then, simply add shredded lettuce, tomato, red onion, cucumber, grated carrot, finely sliced olive, etc. The choice is yours and if you use the freshest of ingredients it will taste just great. Try substituting meat for beans when you make a burger, you will be eating more fiber and the taste is great.

- Why not make your own vegetable sauces? Just cut up bell peppers, mushrooms, tomatoes and zucchini, sauté' in olive oil, add plenty of freshly chopped garlic.
- Add vegetables to meat dishes to add plenty of texture, fiber and flavors. Shredded vegetables like carrot and zucchini, a simple process when you use a large hand grater or food processor. Shredded vegetables are so easy to hide in many different meat dishes such as lasagna, spaghetti and meatballs.
- Have you tried to marinate squash or eggplant in olive oil, salt and garlic and then bake or grill these delicious vegetables?
- Vegetables are easy to add to many different kinds of dips as well, and you can do this simply and cheaply with a good food processor. Try blending up beans, onions and garlic with a little sour cream and add some fresh herbs like basil and serve with veggie chips, pita bread or just dip raw veggies in the dip and enjoy.
- Vegetables make great side dishes; try blanched fresh green beans or asparagus for example. One of my favorites is a combination of red, green, yellow and orange bell peppers along with Portobello mushrooms, zucchini and red onions sautéed in olive oil, soy sauce (or chili sauce), and plenty of fresh garlic. Add some freshly ground salt and pepper and enjoy this side with any number of dishes you prepare.
- Roasted bell peppers taste fantastic! Just split a bell pepper into four, clean out the seeds and brush liberally or spray with olive oil and then grill until the skins just start to blister. You can also roast zucchini this way, but remember – don't roast for too long or you will kill off a lot of the goodness these vegetables have to offer.

Fresh Fruit Ideas

Fresh fruits are discouraged for the first two weeks once you start the psoriasis diet, but there is nothing wrong with eating fresh fruits as your digestive system begins to recover in stage 3 of this dietary approach. It is important to point out that some fruits are better than others when it comes to having psoriasis, and I have found with psoriasis that fresh fruits tend to be considerably less of a problem than dried fruits, even in the tiniest amounts. Citrus fruits and fruit juices, except for lemons and limes are best avoided until you have improved to a very high degree because they simply contain too much sugar. Grapefruit and grapefruit juice is probably one of your best initial citrus options, particularly if you add a few drops of GSE (grapefruit seed extract) which is extremely antifungal, and a product I recommend to those with psoriasis. You can read a lot more about GSE later in this book. Remember, if it tastes really sweet and especially if you crave a particular fruit then leave it well alone until well down the track, at least until your skin has improved considerably.

Fruits initially safe with psoriasis
Paw paw, kiwi fruit, blueberries, avocado and green apple (Granny Smith), lemons and limes.

Fruits not initially safe with psoriasis
Pineapple, stone fruits - plums, peaches, nectarines, apricots, citrus fruits - oranges, mandarins, bananas, grapes, dates, dried fruits such as figs, dates and raisins, are particularly high in sugar as well.

Whilst fruit is OK to consume during the Big Clean-Up cleanse I'll talk about shortly, do avoid the fruits I mentioned above in the right column initially which tend to aggravate those with a yeast infection during the initial phases of the psoriasis diet. I'm mentioning this about fruit up now, because everybody wants to know what fruits they can and can't have and when to re-introduce them!

Apples And Psoriasis

Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.
Martin Luther

But isn't an apple a "forbidden" fruit if you have psoriasis, because of the high sugar content? I don't find that all varieties are, and I've yet to find a person who eats several tart or sour apples like the varieties such as Granny Smith green apples, these are more sour or tart apples. Perhaps some readers may, but generally speaking they would be much more inclined to eat several of the sweeter and newer varieties daily, apples that have been bred especially for their high sugar content. People don't normally aggravate on sour or tart apples with psoriasis, and I've not seen many skin aggravations come about with the consumption of one green apple per day.

If your apple tastes very sweet, and in New Zealand we have very sweet varieties bred especially for the Asian market, such as Pacific Rose, then you are best advised to leave them well alone, because you may find that you end up substituting your sugar intake for this sweet treat instead.

When I wrote this section of The Psoriasis Diet, I did some research and found that people rarely publish the sugar content of apple varieties. It looks like most commercially available varieties seem to have similar sugar content but this will be hard to judge by taste as sour or tart flavors can mask sweetness. It is difficult to standardize sugar content of fruit because there can be an enormous variation due to the climate the fruit was grown in, the rainfall, the time of harvest and how ripe the fruit is when eaten.

My guess is that the more sour or tart varieties contain less sugar than their sweeter counterparts and are a safer option. I've also noticed that those who eat one tart or sour apple a day tend to have better bowel motions and are increasing the beneficial fiber content of their diet. What many are not aware of is that one apple a day, besides keeping the doctor away, will be giving their digestive system a food containing beneficial pre-biotic fibers to build health levels of beneficial bacteria. And that's not a bad thing if you have psoriasis, because as your small and large intestine improve in health, so does your psoriasis.

Avoid Fruits with Stems

Be careful of fruits that contain stems such as apples, cherries, berries, grapes and certain kinds of stone fruit. These kinds of soft fruits may be more prone to harboring different kinds of molds that are very difficult to see with the naked eye. You are best to leave the softer and sweeter stemmed fruits well alone until you feel much better, particularly grapes.

It is easier to eat a lot of sweet fruit with stems, like grapes, and that means you will be eating plenty of sugar too. And do remember, at the sake of repeating myself, wash any fruits and vegetables especially well because of the possibility of them being covered in molds or spores, especially if you have kept them in your vegetable crisper in the fridge for several days. It is these kinds of small but significant things you do in the kitchen that can make all the difference, the devil truly is in the detail when it comes to recovering from chronic psoriasis.

Avoid High Fructose Fruits, Foods And Drinks Initially

Don't be fooled by fruit, some books on psoriasis I have read state that "fruit is safe to eat by those with a psoriasis". This is simply untrue, because a candida yeast infection proliferates by consuming and fermenting sugars like sucrose, fructose and other simple sugars, that's how it lives and thrives. The less sugar you eat, the less chance candida can thrive and the sooner you will beat that psoriasis. What you will most probably know is that most fruits contain sugars, especially a sugar named fructose, a sugar which is twice as sweet as sucrose.

Caution With HFCS - High Fructose Corn Syrup

Today, most human fructose intake comes from high-fructose corn syrup (HFCS), a man-made sugar composed of 65% sucrose and 35% glucose. This abundant sugar is used to sweeten just about every processed food because it is cheap and mixes well with many different kinds of foods, many health experts are now viewing HCFS as being a toxic addition to our diets, it just increases our sugar intake needlessly, and along with it the risk of a candida yeast overgrowth. Did you know that soda drinks account for 33% intake of a person's fructose intake these days? An average 600ml can of soda drink contains nearly 36 grams of HFCS fructose, and experts tell us to limit our total fructose intake to no more than 25 grams per day.

So what fruits and sweeteners contain the highest amount of fructose? Well I'm glad you asked, because I took the time to compile a list for your benefit. Try to avoid those fruits and sweet additions to your diet with the highest fructose intake at least until your skin lesions start to clear up and you feel a whole lot better in your digestive tract, experience a lot less bloating, gas and irregular bowel motions. Is it any surprise that dried fruits contain the highest amount of fructose? So please do avoid all those dried fruits, sweet fresh fruits and any soda drinks as well as alcohol until you feel *much better*.

As you improve, slowly increase your intake of fresh fruits first, the ones with the lowest fructose intake, and remember not to include dried fruits until much later. Be prepared to remove any high fructose fruits until you improve and drop back to the lower fructose containing frits like berries, especially if you aggravate when you re-introduce the higher fructose containing fruits during the reintroduction stage of the psoriasis diet.

Higher in Fructose (mg of fructose per 100 gr)
Honey – 40,900 (not a fruit, but look at the fructose!)
Dates – 32,000
Raisins – 29,700
Figs – 22,900
Molasses – 12,800
Prunes – 12,500
Grapes – 8,130
Apples – 6,250
Pears – 6, 230
Cherries – 6,000

Lower in Fructose (mg of fructose per 100 gr)
Apples (sour or tart) – 5,700
Persimmon – 5,560
Blueberry – 4,970
Kiwi fruit – 4,350
Plums – 3,070
Strawberry – 2,500
Blackberry – 2,400
Raspberry – 2,350
Pineapple – 2,050

Why a pH Balanced Diet?

It is important for you to understand what pH means and how when carefully balanced it can make all the difference when it comes to crushing your psoriasis permanently. What does pH mean, and how does it relate to your health when it comes to a yeast infection?

The letters pH is an acronym for the words **P**otential **H**ydrogen, and come from the chemistry formula for calculating the concentration of hydrogen ions present in a substance. The pH scale measures acidity and alkalinity and the scale ranges from 1 (most acid) right up to 14 (most alkaline) with a pH value of 7 being regarded as neutral, pure water thus has a value of 7.

Foods that are predominantly alkaline by nature have a pH value above 7, whereas foods that are predominantly acid by nature have a pH value below 7. Your blood has a pH finely balanced at 7.365.

Your body not only tries very hard to maintain a constant temperature of close to 98.5 Fahrenheit (37 Degrees Celsius), it tries even harder to maintain a pH balance of almost exactly 7.365, and it achieves this by way of maintaining your oxygen levels within a fine range.

Scientists have worked out that in order for your blood cells to remain the healthiest, they require a blood-based pH level of 7.365, which is slightly alkaline. Meanwhile, your digestive system, in particular your stomach, requires a pH level of around 2, which is very acid to break down foods, especially any protein foods.

We have also discovered that if the body's capacity to absorb and retain oxygen becomes compromised in any way and the pH becomes imbalanced, that we can get sick much more easily and become more prone to diseases like infections, inflammation, heart disease, cancers and even psoriasis. So, when your body's pH levels fluctuate widely, and especially if they remain too low (acidic), you may gravitate from one infection to another and may be considerably more prone to all kinds of acute or chronic illness. Your immune system is affected greatly by fluctuating pH levels, and because psoriasis is an autoimmune disorder, it will pay for you to ensure your immune system is always functioning optimally.

Many psoriasis patients who live in the Western world have a tendency to adopt diets that are just too refined, they eat too many prepackaged foods that tend to be processed and full of sugar, salt and fat, and the bottom line is that they may develop a real problem absorbing and maintaining adequate oxygen levels.

Myth: Candida Needs And Acidic Environment To Thrive In

Your pH balance is an important factor for you to seriously consider if you want to beat that psoriasis once and for all, because pH affects the delicate balance of your biochemical health profoundly and favors the proliferation of candida.

While it is a myth that a predominantly alkaline diet discourages yeast and a predominantly acid diet favors yeast, understanding the pH balance is important when it comes to maximizing your digestive health, and by optimizing your digestive health you will be discouraging a yeast infection that all to often underpins psoriasis. More importantly, by maximizing your digestive potential, it will be harder for candida to translocate from your digestive system into the bloodstream, where it can cause major immune problems in many areas of your body.

Let me explain first about acidity, alkalinity and your body. For example, the vaginal environment is acidic, and so is your skin. Your digestive system is a predominantly acidic environment likewise, especially your stomach and small intestine, where most of the protein digestion occurs. Lactic acid favours the production of lactobacillus species in the digestive system, and without an acidic environment created higher up in the digestive tract, the pancreas lower down will not be sufficiently stimulated to create the alkaline pancreatic enzymes and juices.

Real problems arise once candida translocates from the digestive system, a predominantly acidic environment, into to the blood stream, a slightly more alkaline environment. Yeast begins to thrive in this slightly alkaline environment because the hostile environment of the digestive system does not challenge it.

The pH change that occurs with this translocation allows candida to change into its more pathogenic fungal mycelial form. Besides, your immune system will have become weakened over time and find it harder to counter the yeast infection once it has moved from the gut to the bloodstream. I have discovered that the patients who suffered the most with those bad psoriasis flare-ups, were the ones with the weakest digestive and immune function. The more balanced your body's pH levels, the healthier your digestion and immune system will be, will be and the easier it will be for your system to fight off psoriasis.

Foods and pH

Foods are categorized as being either acid or alkaline based on the residue they leave behind in your body after they have been metabolized. In order to control the acid/alkaline balance it has been proposed that a diet consisting of 80% alkaline forming foods and 20% acid forming foods should be implemented. Dr. John Pagano first put this concept forth in his book. Healing Psoriasis: The Natural Alternative. This diet has clinically shown the ability to reverse add/alkaline imbalances, decrease water retention, improve digestion and absorption, and normalize bowel function. *(Pagano, John Healing Psoriasis: The Natural Alternative. The Pagano Organization, Inc. Englewood Cliffs, NJ, 1991.)*

Your body's pH balance is determined to a major degree by the foods you eat and the beverages you drink. If you eat too many acidic foods, you can experience acidosis. Alternatively, if you are not eating enough acidic foods, your body could have too high of a pH, and this is known as alkalosis. Raw foods are generally more alkaline than cooked foods, although there are some exceptions to this rule. Although you can find charts on the Internet describing which foods are more acidic and which more alkaline, I have supplied one here for you right here in the psoriasis diet. It is important to remember that this chart is an acid/alkaline chart and not a psoriasis diet recommendation sheet. For example, note the dried fruits listed in the alkaline section, this does not mean that dried fruits are OK to consume if you are trying to get rid of your psoriasis! You should only consider eating dried fruits well down the track, once you have just about recovered. Fresh fruits should be re-introduced well before dried fruits are.

The foods and drinks listed in the left column represent foods and drinks that have a tendency to be more acid by nature, and those listed in the right column have more of a tendency to be alkaline by nature, it's as simple as that. The foods and drinks that have an asterisk in the left column are the ones that are inclined to be more acid forming by nature. The best balance appears to be an 80% alkaline and a 20% acid forming diet.

As a general rule, most grains, dairy products, meats, seeds, legumes and nuts tend to be acid forming, whereas most fruits and vegetables tend to be alkaline forming. Cooked foods tend to be more acid forming than raw foods. Most natural medicine health care professionals spend time educating their clients that modern Western diets generally are too acidic for good health due to a lack of fruits and vegetables and we often stress the importance of modifying one's diet to achieve a better acid-base ratio. I want you to understand that it is not purely the foods you eat and the beverages you drink that account for a body which is more acid or alkaline, it is not that simple. There are many different factors that may account for pH fluctuations, and one simple example here is hydration, are you drinking enough water?

I have found that most psoriasis patients I see are dehydrated, that's right, they don't drink enough water but instead rely on coffee and tea which are acid forming drinks. A lesser-known fact of becoming too alkaline is by consuming lots of mineral water, or by taking too many mineral supplements which can also tip the balance towards alkalinity. Many people with the best skin will tell you that they drink plenty of water.

Lemon Is Alkaline

Did you know that lemon and lime juice are considered alkalizing by nature? These juices are acid outside the body, but once consumed the body renders them alkaline and as such are considered alkaline fruits. Most all fruits are alkaline by nature but many contain sugars and are best left well alone until your yeast infection improves considerably. Lemon juice however, discourages candida and bad bacteria in your digestive system, and is therefore an important part of your psoriasis diet.

Symptoms Of an Altered pH

So how do you really know if you are developing signs and symptoms of an underlying pH imbalance? There are many potential illnesses that can develop as a result of an altered pH. Whether you are a man, woman or a child who regularly experiences psoriasis skin aggravations, you will most always find that by addressing the pH imbalance, your diet and consumed beverages in particular, that there will be a noticeable reduction in the frequency, duration as well as the severity of your psoriasis. Get your body's biochemistry right and it will be that much easier to maintain your pH balance. Your body will be less prone to an immune dysfunction leading to psoriasis, in addition to other manifestations of poor immune health, less chance of a UTI (urinary tract infection), prostatitis, acne, arthritis, candida yeast infections and even cancer.

Determining Your pH

I often get asked: "OK, I know about pH, but how can I find out what my pH is?" Simple, just go to your local chemist and ask for urinary pH test strips. These are also called litmus paper, and all you need to do is to take a midstream morning urinary sample and note the color of the test paper compared to the color on the container. You may want to test after meals and between meals. Try several times a day and write the findings down, you soon will be able to discover the relationship between what you eat and drink and the pH your body produces as a consequence. The litmus paper will tell you instantly what your pH is and thus, how alkaline or acid you are. Test strips are also available online, and with regular testing you will be able to fine-tune your diet and stay more on the alkaline rather than acid side.

Health Tip – Urinary pH
Lower urinary pH in the morning just after waking is normal, your urine will tend to be darker in color and more concentrated and the same may occur after a large protein meal, a coffee or a tea. You need to take your urinary pH at different times of the day, after different meals and different levels of hydration. This will teach you the important relationship between what you eat and drink and your body's delicate biochemistry, and ultimately your health

Acid Forming 20% of Diet	Alkaline Forming 80% of Diet
Alcohol *	All fresh fruits (except most citrus) Lemons are alkaline
All processed foods with wheat or white flour	All raw or steamed vegetables
Black pepper	All salad greens
Bottled salad dressings	All sprouts - grains, beans, seeds, nuts
Any breads, all wheat * products generally	Apple cider vinegar
Cake *	Dates
Canned and most frozen convenience foods	Dried apricots (sun-dried)
Chocolate *	Dried figs
Cigarettes, tobacco	Vegetable juices (especially wheatgrass juice)
Coffee *	Seaweed
Complaining, anger, hatred and jealousy & envy	Fresh or dried seasoning herbs
All cooked grains, (except millet and quinoa)	Fresh raw vegetable juice. Have 1 glass/day
All Dairy (butter, cheese, ice-cream, milk, etc.)	Most vegetables in general – can't really go wrong here
Distilled vinegar	Herbal teas – (no caffeine)
Eggs, all junk & take-our foods	Honey – *in moderation please!*
Foods cooked with oils, deep-fried foods	Love and kindness, compassion and forgiveness
Glazed or sulfur preserved dried fruits (e.g; apricots)	Maple syrup (it has to be 100% pure – read the label!)
Red meat *, fish, poultry, shellfish (all animal meats)	Nuts and seeds
Pasta	Legumes – chickpeas, split peas, lentils
Popcorn	Lima beans
Processed cereals	Melons, millet
Processed milks (soy, rice, almond, oatmeal)	Molasses
Salt	Potatoes
Water crackers	Quinoa, raisins
Soda drinks ** and cordials **	Cold-pressed olive oil
Sugar **	Cold pressed flax seed oil
Tofu and soy products, white vinegar Foods marked with an asterisk * are the most acid forming ones	

Why Fermented And Cultured Foods?

Little Miss Muffet,
Sat on her tuffet,
Eating her curds and whey,
Those lacto bacteria, now in her interior
Will frighten the bad bugs away!

Those with psoriasis can safely eat fermented and cultured foods without fear of eating any of the bad yeasts commonly associated with commercial bread and alcoholic beverages. And at the risk of repeating myself, you will want to avoid a yeast infection at all costs if you want to finally beat that chronic psoriasis.
This is very important point I discovered several years ago, and if you do this you are assured of a speedy and long-term recovery from your psoriasis, regardless of how chronic your condition is or how long you have had it. Foods that contain probiotics (pro-life) bacteria or are rich in lactic acid can and should be added to your psoriasis diet to bring back balance to the gut flora.

The Body Ecology Diet

The Body Ecology Diet is an excellent book written by Donna Gates, this book is all about foods that help to support the growth and reproduction of healthy bacteria in your digestive tract. Donna had a yeast infection herself and overcame her health problems many years ago by understanding the principles of inner health and fermented and cultured foods. She has a good grasp on this topic in her book, especially on coconut kefir.

Foods that have been cultured naturally or lacto-fermented are important additions to the diet of those with psoriasis, because they contain enzymes and bacteria that help digest food and help the body to eliminate wastes. These foods help to cultivate friendly bacteria in the intestinal tract that in turn aids in digestion, helps to boost immunity and increases the uptake of Vitamin B12. Cultured foods will not only help to prevent constipation and other digestive problems, I have found them to be and most useful in preventing and treating many different kinds of psoriasis. Have you taken an antibiotic recently? Then why not consume lacto-fermented foods that will help to replace the beneficial bacteria that were destroyed by these kinds of medications. People who regularly take antibiotics can have a tendency to having particularly bad flare-ups of psoriasis.

Probiotics are also known as friendly bacteria, they are the microorganisms that normally suppress the growth of yeast in the gastrointestinal tract. If they are depleted, generally through prolonged usage of certain medications like antibiotics, the Pill, antacids, etc., then the risk of a candida infection and subsequently psoriasis increases in proportion. Bad bacteria can also squeeze the good bacteria out, and when this occurs then psoriasis is almost assured. And how do you squeeze the good ones out? By drinking lots of alcohol and eating a sugar laden and junk diet in general.

Be sure to understand the concept of fermented and cultured foods in this book, and please do try to incorporate them daily into your diet, it is a very important concept of the psoriasis diet, and can be the difference between winning the psoriasis battle of just holding your symptoms at bay with drugs or all those lotions and potions you will have tried over the years.

This food group is generally fine in all the stages of the psoriasis diet; although you may find that initially you may find it difficult to have too large a portion size of say for example yogurt or sauerkraut if there are lots of bad bacteria and yeasts in your digestive tract initially, so go slow to start and as you improve you should be able to eat more and varied amounts of cultured and fermented foods.

Have you tried to regularly eat foods that have been cultured, other than yogurt? There are many different types of foods from many different cultures that are preserved in these methods such as sauerkraut, Kim chi, sourdough bread, miso and many more. Keep an open mind and experiment, I love sauerkraut but my wife adores Kim chi, originally from Korea. But then again she likes laid back eighties music and I prefer classical piano. We all have our own individual tastes and it is important to bear this in mind.

Fermented foods are produced or preserved by the action of microorganisms. They can come about either by fermenting sugar with yeast and produce alcohol, or by way of another fermentation process involving the use of bacteria such as lactobacillus, which includes the making of foods such as yogurt and sauerkraut.

Since the by-products of digesting meat and dairy products actively inhibit the growth of beneficial lactobacillus bacteria in your digestive system, and since these congestive foods are responsible to a degree for the accumulated, impacted debris in the lower intestine and colon, fermented foods such as sauerkraut and kim chi should especially be eaten with meat and often are.

Try consuming these fermented and cultured foods regularly, and be amazed at the difference they make to your level of digestive comfort, including the reduction and banishing of psoriasis symptoms like itching and dry or flaky skin. If you get to include them from now on, and keep on consuming them, you are well on your way to a permanent psoriasis solution.

Fermented And Cultured Foods - Introduce Them Slowly

Do not make the mistake for one moment thinking that fermented and cultured foods actually cause or aggravate psoriasis; they are perfectly fine foods to include into the diet for those with psoriasis and one of the best kept secrets. I've heard various natural medicine practitioners over the years telling people to avoid all such foods because they can actually cause a yeast infection and really aggravate psoriasis, but this is simply not the case.

I have rarely found this information in any psoriasis books and it really does surprise me why not, I guess it is because most of these self-help books were written by people who have experienced psoriasis and who themselves never have actually seen many patients with psoriasis, and therefore have little experience in seeing the results of their dietary recommendations first hand like I have over the years. I certainly have experienced over a long period of time what these foods have done to my psoriasis patient's digestive tract, and how their incorporation into the diet helped to cured many stubborn cases of "incurable" psoriasis. I've eating sauerkraut for many years and have recommended these kinds of foods to my patients for over two decades, especially patients with psoriasis.

I can see why fermented and cultured foods have received a bad rap, because what you will find is that if a person has a bad psoriasis and they try to stop consuming all the offending foods at once (like alcohol, sweets, soda drinks, ice cream, cookies, bread, etc.) and then start taking probiotics, various dietary supplements and begin eating lots of fermented and cultured foods then they may be in for a rude awakening. Their digestive system simply wouldn't be able to cope, nor will their liver and they may feel pretty bad. Besides, their skin will almost certainly aggravate pretty bad, and then the diet change will be blamed.

But to blame this kind of aggravation on the cultured and fermented foods is plain wrong. They would have experienced a lot less trouble if they had introduced these beneficial foods much more slowly and gradually into their diet.

Beware Of Budget Fermented Products

Many pickled or soured foods are fermented as part of the pickling or souring process, be aware that many are simply processed very quickly and cheaply with brine, white sugar, white vinegar, or another cheap acid such as citric acid. When you buy vinegar, for example, my advice is to spend a bit more and buy a glass bottle of vinegar which you may find on the bottom shelf, if you buy in the supermarket with a good selection, or ask the person at the counter of the health shop for a good organic fermented vinegar.

It pays to be choosy where you buy and what you buy, and you always seem to get what you pay for, have you noticed? It is great to see many supermarkets now offering larger ranges of soured and fermented foods such as pickled olives, Kim chi, tempeh, natto, goats cheeses, miso, and many gourmet pickled and soured vegetables in the delicatessen section. This is good news for health-conscious psoriasis consumers looking to increase their digestive, cardiovascular and immune health, since these traditionally lacto-fermented foods belong to some of the best foods you can eat to build good health.

Healthy Fermented Foods Versus Commercially Processed

Fermentation is an inconsistent process, and more of an art than a science; so commercial food processors have developed various techniques to help standardize more consistent yields. Many cultured foods today are produced on a large commercial scale like cheese. If you get the chance, try a boutique homemade cheese and you will be very surprised at the incredible flavor. Commercially prepared cheeses just don't come anywhere near the flavor.

Refrigeration, high-heat pasteurization and vinegar's acidic pH all slow or halt the fermentation and enzymatic processes. If you leave a jar of pickles that is still fermenting at room temperature on the kitchen counter, they will continue to ferment and produce carbon dioxide, possibly blowing off the lid or exploding the jar, which is why, of course, all shelf-stable pickles are pasteurized.

It’s probably not surprising that our culture has traded many of the benefits of these healthy foods for the convenience of mass-produced pickles and other cultured foods. Some olives, such as most canned black olives, for instance, are not generally fermented, but are simply treated with lye to remove the bitterness, packed in salt and canned. Olive producers can now hold olives in salt-free brine by using an acidic solution of lactic acid, acetic acid, sodium benzoate and potassium, pasteurized entirely differently from the old time natural lactic-acid fermenting method of salt alone. Have you started to notice that the emphasis is on quick today?

Some pickles are simply packed in salt, vinegar and are pasteurized. Many yogurts are so laden with artificial sugars and processed fruits that they are little more than sweet puddings, have you noticed this too? Unfortunately, these modern techniques effectively kill off all the lactic acid producing bacteria and short-circuit their important and traditional contribution to intestinal and overall health.

Get The Incredible Health Benefits Of Lacto-Fermented Foods

As fermented foods expert Sally Fallon asks in Nourishing Traditions, with the proliferation of all these new mysterious viruses, intestinal parasites and chronic health problems, despite ubiquitous sanitation, that it may well be that by abandoning our ancient practices of fermenting and culturing foods, and insisting on a diet in which everything has been pasteurized, homogenized and sterilized from any micro-organisms, we have compromised the health of our intestinal flora and made ourselves vulnerable to legions of pathogenic microorganisms. Like those cheap two-dollar jars of dill and gherkin pickles from your supermarket, are we undermining our health by insisting on fast and cheap foods?

If you look, you can still find some healthy traditional varieties of these fermented and cultured foods. The stronger-flavored, traditional olives you are most likely to find in the Greek, Italian or Spanish shops are most likely not lye-treated, and will still be found to be alive with active cultures. So are the locally-crocked fresh pickled olives made in your local Mediterranean deli, as well as the pickles, sauerkraut and other fermented foods you will be able to buy from many of these shops or can easily make yourself at home. Generally, the stronger and more complex the flavor, not counting any added flavorings or other hot pepper flavorings, the more likely that the food will still have active and beneficial lacto-bacteria.

So how can you be sure if you are getting the benefits of these active, fermentation cultures? For one thing, you can make your own or buy from a reputable seller like a good health-food shop, for example olives, sauerkraut, miso, tempeh, or Kim chi. There are plenty of great recipes I discovered online when I did a Google search the other evening, I found hundreds of excellent websites, and so can you.

In addition to being good for our overall health, reducing carbohydrates and cholesterol, strengthening the digestion and immune systems, eradicating psoriasis and even proactively helping us fight off and prevent diseases like cancer, these fermented and cultured foods are a lot simpler, easier to prepare and enjoy than you might think. Some people seem to think that the term fermented sounds vaguely distasteful, but many others however enjoy these foods every day that are results of ancient preparation and preservation techniques, produced through the breakdown of carbohydrates and proteins by micro-organisms such as bacteria, yeasts and molds.

Recent research has found fermented foods to be extremely beneficial to your overall health, so much so that some of these functional foods are now even considered to be probiotics, which can help your health in the following ways.

Some Of The Health Benefits Of Fermented And Cultured Foods

- Increasing your overall health by optimizing your nutritional status
- Promoting the growth of friendly intestinal bacteria
- Aiding digestion and supporting immune function
- Increase in B vitamins (even Vitamin B12), and uptake of omega-3 fatty acids
- Increase in digestive enzymes, lactase and lactic acid
- Increase in other immune chemicals that fight off harmful bacteria and even cancer cells.

Have You Tried Sourdough Bread, Kim Chi, Kefir, Or Cultured Vegetables?

Probiotics are popular these days, in fact so popular that you may think that fermented foods containing beneficial bacteria will be just another one of those quick health fads like so many other diets. The fact is that cultured foods have been consumed for many hundreds and even thousands of years around the world, and those who have consumed these foods were most probably oblivious to the fact that these foods contained simply loads of pre and probiotics. These beneficial live bacteria are found in abundance naturally in fermented foods, and through observation it has been found that those who regularly consume these foods are less likely to suffer from colds or other immune problems, amongst other numerous health benefits

Homegrown probiotics

In addition to buying the many quality probiotic products today, you can make your own tasty and nutritious probiotic foods with surprisingly little effort or expense. It is well worth the effort you put in to create these wonderfully nourishing foods. Your family's health will improve and you may well have some fun in making these preparations. I have made yogurt as well as sour dough bread for many years and also enjoy making Kim chi, one of my wife’s favorite condiments for many years now.

Whey

Rarely has natural product been praised so often, and for such a long time, as whey. In about the year 400BC, a Greek physician named Hippocrates recommended the “milk serum” of goats, sheep and cows to his patients. He left boiling milk to curdle with fig juice and vinegar and thereby created a refreshing and tangy drink.

Hippocrates observed that those who drank his concoction suffered a great deal less from digestive discomfort, although he had no idea of the microbial benefits of a lactic acid rich fermented food.

An outstanding commercial Swiss whey supplement you can buy is Molkosan, a supplement I often recommend for those who have psoriasis. Molkosan is a fermented whey concentrate that was developed by Dr. Alfred Vogel in 1952. Dr. Vogel was a true herbal medicine pioneer in natural health and was the first person to bring the popular herbal medicine Echinacea from Nebraska, USA, to Switzerland in the early 1950's.

Vogel started a company over fifty years ago called Bioforce, which still produces today some of the finest natural medicines available today, including Molkosan. Alfred Vogel devoted a great deal of his time to whey and from 1947 he repeatedly reported its positive effects in his magazine, Gesundheits-Nachrichten (Health News). In his classic work, "The Nature Doctor", which appeared in 1952, he wrote at length about the health building properties of "cheese water". Indeed, had it not been for Dr. Vogel, few of us would know exactly what whey is in the 21st century.

The Valuable Ingredients Of Whey

When you make sugar from sugar cane, you are left with molasses, an incredible healthy food which is packed full of iron and minerals. Refined white sugar is useless from a nutritional perspective; it is an empty and refined carbohydrate. Molasses is very under rated nutritionally, a bit like whey.

When you make cheese you are left with liquid whey, likewise, an incredibly healthy liquid that has many major health benefits. It's not that milk is empty by any means, but milk is best consumed in its raw state from the cow, just like sugar cane juice is best consumed raw. That way you are getting from nature exactly what it intended, a food packed full of nutrition and enzymes. The whey is such an important health food that I am amazed at how few people actually really understand the true value, particularly those with psoriasis-related health problems.

In order to obtain cheese from milk, the cheese maker must ensure that the solid and the liquid components of milk separate. For this to happen, the milk needs to be curdled by means of rennin and lactic acid bacteria making it thick. This solid component consists mainly of milk protein and milk fat is then made into cheese.

The left over liquid is whey, a fluid which still contains some of milk's very valuable ingredients and has very few of the calories. The whey products like Molkosan are then fermented with lactic acid with selected bacteria cultures and, in addition, is enriched with additional lactic acids, a physiologically valuable substance which contributes considerably to Molkosan's beneficial effect because the body can take it up directly.

The anti-fungal activity of whey is due to its acidity and buffering and alkalizing capability. It is able to re-establish the normal balance of beneficial bacteria in the digestive tract. This powerful antifungal activity can be used most successfully when applied topically against vaginal thrush, athlete's foot, ringworm and even psoriasis. You will find that fat free and protein free whey has an abundance of excellent effects on your health and that regular consumption will influence your digestive tract and the immune system in a very positive way, and watch what happens to your chronic psoriasis when you keep on taking it for several months. You will wonder why you weren't introduced to whey many years ago, like many of my psoriasis patients.

A healthy intestinal flora is not just a prerequisite for the healthy functioning of the body's naturally occurring defenses, but is also fundamental to your overall health and wellbeing. I'll talk more about how to take whey and use it externally when you have psoriasis later on in this book.

Raw, Organic Unpasteurized Apple Cider Vinegar

Before you declare that all vinegar is out of the question if you have a psoriasis, I want to make an important distinction right here and now, if you can manage to get hold of a bottle of unfiltered, raw, organic apple cider vinegar you will find it of significant help in your quest to eradicate psoriasis from your body. As I have mentioned earlier, most supermarket bought vinegar products have been distilled, filtered and pasteurized, in other words they are "dead" and contain no natural enzymes because all that processing kills off any goodness. You simply cannot compare a dead and devitalized grocery bought item to a natural product!

I have been recommending raw and natural apple cider vinegar for over 25 years for psoriasis after reading Paul Bragg's book on the topic over thirty years ago. Paul Bragg was one of America's leading health gurus who in fact opened up America's first health-food store. Apple cider vinegar is one of those products that you can use both externally and internally with confidence, but do discontinue if it causes you any discomfort or burning. Before you stop using it however, try to dilute it because you may have taken it in too strong a dose to begin with, like many healthy foods, you may need to go low and go slow before you increase the dose.

Here are four uses for using raw, unfiltered and organic apple cider vinegar when it comes to psoriasis:

1. Apple Cider Vinegar As A Spot Treatment For Psoriasis

Dampen a washcloth with a little warm water. Mix one part ACV with two to three parts of water. Soak the washcloth in this solution and apply directly to the affected areas. Hold the compress onto the area for 30 seconds up to 90 seconds. Apply at least three times daily, and especially before bedtime. ACV reduces the acidity of the skin, thereby reducing the irritation caused by psoriasis. I'd recommend that you do this each evening for about two weeks. On the most irritating of all lesions, try dabbing pure ACV with a cotton ball several times daily.

2. Apple Cider Vinegar As A Drink

Add anywhere from 1 to 3 teaspoons of apple cider vinegar to a glass of tepid water. Good to sip during or between meals. Apple cider vinegar is a good alkalizer of the digestive tract and is a perfect daily drink throughout the psoriasis diet. Some people claim that apple cider vinegar kills a yeast infection leading to a cure of psoriasis, but this is not my experience. It helps to restore digestive harmony by alkalizing the system and it also helps to stimulate the production of digestive enzymes in the stomach, pancreas and small intestine. This is perfect for those undergoing a diet change that needs more digestive power.

3. Apple Cider Vinegar As A Nail Treatment

I've had many patients tell me that soaking their finger or toenails in pure ACV for 5 minutes twice daily has helped them considerably, reducing any psoriasis aggravations in these areas.

4. Apple Cider Vinegar In The Bath

Draw enough water to have a bath and ensure the water is the right temperature; you don't want it too hot. Add 1 to 2 cups of apple cider vinegar and again, if you have a stubborn case of psoriasis or a particularly irritating one you may want to add at least 1 -2 teaspoons of water soluble tea tree oil to a bath. Do experiment with dosages when it comes to the apple cider vinegar and tea tree oil, the dosages I recommend are suggested dosages only. I tend to recommend higher dosages generally, because I believe that by doing so you will get superior results. Ensure that you dry yourself very well after a bath and be sure to always use 100% cotton under garments.

Fermented Soy Products

Before I get started explaining more about this group, there is one myth I'd like to discuss. Is soy good or bad, should I avoid soy entirely because many websites tell me so? NO, you don't have to avoid soy. Before you decide that soy is a poison like many today claim it to be, I'd like you to do your own research and read the "for and against" arguments. I've never been a fan of soya milk; I just don't like the taste, but do enjoy organic tofu and the fermented soy products, namely tempeh and miso.

I find it most interesting that just about everybody who attacks soy does not seem to have a problem with the fermented soy products, even though they contain significant amount of soy isoflavones just like soy milk and tofu. Think about it logically for one moment, how can soy ferments be 100 percent devoid of isoflavones, genestein or in fact any other component that is present in soya milk or tofu?

Parrot Talk

I just love African Grey parrots, they are highly intelligent birds and many are good talkers. These clever birds listen with great care and then copy you word for word, verbatim, without even thinking about what you have just said. The next time they see somebody, they will repeat what they heard you say, and after awhile, even the person who hears the parrot speak will repeat what the parrot said to somebody else. Many people I know are just are like parrots, they just keep on repeating what they have heard from others, word for word, without even thinking or researching for themselves if what they have been told makes any real sense. Some health-care professionals are guilty of this, and many tell their patients to avoid soy because of these kinds of reasons they have been told:

- Soy weakens your immune system
- Tofu wrecks your brain
- Soy turns boys into homosexuals
- Soy may cause cancer and brain damage
- High soy diet during pregnancy and nursing may cause developmental changes in children
- Soy can cause severe allergic reactions
- Soy supplements fail to help menopause symptoms
- Pregnant women should not eat soy products
- Soy can lead to kidney stones
- Soy baby formula linked to behavioural problems
- Soy formula exposes infants to high hormone levels

Anti-Soy Campaigns And Rodent Research

Soy has been trashed in the media for some time now, and I believe one of the prime reasons why this talk originally started is because soya milk sales compete head on with cow's milk sales. There was a huge interest in commercial soya milk in the eighties and especially the nineties, just about the time when all the evidence came out about how soy could poison you, cause various cancers, shrink your brain and even turn your son into a homosexual by shrinking his gonads. But, notice how there was never any mention of the bad effects of any of the fermented products, just soya milk? That's because the fermented soy products don't compete in the market place with any other foods. Soy sales in the 1980's in USA were 300 million dollars annually, and in 2008 they were 4.2 billion, money that is not being spent buying dairy or other competitive foods. Smear campaigns and dirty marketing work well, they helped margarine sales kill butter sales in the 50's and 60's, and many have woken up to this myth only recently.

I wonder whether the biased soy studies have been funded by the National Meat Institute or the National Dairy Board, the soy research I have seen appears to be a bit like university research being funded by pharmaceutical interests. Most soy studies look at rat or mice studies for a few weeks or a month or two duration, and not actual human research of populations who have been consuming soy for over two thousand years.

The people with the longest lifespan on earth currently happen to live in Okinawa, Japan, and they consume an average of 60 to 120 grams of soy protein daily. Okinawans have up to 80 percent less cancer and heart disease than Westerners. Chinese people eat on average 30 – 50 grams of soy protein daily, and both in Japan and China, where the highest soy consumption appears to be have no fertility issues. (Wilcox et al, 2004) I think I'd rather believe a living and breathing human model when it comes to studies, and not some biased rat or mouse study, these are flawed studies based on an entirely different species with a vested interest.

Soy is bad for my thyroid you will have been told. In Asian countries where soy consumption is between 50 to 100 times higher than in the Western world, there is certainly no high occurrence of hypothyroidism, and a big reason why is because these enlightened people eat seaweed, naturally high in iodine. Women living in the Western world eat no sea vegetables and have a forty percent chance of hypothyroidism.

They eat foods depleted in essential minerals and a high-stress lifestyle, they are often lacking in the thyroid essential minerals such as zinc, iodine, selenium, manganese and more. The bottom line is, if you eat soy products then be sure to also include some sea vegetables in your diet, because research has uncovered that those who do eat soy regularly eat sea vegetables as well, interesting stuff but common sense, and it just goes to show that you need to take things in context.

Based on looking at both sides of the argument for several years, I do believe that the majority of adults can enjoy the taste and nutritional benefits of a wide variety of soy based foods, including tofu, tempeh, soy sauce and natto without placing their health at risk. I'm not talking about foods containing concentrated soy isolates or GM soy products, but whole organic and natural soy foods; the way nature intended them to be and the way they have been consumed traditionally for thousands of years. There certainly is sufficient evidence when it comes to infants and soy-isolate concentrated foods, but the same applies to giving infants whey-concentrated foods when they are only a few months of age as well.

Breast-feed is always the best-feed and anything else is second best, regardless whether it is soy, cow or goat's milk, and goat's milk being probably the best out of the three in my experience.

There is also sufficient evidence to suggest that soy may be a major issue for those with liver disease, major autoimmune dysfunction and intestinal inflammatory conditions such as Crohn's disease or colitis. But there is also ample evidence to suggest that cow's milk and many other such contentious foods are equally suspect in these individuals. I recommend that you consult with your health-care professional if you can relate to one of these conditions and want to make dietary changes.

Soy Is A Personal Choice – Take The Middle Path

Personally, I have been eating soy products for over 30 years, have four children and can assure you, my testicles have not shrunk, I have not developed breasts, nor am I homosexual and my brain has certainly not been wrecked. Eating soy is a personal choice, and it is up to you to decide if soy products are right for you. Before you condemn soy, I'd like you to become a lot more informed and to read for and against arguments.

Don't just automatically assume that eating soy will make you sick or increase your risk of cancer. You were probably using a mobile phone yesterday, and that is going to be potentially more of a health risk than many foods you will ever eat, and no doubt as mobile phone charges drop over time and their ability to transmit faster and with increasing power, you will be using this technology more prolonged, increasing your risk even further. Everything in life carries a risk, but believe me on this one - the morbid fear of living and of eating specific foods because of what the may *potentially* do to your health will be found to be considerably more damaging to your health than the very food itself.

Every time you drive your car the risk of serious injury and death is always a possibility. And then you say: "No soy for me, it may harm my health". I've long worked out that there are as many nutritional fanatics as there are religious and medical ones, and some will defend their view almost to the point of death it seems.

Maybe you would consider my own personal balanced approach, take the middle path and include in your diet a wide variety of foods I have outlined in this chapter, including vegetables, meats, eggs, chicken, fish, alkaline grains, nuts and seeds, sea vegetables as well as the fermented and cultured foods. How can you go wrong with this approach?

Tempeh

I can still remember when I first experienced tempeh, I was in my twenties and tried a tempeh burger at a vegetarian restaurant and was amazed by the unique flavour. Have you ever tried tempeh? It is made from soaked and then partially cooked soy beans to which a fermentation starter containing spores of the fungus Rhizopus oligosporus have been added. Tempeh is an excellent food for those with psoriasis.

This mixture is then spread out in a thin layer and allowed to ferment for a day or so and temperatures of around 30°C (86°F). In the best tempeh of the highest quality, you will find that the beans are knitted together by a fine white mat of the fungus.

Lower temperatures may result in a darker tempeh that does not affect the quality or the taste. Tempeh originated in Indonesia, and they consider it a good food once it has fermented for several days. The best ways to describe the taste of tempeh is meaty, nutty and complex. I eat tempeh regularly and sometimes find that it tastes just like hamburger meat. This is the closest thing to meat you can get in a vegetarian sense, and if you are a devout meat eater and want to move away from animal proteins than tempeh is for you. Over the years I have seen several vegetarians who gave up eating meat entirely only after discovering tempeh.

Tempeh is an unusual food that is non-meat yet high in protein and beneficial bacteria that can even produce vitamin B12. During the fermentation process, the phytic acid content of soy is reduced which allows your body to readily absorb more minerals. The rhizopus fungal culture helps to break the carbohydrate content down, especially the oligosaccharides that are associated with the production of bloating and gas and can even produce indigestion. I've noticed that those who eat tempeh once or twice a week appear to have a better digestive and bowel function than those who don't. Can you imagine for one minute if you ate tempeh regularly, as well as kefir, sauerkraut and yogurt? Your psoriasis would find it very hard to exist indeed as a consequence of such a healthy digestive environment.

Tempeh In The Kitchen

What do you do with tempeh, how do you cook with it? Treat tempeh like you would a piece of chicken or beef steak, you can fry it, roast it, cut it into pieces and stir-fry it, tenderize it a little, cook it and then make a burger with it along with all your regular favorite toppings of lettuce, grated beetroot and carrot, tomato, etc. You can use tempeh in soups, stews, casseroles, salads, and sandwiches or just cook it and eat it alone. You can use it in tacos and burritos, in chili, or any one of a thousand other ways. It freezes well and you can buy it from your local health-food store either fresh or frozen. The uses of tempeh are only limited by your imagination, but just think of it as a kind of meat and then you will probably have several idea of what to do with tempeh until you get used to this most versatile, delicious and nutritious food.

Natto

Natto is not unlike tempeh, but it originated in japan and not Indonesia. In Japan, natto is popular as a breakfast food and is made from soybeans which have been fermented with bacillus subtilis. It is usually eaten with rice and has a quite strong and characteristic flavour, and to be honest it is not for me, but you may find it OK and perfectly acceptable.

Natto has a sticky and stringy texture that some find unappealing, but you should try it at least once or twice before you make up your own mind though. Natto has many potential health benefits indeed backed by plenty of medical research. It contains an enzyme known as nattokinase that helps to prevent blood clots that may assist in the reduction of strokes, heart attacks and pulmonary embolism. Natto also contains large amounts of vitamin K_2, which assists in bone formation and the prevention of osteoporosis. Natto is the perfect food for those who have a history of blood clots or who have had a stroke in the past. Nattokinase is superior to warfarin, yet without the side effects.

Natto In The Kitchen

Natto is generally available in packs of 50 to 100 grams. The most popular way to eat natto is to place the natto in a small bowl and to stir it well, do not mash it. Stirring for a minute with chopsticks is sufficient, then add some soy sauce and Japanese mustard. Natto tastes better with the addition of finely chopped spring onions placed onto a small amount of steamed rice. Natto can also be served with miso soup or as a side dish along with some cooked wakame and steamed rice. I found many different recipes online and so can you.

Miso

Miso is another form of fermented soybean, it is a thick paste-like substance that is brownish in color and tastes very salty and tangy. Miso is one of my favorites and I enjoy miso soup quite regularly. Miso is high in protein and very rich in minerals and vitamins and the darker the paste is in color the stronger the taste will be. Miso is made by the fermentation of soybeans and aspergillus oryzae and the most common varieties are made with soy, although miso can also be made also with rice or barley.

Miso is readily available from many health-food shops and will keep for months in your refrigerator if stored well. Miso is very different from tempeh or natto in that there are literally countless varieties available. The colors range from almost white to black, and the flavors have been described as sweet, salty, fruity, earthy and savory. Miso contains many different flavonoids and isoflavones, including daidzein, genistein, malonylgenistin and malonyldaidzin which are seen as bad for our health, yet many who condemn soy actually promote miso, a little strange perhaps?

In my opinion, miso is one of the best of the fermented foods for the psoriasis patient. Microorganisms such as aspergillus that are used in the fermentation process help to pre-digest miso, which in turn allows your digestive system to easily digest and absorb the nutrition from this super nutritious food. Many forms of miso actually contain copious quantities of beneficial bacteria themselves, including various species of lactobacillus.

Miso is one of the best of the fermented foods to consume daily because it powerfully supports digestive health, tastes great and is easy to obtain. Miso has many other health benefits, too numerous to mention, including cardiovascular and immune boosting properties.

Miso In The Kitchen

Just like tempeh, there are many ways you can enjoy miso. Here are a few quick suggestions on ways how you can incorporate this delicious fermented soybean paste into your diet.

- Miso soup is very quick and easy to prepare, just warm some water to which you have added miso paste and add a few shiitake mushrooms, some organic tofu, carrots, and a little daikon radish.
- Make a salad dressing by mixing a little miso paste with fresh garlic, sesame or olive oil, fresh ginger and a few drops of lime juice.
- Enjoy a hot miso soup drink instead of a coffee or cup of tea.
- Try a miso sandwich, just spread a little miso paste onto a piece of sourdough bread and add avocado or tahini.
- Use miso as a marinade along with an oil of choice and some fresh garlic, you can use this marinade with chicken, fish or meats of many different kinds.

Sourdough Baking

One of the main foods my psoriasis patients always tend to complain about when they start on the psoriasis diet is that I recommend they stop all commercially baked breads.

I recommend this because this commercially made food is full of yeast and sugar, two of the main things you will want to avoid when you are serious about getting rid of psoriasis. Some practitioners who treat psoriasis patients say that you must avoid all grains entirely, including wheat, oats, barley any rye if you want to eradicate psoriasis. I have found this to be not to be the case, and have helped many people eradicate their psoriasis by recommending that they stay on grains otherwise they will soon lose interest in the diet, and besides many experience fatigue and weight loss when they stop all grains, which can be quite dramatic and disconcerting for some.

There is no need to avoid wheat and other grains, unless you are a celiac, and have been positively diagnosed by way of a biopsy, and not self or Google-diagnosed please, or allergic to gluten, which has found to be strongly positive with a IgG/IgE food allergy blood test.

Have you considered sugar and yeast free sour dough bread? Try it; it is very nice and rich in lactic acid that favors the development of lactobacillus acidophilus in your digestive system. Sourdough baking with lactic acid fermentation is much healthier than yeast baking, and is the best way to consume bread if you have psoriasis by far. This form of healthy baking makes many minerals and inositol much more readily available than will be found in various commercially prepared breads. You can use the unheated sourdough ferment as a source of live food that is very rich in probiotics. Some people are concerned that bread like sourdough which does contain natural and wild yeasts, will encourage their psoriasis. I have not found this to be the case with patients in my clinic, and providing a person does not have an issue with wheat or gluten, they are OK to eat sourdough bread.

By being able to consume healthy and tasty sourdough bread you have made yourself, you will not be depriving yourself of that nice piece of bread for breakfast or lunch, just be sure not to put jam or honey on it, avocado or hard cheese are better options.

The Starter

The secret to making a good loaf of sourdough lies in a concoction known as *the starter.* Starter begins as a mixture of water and flour and is typically kept in a loosely covered container at room temperature. After several days of feedings with additional flour and water, the mixture becomes home to thriving populations of lactic acid bacteria and wild yeast, don't worry, we are not talking about candida albicans yeast here.

The process of making the starter by relying on wild yeasts and bacteria is like stepping back in time; this is how all bread once used to be made. Encouraging a mixture of flour and water turn into a living ecosystem at room temperature cultivates a greater appreciation for the microbes on which we rely so heavily for the production of fermented foods. The type of beneficial yeasts that settles down in the starter may be *Saccharomyces diarensis and Saccharomyces exiguus,* while the bacterial organism is usually a strain of lactobacillus. Did you know that there are at least 10 different strains of lactobacillus bacteria that have been isolated from sourdough breads? Among the most commonly occurring are *Lactobacillus brevis, Lactobacillus plantarum,* and *Lactobacillus sanfranciscensis,* named from San Francisco sourdough bread, from which it was first isolated back in 1969.

Normally you save a cup of the sourdough starter for the next batch. When doing this for the first time then use instead half a cup of acidophilus yogurt or several acidophilus-bifido capsules or any other suitable source of acidophilus. You can also use some of the lactic acid rich water that you will find on top of natural, unsweetened yogurt. A good product to try also is Molkosan.

Honey or molasses are added as food for the bacteria to be converted to lactic acid, don't worry, the sugars will be consumed by the bacteria and won't be consumed by you and become a food source for a yeast infection, aggravating your psoriasis.

If you are worried about gluten, try using buckwheat flour to make the bread stick together. There are many different recipes you can find online for sourdough bread, for example you may want to replace part of the rice flour with another non-gluten flour, as for instance coconut, lentil or pea flour, which you can make yourself by grinding dried coconut or seeds in a coffee grinder and putting it through a fine sieve. Just add more water as required for mixing.

Health Tip – Use A Yogurt Maker

I have experimented and found that a yoghurt maker is a brilliant way to keep the starter warm; this will accelerate the culture and is a very good method for making sourdough and keeping the starter healthy in wintertime. When the mixture becomes frothy or has doubled in volume, it is ready to use.

Remember, sourdough is a live fermented food and tastes a little sour like yogurt. You may use it with any good spreads (but no jam, marmalade, honey, etc.!!) and in addition to salads and other meals just like you would any bread. Sourdough is very nice when dipped in olive oil, try it, you may like it. Add a little garlic as well for some anti-fungal activity.

Basic White Sourdough Bread Recipe

This basic sourdough bread recipe will produce approximately 2 to 2.2 kilograms of dough which will be more than enough dough for 2 normal sized bread tins to be about half filled. What you will find is that because sourdough bread lacks brewer's yeast, it won't rise as much as commercial bread. This dough will rise very nicely nevertheless when baked and you will find that it should fill the tin.

Ingredients

- **Starter** - about 300 g ripe sourdough starter which is about 2 cups full, though I usually don't use this as a measurement, because starter varies a great deal in volume.
- **White Organic Unbleached Flour** - (or regular white flour), Use about 1.2 kg white flour. As a rule of thumb, the more wholemeal the flour, the more water it will hold, so allow for this when adding the water when using wholemeal flours.
- **Water** - about 600 ml of water (the temperature of the water needs to be luke warm in winter, but for the rest of the year room temperature will do).
- **Salt** – sea salt. Use about 25 grams.

Mixing In Flour

Use a large stainless steel or glass bowl to mix the flour and starter. Place the flour in the bowl; make a small well in the middle of the flour. Then pour in the water, starting initially with half the water and then quickly adding the rest. I always keep a little water for later, just in case the dough feels too tough. Now place all the starter in the water in the well.

Mixing The Dough And Starter

Mix the ingredients (I use one hand and keep the other clean), at this stage you do not want to knead, just mix it rather roughly together. Don't be too concerned about lumps. You will soon discover that by keeping one hand clean you can answer the phone, open the door to an unexpected visitor and clean up much more easily afterwards! You will also soon learn that your kitchen will end up quite a mess if you use two hands to mix the starter. Add water as required if the dough feels too stiff or tough. Add the water with the clean hand; see how the vessel stays clean? If you mix with both hands you will soon notice just how messy the kitchen becomes.

The Delayed Method

I discovered this by reading many recipes online and trying out several, this method works really well and is the one you should try first, not after many experiments and failed attempts like me. Please ensure that you mix the flour, water and starter sufficiently so that the flour has absorbed all the water. This is very important before you place the bowl to rest the mixture after covering the bowl for an hour.

The Kneading Of The Dough

After you have let this mixture rest for an hour, sprinkle the sea salt over the mixture. Knead the dough well and in no time at all you will end up with nice smooth and soft dough. Once the dough becomes less sticky, use the other hand as well because you will find that the dough does not tend to stick to your hand.

Proofing The Dough

After this kneading, leave the ball of dough rest in the bowl for between 6 to 8 hours. It all depends on the temperature, and in winter I may place the covered bowl on the mantelpiece not too close to the fire. In summer I just leave it on the kitchen bench. You will soon get a feel for how long to leave the dough rise based on the temperatures in your house and what season it is. It can take up to twelve hours if the temperature is quite low. You want the dough to basically double in size during this first proving, but it may not be achievable due to a poor starter culture or poor temperature.

Proofing for the second time: Once the dough is ready, take it out of the bowl and cut it into two halves. Now take each piece of dough and gently make a round shape of it, placing the seam at the bottom of the loaf. Now place these unbaked loaves in a warm and cozy place so they can recover their shape once more. Again, temperature permitting, this may take only a half an hour but in winter it could be an hour.

Form The Loaves

After the second proofing, take the dough out and place it on a bench (lightly floured). Keep the seam on the bottom and gently roll the dough into a longish cylinder. Let them rest (covered) again for a few minutes to recover. Now prepare your bread baking tins.

Ready For The Bread Tins

Very gently spray or brush a little warm water onto the surfaces of the dough that you have formed into cylinders. Now lightly dust the surface (place flour in a sieve) and make a few diagonal slashes in the top of the dough, reasonably deep. Carefully pick up these dusted and slashed loaves (from underneath!) and place them into the oiled or buttered tins. It is best that the dough occupies about three quarters of the tin; this will allow them to rice nicely.

Baking Your Sourdough Bread

Finally ready to bake. Once the loaves have risen again, turn on the oven to 180 degrees Celsius. If you oven is efficiently fan-forced, you may want to reduce the temperature to 160 degrees Celsius. Your sourdough bread should bake in about an hour, maybe less, so keep a close eye on the oven. Here’s a trick – the longer you bake the break, the thicker the crust will become. Don’t go to far from the kitchen like I did once, or you may end up literally baking a brick like I did a few times.

Removing Bread From Tin

A hollow sound on the loaf will indicate whether it has successfully baked. When cooked, remove the bread from the tin and place it promptly in a bread rack to cool. How do you know if the bread isn't cooked properly? It will sound with a dull thud, and this is something only experience will tell you. A bit like buying a nice watermelon, a good one will sound hollow and bad one will sound hard or dull. If the loaf sounds hard or dull, leave it in the oven which has been turned off for a further ten minutes or so.

Sourdough Recipe #2

- 2 cups of brown rice flour
- 1 cup of buckwheat flour
- 1 cup of liquid sourdough starter
- 2/3 cup of warm water
- 1 or 2 tsp. of honey or molasses

Cultured Vegetables

Cultured vegetables are raw vegetables that are allowed to ferment for about a week at room temperature in order for the beneficial lactobacilli bacteria to grow and are then refrigerated until eaten. Vegetables such as cabbage, carrots, beetroot and even garlic can be fermented into delicious cultured foods that maintain their lactobacillus count for as long as 6 months after preparation. Vegetables can be cultured with whey or sea salt, and taste like pickles or sauerkraut. Vegetables that are cultured are an excellent addition to the diet of those with psoriasis, as they significantly improve the digestive system over a period of time. Once I can finally convince a patient with psoriasis to incorporate these foods into their diet on a regular basis, their psoriasis slowly and steadily begins to improve. The lesions get smaller in size, the itching reduces and eventually even the worst skin patches just fade away.

Some of the health benefits associated with cultured vegetables include reducing symptoms of conditions such as colic, peptic ulcers, food allergies, constipation and many other digestive tract disorders. Give your baby a bit of the juice to build up their beneficial digestive bacteria.

Sauerkraut

Ingredients
One 5 to 8 kilogram green cabbage (10 - 16 lbs.)
Salt (½ to ¾ teaspoon per 500gr of cabbage. (one pound)
1 tablespoon juniper berries, they are optional but give a great taste.
2 teaspoons cumin seeds, also optional but give a great taste.
2 bay leaves (optional)
Salt water to cover (1 tablespoon salt per quart of water)

Method

There are as many ways to make sauerkraut as there are sauerkraut recipes, but here's how I do it. Try to get a ceramic crock or you can even use a small wooden barrel. I use a round wooden lid (covered with a clean damp cloth) that sits inside the pot and rests on top of the cabbage. This lid is weighed down with a few heavy (clean) stones. I obtained a couple of clean stones from a riverbed nearby and so can you.

- Shred the cabbage finely with a serrated bread knife into a large bowl; add salt and optional spices. Gradually add the mixture to a large container, crushing to release juices, I use a round untreated wooden stick about two inches wide. Place the wooden lid on top of the crushed cabbage then add the weighting stones and push down firmly.
- Top off with salty water to cover stones by 1 inch, you will get a better result if you use chlorine and fluoride free water. Ferment 4 to 6 weeks at a reasonably warm temperature. One way to achieve the warm temperature is to place the container in your hot water cupboard.
- I check each week and clean any ferment from the wooden lid, you will soon know when it is ready and with experience will get to know the exact taste and smell which indicate it is ready to place in clean glass mason jars in your fridge. Sauerkraut tastes great both cold or warm.

Kim Chi

Kim chi is sometimes spelled "kim chee", but I prefer the "chi" spelling because that is the spelling of the oriental word *chi* (*gi*, *ki*) that means "natural energy" or "vital force". Of the countless varieties of Kim chi that are made in Korea, by far the most common version is the one made with Chinese (wong bok) cabbage.

Just like sauerkraut, kim chi that is made with cabbage is loaded with indole-3-carbinol (I3C), a compound that is well recognized as a powerful cancer-fighting compound. Numerous studies indicate that I3C can offer protection against many different types of cancer and may even stop the growth of existing tumors.

I learned about Kim chi when I was a student and completed a Cooking For Health course many years ago at naturopathic college. A great thing about this dish, like all fermented foods is that it keeps for many weeks in your refrigerator, yet still tastes fresh and is a great side dish or even a meal on its own.

The garlic and vinegar are natural preservatives that keep the raw vegetables and fruits tasting great for a long time. If you have one of those keep warm crock or hotpots in your kitchen, then a wholesome snack or even a full meal is not far away. Kim chi is very much like sauerkraut, it is not only a health food, it can be regarded as a convenience food, and both of these foods can be served cold, warm or hot. An important point to bear in mind is that Kim chi must be fermented properly.

Cabbage And Onions

In my opinion, two of the best ingredients to ferment for promoting beneficial bacteria in your digestive system and inhibiting the unfriendly bacteria are cabbage and onions. There is no doubt; fermented cabbage is the absolute best. Once the cabbage soaked in vinegar has had a chance to age, only a day or two in the refrigerator or a few hours at room temperature, the cabbage ferments and produces the nutrients that the beneficial lacto-bacteria thrive on.

When you make **kim chi**, be sure to use Chinese cabbage, which is one of the most common Asian vegetables found in Australia, New Zealand and probably in your country, and is also known as Peking cabbage, Napa cabbage, or wong bok. It has an elongated head with tightly packed crinkly pale green leaves. Unlike the strong-flavored waxy leaves on round heads of cabbage, these are thin, crisp and delicately mild.

When you make **sauerkraut**, be sure to use the normal round green cabbage. It has a stronger and sharper taste and suits sauerkraut better. This cabbage is a bit harder to slice because the leaves are more densely packed so be sure to carefully use a sharp serrated knife.

Health Tip – Raw Cabbage Cures Ulcers

I once placed a male patient with advanced digestive ulcers on a diet rich in Kim chi, sauerkraut, plain steamed vegetables, fish and rice. In less than 12 weeks, the ulcers that had resisted years of medical treatment were completely healed; I know this to be true because the patient had his cure confirmed by way of endoscopy. If you eat foods like sauerkraut and Kim chi, you may well heal all manner of chronic digestive complaints that have been unresponsive to conventional drug treatments. What have you got to lose except your ulcer?

Kim Chi Recipe

To make healthy kim chi that still has lots of flavor and health-promoting compounds, start with a whole head of fresh wong bok cabbage. Don’t worry about the addition of the fresh fruit here (apple and pear) as the sugars will be consumed and converted into beneficial (lactobacillus) bacteria, creating a lactic acid rich environment.

Ingredients:

- One wong bok cabbage - about 500gr (one pound)
- Sea salt
- Water
- Fine red chili flakes (Asian shop)
- 1 tablespoon minced fresh garlic
- 1 tablespoon minced fresh ginger
- 3-4 spring onions (scallions), sliced
- 2 tablespoons anchovy or fish sauce (optional)
- 1/2 brown onion
- 1/2 ripe apple
- 1/2 ripe pear

Directions:

1. Separate cabbage leaves and chop into bite-size pieces.
2. Dissolve a quarter cup of sea salt in a bowl of warm water, and then pour salt water over cabbage leaves. Give cabbage a gentle toss to distribute salt water. Allow salted cabbage to sit for at least four hours.
3. Give cabbage a good rinse to remove excess salt, and then transfer cabbage to a large bowl.
4. Combine a quarter cup of fine red chili flakes with warm water, stir gently with a spoon to create a red chili paste, and then transfer chili paste to cabbage.
5. Add minced garlic, minced ginger, spring onions (scallions), and fish sauce.
6. Blend brown onion, apple, and pear with one cup of water, then add this natural sweetener to the cabbage.
7. Give everything a thorough toss and good rubdown. You want to evenly distribute all ingredients, especially the red chili paste.
8. Transfer seasoned cabbage leaves into a large glass container (which you have cleaned previously with very hot water).
9. Be sure to use firm pressure with your hands to push down on cabbage leaves as they stack up inside the bottle.
10. Transfer any liquid that accumulated during the mixing process into the bottle as well - this liquid will become the Kim chi brine. Some liquid will also come out of the cabbage leaves as you press down on them, as they are stacked in the bottle.
11. Be sure to leave about 50ml (2 inches) of room at the top of the bottle before capping it tightly with a lid. Allow bottle of Kim chi to sit at room temperature for 24 hours.
12. Your Kim chi is now ready to eat. Refrigerate and take out portions as needed. The refrigerated Kim chi will continue to ferment slowly in the refrigerator over time. So long as you use clean utensils to take out small portions, it will keep for up to a month or even longer in your refrigerator.

Cultured Dairy Products

Fermented milks had been made since early times, when warm raw milk from cows, sheep, goats, and even camels or horses was naturally preserved by using common strains of Streptococcus and Lactobacillus bacteria. With the development of microbiological and nutritional sciences in the late 19th century, came the technology necessary to produce cultured dairy products on a much larger scale, on a commercial basis. These cultures were generally obtained by including a small portion (seeding) from the previous batch. These harmless lactic acid producers were effective in suppressing spoilage and pathogenic organisms, making it possible to preserve fresh milk for several days or weeks without refrigeration. Cultured products eventually became ethnic favorites and were introduced around the world as people migrated to different countries, for example Greek immigrants started to make yoghurt on a large scale when they migrated to Australia in the 1950's, after World War 2 particularly.

Central to the production of cultured milk is the initial fermentation process, which involves the partial conversion of lactose (milk sugar) into lactic acid. Lactic-acid producing Streptococcus and Lactobacillus bacteria accomplish lactose conversion. At temperatures of approximately 32° C (90° F), these bacteria reproduce very rapidly, perhaps doubling their population every 20 minutes. Many by-products that result from their metabolic processes assist in further ripening and flavoring of the cultured product. Subsequent or secondary fermentations can result in the production of other compounds, such as diacetyl (a flavor compound found in buttermilk) and alcohol (from yeasts in kefir), as well as butyric acid (which causes bitter or rancid flavors).

Cultured buttermilk, sour cream, and yogurt are among the most common fermented dairy products in the Western world. Other, lesser-known products include kefir, koumiss, acidophilus milk, and new yogurts containing bifido-bacteria. Cultured dairy foods provide numerous potential health benefits to the human diet. These foods are excellent sources of calcium and protein. In addition, they may help to establish and maintain beneficial intestinal bacterial flora and reduce lactose intolerance. I have always encouraged those with psoriasis to consume yogurt in small amounts on a daily basis, it is one of the best of the cultured foods for those with psoriasis.

Be sure to make yogurt from raw milk that is available much more freely these days than it was ten years ago. There are many health-food stores than have organic milk suppliers and you should be able to obtain this valuable food. While you can use plain supermarket commercial milk to make cultured dairy products, you are not getting the benefits obtained from milk straight from the cow, like the inclusion of enzymes, prebiotics, probiotics and healthy fats. All these will have been removed or destroyed due to the process of homogenization and pasteurization.

Yogurt

Why not just buy yogurt at the supermarket? One of the most well known and most readily available probiotic foods, many varieties of store-bought yogurt are high in sugar and not very potent in probiotic content. Homemade yogurt however is likely to contain much more beneficial bacteria and far less sugar, preservatives and added chemicals, plus it’s easy and fun to prepare.

Your own homemade yogurt will be a great source of calcium, magnesium, protein, and other essential vitamins as well as beneficial digestive tract bacteria without unnecessary additives.

I would like to stress once again, yogurt is OK for most people with psoriasis, but it depends on the quality of yogurt. Don't be afraid of yogurt, butter and occasionally cream. These dairy products can be tolerated by most who have psoriasis and should be trialed before you simply dismiss them as being to allergenic. Don't touch dairy products if you know you are very sensitive to them, otherwise you should be OK. Don't believe a lot of information you read online with regards to dairy foods and psoriasis. The stage 2 component of the psoriasis diet does include excluding cow's milk from your diet for two to three weeks, and the object of this is to help heal any underlying leaky gut, because cow's milk is potentially the most allergenic of all foods, more about this later.

A True Super Food

Yogurt is a true super food indeed; it is also known as sour milk and is the result of the fermentation of milk. Yogurt is very much a pro-biotic food and that means food that contains plenty of beneficial bacteria. Based on research, yogurt has many benefits for human health. The history of yogurt as healthy drink began when Dr. Elie Metchnikoff made a hypothesis. He found that there was a strong relationship between the longevity and habit of consuming fermented milk in Bulgaria's mountain society.

An Ancient Past

While it is unclear exactly is when and where yogurt was developed, fermented dairy products were probably consumed for thousands and thousands of years, ever since the beginning of the domestication of cows. One of the first records of yogurt consumption comes from the Middle East during the times of Genghis Khan in the 13th century, whose armies were sustained by a food similar to yogurt. Yogurt and other fermented dairy products such as kefir has long been a staple in the diets of cultures of the Middle East, Asia, Russia and Eastern European countries, such as Bulgaria. Yet, the recognition of yogurt's special health benefits did not become apparent in Western Europe and North America until the 20th century, as a result of extensive research done by Dr. Elie Metchnikoff, who conducted research based on many years of work on the health benefits of lactic acid-producing bacteria and postulated that the longevity of peoples of certain cultures, such as the Bulgarians, was related to their high consumption of yogurt and fermented dairy products.

Why Is Yogurt So Good?

The nutrient rich content found in yogurt is the reason why we need to consume yogurt. Yogurt contains B complex vitamins and a higher percentage of vitamins A + D than milk.

Yogurt is a natural and powerful antibiotic, helps to prevent cancer and has been found beneficial in colds and upper respiratory complaints, high cholesterol levels, constipation and diarrhea, irritable bowel syndrome, arthritis, diverticulitis, diarrhea, gallstones, osteoporosis, kidney disorders, many cancers of the digestive tract, thrush, hepatitis and various skin complaints.

Like the milk it is made from, yogurt is a very good source of calcium, phosphorus, and protein.

During the fermentation, there is a synthesis process of vitamin B complex, especially thiamine (vitamin B1) and riboflavin (vitamin B2), and also amino acids. Yogurt is not only a good source of protein, it is also an excellent source of calcium, magnesium, potassium, phosphorus, vitamin B2, B 5, B 12, iodine, zinc, as well as molybdenum. These several nutrients alone surely qualify yogurt as a super food. But probably the most important aspect of this food is the inclusion of live bacteria.

Unlike milk, real yogurt also contains probiotics, the good bacteria your digestive system needs to process and benefit from all the other things you eat. The most common probiotic in yogurt is lactic acid bacteria including Lactobacillus acidophilus and bulgaricus, Streptococcus themophilus, and Lactobacillus casei.

Selecting And Storing Yogurt

Here is an important point you may not of though about when buying yogurt. Did you know that some manufacturers actually pasteurize their product? Some do and some don't, and what you need to look for are products that feature "live active cultures" or "living cultures" on their labels. This is especially important if you want to not only enjoy yogurt as a tasty food, but to gain the probiotic benefits as well. The problem with pasteurization is that it basically kills off the beneficial lactic acid and the good bacteria, rendering yogurt useless in terms of its ability to be a true super food.

I always recommend people to avoid those small containers of yogurt that contain artificial sweeteners like aspartame, as well as colors and many additives. Avoid those fruity yogurts that taste very sweet because they often are laden with fake sugars. And of course you always check the expiry dates on the side of the yogurt container to make sure that they are still fresh, don't you?

One major American website with lots of psoriasis information online is promoting aspartame containing dairy products as being OK to consume. When I read this kind of information, I tend to take the rest of their psoriasis information with a grain of salt. Anybody who promotes aspartame as being OK is clearly ignorant, there is enough information about this toxic pseudo sugar available online, so if you must consume aspartame and truly believe that it is totally harmless, you do so at your own risk and are crazy in my opinion.

A good tip is to look out for yogurt made from organic milk. Organic dairy products are becoming more widely available in an array of sizes, flavors and varieties. Make sure you store your yogurt in the refrigerator in its original container. If unopened, it will stay fresh for about one week past the expiration date

I Am Allergic To Milk. Does This Mean I Am Allergic To Yogurt?

There is no doubt about it, cow's milk is probably the most allergenic all foods I have come across in my work as a naturopathic physician. And although allergic reactions can occur to virtually any food, research studies on food allergy consistently report more problems with certain foods such as cow’s milk over all other foods.
Stage 2 of the psoriasis diet involves the low-allergy diet, and cow’s milk is listed prominently on my Hypo-Allergenic Diet patient handout.

Note that on this diet you will see various foods in the right hand column in bold, these are the key allergy foods in my experience.

And dairy products as you will note are all in bold, including yogurt. Don’t worry, many with psoriasis can tolerate yogurt as part of their diet.

It is important to realize that the frequency of food allergy problems can vary widely from country to country and can change significantly along with changes in the food supply or with other manufacturing practices. For example, in several part of the world such as North and South America you will find corn and maize allergies to be more common than other parts of the world. In Canada, Japan, and Israel, sesame seed allergy has risen to a level of major concern over the past several years, and in many Western countries countless folk now have gluten allergies.

But why would this be so? This can be easily explained due to the fact that people in these countries tend to eat more of these foods, and it is usually the foods you eat the most are likely to be the ones that can cause the most problems when it comes to your digestive and immune system. These potentially allergenic foods do not need to be eaten in their absolute pure, isolated form in order to trigger an immune mediated reaction. For example, yogurt made from cow's milk is also a common allergenic food, even though the cow's milk has been processed and fermented in order to make the yogurt. Ice cream made from cow's milk would be an equally good example, and so is cream.

In most cases, when I recommend a temporary cessation of cow's milk I generally mean cow's yogurt as well. You can try sheep's cheese or goat's cheese like Feta, however.

Health Tip – Eat Butter, It Contains Butyric Acid

Butter will be found to be far less problematic than any other dairy product for those with psoriasis, as far as allergies are concerned. And because butter is high in fat and contains virtually no protein, it contains almost none of the main allergic component found in dairy product, beta casein. Butter is also rich in butyric acid, a most beneficial substance that is a food for the cells of the colon. Don’t be afraid of eating a quality organic butter regularly if you have psoriasis, it tastes great and is good for your health.

14 Health Benefits Of Yogurt

1. Helping People With Lactose Intolerance.
Fermented milk drinks such as yogurt are recommended for the enzyme deficiency. Lactic acid bacteria can ferment lactose in milk into glucose and galactose, and stimulate the secretion of the enzyme lactase in the digestive tract. Those suffering from lactose intolerance can generally safely eat yogurt, even the 3-½% fat from the full-cream milk becomes defatted and soured and more easily digested. This is good information for those who are conscious of animal fat intake in the diet. However, you may suffer from casein intolerance. Be careful if you have dairy allergies, many people do, but you will soon discover this once you eat small amounts of yogurt daily. It’s all about challenge and elimination.

2. Yogurt Has Anti-Diarrhea Properties And Improves Constipation.
Yogurt may prevent the activity and the growth of pathogenic bacteria that cause diarrhea. Lactobacillus bulgaricus (a bacterium that plays a role in the formation of yogurt) can produce bulgarican, a most effective antimicrobial to inhibit pathogenic organisms.

3. Yogurt Helps Inhibit The Growth Of Pathogenic (Bad) Bacteria.
Lactic acid can reduce or kill the bacterial pathogens (disease-causing bacteria) and suppress the production of potentially dangerous compounds, such as phenol, skatol, and H2S, produced by bacterial pathogens. Lactic acid-producing bacteria also produce certain kinds of natural antibiotic-like compounds that can inhibit the growth of pathogenic bacteria. Therefore, the yogurt has a value of treatment of stomach and intestinal injury.

4. Yogurt Can Confer Anti-Cancer Benefits.
Research on rats showed a doubling of cancer cells in mice that were fed with yogurt is more constrained than mice without the yogurt. The bacteria that involved in fermentation of milk may change pre-cancerous substances that are present in the digestive tract, thus the bacteria can inhibit the occurrence of cancer. Yogurt that contains live, or active cultures like L. casei may have cancer prevention benefits.

According to the National Centre for Complementary and Alternative Medicine (NCCAM), live cultures can reduce the risk of cancer recurrences. Probiotics are healthy bacteria that can significantly boost the immune system and promote digestive regularity and therefore can have a most beneficial effect in terms of helping to prevent cancer. The University of Michigan Health System's (UMHS) nutritional charts regarding calcium lists yogurt at the top of the lists, with a 1 cup serving containing 415 mg. The high calcium count of yogurt, like milk, may keep people from developing other forms of cancer as well as bladder cancer.

Yogurt Can Help Reduce Your Risk Of Bowel Cancer

If you think that high-fat dairy products are not good for your health, you may want to think again. A study published in the *American Journal of Clinical Nutrition* has discovered that eating full-fat yogurt and other full-fat dairy foods, such as whole milk, kefir, cheese, cream, sour cream and butter, may significantly reduce your risk for bowel cancer. Over 60,000 women aged 40-76 years were followed during an average of 14.8 years. Those who consumed at least 4 servings of high-fat dairy foods each day were found to have a 41% lower risk of bowel cancer compared to women eating less than one serving of high-fat dairy foods daily.

Although these foods are high in saturated fat, high fat dairy foods contain a number of potentially cancer-preventive factors such as conjugated linoleic acid (CLA), which has also been shown to be protective of heart and circulatory disease. We do know that research has confirmed that it is wise to limit your intake of saturated animal fat by cutting back on servings of high-fat red and processed meats in particular, but that enjoying full-fat versions of yogurt and other dairy products may actually be cancer and cardio-protective.

5. Yogurt Is Excellent For Your Digestive Tract.

Live yogurt has many beneficial effects on your digestive system. Lactic acid from the yogurt may stimulate the peristaltic movement in nearly all parts of the digestive tract. Stimulation of the peristaltic movements can maintain the body's health through improved digestion, absorption, feces disposal, and disposal of bad bacteria from the digestive tract. It is a well-known and scientifically established fact that pro-biotics in yogurt helps to restore the balance of bacteria and can eliminate the abdominal pain, gas or constipation.

6. Yogurt Is Protective Against Helicobacter Pylori

An interesting study in the *American Journal of Clinical Nutrition* found that Helicobacter pylori, the bacterium responsible for most ulcers, could be effectively inhibited by yogurt. Ingestion of yogurt containing Lactobacillus acidophilus and Bifidobacterium lactis significantly decreases activity of Helicobacter pylori after six weeks, according to the results of a placebo-controlled intervention study published in the September 2004 issue of the American Journal of Clinical Nutrition.

7. Consuming Yogurt Can Lower Blood Cholesterol Levels.

Do you have high cholesterol levels? Did you know that by adding a daily cup of yogurt with probiotic bacteria to your healthy way of eating is an easy way to improve your cholesterol profile? Yogurt contains factors that can inhibit the formation of LDL (bad) cholesterol so that cholesterol levels dropped and prevents clogging of atherosclerosis blood vessels that causing coronary heart disease.

Yogurt not only helps to lower your LDL level ("bad" cholesterol), it also assists in raising your HDL ("good" cholesterol) levels. Daily consumption of 100 g of a good pro-biotic yogurt, like my yogurt recipe teeming with health-promoting bacteria, has been shown to significantly improve the cholesterol profile in women volunteers. In this study, (Fabian E, *Annals of Nutrition & Metabolism*), one group of 17 women consumed 3 ounces (100 g) a day of pro-biotic yogurt, while a second group of 16 women were given 3 ounces of conventional yogurt (no probiotics) daily for 2 weeks. Then both groups were given 6 ounces (200 g) of the type of yogurt they had been consuming for 2 more weeks. The study ended with a final 2 weeks during which both groups of women ate no yogurt. In the women consuming pro-biotic yogurt, not only did levels of LDL decrease significantly, but also their HDL substantially increased. Women consuming conventional yogurt also experienced a drop in LDL cholesterol, but not as significant as in the first group, and their HDL did not rise. This shows you that it is important to avoid those commercial yogurts and make your own yogurt or to buy a high quality organic yogurt, teeming with probiotics.

8. Yogurt Can Significantly Boost Your Immune Function.

Yogurt is an ancient wonder food, strongly antibacterial and anti-cancer. A cup or two of yogurt a day boosts immune functioning by stimulating production of gamma interferon. A study authored by George Halpern MD PhD, professor emeritus in the department of internal medicine at the University of California, discovered that people who 2 cups of yogurt a day for 4 months increased the level of gamma interferon, a protein that helps the white blood cells fight off disease. Gamma interferon is one of the best defenses your body has against viruses. In addition, yogurt stimulates activity of natural killer cells that attack viruses and tumors.

A study published in the *Journal of Nutrition* has shown that Lactobacillus species found in cultured foods like yogurt and kefir, significantly improved the immune response including the ability to even fight off pneumonia.

9. Consuming Yogurt Can Increase Your Chances Of A Long Healthy Life

Research has consistently found that people with the highest life expectancies are often people who consume the least amount of alcohol and highest levels of fermented and cultured foods such as yogurt and sauerkraut throughout their lives. The highest quality yogurt in your health food shop or supermarket contains a live bacterium that provides a host of health benefits, as previously mentioned. Yogurt that contains live bacterial cultures may help you to live longer, and may well fortify your immune system. Research studies have shown that increased yogurt consumption, particularly in immune-compromised people such as those with psoriasis, may enhance their immune response, which would in turn increase resistance to many other immune-related diseases. Immune function declines with age, so eating a small amount of yogurt daily is a great way to ensure you keep your immune system topped up.

One study tracked a population of 162 elderly people for a five year period, and it was discovered that the incidence of death for those subjects who ate yogurt and milk more than three times per week was 38% lower than the incidence of death those subjects who ate yogurt and other dairy foods less than once a week. You may be interested to know that those who consumed citrus, especially limes and lemons, twice a week and who had a low consumption of red meat were also associated with decreased incidence of premature death

10. Eating Yogurt Reduces Chances Of Candida Yeast And Thrush Infections

Eating yogurt may help to prevent vaginal yeast infections. In one study, women who had frequent yeast infections ate 200 grams of yogurt daily for 6 months. Researchers reported that a 75% reduction in infections was seen in these women.

11. Yogurt Helps To Boost Bone Health Significantly

Yogurt and kefir are a lot more than just a calcium and health food rich in good bacteria, they also contain lactoferrin, an iron-binding protein that boosts the growth and activity of cells which boost bone production, the osteoblasts. Not only does lactoferrin increase osteoblast activity, it also reduces the formation of osteoclasts, and these bone cells help to increase bone turnover or bone loss.

Lactoferrin has been shown to reduce osteoclast activity by an amazing 50-70%, thus helping to prevent or even reverse osteoporosis. But wait, there's more - lactoferrin also increases the proliferation of cells that build cartilage called chondrocytes. I cannot recommend a high-quality organic yogurt high enough for your health, so it pays to enjoy yoghurt because lactoferrin's effects were found to be dose-dependent, stimulating an up to a 5-fold increase in osteoblasts at higher doses consumed

12. Yogurt Can Help Significantly With Weight Loss

You wouldn't think of yogurt as a weight-loss food, but it can help you loose weight a lot. A study published in the *International Journal of Obesity* revealed that in just 12 weeks, 16 obese men and women on a calorie restricted diet that included three

portions of yogurt a day lost an amazing 61% more fat and 81% more abdominal fat than 18 obese subjects assigned to a diet with the same number of calories but who consumed little or no high fat and calcium dairy foods like yogurt. Not only did those in the yogurt group lose more body fat, especially around their waist, but they also retained more lean, muscle tissue than those people who were on the yogurt-free diet. The study indicated that adding one or two servings of yogurt to your daily diet could help you maximize your fat-loss and minimize loss of lean muscle.

13. Eating Calcium-Rich Foods Has Been Linked To Lower Body Fat

It is amazing at how rapidly our children are becoming obese, and this has been in part linked with low calcium diets. Australia leads the world in childhood obesity, and New Zealand is not far behind. It is good news for parents to hear about a study published in the *Journal of the American Dietetic Association* that revealed that calcium-rich foods have been found to be negatively correlated with body fat in both children and adults. Last century, diets with calcium levels as high as 4000mg daily were not unheard of, and today an adult is lucky to get 1500mg from his or her daily diet. In America, childhood obesity has more than doubled in the past ten years according to the New England Journal of Medicine, and the International Obesity Task Force recently reported that childhood obesity in England is already three times higher in 2011 than it was in the year 2000. In late 2012, one in ten children who started preschool in England were classified as obese.

14. Yogurt consumption for fresh breath

Consuming just 90 grams of yogurt twice a day helps to eliminate those tongue-coating bacteria and helps to reduce dental plaque formation, cavities, and even the risk for gingivitis. Regular yogurt consumption also helps to lower levels of hydrogen sulfide and other volatile sulfide compounds responsible for that bad breath. Make sure you select yoghurt's that contain those live cultures, I have found that the highest quality products will often indicate exactly how many live bacteria are contained in their product.

Different Ways To Enjoy Yogurt

Yogurt has been enjoyed in much of the world for over 4,000 years. Originating from central parts of Asia and India, and southern and central Europe, it is now eaten almost everywhere in the world.

Probably no other food product apart from yogurt can claim such an amazing history while being healthy and nutritious as well as cheap to buy or so easy to make at home. Yet there is an incredible difference between a shop bought, pasteurized, artificially sweetened and artificially colored yogurt, and a fresh, natural yogurt - preferably made at home. The taste of unsweetened yogurt can take some getting used to; I have found that many patients find it too bitter or acidic at first.

Even natural yogurt is more commonly eaten with lots of fruit and even sugar added, or as part of a multitude of other recipes - from Indian curries to stir fry dishes and all manner of savory or sweet dips.

- Top your daily cup of yogurt with a quarter-cup of muesli, a handful of nuts, and some frozen berries for a quick, delicious and sustaining breakfast.
- Creamy yogurt, chives, and freshly ground sea salt and pepper make a great topping for cooked vegetables. Good to use instead of sour cream.
- Yogurt parfaits are a visual as well as delicious treat. In a large wine glass, alternate layers of yogurt and favorite fresh fruit.
- For a creamy salad dressing or vegetable dip, just mix a cup of yogurt with a quarter cup of extra virgin olive oil and your favorite herbs and spices. Yogurt combines with different herbs and spices quite well.
- Instead of using coconut cream in your curry, use yogurt instead.
- Yogurt has a nice cooling flavor after a hot spicy meal.
- Try yogurt on top of cooled porridge, topped with fresh green apple or kiwi.
- Make dips out of the plain yogurt and serve it with meat, chicken and rice.
- Add chopped cucumber and dill weed to plain yogurt. Eat this delicious and cooling salad as is or use as an accompaniment to grilled chicken or lamb.
- Try yogurt with a sprinkling of ground flax seeds, fresh blueberries and chopped raw walnuts.
- I like plain yogurt with cinnamon and a little honey drizzled on top.
- Try and put the yogurt in the freezer for about half an hour and eat like ice cream, mix berries in first.
- Soak overnight whole rolled oats with 1/2 cup each of oats, water, and yogurt. In the morning add either fresh blueberries and ground flax seed.
- You can use yogurt in place of sour cream.
- Dip vegetables in yogurt so you don’t have to add fattening sauces or butter.
- Mix yogurt with cottage cheese, fruit and slivered almonds.
- Toss cubes of cooked eggplant with plain yogurt, chopped mint leaves, garlic and cayenne.
- Yogurt is a great base for salad dressings. Simply place plain yogurt in the blender with enough water to achieve your desired consistency. Add to this your favorite herbs and spices.

Different Types of Lactobacillus Species

- **Lactobacillus acidophilus** - Lactobacillus Acidophilus bacterium is probably the most well known and some Lactobacillus species are used industrially for the production of cheese, sauerkraut, pickles, beer, wine, cider, Kim chi and other fermented foods. It is sometimes used together with Streptococcus salivarius and Lactobacillus delbrueckii ssp. bulgaricus in the production of acidophilus-type yogurt.
- **Lactobacillus bifidus** - is a friendly bacteria that helps maintain healthy bacteria in the large intestine by increasing the acidity of the region it inhabits and making the area inhospitable to dangerous bacteria. This friendly bacterium is particularly important in the very young as well as the elderly.
- **Lactobacillus rhamnosus** - is a probiotic bacterium that was originally considered to be a subspecies of Lactobacillus casei, but later genetic research found it to be a species of its own. Lactobacillus rhamnosus inhibits the growth of most harmful bacteria in the intestine.

It is used as a natural preservative in yogurt and other dairy products to extend the shelf life. It has probiotic properties. When administered orally it adheres to the mucous membrane of the intestine and may help to restore the balance of the GI micro flora, promote gut-barrier functions and diminish the production of carcinogenic compounds by other intestinal bacteria.

- **Lactobacillus bulgaricus** - is one of several bacteria used for the production of yogurt. It is also non-motile, and it does not form spores. It has complex nutritional requirements, including the inability to ferment any sugar except for lactose.
- **Lactobacillus casei** - is a transient, anaerobic microorganism of genus Lactobacillus found in the human intestine and mouth. As a lactic acid producer, it has been found to assist in the propagation of desirable bacteria. This particular species of lactobacillus is documented to complement the growth of Lactobacillus acidophilus.

The Yogurt Recipe

This yogurt is made in the Greek style; it is creamy and delicious, fresh and simple to make. This recipe has been fortified by inoculating the yoghurt with additional beneficial bacteria, providing you with large amounts of beneficial bacteria unobtainable in even the very best store-bought yoghurt. If you want to make really healthy yoghurt, try using raw cow's milk, you haven't had yogurt until you have made it with organic raw milk, just try it, you will be amazed.

Those suffering from lactose intolerance can generally safely eat yoghurt, even the three and a half percent fat from the full-cream milk becomes defatted and soured and much more easily digested. This is good information for those who are conscious of animal fat intake in the diet. However, some may suffer from casein (dairy protein) intolerance, so be careful if you have dairy allergies, many people do. Just try this yogurt first before you decide that you are allergic to it, you may not be, especially if you add probiotics to it as it is setting.

Some people may tell you that adding probiotics as the yogurt is setting is silly and serves no purpose, but after having made this yogurt myself for over 15 years and noticing first hand the benefits it has made in my life and that of the many psoriasis patients who now make it, I would disagree. It makes sense that there will be some benefits, lactobacillus loves an environment that contains milk sugar and is warm, it makes sense that yogurt fortified in this way will have an added punch.

Ingredients:

- Lactobacillus acidophilus capsules. (3 capsules per 4 cups of milk)
- 4 cups of full cream organic milk.
- ½ cup of full cream powdered organic milk
- 2 Tablespoons of plain acidophilus organic yoghurt

Method:

- In a large saucepan, add powdered milk to the regular milk, mix well with the wire whisk. Heat until hot, boiling is not necessary.
- Remove from heat and cool for about one quarter of an hour. (Until about 43 - 49 centigrade) Use a thermometer to check the temperature.
- Add the plain yoghurt to the warm milk stirring continuously. Stir well and be gentle.

- Add the three capsules of a probiotic, stir well and gently, using a wire whisk.
- Pour into plastic container and seal with a tight fitting lid. Place in a warm spot e.g. on top of a hot water cylinder. Wrap some cotton cloths around the container to insulate it and to keep its temperature constant. Leave over night & next day, creamy yogurt.

Notes:

- For your starter, use a high-quality plain and certified organic acidophilus commercial yoghurt, make sure it is free of sugar, artificial sugar or fruit. You can also use yoghurt from the last batch as a starter. Starter must be fresh, if yoghurt doesn't set, then try again with fresh starter.
- Do not disturb the yoghurt while it is setting.
- Excessive temperature (over 49 centigrade, or 120.2 Fahrenheit) destroys the starter. If the temperature is too cool (below 38 centigrade, or 100.4 Fahrenheit) ordinary sour milk bacteria will form.
- Refrigerate the set yoghurt for a few hours before you eat it.
- This yoghurt keeps for about 3 to 4 weeks in the fridge, but can still be eaten for weeks after.
- Fruit such as kiwi or blueberries are delicious blended with the yoghurt, but do avoid bananas with psoriasis, best to wait until you feel much better until you add bananas to your diet, you are better off sticking with blueberries, green apple, a pear or a kiwi fruit.

Kefir

Kefir is a specially prepared, delicious fermented drink, and is excellent for those with psoriasis. There are 2 types of kefir, namely water and milk kefir; the latter can be made with sheep, goat or cow's milk. The liquid is fermented with kefir grains - (colonies of healthy yeast and healthy bacteria), and the resulting drink is an excellent source of healthy intestinal micro flora, B vitamins, Vitamin E, and (for milk kefirs) complete proteins. Those who are lactose-intolerant will easily be able to digest both water and milk kefir.

Scientific research has shown promises that regular drinking of yogurt leads to numerous health benefits. Some of the reported health benefits of ageing are:

- Regulating cholesterol, blood pressure, blood sugar
- Cleaning the digestive tract and regulates metabolism and digestion
- Effectively healing diarrhea, colitis, catarrh, reflux, leaky gut syndrome, irritable bowel syndrome
- Improving the body's immune system and resistance to disease
- Improving liver and gallbladder function
- Effective treating acne and various skin disorders
- Has anti-aging effect due to abundance of anti-oxidants in Kefir

Making your own kefir requires nothing more than milk or water, and some basic kitchenware. Your good health food store may be able to supply you with an excellent starter recipe for Kefir, and you can easily find fun, tasty variations of this recipe online.

Once you become experienced at making your own probiotics at home, you'll find it's a great alternative to store-bought varieties. With a small investment of time and effort, you can enjoy the many benefits of cultured and fermented foods you prepare and enjoy as part of your diet for long-term health.

Why Ocean And Sea Vegetables?

I rarely find that any books on diet and nutrition, let alone about psoriasis, that focus much if any attention to this particular category of foods, the amazingly healthy sea vegetables. Just like the fermented and cultured foods, once you start to eat these foods you will notice that you can take your health to a whole new level. I'd like you to consider adding this group of vegetables into your diet slowly, just start with only one addition like hijiki, kombu or wakame and take it from there.

I first got introduced to ocean and sea vegetables when I was a naturopathic student after completing a cooking class that included Japanese cooking and got hooked right from the start, since then I have enjoyed many different types of seaweed in my diet. If you have ever eaten sushi or are familiar with miso soup that often includes pieces of seaweed (nori), then you will already have eaten seaweed of some kind and be already familiar with these kinds of foods.

There will be no looking back once you finally adopt a diet that regularly includes ocean and sea vegetables, because you will have rounded out your diet by including some of the healthiest of foods you will find in your health-food shop.

If you adopt all of the healthy food suggestions as outlined in this first section of the book, your psoriasis dietary food suggestions should include foods from the following groups:

- Land-based vegetables, especially leafy greens and the colored vegetables.
- Fruits such as blueberries, avocado, kiwi, lemon and lime.
- High quality protein sources like fresh fish and lean meats.
- Free range eggs and chicken.
- Nuts, seeds like almonds, Brazil nuts, sesame and pumpkin seeds, etc.
- Alkaline grains such as quinoa, millet and buckwheat.
- Fermented and cultured foods including yogurt, kefir, kimchi, tempeh, etc.
- Sea-based vegetables, including agar, kombu, hijiki, nori and wakame.

Seaweeds have been harvested for many hundreds if not thousands of years and used as a very important part of the daily diet in many traditional cultures around the world. Most people think of Asia when they think of seaweed, and countries like Japan in particular, but seaweeds were and still are an important food source for almost every country that has an ocean near it. In New Zealand, the Maori used wakame for centuries as a food source long before the white man came to its shores.

The seaweed called nori which you may be familiar with if you have tried sushi, was once only reserved for royalty in countries like Japan and Hawaii.

I'll explain more about each kind of seaweed soon, but first, let me explain a bit about why these seaweeds are so beneficial for your health, especially if you have psoriasis.

The Most Mineral Rich Natural Food Source

Unlike land-based vegetables, seaweeds cannot obtain their food supply from the soil through their root systems, and they have to rely on obtaining all the nutrition they need from the ocean's water. There are almost 60 different minerals found in seaweeds, and every single mineral and trace element your body requires can be found in sea ad ocean vegetables. Does your multivitamin contain this level of minerals? I doubt it.

In many Western countries, soils are becoming increasingly stressed and gradually depleted of many of our essential minerals and trace elements due to modern farming methods. This is certainly not the case with seaweeds because these mineral abundant foods contain hundreds of essential trace elements and minerals in the most assimilable forms that can nourish the cells of our bodies. Some nutritional experts in fact believe that these aquatic groups of foods are nutritionally among the densest on the planet, because they contain the highest concentration and broadest range of minerals of any currently known food. Are you starting to pay attention now to this class of super foods? Perhaps you should consider adding some of these foods to your diet, especially if you want to boost your overall health and wellbeing to the highest levels and get rid of that psoriasis permanently.

Sea Vegetable Health Benefits

Sea vegetables contain an amazing array of minerals, including calcium, magnesium, potassium, iron, and an incredibly large variety of trace elements, some not anywhere else. Sea vegetables may be one of the only dietary ways left to get precious trace elements such as cobalt, copper, chromium, fluorine, iodine, manganese, molybdenum, selenium and zinc back into your diet.
These foods are also a rich source of B vitamins, vitamin C and vitamin K. In addition, sea vegetables are nature's richest source of iodine, required by your thyroid gland in particular and contain good amounts of a carbohydrate-like substance called fucans that has strong anti-inflammatory properties.

Sea vegetables are particularly beneficial for those with autoimmune disease like psoriasis because of their immune-boosting and anti-inflammatory properties.

I like all patients with adrenal fatigue and hypothyroidism to included some sea vegetables into their diet, and because half the population has some degree of hypothyroidism, and three quarters have varying levels adrenal fatigue issues ranging from mild through to extreme, so I guess it just about sums up everybody to some degree. Just like rice bran, oat bran, Jerusalem artichoke, and linseed/sunflower/almond mix (LSA), sea vegetables contain high quality prebiotic fibers and are perfect for those who are interested in re-populating their digestive system with beneficial bacteria, especially those with psoriasis.

Health Tip – Careful with sea vegetables if you have thyroiditis

I would caution those with Hashimoto's thyroiditis when it comes to eating seaweeds, and to regularly have their urinary iodine levels checked. Those with autoimmune diseases of the thyroid such as Grave's disease and Hashimoto's thyroiditis are particularly sensitive to iodine and certainly don't want too much in their diet. Ask your doctor if iodine may interfere with your thyroid condition if you have one, you may also want to consider having your iodine levels checked by way of a salivary and urine test if you do have a thyroid condition.

Here are but a few of the many health benefits you can derive from eating ocean vegetables.

- Improve the condition of hair, nails, bones, connective tissues, skin and teeth.
- Inhibit growth and reproduction of pathogenic bacteria, candida and viruses.
- Help chelate heavy metals, especially lead, mercury, arsenic and cadmium.
- Increase the diet's fiber content and encourage daily eliminations.
- Facilitate healthy thyroid function, due to the iodine content.
- Assist with adrenal fatigue, stress and burnout.
- Prebiotic qualities, feeds up the good bacteria.
- Fight the growth of cancer cells.
- Blood pressure lowering action.
- Powerful antioxidant action.
- Anti-inflammatory action.
- Reduce cholesterol levels
- Anti-inflammatory action
- Alkalize the blood

Ocean Vegetables In The Kitchen

So what do you do with seaweed you may be wondering? These foods are very versatile because they can combine with just about any dish you may prepare. Seaweed is alkaline and combines easily with any vegetable, protein or grain dish. You can use them in salads or with cooked dishes and the possibilities are virtually endless.

I recommend that you go to your local library or bookstore and obtain a few books about macrobiotic cooking; there you will find many different recipes relating to sea vegetables. The Internet is also an excellent source of more information.

You are unlikely to buy sea vegetables from your local supermarket, apart from nori sheets perhaps. If you want to buy seaweed I recommend that you visit your local health-food store, and the larger stores will most likely have the best varieties. Don't forget your local Asian supermarket, they have a surprising amount of fresh, frozen and dried seaweeds on hand. Just like their land-based counterparts, the colors of sea vegetables are incredible and can range from black, green, yellow, brown and even red or purple varieties.

Try different varieties and you will soon settle of two or three and include them regularly into your diet. Most varieties of seaweed require soaking so that they can be reconstituted before use.

Generally a half an hour of soaking is all that is required, and you will find that seaweed will greatly increase in size the longer you leave it soak.

Some seaweed varieties like kombu are just plain flat leaf, whereas other varieties like hijki are long thin strands. Varieties like wakame have inedible stems that are discarded after the leaves have been removed. Some types of seaweed like wakame or dulse do not necessarily require soaking and can be crushed easily and sprinkled onto many foods to add a salty taste and a crispy texture.

The 7 Most Common Varieties Of Seaweed

- **Agar.** Agar is often used to make sweet or savory gelatin types of dishes. It has prebiotic properties and nourishes the digestive tract. You can buy it as a powdered form or in larger pieces of chunks. It dissolves in water and sets like jelly. (Jell-O) Some people even use agar regularly to keep them regular.
- **Arame.** Arame is fine and delicate seaweed that has a sweet taste. It cooks well with finely cut onions, carrots and zucchini. Add to egg and quiche dishes, add to salads or as a side serve to a main dish. Soak well and then chop fine, it is best when added raw in small amounts to salads, or as a more generous amount as a side with your main meal.
- **Dulse.** Dulse is my personal favorite, closely followed by hijiki and nori. It has a nice purple color and does not need soaking and has a sweet, tender flavor. Try wrapping a little piece of dulse around a Brazil nut. This seaweed can be powdered and used as a condiment or left in a chunky form and added to soups and stews. Try it, you may like this one, it is high in iron and packed with antioxidants too.
- **Hijiki.** Hijiki is also one of my favorites; it comes in black long thin strands and looks a bit like very thick black hair. I find it most agreeable when soaked for half an hour in tepid water and the cooked lightly with sesame oil and mixed in with some lightly steamed broccoli on which I have tossed a little roasted sesame seed. While it does take a little longer to cook, it is worth it because it has a great texture and tastes nice and is a rich source of many minerals, including magnesium.
- **Kombu.** Kombu is the other sea vegetable I enjoy; it is flat seaweed and an inch or two wide. Kombu makes an excellent stock and is commonly added to miso soup. Just simmer a few pieces of kombu in water for about 30 to 40 minutes and then add some miso stock and you have instant miso soup. Kombu stock is mineral rich and very nourishing. I also add a piece of kombu to the water when I boil a root vegetable like potato or sweet potato.
- **Nori.** Nori is probably one of the most popular of sea vegetables, and you may well know it as sushi. There are many ways you can enjoy nori, personally I like to roll up nori with quinoa and add salmon, avocado, cucumber, and a wide variety of other vegetables into the filling. I like roasted nori sheets and just crumble them up and add them to salads or sprinkle on top of steamed broccoli.
- **Wakame.** Wakame is delicate and can range in color from a pale green right through to a very dark green. I find that after soaking it is tastes not unlike spinach and is most agreeable as a side serve or great when added to salads.

Tips On Using Sea Vegetables In Cooking

- Always read the instruction on the pack carefully, some sea vegetables need soaking for longer than others. Some you cook with dried, like kombu, whereas others you soak and then cook, like hijiki, arame and wakame.
- Roasted sesame oil is a very nice seasoning that seems to complement the texture of many kinds of seaweed. I find that toasted sesame seeds a great match with soaked and cooked seaweed as well.
- Try mixing seaweed with carrots, onions and cucumbers to begin with, you will soon get the feel of it and begin to experiment more with this groups of foods.
- Add a two-inch piece of the flat seaweed kombu to dried beans when you are cooking them, the cooked beans will be easier to digest.
- Rinse then roast some sesame seeds with sea salt, perfect with seaweed.
- Add seaweed to casseroles, stocks or vegetable soups.
- Make miso soup and add seaweed to this.
- Try making your own sushi, you can even lightly toast the nori sheets to add extra flavor. I like making sushi with quinoa and tahini instead of rice and sweet rice wine vinegar. You'll find a recipe online.
- Add soaked seaweed to your favorite salad, toss in a little toasted sesame oil and add a few roasted sesame seeds for a real taste treat.
- Try to sauté some arame or wakame with carrot strips and onion, and again, try the sesame oil and roasted sesame seed combo, it's absolutely delicious!
- Agar agar is seaweed that sets like jello; you can make a really nice dessert with agar agar and blueberries for example. Look online for recipes on how you can incorporate this unique seaweed into your diet because it has great prebiotic properties.
- How about a sandwich with arame or dulse? Sauté one of these seaweeds and have on some toasted sourdough bread along with avocado, delicious

Sea Vegetable Pollution Warning

Unfortunately the world's oceans are becoming increasingly polluted, and with only about ten percent of the world's population living in the Southern Hemisphere, it stands to reason that the cleanest oceans are down under. We are fortunate living in New Zealand, and have possibly the world's cleanest ocean, the Southern Ocean. Some of the world's best wakame comes from the South Island of NZ, and the flavor is quite amazing.
There has been a lot of concern amongst scientists over the past several years with regards to the high levels of pollution in the world's ocean waters. Sea vegetables readily absorb what is in the water surrounding them, including heavy metals like mercury, arsenic, lead and cadmium, and if they have been harvested in polluted waters or around large industrial cities they are likely to contain heavy metals and other potentially toxic elements. Deep-sea kelp is a safer alternative for example than wakame that may have been harvested close to the shoreline.

Some forms of seaweed have been discovered to contain high levels of arsenic, while others have been found to contain traces of mercury. Try to get a high quality product harvested in areas known to contain low levels of pollution, and make enquiries with the company if you are uncertain as to the origin of the product.

Improving Your Digestion and Bowel Function

Just about every person with psoriasis I see in my naturopathic practice has digestive problems to some degree, and I'm sure that many people who practice natural medicine reading would tend to agree. It is incredible how many people with psoriasis needlessly suffer with regular bouts of constipation, diarrhea, irritable bowel syndrome, bloating, nausea, and various kinds of food intolerances. Most of these problems can be avoided or corrected by eating a healthy a well-balanced diet to begin with.

If you have psoriasis and are plagued with digestive problems, then I'd recommend you slowly start to change your habits and include more of the following into your diet: water, vegetables, probiotics and the specialized foods I talk about later, including garlic, ginger, coconut products and fresh herbs as well as the fermented and cultured foods and sea vegetables I have just outlined before.

Always Adopt Dietary Change Slowly When You Have Psoriasis

One of the most important points to emphasize with regard to diet change is to start right away yet to adopt these new habits *slowly*. All too often I have found that when I make a recommendation in the clinic to a psoriasis patient then these recommendations are adopted too rapidly and almost overnight, meaning that their whole diet and lifestyle is changed literally within 24 hours. You can imagine the misery this can bring about, years of poor or bad eating habits changed in an instant, and the result for many can mean bad headaches, nausea, plenty of gas and bloating, more constipation or diarrhea and sometimes insomnia, headaches and fatigue. It doesn't sound like fun, does it?

But it happens regularly in the clinic with psoriasis patients, so I must warn you again – begin to adopt health dietary changes slowly, preferably over a two to three week period to be on the safe side. I do understand that you want to feel better fast, and beat that awful skin condition that you have had for a long time, but slow dietary changes will mean less misery in the long term, and a greater chance that you will adopt these changes permanently. Perhaps you can remember once when you went on that health kick or exercise program some time back, you made sweeping changes to your diet overnight, or were a little too enthusiastic with exercise. Can you recall how you felt after two or three days? Need I say anymore on this topic, I rest my case.

Your Beneficial Bacteria And Digestive Enzyme Levels Will Improve

Believe me, it is not difficult to improve your digestion and bowel function, it is just a matter of adopting the correct lifestyle and dietary habits, and then keeping these habits going until they become engrained enough to have become habitual in your life. Start with my following my 12 recommendations for a full twenty-one (21) days straight without a break. If you can manage to continue these habits for a full three weeks, then it is likely they will last and stay with you long enough, for at least three to four months. An important concept to understand is that when you make long-term and positive changes to your eating habits that the microorganisms in your stomach and intestines will change as well, the bad ones will reduce in number and the good ones will increase.

Your psoriasis will not like these good partners whatsoever, as it likes to rub shoulders with the bad guys, poor digestion including a yeast overgrowth will also hate the fact that your body is starting to produce healthier amounts of digestive enzymes in all areas of your digestive system including your stomach, pancreas, liver and small intestine. This in itself will bring about a renewed vigor you may not have felt for years, and as your digestive health improves, which is your foundation for great health, then the superstructure you build on top of this foundation, your body's trillions of cells, will become healthier and stronger as a result. The end result is a solid structure, able to withstand just about anything that nature throws at it, even chronic psoriasis, and this is called good health.

12 Tips For Improving Digestive And Bowel Function

1. **Add Fermented And Cultured Foods To Your Diet.**
   You have just read the section on fermented and cultured foods; doesn't it make sense to start including some of these you're your diet *every day*? These kinds of foods include yogurt, kefir, kombucha, tempeh, fermented coconut water, miso, soy, tempeh and no doubt there will be several other kinds fermented foods. Besides containing beneficial bacteria like lactobacillus and bifidobacterium, fermented and cultured foods provide your body with lactic acid, and lactic acid is what feeds beneficial bacteria like lactobacillus acidophilus.
   A good way to begin to incorporate these foods into your diet is to include a small portion, about three to four tablespoons, of a natural yogurt into your diet each day. Beware though, as I mentioned before, not all yogurt is created equal, and some brands are laden with artificial sugars and don't even contain a shred of beneficial bacterium. Always read the label first, and if in doubt, avoid buying yogurt from your supermarket and purchase from your organic wholefood suppliers instead, these kinds of folk are often less motivated to look only at profit and are focused on providing you the consumer with foods that are actually healthy.

2. **Slowly Begin Adding Soluble And Insoluble Fiber To Your Diet**.
   It never ceases to amaze me how many psoriasis patients I have seen over the years who simply don't eat much fruit at all, perhaps one piece every so often, and the vegetables they consume are either bought frozen or consumed after having being been boiled or microwaved. Fruits and vegetables contain some of the best levels of soluble and insoluble fiber you can get, be sure to read what I have written further ahead in this section on fiber in your diet. There are so many ways you can increase the amount of fiber you can take in, but once again, go easy to begin with. You've heard it all before; go low and go-slow is my motto when it comes to making any changes to your diet and digestive system. It is a fact that most people eat a small amount of fiber (20 to 40 grams) when compared to people who live in the undeveloped nations (80 to 120 grams), and as a consequence they experience all the digestive problems that go hand in hand with such low-fiber diets. One of my favorite health sayings is "small stools – big hospitals, big stools – small hospitals".

   Start by including small amounts of beans, lentils, fruits (remember to wait until your psoriasis improves first before including too much fruit), vegetables, raw or partially cooked are best, seeds, whole grains such as brown rice, quinoa, amaranth, millet are best, and continue to add these foods slowly over a two-week period until over half of what you eat are these kinds of foods.

- **So you want to eat less, lose weight, feel full and improve your bowel tone?** Then eat more soluble fiber; these foods include pears, oranges, strawberries, kiwi fruit, carrots, psyllium hulls, slippery elm bark powder, lentils, rolled oats, and cucumber. Soluble fiber fills you up as it swells up in your stomach due to its ability to hold water; you feel fuller and thereby eat less.
- **So you want to bulk up your bowel motions, or perhaps clean out that lazy bowel?** Then try including insoluble fiber into your diet. These foods include brown rice, onions, leafy green vegetables like broccoli and spinach, celery, bulgur (cracked wheat), chia seeds, various nuts and seeds and whole grains.
- **So you want to reduce the amount of gas and bloating you have and feed up any good bacteria you have?** Then I recommend you consume a combination of fermented and cultured foods as well as foods which contain pre-biotics, basically these are beneficial sugars which feed the friendly bacteria. The pre-biotic feeds the pro-biotic, and these foods include Jerusalem artichoke, artichokes, garlic, onions, shallots, scallions, and spring onions.

3. **Cut Back On Sugar And Fat In Your Diet**.
   This is quite a simple achievement, just reduce the amounts of foods you buy and eat which contain sugars and fats. Be sure to read the labels of processed foods you buy to see how much sugar and fat they contain. It won't be difficult for you to do this is you prepare most of your own meals from meats, grain and vegetables from scratch, because you control what other ingredients then go into your meals and not some manufacturer in a factory far away. The problem with foods containing sugars and fats is that they will also contain all manner of chemicals such as artificial colors, flavors and preservatives that you may not be aware of, especially if these foods are highly processed foods. The less of these foods you consume, the better your digestive system will work and the more likely that you will be able to build good levels of beneficial bacteria. This will result in an easier ability for your body to crush psoriasis.

4. **Drink Water**.
   This sounds like a simple tip but is the one health boosting tip that many never seem to be able to achieve, to drink more water. Your digestive system will work so much better when you consume ample water, and you will be quite surprised how much better you feel overall when you are more hydrated. Your digestive system will work that much better, especially your stomach, pancreas and intestines, and although no proof exists that water actually aids digestion I have certainly noticed that those with psoriasis who do drink water and considerably less coffee, tea or alcohol, appear to have much less bother with many different skin and digestive problems. Remember also, that when you slowly add more fiber into your diet that it really pays to drink a lot more water. The best approach in improving your digestion however, is to cut back on sugary, salty and fatty foods, increase the number of fruits and vegetables and whole grains your consume (fiber) and drink more water every day. Try this for twenty-one days and you will be delighted at the difference these simple dietary tips can make to your psoriasis and to you life in general.

5. **Avoid Three Large Meals A Day, Eat Several Smaller Meals Instead.**
   Did you know that one of the best-kept secrets to crushing psoriasis permanently is to improve the ability of your digestive system to produce digestive enzymes? Many high quality supplements that aid in psoriasis contain enzymes, and now why would that be?

It's because enzymes can help to bust open the walls of yeasts, bad bacteria and other nasty bugs which may invade your digestive system, and as I have frequently mentioned before, you are best to treat internally as well as externally when you have psoriasis. By eating smaller meals more frequently, you avoid over-loading your digestive system and because your body is better at digesting smaller quantities in one sitting you will be improving the way the digestive organs work. Can you recall I mentioned just before that your stomach is like a cement mixer; it functions best when half full and not overloaded? First you will need to figure out how much food you need to eat per meal, and then try to keep a regular schedule that your body can adjust to. This will take about two or three weeks.

6. **Eat Small Amounts Of Lean Protein.**
   Look at the palm of your hand, and if you are a meat eater, that's the size of the piece of meat you should be eating each day. Many adults eat too much meat, and the portion sizes are just too big. While protein is essential for good health, you will find that smaller amounts of lean cuts of meat are less likely to cause digestive discomfort such as heartburn, bloating or gas and will be quicker to digest. In general, high-fat meats take longer to digest than low-fat meats, so always choose meat containing less fat.

7. **Chew Your Foods Well.**
   How could I forget to mention that it is important to chew proteins in particular more slowly and carefully than you would other foods? That way you prepare your digestive system for what's to come as chewing promotes the release of enzymes and acids in your stomach and small intestine. Make sure that you chew all foods well, but especially the high protein foods. That way you will also help to reduce them to a much smaller size and allow your digestive power to more easily render these foods to their components called amino acids which will be much more readily digested and absorbed.

8. **Try 30 Minutes Exercise Every Day**.
   Did you know that those who walk daily have a significantly better digestive health than those who don't? Are you creating "sitting disease" by being chained to your computer, IPhone or iPad? Walking stimulates digestion and is one of the best things you can do to improve the tone of your small and large intestine especially, so if you are not in the habit of walking most days get started. Just get up and out of your chair and start moving, don't take the escalator, take the stair instead. Regular movement such as walking, swimming and dancing for example helps food to move through your digestive system, stimulates your metabolism and aids significantly in weight loss.

9. **Alcohol And Tobacco Are Two Big Enemies Of Your Digestive System**.
   You will never beat psoriasis if you can't give up drinking alcohol for at least 4 months, end of story. Those who are serious about their health will know that cigarette smoking is just plain crazy, but I'm very much surprised how many patients I have seen with psoriasis who want to continue both smoking cigarettes and drinking alcohol yet still want to beat their psoriasis. It is not likely to happen, and the day you are prepared to become disciplined and say "NO" to these destructive habits is the day your health will change. Once your psoriasis has significantly improved you should be able to drink socially again, but may soon realize that moderately heavy drinking may lead you down the path of another bad case of a psoriasis flare-up.

10. **Learn The Art Of Relaxation.**
    Your digestive system is very much affected by stress, especially any acute or ongoing low-grade stress. I'll talk a lot more about the effects of stress, your digestive and immune system and psoriasis later on in this book. When you learn to counter the effects of stress in your body you will be amazed at how much better your digestion works, in fact it is another one of those best-kept and totally understated health secrets. Stress has the ability to impair your stomach and digestion in general, and has been shown to cause weight gain, constipation, diarrhea and a lowered immune system. For example, I see many guys in my clinic who complain of heartburn or indigestion related to stress. A few methods you could use right now to reduce stress in your life is to get involved in yoga, meditation, and having regular massage.
    There are many other relaxation techniques that can help you handle stress and improve digestion but I'll expand much more on them later in this book.

11. **Understand Your Digestive Habits.**
    If you have recurring digestive problems and can't get a handle on them then try to use a diary or your daily journal to write down what you eat along with any increase or reduction of digestive symptoms you experience. Sometimes it is only the simplest things in your diet and lifestyle you have to change in order to get an amazing improvement in your health. It may be the combination of a few dietary indiscretions you are consuming simultaneously, or you may be eating too late or too fast, either way, by keeping a symptom diary you will be in a much more powerful situation to truly establish any cause and effect.

12. **Don't treat yourself, go your naturopath or doctor.**
    OK, so you have made all the necessary changes, you are exercising regularly, learning to relax more, drinking more water, eating plenty of vegetables, lean meats, etc., but you still don't feel quite right. May I suggest that you contact your naturopath or nutritionally minded natural medicine doctor? You may need testing for food allergies or intolerances, you may have an underlying bacterial or parasite problem or there could be any one of a dozen hidden causes such as heavy metal toxicity that may need exploring in depth. Many patients I see with psoriasis have an allergy to some kind of food.

Food Reactions - Allergies And Intolerances

Food allergies, just like stress, can certainly trigger psoriasis in certain individuals. There are lots of people with psoriasis who are talk to me about their food allergies and intolerances, and unfortunately many people kind of get confused and think that all food reactions are food allergies, when in fact, many reactions which develop as a consequence of eating food are in fact food intolerances and not food allergies. So how do you distinguish between them both? How do you know if you are actually allergic to something, or simply can't tolerate a food? We call the latter a non-immune mediated food reaction.

I want you to pay particular attention to this information, as it is very important if you have psoriasis, because psoriasis is an immune-related health problem, and food allergies or food intolerances are quite common with psoriasis patients. A food allergy is just one type of adverse food reaction that is mediated by the immune system. An adverse food reaction may comprise any symptom following the intake of a particular food.

Symptoms may be any perceptible change in how we feel and/or function. A symptom may present, for example, as a rash, achy joints, or fatigue. But first let's take a look at the different kinds of reactions which are possible after you eat a particular food, some of these reactions may be familiar to you whereas others will be unfamiliar.

Adverse Food Reactions Are Classified Into 3 Subgroups

1. Toxic food reaction. These reactions are commonly known as **food poisoning** and are as a result of contaminants (often bacteria) in the food. Most of us will have had a case of eating something "not quite good" or that "didn't quite agree", and this may have resulted in cramps in the stomach, vomiting, and diarrhea.
2. Psychological or food aversion. These food reactions are more difficult to diagnose and are generally related to **a former bad experience with a particular food**. These kinds of reactions are largely psychosomatic in nature. An example is when my younger brother burned his mouth quite severely when he was younger with a mushroom, and since then he has not been able to eat any mushrooms.
3. Non-toxic reaction. This group is the most common and can be divided into two groups - immune (**food allergy**) and non-immune mediated responses (**food intolerance**). I'll focus on these two groups in more depth and explain the difference between them both.

In my experience, those who have had digestive problems for years may be more prone to toxic food reactions and others who have had an eating disorder like anorexia or bulimia in the past may have developed psychological or aversions towards certain foods. The most common category however is the non-toxic reaction group, and non-toxic food reactions seem to top the list.

A practitioner has to have a good amount of clinical experience and common sense when trying to understand a patient's presenting digestive problems, because a non-immune-mediated food reaction, a food intolerance, can often mimic an immune-mediated allergic inflammation and may occur from a particular food additive such as a color or preservative, any pharmacological compound such as antibiotics found in commercial chicken meat, or an enzymatic deficiency such as lactose intolerance or hypochlorhydria, an underactive stomach.

The Coca Pulse Test

Have you heard about a simple home test you can perform to determine whether you have a reaction to a food or drink you consume? The Coco Pulse Test will not define whether the reaction is an allergy or intolerance, but with a bit of skill it can certainly reveal any underlying and hidden reactions. You may like to try the pulse test, developed by Dr. Arthur F. Coca in the mid 1950's after working and refining his technique with many patients. Dr. Coco identified many different substances to which his patients were sensitive to, and was surprised how effective his test was at identifying the problems foods in a person's diet.

The Coco Pulse Test is based upon the premise that the stress caused by your nervous system (your autonomic nervous system) in response to a food or drink, which you may be sensitive to, will increase your decrease your resting pulse.

Dr. Coca's pulse test is a technique I have used in my clinic for over twenty years, and it must be performed strictly according to Dr. Coca's guidelines if excellent results are to be expected. This test is easy to perform, but before you start you will need to establish your baseline, i.e., what your pulse is normally like without being challenged. I use the stopwatch on my iPhone, but a wristwatch with a second hand is OK as well. Now I will explain the whole protocol in detail, and you should be able to perform it at home easily.

1. First, take your pulse fourteen (14) times per day for three consecutive days as follows: once before rising in the morning (on waking and before getting out of bed), once before each meal, 3 times after each meal (at 30 minute intervals) and again just before going to bed.
2. Take the pulse for one minute (**an entire 60 seconds**), don't make the mistake I used to make and count the pulse for 15 seconds only, and then multiply by four.
3. All pulse rates should be checked with the person in a seated and relaxed position, except for the first pulse rate of the day that is checked lying down, before you get up and out of bed.
4. Make a Microsoft Excel spreadsheet and record all the results, along with what you have consumed with each meal.
5. No snacking between meals, but if you do then you will need to account for the food you consumed and what the pulse rate was before and after.
6. Make a note of the lowest and highest pulse readings over the three-day period. The difference can be between 10 to 16 beats per minute, and a significantly higher or lower pulse rate will indicate that you have consumed something to which you are allergic or sensitive to.
7. Any food that increases or decreases the pulse rate by 12 beats per minute indicates a suspected food and should be eliminated.
8. To figure out which offender is causing the problem, eliminate the suspect food for three days and test around that particular meal again.
9. Take into account that smoking and various pharmaceutical drugs like Beta blockers (blood pressure drugs) may cause false readings, so do take this into account if you are on pharmaceutical drugs.
10. Any pulse readings should always be performed, and will give the best results while resting quietly.

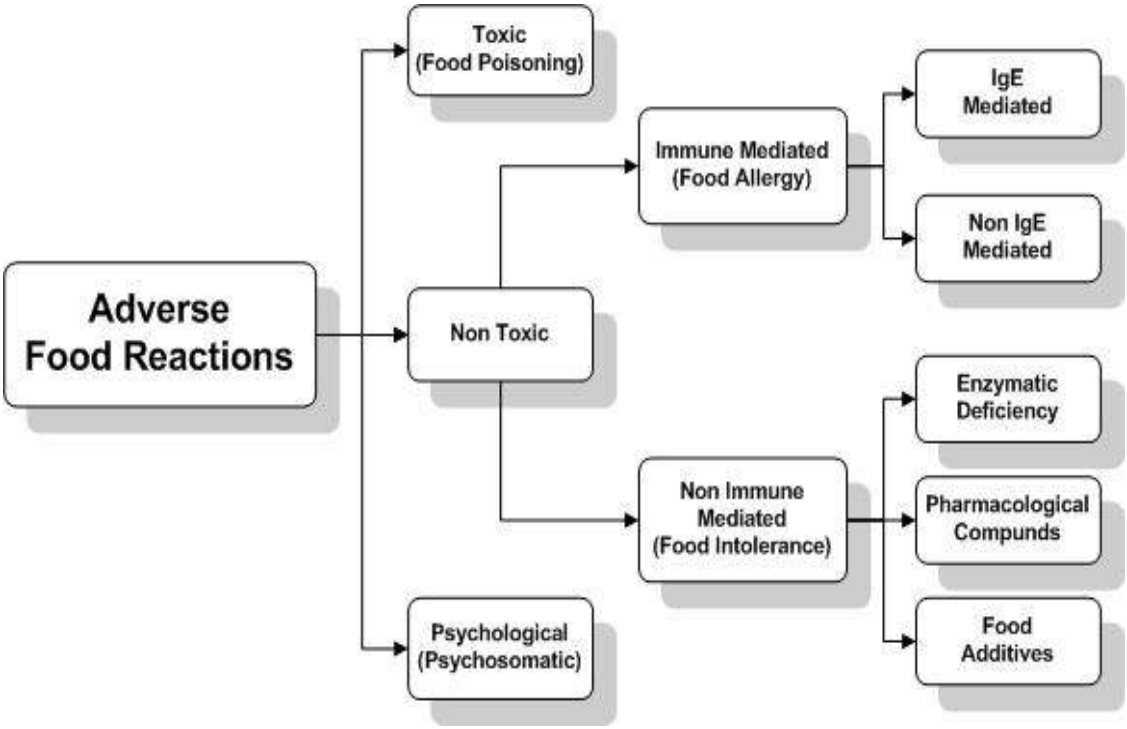
Another method I have found that works is to simply take your resting pulse each morning and evening throughout all three stages of Candida Crusher Diet. Once you start noticing an increase or decrease in your pulse of 10 to 12 beats per minute over a three-day period, you are on to something. Now you will need to work out what it is that has caused this pulse fluctuation by way of challenging your body with a food or drink you have eliminated. With a bit of trial and error you will find it.

Foods That Are Suspect Are:

- Foods you crave or have a strong desire for.
- Foods that often make you feel lousy or different in any way.
- Foods that one of your blood relatives is sensitive to.
- Key trigger foods or foods you have a strong suspicion about.

The Food Reactions Diagram

Non-toxic adverse food reactions are either immune-mediated food reactions, or food allergies are divided into IgE (immediate) and IgG (delayed) reactions, or non-immune mediated food reactions, enzyme deficiencies, food additives or pharmacological compounds. Other causes of food reactions are either toxic (food poisonings) of psychosomatic (mental/emotional) by nature. Below is a simple diagram to put all of this into visual perspective as defined by the European Academy of Allergy and Clinical Immunology EAACI). Thanks to EAACI for permission to use this diagram.



Food Allergies

A true food allergy is not as common as you may think, although much emphasis is placed on these kinds of food reactions in a clinical setting, and food intolerances are much more common in my clinical experience. It is a lot easier for a practitioner to run a battery of tests and then to blame one or several foods that will then need to be eliminated from the patient's diet. This supposedly "cures" the problem, but in my experience it never does. True food allergies certainly do exist, but they are more rare than most people realize, and there is always a reason for these allergies.

In some cases, the true allergy will be inherited but in many other cases it will be acquired, and what I mean by acquired is that it began for example after taking an antibiotic, or if the person drinks alcohol very regularly and develops a condition

known as leaky gut syndrome. A true food allergy is *always* immune-mediated, and involves an immune reaction to a food or drink. Food allergies can be categorized into two groups, those which are more immediate (IgE responses), and those which are more delayed (IgG responses), now let's take a deeper look at both.

Immediate Food Allergies - Type 1 or IgE Response

Food allergies are either immediate or delayed. In the case of an immediate reaction, it will be quite noticeable and could take place within minutes to a few hours after ingestion of the offending substance. The best-known and most studied form of food allergies is called a Type 1 immune reaction, or IgE mediated response.

Most people relate allergic reactions to an IgE response. An IgE response is an immediate response to ingestion of a trigger such as peanuts. Type 1 food allergies occur in less than 5 percent of the population, and mostly in children, they are also called immediate-onset, and/or atopic food allergies.

These types of allergies usually occur in the genetically predisposed individual, because one or both parents will be found to have an allergy, and the immune system begins to create a specific type of antibody called IgE (immunoglobulin IgE) in large amounts to specific foods.

An IgE reaction occurs very much immediately after exposure to a particular allergen, which can be a food, and inhalant like dust mite or even venom like a bee sting. A person's airway may begin to close, swelling of the face or other body part, and other more emergent symptoms occur in an individual who suffers from an IgE reaction. The early phase reaction usually occurs as little as 15 minutes after exposure to the allergen. Other types of IgE reactions may occur 4-6 hours later and persist for days with increased inflammation including symptoms such as swelling, puffiness, redness and itching. I have often heard patients with known allergies tell me that they will eat a certain food, or perhaps be exposed to a certain inhaled allergen like pollen and literally within hours have a reaction ranging from itchy skin to feeling just about completely disabled.

So what happens with these immediate responses? One side of the IgE antibody will recognize and firmly bind to the allergic food. The other side of the antibody is attached to a specialized immune cell called a mast cell, packed with a powerful chemical called histamine. Ready and waiting for action, the IgE antibody now only has to patiently wait for re-exposure to particular allergens. For example, when the allergic food is eaten the next time, IgE antibodies hungrily latch onto the food. Almost instantly, histamine and other allergy-related chemicals (called chemical mediators) are released from the mast cell, bringing on various signs and symptoms rapidly like redness, swelling and itching.

Since this pathway occurs immediately, it is very easy to recognize a Type 1 allergy as a problem after an exposure to the irritant. This is the immunological pathway behind seasonal allergies such as hay fever. The most common test for this type of reaction is the scratch or RAST test that is performed by doctors or immune specialists. This involves scratching the skin and applying a test substance and then waiting for a "wheal and flare" response, often in the form of a skin reaction. The problem I find here is that this test is not always a reliable indication of an allergy, with many patients showing a "false negative" test and at times even a powerfully exaggerated positive response.

The test substance may be too old to invoke a reaction or the test substance may not specific enough to the particular person and therefore does not invoke the reaction. There are simply too many reasons why this test can fail, and it does, so don't rely on it to be 100 percent positive. There are no guarantees in this life, certainly not in immune testing so never rely one hundred percent on any antigen/antibody testing. As usual, don't get paralysis from analysis.

Type 1 Food Allergy Symptoms
The allergen and resulting symptoms are unique to the individual affected, and any symptoms can be very individual. I've noticed that there are many people with psoriasis who don't have any idea that they may well have an underlying and often undetected food allergy. Once the potentially allergenic foods are digested and their protein derivatives enter into the bloodstream, some of these food nutrients or other food components are rejected by the body because a tendency develops of the antibodies and other related immune system elements are to fight back.

Not long after the response, allergy symptoms become apparent including swollen hands, itchy and swollen eyes, sensations of the lungs, and if acute even the closing of the larynx or throat. Anaphylaxis is the most alarming response (can't breathe, fast heart rate, panic) and other symptoms may include stomach cramping, diarrhea, hives, swelling, itching and various skin rashes.

Immediate Food Allergy (IgE) - Good Summary
We call these immediate allergic reactions the Type One immune reactions, and they are quite obvious. You know when you have one because your body suffers a notable and almost instant reaction; some hypersensitive people can even die from consuming peanut, fish or crabmeat. Did you know that more people die in Australia from bee stings (an IgE response) than from snakebites annually?

- Generally 1 or 2 foods are involved in causing these severe allergic symptoms. It is usually one particular food that will cause the strongest response.
- Even the tiniest trace amounts of food can trigger these intense allergic reactions, including anaphylaxis in which a fatal reaction can occur literally within minutes. It is not the *quantity* of the actual allergen, but the *severity* of the allergy that will dictate the response. I have known some hypersensitive patients to be hospitalized after literally only smelling fish or having the tiniest piece of peanut in their mouth.
- Allergic symptoms commonly appear 2 hours or less after consumption of offending foods, but may occur within a few minutes.
- Primarily affects the skin, airway and digestive tract manifesting in such classical allergies as asthma, rhinitis, urticaria, angioedema, eczema, vomiting, diarrhea and anaphylaxis.
- Common in children, these reactions do occur in adults although less commonly than the delayed (IgG) allergies.
- Some experts claim that addictive cravings and withdrawal symptoms are rare to nonexistent in children with IgE allergies, but this is certainly not my experience with Type 1 allergies and children.
- With the exception of infants and young children, due to single food and the immediate appearance of allergic symptoms, the offending food is commonly self-diagnosed. As a result, many patients never see a physician.
- Allergic food is food that is generally avoided and rarely eaten; the person has learned to avoid the food that causes them to feel not so good.
- IgE allergies are commonly permanent, fixed food allergies - but again, I have seen with some patients that no allergies are fixed or permanent.

- Even the most violent IgE allergic reactions in some cases become rather mild, and on a rare occasion actually disappear entirely. The immune system is very much like the weather; the only thing you can be certain of is change!
- Frequently an IgE RAST (scratch) test can reveal a positive skin test result, but this may not reflect in a positive immune stimulus in the person's body when they are subjected to that particular food or allergen. It all depends on the experience of the person doing the testing, the conditions the test was performed under for example, and even if the patient was taking drugs such as antihistamines beforehand, or how much Vitamin C the patient took that morning. As you can see, there are simply too many variables that may cause a false negative test result, and this can all leave you quite confused.

Delayed Food Allergies - Type 4 or IgG Response

Non-IgE-mediated allergies involve antibodies other than IgE (generally IgG). Symptoms of an IgG-dependent reaction may occur hours to days following exposure to the allergen.

These are often referred to as "delayed food reactions". The IgG antibody may bind to the food antigen and form an immune complex, and these immune complexes may deposit in various tissues and trigger inflammatory reactions.

It is most unfortunate, but conventional medicine does not recognize these types of delayed immune responses.

Delayed Food Allergy (IgG) - Good Summary

Delayed food reactions are not immediate, and this can make them almost impossible to detect without sophisticated blood testing. I find it rather hard to believe that many conventional immunologists virtually ignore the IgG response, citing "lack of scientific evidence" as the main reason they won't test for it.

- More allergic responses typically occur here in the person suffering from an IgG food allergy, anywhere from 3 to 10 food allergens may be clinically involved, and sometimes even up to 20 foods have been reported in some cases.
- It is more rare for a person to be only allergic to one or two foods in this category.
- Unlike IgE allergies, typically larger amounts of food often in multiple feedings are commonly needed to provoke these types of allergic reactions. Reactions may not in some cases even occur after a single food challenge.
- Allergic symptoms commonly appear 2 to 24 hours after offending foods are eaten, but in my clinical experience, symptoms often appear 48 to 72 hours later.
- What makes it hard for the doctor or skin specialist to distinguish between an IgE and a IgG allergic response is that virtually any tissue, organ, or system of the human body can be affected, even the so-called classical allergic areas.
- Very common in children and adults, and well over 50 medical conditions and 200 symptoms have been reported to be provoked, worsened or caused by IgG allergic reactions to foods.
- It has been estimated that addictive cravings and withdrawal symptoms can be clinically significant in 20 to 30% of patients suffering from this type of allergy.

- Due to multiple foods and delayed onset of symptoms, the offending foods are rarely self-diagnosed. Multiple doctor visits involving different physicians are the rule, not the exception, before proper diagnosis and treatment is provided.
- Allergic foods in delayed reactions are commonly the person's favorite foods, frequently eaten, and eaten in larger amounts. It is interesting that people are often drawn to the foods their bodies need the least. This is unlike the Type 1 (IgE) response, where the person will have more of a tendency to avoid these immediately aggravating foods because they make the person feel unwell sooner. Even tiny amounts can provoke severe reactions in a Type 1 response.
- Allergy to foods is commonly reversible. Symptoms often clear following 3-6 months of avoidance and especially with repair of the person's leaky gut.
- Skin test negative, IgE RAST will be negative. This is a non-IgE antibody-mediated allergic reaction to foods.
- IgG ELISA (Type II) positive; IgG food immune complex (Type III) and/or cellular (Type IV) reactions may be involved as well.
- Sensitized lymphocytes, eosinophils, platelets, release of PAF and leukotrienes may be more prevalent.

Food Allergies - Learning What To Do

Food allergies are often inter-related with chronic illnesses such as arthritis, asthma, diabetes, yeast infections, psoriasis and ADHD (Attention Deficit Hyperactivity Disorder), I have often seen changes in patient's behaviors and emotions once the chronic allergic reactions were overcome. Dealing with food allergies whether the condition is mild, moderate, or severe, must be learned. It includes learning the causes of allergic reactions, how to recognize the onset of symptoms cause by foods or inhaled allergens, the best options for preventing and fighting food allergies, and integrating ways into your lifestyle to avoid food allergies.

I've noticed with psoriasis patients that major allergens may include eggs, dairy, gluten or wheat, corn, peanuts, shellfish, fish, oranges, bananas and chocolate.

The Hypo Allergenic Diet Sheet will give you good indications as to the most allergenic and least allergenic of foods with psoriasis. It is a handout I have used in my clinic for over fifteen years and it has helped countless patients. You can print it and hang it on your refrigerator. Psoriasis sufferers with food allergies can in time still eat the types of food they love, especially if they initially work on avoidance, food rotation and build up the integrity of their digestive system, one of the most important things to do if you have chronic psoriasis.

Psoriasis And Food Allergies

OK, so you have psoriasis and suspect that you may have a food allergy. You may have been diagnosed with a food allergy or suspect you have one. After you have completed stage 1 implementation of the psoriasis diet, it's time to move into stage 2, which is the Hypo Allergenic Diet.

Make sure you read this stage 2 section well and implement it; it will make a huge difference to your outcome of psoriasis long-term.

After you have healed your digestive system and moved onto the 3rd stage, the Foods Re-Introduction Stage, you will notice that over time your health will have improved immensely and that your food allergy need not be a life sentence after all. As your digestion improves, you should also notice how good your skin is starting to look.

Food Reactions - Intolerances

Food intolerances are reasonably common, and many stem from poor digestion such as leaky gut, drugs like antibiotics and the ingestion of chemicals that have been added to foods, and even chemicals that are naturally occurring in foods such as salicylates and amines.

But how do you determine the difference between food allergy and food intolerance? It is easier to test for a food allergy initially, especially if you have major food reactions, and if you do then I highly recommend that you complete a comprehensive IgE/IgG food allergy blood test. There are many different labs that can do this for you, this will rule out any possibility of a food allergy.

Diagnosing A Food Intolerance

An elimination diet is probably the best way to diagnose any potential food intolerance. First of all, remove any suspected foods (start with processed or refined foods) completely removed from your diet for one to three weeks. A small amount of this food is then re-introduced and if symptoms reappear, the intolerance is confirmed. This elimination/challenge test can also be performed to diagnose a food allergy. If you suspect that there may be a risk of a severe reaction, foods should never be re-introduced without first consulting a health professional, especially in children.
For some people, undertaking an elimination diet to get to the bottom of what is causing your food intolerance may prove to be a slow and rather frustrating process. Here's a good tip - try to eliminate those food items you buy and enjoy regularly first. You may be quite surprised to discover that you have hit the jackpot. Above all, try to stick with it, because being free of food intolerance symptoms will be well worth in the long run.

As usual, there are no quick fixes when it comes to diagnosing and fixing a food intolerance; be very suspicious of anyone offering an easy answer, and if it sounds too good to be true, it usually is.

Common Food Intolerances

Almost any food can cause intolerance, but there are some types of food intolerances that occur more commonly than others. Lactose intolerance, a condition in which a person cannot digest the sugar found in dairy products, is one of the most common food intolerances. The main symptoms here will be bloating, gas and diarrhea.

I have seen several patients over the years that were not responsive to any food allergy test, when I suspected a food allergy, and only responded positively once certain food items were removed from their diet. I've found that salicylate, amine and glutamate sensitivities are more common than you may think, and that is why I have added this information into this section of the book.

Maybe you are at a loss as to why your allergy test has come back as negative, but you know you have issues with certain foods or drinks.

It may well be salicylates, amines or glutamate. Be sure to avoid these foods and then challenge yourself to see if this is the case. You will find that sensitivity to naturally occurring food chemicals may in some cases cause symptoms of intolerance, and these chemicals may include:

Salicylates, natural preservatives found in a wide variety of fruits, vegetables, nuts and spices.
Amines, produced during fermentation, aging and ripening
Glutamate, an amino acid found naturally in all protein foods.
Gluten, a protein found in wheat and certain other grains. It has been estimated that about 1 in 300 people in Western nations has gluten intolerance.

In some cases, it will be quite difficult to distinguish between food allergy and food intolerance, but in the end, does it really matter? In some cases only by careful elimination and challenge will you be able to discover the real culprits. So be patient and take your time, it is best to eliminate one food or food group at a time before moving onto the next. Now let's look at amines, salicylates and glutamate in a little more detail, we have already covered gluten intolerance elsewhere in this section of the book.

Salicylates

Salicylates are chemicals that occur naturally in many plants, acting as preservatives to delay rotting and to protect the plant against harmful bacteria and fungi. They are a type of insecticide that is designed to protect the plant from various bugs and insects, which they readily poison. Salicylates are stored in the bark, leaves, roots, and seeds of plants. They can be found naturally in some foods and its compounds are used in various products. Chemically speaking, salicylates resemble aspirin, and as such those who cannot tolerate aspirin will not be able to tolerate the high salicylate-containing foods either.

People can generally consume much larger amounts of these chemicals than insects, without causing too much irritation. Salicylates can affect some adults considerably though, and can particularly affect children, sometimes causing their behavior to be hyper, particularly so when a child already had asthma or eczema as well or an inherited immune weakness.
Many foods contain varying levels of naturally occurring salicylates. These allegedly may trigger symptoms in aspirin-sensitive patients. I have found the most common symptoms affecting adults to be coughs, nasal congestion, nasal polyps, post nasal drip, sneezing, various skin rashes, including rashes around the mouth and in children behavioral problems, especially hyperactivity. Only by carefully eliminating the suspected foods and challenging will you be able to work out the offenders.

Children And Salicylates

Research has discovered that up to a staggering 70 per cent of children with behaviour problems ranging from depression, lack of self control to aggressive and even violent behaviours, are affected to some degree by salicylates, artificial colours, flavours and preservatives, when compared to only about 40 per cent affected by amines.

What Are The Signs And Symptoms Of Salicylate Intolerance?

Common Symptoms	Less Common Symptoms
Can't smell	Asthma
Congestion	Breathing difficulties
Hyperactivity	Changes in skin color
Itchy skin	Some cognitive and perceptual disorders
Skin Rash or Hives	Stomachaches or upsets
Nasal polyps	Swelling of eyelids, face, and lips
Persistent cough	Swelling of Hands and Feet
Post Nasal Drip	Wheezing.
Urgency to pass water	Watery or Swollen eyes
Bedwetting	Mouth ulcers or raw hot red rash around mouth
Lack of concentration or Memory	Anaphylaxis (rare)
Fatigue	Irritability
Headaches	Diarrhea
Sinusitis	

Salicylate Content Of Foods

Fruits

Negligible: banana, pear (peeled)
Moderate: lemon, loquat, mango, pear (with skin), persimmon, red apple, rhubarb, tree tomato, kiwi fruit, and fresh fig.
High: avocado, grapefruit, granny smith apple, lychee, mandarin, mulberry, nectarine, peach, tangelo, watermelon, dried fig, and passion fruit.
Very high: apricot, blackberry, blackcurrant, blueberry, boysenberry, cherry, currant (dried), dates, grapes & grapevine leaves, guava, loganberry, orange, pineapple, plum, prune, raisin (dried), raspberry, redcurrant, rock melon (cantaloupe), strawberry, sultana. All dried fruits are generally too high in salicylates for consumption by sensitive persons.

Vegetables

Negligible: bamboo shoots, cabbage, celery, lettuce, potato (peeled), swede, dried beans, dried peas, brown lentils, red lentils, rice.

Low: Brussels sprouts, chives, choko, green beans, green peas, leeks, mungbean sprouts, red cabbage, shallots, potato (with skin).

Moderate: asparagus baby squash, beetroot, broccoli, cauliflower, carrot, kumara, marrow, mushroom, onion, parsnip, pumpkin, spinach, sweet corn, turnip, tomato (fresh), kohlrabi, black olive, chili (yellow & green).
High: alfalfa sprouts, broad beans, cucumber, eggplant, watercress, tomato (stewed/cooked)

Very high: capsicum, champignon, chicory, endive, gherkin, radish, tomato products (tinned, paste), zucchini, green olive, chili (red).

Nuts & Seeds

Negligible: poppy seeds.
Low: cashews.
Moderate: peanut butter, Brazil nut, coconut, hazelnuts, macadamia, peanuts, pecans, pine nuts, pistachio, sesame seeds, sunflower seeds, walnuts.
High: peanuts (with red skins on)
Very high: almonds, water chestnuts.

Amines

Amines are a type of chemical that occur naturally in many foods. Amines occur due to the breakdown of certain proteins or when they ferment as part of normal ripening or aging of the fresh food. Amines are responsible for giving food its flavor. The amine content will be normally higher in a food with a stronger, more intense flavor, so the more you keep that food, and the longer it ripens, the higher the amine content is likely to be.

The best way to determine whether you have amine intolerance is by way of an elimination and challenge diet. Many patients I have seen over the years have worked out that one key food which can send them into a tailspin, and it could be red wine, chocolate of a soft cheese like Camembert.

What Are The Signs And Symptoms Of Amine Intolerance?

Here are some of the most common signs and symptoms of amine intolerance. I have discovered that the most common presentation for amine intolerance would have to be dull headaches, can't concentrate, IBS, lethargy, and nasal congestion.

Common Symptoms

Headache or migraine
Inability to concentrate
Irritable bowel syndrome
Lethargy (tiredness)
Nasal congestion

Less Common Symptoms

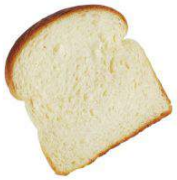
Asthma Aggressive behaviour
Atopic dermatitis (eczema)
Depression
Diarrhea
Fever
Heart palpitations
High blood pressure
Insomnia (disturbed or lack of sleep)
Lack of self-control
Skin rash, can look like psoriasis

Which Foods Are The Highest In Amines?

It is easier to avoid amines in your diet as opposed to salicylates, because the highest amounts of amines can be found in chocolate, aged cheeses, wine and many alcoholic beverages, cured, aged and smoked meats like sausage or salami, canned or smoked fish, fruits like banana, avocado, and tomato.

Remember, the amine content increases as certain fruits ripen or as the meat or fish ages, so if you are sensitive to any of these foods or drinks then my advice for you is to only consume the very freshest of produce, meats and fish.

Glutamates



Glutamic acid is a naturally occurring amino acid just like its brother glutamine, which is much more neurologically active. Glutamic acid is found in many foods, especially in gluten grains like wheat, barley rye but also in legumes like soy, peanuts, in dairy products, various nuts and seeds, meats and even in the gluten-substitute grains like amaranth, quinoa, tapioca as well as sorghum, millet, and flaxseed.

You will rarely hear of problems with glutamic acid as is considered to be safe, but certain side effects such as fatigue and headaches have occurred with a few people. Additionally, glutamic acid supplementation can have complications in those with kidney or liver disease, as well as people suffering from certain types of neurological diseases. I have only seen two or three people over the past twenty years of full-time naturopathic clinical work have presented with glutamate sensitivity, and certainly seen many more people presenting with salicylate and amine sensitivities.

Glutamate converts into glutamine by the cells lining the intestinal tract, and glutamine is one of the principal foods of the tiny cells lining the walls of the small intestine. It is a good thing that the liver and kidneys also help to convert glutamate into glutamic acid, because gluten-based foods, soy, corn and dairy products (all glutamate foods) are also foods that have a tendency in susceptible people to destroy the integrity of the microvilli which line the walls of the small intestine.

Did you know that it has been estimated that up to an incredible 30 percent of celiac patients may have glutamate sensitivity? Were you sensitive to vaccines? Some vaccines are high in glutamate, and an intolerance or reaction to a vaccine can be an indication of glutamate sensitivity. If you are very sensitive to MSG (monosodium glutamate) then you will almost certainly want to avoid HFCS (high fructose corn syrup) as well. The supplement glutamic acid is sometimes avoided by those have a problem with glutamate.

Dr. Jack Samuels, and expert in excito-toxins (nervous system poisons), states that all corn syrup products potentially contain high levels of MSG, because the producers do not remove it during processing, and it can concentrate to high levels in the syrup.

Enzymes are added to HFCS as well, preventing any further breakdown of the protein. If you suspect that you are sensitive to glutamates, simply avoid corn, gluten products, soy and dairy products. A trial will soon reveal if glutamates are the culprit of not.

After a period of avoidance along with taking digestive enzymes and probiotics, you will have repaired the lining of the small intestine (leaky gut), otherwise you may become increasingly intolerant to glutamates and develop many more intolerances or allergies. I have certainly seen some chronic psoriasis patients improve once glutamate containing foods were removed from their diet, so it is definitely worth a try if you have a chronic case of psoriasis.

10 Tips On Avoiding Food Chemicals For Those With Psoriasis

1. **Eat fresh foods that are low in the suspected chemicals.** Plan your meals well in advance and eat fresh whenever you can. Remember that processing, reheating, transporting and storing foods can change the chemical content and may provoke symptoms. For a more trustworthy diet, always eat fresh.
2. **Processed foods are not the best**. The more processing the food has had the higher the risk that it will contain unwanted chemicals, additives, flavors, colors and many different preservatives.
3. **Fresh meats are always preferred over smoked or processed meats.** Eat fresh meat as soon as you purchase it; otherwise freeze it as soon as possible. In my opinion, processed meats are amongst the worst of all processed foods you can eat when it comes to your health.
4. **Consume produce promptly.** Fresh fruits and vegetables are best consumed within a few days of purchasing them. If you have two bell peppers, and pepper # 1 is one day old and pepper # 2 is three days old, the first pepper will have less amine in it. Eat fresh produce soon and buy every two to three days, or grow your own.
5. **Avoid MSG**. MSG (E621) is an amino acid commonly found in Asian foods, monosodium glutamate is an additive commonly added to foods enhance the flavor. This chemical is commonly found in Asian foods, especially Chinese foods, many snacks, chips, cookies, Campbell soups, lunchmeats, frozen dinners, and various seasonings. Studies have shown that regular consumption of MSG may result in unwanted symptoms like depression, eye damage, disorientation, headaches, and obesity. If you eat out regularly, be sure to check with the chef to make sure that there is no added MSG.
6. **Avoid food dyes.** Did you know that up to 90 percent of food dyes are colors that are derived from a petroleum source? Studies show that food dyes are linked to hyperactivity and disturbed behaviors in children. There are searchable databases online, and you will be able to find which synthetic dyes are used in your favorite foods.
7. **Avoid non-stick pans when you cook food.** This may seem like a convenient way of cooking, but most non-stick cookware is made using PFOA (perfluoro octanoic acid), a toxic chemical linked to cancer and other chronic health issues. Choose stainless steel, cast iron or enameled pots and pans instead. Replace your non-stick cookware, like Teflon, with another healthier alternative.

If you do continue to use non-stick cookware, be careful not to let it heat above 450^0F. Throw out those non-stick pans as soon as they show signs of wear, and then go out and buy stainless or cast iron instead.

8. **Avoid artificial sweeteners.** Aspartame (E951), more popularly known as NutraSweet or Equal, is found in foods labeled "diet" or "sugar-free". Aspartame is now believed to be neurotoxin and carcinogenic and accounts for more reports of adverse reactions that all other food additives combined. This sweet poison is known to affect intelligence and short-term memory, and may lead to a wide variety of chronic illness including brain tumor, Parkinson's, Alzheimer's, emotional disorders like depression and anxiety attacks, dizziness, headaches, nausea, mental confusion, migraines and seizures, lymphoma, chronic fatigue, fibromyalgia, diabetes, and multiple sclerosis.

   You will find Aspartame in breath mints, toothpastes, chewable vitamins, ice tea, yogurt, table top sweeteners, cereals, diet foods, drink mixes, sugar-free gum, desserts, Diet Coke, sugar free soda drinks, diet drinks, Coke Zero, and jello.

9. **Avoid sodium nitrite/sodium nitrate.** These chemicals are used as preservatives, flavorings and colorings. The USDA tried to ban sodium nitrite back in the 1970's, but the food manufactures won the battle as they claimed that they had no other way of preserving meat products that were packaged. This chemical is widely regarded as toxic, it is in fact carcinogenic and once it enters the bloodstream it can affect the liver and pancreas especially. You will find sodium nitrite/nitrate in smoked and preserved meats especially, such as sausages, bacon, ham, luncheon meats, corned beef, hot dogs, and canned smoked fish.
10. **Avoid GMO foods.** Genetically modified organisms are animals or plants that have had their DNA modified. In the United States for example, the majority of canola, corn, cotton and soybean crops have been modified genetically. The unfortunate thing is that one or more of these food items can now be found in most processed foods commercially available. The FDA has not completed sufficient safety testing on these GMO items to ensure the public that they are guaranteed 100 percent safe, especially for pregnancy women and children. Some studies have shown that consuming GMO foods increases your risk of allergy susceptibility, immune suppression, antibiotic resistance as well as increasing the risk of cancer. In light of this evidence and lack of sufficient testing, it is in your best interests to consume as little of these items as possible and to eat other foods instead.

Health Tip – Avoid BPA

BPA is a toxic chemical used in the lining of most tin cans. Bisphenyl-A is a synthetic estrogen linked to breast cancer, reproductive problems, ADHD, obesity, and other serious health problems like immune system damage. You can significantly reduce your intake of BPA by limiting your consumption of certain canned foods. The main offenders are canned foods that are acidic, salty or high in fat, because BPA is more likely to leach into these foods. Did you know that foods in cans or tins are one of your largest sources of the chemical BPA? A study has found that you can reduce your BPA intake by 60 percent in three days by avoiding packaged foods. The top ten canned foods to avoid are: Coconut Milk, Soup, Meats, Vegetables, Meals (e.g. ravioli with sauce), Juice, Fish, Beans, Meal-Replacement Drinks, and Fruits.

What To Do If You Have Been Diagnosed With A Food Intolerance

Like a food allergy, most food intolerances are dose-dependent. In some cases, large amounts of the offending food will need to be consumed before the symptoms of psoriasis become apparent, but in other instances only small amounts of foods need to be consumed in some cases. I've never seen any violent reactions in those with food intolerances like I have in those with IgE Type 1 food allergy cases however.

In some rare cases, some patients can be so violently allergic to foods like fish or peanuts that just the slightest smell of these foods can invoke the most extreme anaphylactic reactions and require the patient to be hospitalized. Look at a bee sting, for you and me it is painful and probably gone in 10 minutes, but if my son gets stung then he needs to see a doctor fast and will require a shot of adrenalin. Those with psoriasis who have food intolerances will probably be eating their offending foods much more regularly than those with food allergies and in larger amounts, so in many cases they will find that just be reducing the quantity of these foods there will be a significant reduction in symptoms. The amount of offending food/s tolerated is very individual, so once you have discovered what is causing your symptoms, you'll have to learn how much affects you.

Health Tip – Take A Digestive Enzyme If You Have Any Food Reactions

A good tip when you have both food allergies and/of food intolerances is to take a digestive enzyme and a top quality probiotic, particularly as you reduce the amount of offending food/s, it will help support your digestive system significantly and you will be happy with a reduction if symptoms.