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THE PSORIASIS PROGRAM

The Psoriasis Diet



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The Psoriasis Diet

Have you read the **Introduction To Healthy Eating For Psoriasis** first? It is a good idea for you to read that book first. The Introduction book will give you a foundation for healthy eating and contains plenty of good information on optimizing your diet and nutrition, it is packed with hints and tips and will give you a great head start.

"Let your food be your medicine and medicine be your food". *Hippocrates*



For many reasons, the mainstay of therapy for any chronic skin-related illnesses must be directed at dietary changes. Many books and websites that specialize in psoriasis are either skin relief or product-focused, and some even say that relief from psoriasis by dietary means is unachievable. I can tell you after treating many psoriasis sufferers; it is impossible to think that you will be able to control your

psoriasis permanently unless you adopt the right dietary approach long term.

The Psoriasis Diet Is In 3 Stages

Before you get started with the Psoriasis Diet, it pays to first tidy-up your current diet and lifestyle, this will pay big dividends as you go through the first few weeks of the Psoriasis Diet.

Detoxification and inner cleansing are very important concepts when it comes to clearing psoriasis, so important in fact that I highly recommend for you to complete an initial digestive cleanse even before we start on the Psoriasis Diet. I have noticed through experience that the best long-term results will be achieved after a person with psoriasis completes an initial clean up of their diet in particular, and for this reason I have devised the "Big Clean Up" which lasts for one week, and is ideally begun before you start on Stage 1 of the Psoriasis Diet.

I'm sure that you will want to achieve the best possible results from your program, and by completing your initial Big Clean-Up you will be well on your way to achieving your goal of a permanent psoriasis solution with the minimal of aggravations, so please don't skip this stage.

Once you have completed this initial cleanse then we can commence with The Psoriasis Diet, and in time as you start to feel better we can get into some more serious cleansing and detoxification.

You may be thinking: "Why a three-stage diet?, wouldn't it be a lot easier just to go onto a diet without worrying about different stages? I' sounds very complicated to me." Don't be put off by the Psoriasis Diet being in three-stages, after much trial and experimentation, I began to realize that the best outcomes with psoriasis patients in our clinic was when they incorporated the Big Clean-Up, followed by an induction diet known as the MEVY Diet (Meat (mainly fish, chicken and lamb), Eggs, Vegetables and Yogurt Diet), and then after two to three weeks started to work on improving the integrity of their digestive system by removing potentially reactive or allergic foods and drinks from their diet, the Low-Allergy or Hypo-Allergenic Diet, which was then followed finally by the Food Re-Introduction Diet. The duration of the Psoriasis Diet varies from person to person, and anywhere from three to four months is on average, now you can see why I recommend a three to four month time period for the Psoriasis Program.

Try not to skip any of the three stages for the best possible outcome of your program, and be sure to read this all the way through the two psoriasis diet and nutrition books you now have:

- A – Introduction To Healthy Eating For Psoriasis
- B – The Psoriasis Diet (*this book*)

By reading these two books you will not only understand the significance of what constitutes healthy eating and nutrition for the psoriasis patient in general, but more importantly - what specific foods to eat and what specific foods to avoid. The Psoriasis Diet is probably one of the most important books of the Psoriasis Program, so be sure to follow the advice and you will almost certainly experience the same great outcomes that psoriasis patients do who visit me in my clinic.

The Three Psoriasis Diet Stages

The Psoriasis Diet is in 3 stages, and each part will be covered in detail in this book.

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

The first stage is the Psoriasis Diet Induction (The MEVY Diet) Stage; this stage lasts generally from two to three weeks and is best followed strictly, NO exceptions! This diet is easy to follow; you have plenty of food choices and will find it easy to do.



Stage 2 – Psoriasis Diet - The Low-Allergy (Hypo-Allergenic) Stage

The second stage is the Low-Allergy (Hypo-Allergenic) Stage and this can last from two through to six weeks. Depending on your results in Stage 1, you may not even need to go ahead with Stage 2, but I would like you to do

Stage 2 if you are a long-standing psoriasis sufferer, have consumed alcohol regularly for a few years or in particular have any history of taking an antibiotic (*even many years ago*), the oral contraceptive pill or *any* pharmaceutical drug regularly. This stage is important when it comes to healing the lining of your digestive system, especially leaky-gut, which is one of the biggest health challenges those with chronic psoriasis face.



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

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

The Big Psoriasis Clean-Up



It makes sense to clean up your digestive system even before you start on the Psoriasis Diet, even if you believe that you have a perfect diet or appear to have no skin or digestive problems. Before you landscape your garden to perfection, doesn't it make sense to first clean up all that garbage around the garden? The first thing you do is to pick up all the rubbish, especially all that rubbish hidden in the corners and out of sight places of your garden and take it all away. Similarly, before you set about restoring your body and eradicating all that unwanted yeast and bacterial overgrowth in your digestive system and their toxic by-products, it pays to first clean up your digestive tract.

The surface area of your digestive system is huge, and not unlike a large garden. There are many places where potential yeasts, bacteria, parasites and protozoan can hide and thrive, and by sweeping out the small and large bowel in particular with a bowel purge and then a seven day cleansing diet, you will find it that much easier to tackle your Psoriasis Diet. This stage is important because it sets the foundation and will help to ease you into the program with a lot less potential discomfort.

For chronic psoriasis sufferers especially, the big clean up offers the opportunity of moving out the accumulated debris from your digestive system, thereby flushing out not only the candida yeast and bad bacterial overgrowth, but many other accumulated bugs so that Psoriasis Diet can

finally deal with that inflammation affecting your skin and maybe your joints (if you have psoriatic arthritis) once and for all.



When it comes to cleansing reactions of your body after commencing natural medicine treatment, I like to use the metaphor of cleaning a room. When you clean a dirty and dusty room in your house and sweep the ceiling for cobwebs, wipe down the walls and then proceed with cleaning the windows, curtains and floor you will notice that there will be dust floating in the air, you may even cough and

sneeze if there is a lot of dust. You don't feel clean when you clean a dirty room, and cleaning a house properly can leave you rather dirty, have you noticed? You feel dirty and want to have a bath, because all this house cleaning has made you feel literally toxic, especially if you have left it for many years.

Cleansing your body can have you feeling rather terrible at times as well, you may sneeze and cough, develop an aggravation of any skin rashes or fatigue, have a dull headache and potentially plenty more. Sometimes patients tell me that they are worried about "side-effects" of natural treatments, but this reaction is generally nothing more than all that dirt and grime coming to the surface of the body and causing problems.

Don't worry, these reactions are only temporary and soon clear up, and like a room you have cleaned from top to bottom, you will be delighted with the end result.

Do you like a clean house? Of course you do, then tell me why are you living in a body that rarely ever gets cleaned *on the inside*? You take a bath daily, but what about all those organs inside, do you think that rubbish and toxins from all those years of living never accumulates?

Bodies, just like houses, can harbor many different and varied kinds of hidden toxins, like molds, heavy metals, pesticides, herbicides, xenoestrogens, toxins found in personal care products, chemicals in foods, man-made estrogen mimickers found in every day products like thin plastic cling film and countless other kinds of poisons. Sometimes these poisons can remain hidden and undetected for many years, but when you finally do detect them and remove them your health will often elevate to a whole new level, once all that dust has settled so to speak.

These undetected toxins can sometimes even potentially be a hidden trigger of a "mystery illness", like psoriasis. Bacteria and yeasts like to grow in environments that are conducive to their survival, and once you change your inner environment for the better, psoriasis will find it very difficult to gain a foothold on the surface of your body. Once you have cleansed your system internally, you will be delighted with the external appearance of your body. I don't want you to focus merely on the exterior of your body, the skin, like so many psoriasis sufferers as well as their medical practitioners do.

The upside about cleansing your body is that you will feel a lot better once this dust has finally settled, much better in fact than you have in fact for many years.

If you want a room in your house to be really clean and one that *stays* clean, you will need to clean it regularly and thoroughly, and if you want your entire house to sparkle from top to bottom then you will need to do some basic housekeeping every single day to ensure that not only the dirt doesn't build up, but that cleaning it eventually doesn't become an impossible task.



Small cleaning tasks performed regularly make a lot of sense, otherwise through procrastination a major clean up (a detox) becomes overwhelming to the point that it is simply put in the too hard basket. Some people's houses, just like the inside of their bodies, have become a real mess, and they give up even trying a simple cleansing regime causing them much embarrassment if others come to visit. You may know somebody with terrible body odor, bad breath, many psoriatic lesions all over their arms and legs or a major weight problem. In some instances some people who have developed conditions such as this simply avoid social contact for embarrassment or fear of rejection and live a lonely life.

Likewise, if you drink fresh clean water every day, eat plenty of fresh, high quality organic foods and make those wise dietary and lifestyle choices your body will tend to get clean and stay clean, but don't confuse the Big Psoriasis Clean-Up with detoxification however, I'll elaborate a lot more on detoxification later.

Cleaning a room is certainly like cleansing your body on the inside. Dust and grime such as toxic residues may appear from those hidden recesses of the bowel, liver, kidney and lungs in particular, and deposit in the blood stream and lymphatic system.

I'll bet you don't wait 10, 30 or even as long as 50 years to clean your house, but rarely do most all people consider their body when it comes to cleansing it on the inside, so when it does finally get a clean you can and should expect some aggravations, particularly if your body has had little to no attention for several decades. Doesn't this make sense to you? It doesn't make any sense to the medical profession, who never talk about cleansing or detoxification. They claim that there is no scientific proof that cleansing is necessary, and that your kidneys and liver are perfectly capable of keeping the body clean. I suppose those self-cleaning ovens and dishwashers are perfectly capable as well, but the fact is that we always seem to need to call the repair guy for these amazing "self-cleaning" appliances because they clog up at the least opportune moments.

The Big Psoriasis Clean-Up gives you the opportunity to step-down from the current diet and lifestyle you were leading, including dietary and lifestyle habits that may have contributed towards the development of your chronic skin condition. If you are serious about beating psoriasis then it makes sense NOT to skip this important cleansing step, and the longer you have

had psoriasis, then the more you will need to complete it, trust me on this one.

If you have been unwell for a number of years and can relate strongly to many of the signs and symptoms of psoriasis, then my recommendations are for you to complete both Phase 1 (the colon cleanse) and Phase 2 (the seven day cleansing diet) and as outlined below, both of these cleansing regimes are part of the Big Psoriasis Clean-Up.

The Big Psoriasis Cleanse Is NOT A Detoxification Program

But why you ask should you clean up your digestive system, isn't that what the Psoriasis Diet is about? The Big Psoriasis Cleanse is designed to be just that, a quick cleanse, and not a detox, I'll be talking a lot more about detoxification further on in my book entitled Psoriasis, Internal Cleansing and Detox.

A thorough detox is not unlike reconditioning your entire house from top to bottom, you will be working on much more than just a superficial level. Detoxification is more like completing a major renovation on your house rather than giving it a spring clean, because now you are looking at a much more heavy-duty cleansing approach which may lead to re-decorating, re-painting, and more.

The first good detox you do will be like your first big renovation, after you have completed several renovations they will become much easier and with potentially a lot less aggravation because you will have removed plenty of deep seated grime that has built up over the course of many years.

Sweat Equity



Have you ever completed a major renovation on a house before? I can tell you; once you come out at the other end you realize that you overlooked several things, and that with your next renovation there would be things you do differently. This is because there is nothing like experiencing something for real and working through all those problems that seem to arise. It is called "sweat equity", and you always seem to learn best by the mistakes you make the first time round.

Would I do things differently the next time? You bet I would, and the same goes for your first cleanse, after you have completed one or two of these one-week cleanses you will begin to realize how easy they are and what to look out for the next time around. You get to know the pitfalls and traps, and just like completing small renovations which eventually give you the courage and experience to complete a major renovation, the Big Psoriasis Clean-Up will give you the confidence in time to complete a three or four-week detoxification program. Be patient, all in time, and you are best to wait until you have recovered to a large extent from your psoriasis. You have plenty of time in the future to complete an intensive detoxification and cleansing regime but for now just concentrate on a one-week cleanse before you start on the Psoriasis Diet.

When I recommend a detox program, I generally recommend a certain diet and a series of specialized herbal or nutritional supplement treatments to be used at the same time such as digestive enzymes, liver and kidney herbal medicines, certain probiotics and special bowel cleansing products. A detox for some people will imply the cleansing of heavy metals or chemicals, and I'll outline this kind of protocol a little later as well. As you may be aware, a good detox is well out of the scope of the Big Psoriasis Clean-Up, which is basically just a bowel purge followed by a seven day cleansing diet and is a prelude to your Psoriasis Diet.

4 Reasons To Do The Big Psoriasis Clean Up

- 1. Poor diet** – By neglecting to sufficiently feed our lawns, shrubs, trees and flowers, we end up with a poor garden, not unlike somebody suffering with malnutrition. Many who are about to undertake the Psoriasis Diet rely on a diet that contains nutrient depleted vegetables, grains, fruits as well as meats containing antibiotics and hormones. This type of diet provides an inadequate amount of essential nutrients for the body's countless metabolic processes, including internal cleansing. These dietary habits, and the fact that many of us eat a limited variety of foods, consume alcohol and caffeine-containing beverages, can result in the internal congestion of our organs of elimination, in particular the small and large bowel. Even you have been adopting a "perfect" diet for some time but have psoriasis that you have had for a long time, you will benefit from the Big Psoriasis Clean-Up.
- 2. Poor absorption rates** – By sweeping the paths, mowing the lawns and weeding the garden you will find that the fertilizer you apply will be that much more effective. (An under-active stomach) We can get better crops, bigger flowers and truly enjoy the fruits of our labor. The other major advantage of this initial big cleanse is that the probiotics, anti-fungal foods, supplements and herbs which I recommend during the Psoriasis Diet will work that much better. The more efficiently your digestive system works, the more efficient will be your body's ability to digest foods, herbs and supplements, absorb nutrients into cells and excrete wastes.
- 3. Poor bowel functioning** – By neglecting to prune the shrubs and trees, neglecting to weed the garden beds and letting the garbage pile up we end up with a garden that becomes a real eyesore. It also becomes a haven for pests and vermin, just like a person's digestive system, especially their bowel that has been neglected for many years. Some gardens have become so neglected that they may even have car oil poured onto the soil, and that can mean that the garden is so seriously affected that nothing will grow there for years. This to me is like one of those gardens where you will find a dumped car body, some beer or Coke bottles thrown over the fence as well as ice cream wrappers, plastic bags and cigarette butts around the place. This is not unlike bowel cancer, it takes years for bowel cancer to develop and the signs and symptoms have been there for many years and either ignored or accepted as a "normal" part of that person's life, symptoms like bloating, gas, constipation, bad breath and many other digestive issues. Just because there is no pain it doesn't mean there

is nothing wrong, and that's why so many people are quite surprised when the diagnosis finally comes: "But doctor, I swear I didn't feel a thing". Some people live with a dysfunctional bowel for many years and never expect it to eventually turn into cancer.

Let me tell you this – more than 80 percent of people I see in my psoriasis clinic have issues with their digestive system, including their bowel function, and if you skip the occasional bowel motion or have difficulties passing daily motions easily, you would be foolish to skip this Big Psoriasis Clean-Up. During this cleanse your bowel is cleansed and purged to eliminate undesirable bowel matter and bowel plaques and helps to make your whole intestinal tract clean. This process eliminates places where yeasts, bacteria and parasites like to hide and thrive.

You will not only eliminate sludge and bowel plaques but also accumulated toxins, helping you to prevent the re-absorption of toxins when you do a proper detoxification program well down the track by allowing a clear and unhindered passage of toxic wastes to be excreted. The benefits of this initial cleanse go way beyond treating your psoriasis, and you will discover that regular bowel clean ups can help increase your energy levels, make your skin look great, improve your mood and concentration, and help significantly with weight loss.

- 4. Poor immune system function** – A neglected garden over time becomes a sick garden and each year the weeds become more vigorous than the year previous. The lawn, once beautiful, has now become a large tract of weeds that will take a lot of hard work to restore to its former beauty.

Some gardens in fact are all weeds and the birds and other pests just keep on spreading weed seeds until it becomes an almost impossible task to remedy (ulcerative colitis, leukemia, Non-Hodgkin's lymphoma, etc.) This is not unlike your immune system, and if neglected can take quite a few years to bring it back to its original and powerful state. Healthy gardens are not only beautiful and a joy to behold, they require only a few hours of work each week to maintain them. The secret? It's called regular maintenance.

Another concern I have with people launching straight into the MEVY Diet or Stage 1 diet without cleansing their digestive tract is that they may have developed potential intolerances or allergies to some of the most commonly eaten foods like cow's milk, wheat and gluten containing products, eggs, soy, oranges, peanuts, and even banana. And how often do you hear of somebody with psoriasis suffering from allergies, hay fever, asthma, or sinusitis? Many people I see with psoriasis have a compromised immune system, after all, psoriasis is considered an auto-immune problem, and a bowel cleanse makes digestive restoration (and especially immune-system rejuvenation) down the track that much easier, particularly if the person has leaky gut syndrome.

I have outlined below a straightforward and very effective cleansing option below, which is a bowel purge followed by a simple cleansing diet with the option of a juice fast, and followed by a more powerful colon cleanse we call a colonic.

Before you begin however, *there are a few things that you will need to consider:*

Please Read This *Before* You Start Your Big Psoriasis Clean-Up



Before you start, it makes sense to eliminate any potential obvious causes of your psoriasis. What is the point in cleaning up your digestive system if you don't address any likely causes of your psoriasis, because now is time to address any likely causes, let's get rid of them once and for all. If you tackle the cause and clean up the problem you have right now then you solve any future recurrence, simple as that, it can be permanently resolved. So, what do

you ask would be any potential causes of your chronic skin condition? An easy way to figure this out is to be completely honest with yourself and to take a good look at your current diet and lifestyle. Are you drinking alcohol several times a week, eating foods or snacks you know are not right? Do you routinely take antibiotics or other pharmaceutical drugs?

I would like you to go back and read about any possible underlying maintaining causes of your psoriasis the first book, *The Psoriasis Program, The Permanent Psoriasis Solution*. NOW is the time to make those changes, now is the time to stop those underlying causes that are directly in your control, and if need be, make some changes *before you begin on the clean-up stage*.

You May Feel Worse Before You Feel Much Better

You may want to read "Psoriasis Aggravations And How To Deal With Them" in the first book – *The Psoriasis Program, The Permanent Psoriasis Solution*. If you are quite toxic, for example, and have never completed a cleanse or detoxification program previously, or if you have had psoriasis for some time then you may experience what we call "die off", you would do well to read "How people think they get well" and "How people actually get well", also in the first book, you will find these articles very handy. These articles were written to explain the healing process and they will make a lot of sense to you when you are going through or have been through the up and down process of healing from psoriasis. Sometimes all you will need to do to reduce any aggravations is to ease up a little, drink plenty of water, rest up, take a nice long shower, bath or nice relaxing sauna and have plenty of Vitamin C.

The Big Psoriasis Clean-Up is in Two Phases

There is no single method which is the "right way" when it comes to a bowel cleanse, I have tried many and varied methods with patients over the years and will mention the main techniques which I tend to use now. It really depends on what you want to achieve and the time you have to be able to do this cleanse. You can still complete the Big Psoriasis Clean-Up, even if you work full-time. For example, start your bowel flush on a Saturday and by the time Monday comes around, you will have enough experience with a bowel purge product to have enough confidence in its use, and to know how much to take.

There is no reason why you shouldn't be able to complete the Seven Day Diet while you are working, others may want to complete the Seven Day Diet during their holidays or whenever they have a quiet time at work. It makes sense to start the initial cleanse while you are working, after all, the four-month Psoriasis Diet will be undertaken when you are working, unless you plan on going on a four to six month holiday.

I have seen many people start with the Bowel Purge (Phase 1) and then go on to complete the seven day cleansing diet (Phase 2) before they embark on the Psoriasis Diet, and this is the best option by far and the one I now recommend. Alternatively, you may want to complete the Bowel Purge and then simply go into a predominantly juice-based approach for five or seven days as a Phase 2 option, more on this later.

Phase 1 – The Seven-Day Bowel Purge

There are many different ways you can achieve this phase, but I recommend you use either a good quality Vitamin C powder or a product that was especially made to gently cleanse the bowel, Colozone.

I tend to use a dietary supplement called Colozone for a colon flush; it is a great product and works time and again.

Colozone is a dietary supplement made of magnesium oxide and magnesium hydroxide; it was made specifically to gently release oxygen in the digestive tract for the purpose of cleansing the bowel. Colozone releases oxygen in the intestines for rapid and thorough, yet gentle cleansing, creating a clean and healthful internal environment and enhancing nutrient uptake. It provides much needed oxygen for proper digestion and cleanses the digestive membranes to allow better uptake of nutrients. Colozone is a high-tech solution to bowel cleansing as was developed by NASA to obtain the maximum possible oxygen release in the digestive tract.

Once the digestive tract is free of unwanted wastes, the oxygen liberated is free to be assimilated through the walls of the intestines and colon providing needed metabolic oxygen. This is a great way to begin the Psoriasis Diet and is the method of bowel cleansing I now recommend. The Big Psoriasis Clean-Up should be considered in any health-cleansing regime, and by cleaning the digestive tract before starting out on a psoriasis diet, most healing crises or detox reactions can be reduced significantly or even avoided altogether.

At risk of repeating myself, your bowel purge can dramatically enhance the effectiveness of the Psoriasis Diet and should be seriously considered by those who want the best results. You can read all about how to take Colozone on the side of the pack or make enquiries through your supplier.

A 7 day cleanse is enough with Colozone at this stage. When it comes to a more thorough detox, I recommend a 14 day bowel cleanse, and you will be able to read more about Colozone and bowel cleansing in my book Psoriasis, Internal Cleansing and Detox.

Phase 2 – The Seven-Day Cleansing Diet

There are two options available to you in the Phase 2 stage. You can either do the Seven Day Cleansing Diet, or you can do the Juicing Phase. I'd recommend that if you have little to no experience that you stick with the Seven-Day Cleansing Diet option, but incorporate some juices into this diet. If you have some skills with eating very healthy, have adopted a healthy diet the past several weeks including reducing animal meats (especially red meat), cutting out the junk, eating salads, steamed and raw vegetables and have a well functioning bowel, then you could go for the Phase 2 juicing option, and you can read more about this in a moment.

Try this Seven Day Cleansing Diet once per year for best effect, but do the Bowel Purge first to give yourself a good foundation *before* you do this diet. This cleanse is best performed in spring or summer but can be completed at any time of the year when you want to commence the Psoriasis Diet. Why spring or summer you ask? Because there is an abundance of fresh produce at this time of the year, especially fresh vegetables, berries and herbs, and you will be inclined to drink plenty more water at this warmer time of the year too.

During this seven-day period, you can eat all you want but the selection of food is quite important. It is highly recommended that NO alcohol or caffeine be consumed during this cleanse. It is best that you start to reduce coffee or tea consumption a week or two before attempting this period, and start making some changes for the better, like drinking more water and less tea and coffee. You will also notice that I recommend you have very little in the way of fruits, except for avocado or berries, and no starchy vegetables. This is because they all contain sugars, which may aggravate an underlying yeast infection which all too many with psoriasis have. When you cut back on sweet foods your bowel flora will improve as well, meaning less gas, constipation and bloating. You may not understand the relevance of this with psoriasis, but it makes a huge difference to your digestive system and this in turn will improve your immune system and decrease inflammation.

A fresh juice each day is OK however, but stay with green apple, carrot, celery and beet and dilute with water, because straight vegetable juice can be a bit too strong, especially when you just start out with juice.

There will be some people with psoriasis who can tolerate certain fresh vegetable juices with The Seven-Day Cleansing Diet, more on juicing later. It is important to note that juice has very little protein and virtually no fat so by itself it is not really a complete food, therefore you should ideally be

using juices in addition to your regular meals and *not in place of them* or you may feel tired, washed out and rather depleted. Unless you are undergoing a juice fast or a particular detoxification program it is probably unwise to use juicing as a meal replacement. Ideally, juices can be consumed with your meals, a small amount in that case, between meals or as a snack.

The Seven Day Cleanse will increase your sense of health and wellbeing and will help pave the way for the Psoriasis Diet to follow, believe me, it is THE way to go and will make your program to follow that much easier.

Your diet for the week does not have to be boring! I have found the following foods to be the best to have during this cleansing period. You will feel better as your body releases more and more accumulated matter, clearing your digestive system and restoring vigor and energy, especially if you follow-up with the Psoriasis Diet, the Stage 1 MEVY Diet, which is not unlike this Seven Day Cleansing Diet.

For many, a well performed bowel cleanse is a completely invigorating and rejuvenating process for the whole body and mind, particularly when combine with two or three saunas during this period, perhaps followed by colonic irrigation. It is particularly important to *drink plenty of water and rest up*. When it comes to food, keep any cooking fresh and simple, get a cookbook from your bookstore or library and you will find plenty of options using the foods listed below.

Why A Seven-Day Cleansing Diet?

This brief diet plan can be used as often as you like, but I would suggest doing it once a year, at the very least. If you follow this week long eating plan correctly, it will clean your body of impurities and can give you a feeling of wellbeing you may not have experienced for many years.

Here are a few reasons why you should do this short cleansing diet:

Weight-Loss Benefits - After only a week, some people may begin to feel considerably lighter, many by five pounds, quite a few others by ten pounds, and I have even seen one or two lose as much as an amazing twenty pounds! While weight-loss results may vary from one person to another, most will lose some weight on this cleanse. Now you are thinking, how is it possible to lose this much weight in such a short period of time? It's because those whom are overweight lose a lot of accumulated fluid at first, not fat, and the fluid comes off fast, especially if you don't cheat on this diet, drink plenty of water and go for walks daily.

Energy and Vitality Benefits - Most who undertake the Seven-Day Diet will have almost certainly noticed an abundance of energy and vitality by the end of the week. As your digestive system becomes cleansed on the inside and you take out alcohol and caffeine, the healthy food choices you have made begin to make a real difference to your health. The many cells of your body can finally utilize nutrients such as vitamins and minerals, amino acids, carbohydrates and fatty acids much more efficiently as they are taken up more readily in your stomach, small and large intestine and you start to feel

great as a result. What you will probably also notice is that you will feel a positive difference in both your physical as well as your emotional and psychological disposition.

Is My Psoriasis Gone? – Quite a few patients have asked me this question over the years, because in some cases they have noticed a big reduction in their symptoms. Unfortunately your psoriasis has not gone, it is still there and all you have done is cleaned up your digestive system a little. You will have reduced the bad bacteria and candida yeast population by a small amount, but you simply cannot eradicate a chronic gut problem in a mere seven days, and anybody who tells you that is incorrect and misleading you. It takes time and commitment to eradicate a bacterial or yeast overgrowth leading to a long-term resolution of your psoriasis, and by initially taking this seven-day step you have begun your journey. Most people should count on a four-month yeast infection and poor bacteria eradication program if they are serious about beating chronic psoriasis, and this is about the same duration you will notice as I have mentioned the Psoriasis Program takes.

A One Week Up To One Month Diet - Some people may want to continue this one-week eating plan for a fortnight and some for even up to a month before they embark on the Psoriasis Diet, especially if their diet and lifestyle have not been the best for some time. Can you relate to this? Has your diet and lifestyle been pretty lousy by your books? Then feel free to extend this Seven-Day Cleansing Diet for an extra week or two and *don't be in a hurry* in such a case to commence the Psoriasis Diet. The more stress you can relate too in the past year or so, and the more junk food, alcohol, and caffeine you have consumed, the more time you may want to take with this initial cleansing approach. It's YOUR Psoriasis Program, and I recommend that you tailor it to suit your specific needs.

Get the foundation right before you start the Psoriasis Diet in earnest, you will be glad you did, because you'll experience a lot less aggravation, trust me on this one! On the other hand, there will be others with a psoriasis who have been living a healthier and cleaner lifestyle and diet for some time already, they will be content to do a brief two day bowel purge followed by the Seven Day Cleansing Diet before starting on the Psoriasis Diet. These are often the people who don't experience major aggravations unless they push themselves hard with high dosages of various cleansing dietary supplements that dig deep into the liver, kidneys and intestinal tract.

Bowel-Cleansing Additions - The Seven-Day Diet is not unlike the 1st stage of the Psoriasis Diet, the MEVY Diet, except it is more cleansing in its approach in that we encourage only white meats and even more vegetables and specific cleansing foods. The main reason why the Seven-Day Cleansing Diet is different is that you incorporate extra bowel-cleansing foods and drinks into this cleanse, over and above what you would do while on the Psoriasis Diet. You can read about these in a moment.

The Seven-Day Cleansing Diet

20% Of Your Diet ✓

Foods to have: Fresh Fish, (no canned, smoked fish or shellfish), Free Range Eggs & Free Range Chicken (avoid commercial poultry, get certified free range), Amaranth, Beans, Grains (whole); i.e., Barley, Oats, Lentils, Rye, Quinoa, Extra-Virgin Olive Oil, Flaxseed Oil, Unsalted Butter, Nuts (Almond, Brazil, Walnut, Hazelnut), Rice (Brown is best), Sourdough Bread, Wheat Germ and Kelp.

80% Of Your Diet ✓✓✓✓

Foods to have: Artichokes, Asparagus, Avocados, Green Beans, All Berries, Brazil Nuts, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cherries, Cucumbers, Endive, Herbs for seasoning (i.e. Basil, Oregano, Thyme, Coriander), Lemon, Lettuce, Mustard Greens, Okra, Parsley, Peppermint, Plain Popcorn, Pumpkin Seeds, Radishes, Rice milk, Sesame Seeds, Sunflower Seeds, Sorrel, Spinach, Tahini, Turnips, Water Cress.

Some Particularly Good Bowel Cleansing Foods & Drinks: Alfalfa Sprouts, Almonds, Aloe Vera Juice (20mls twice daily in water or juice) Artichoke, Barley Grass or a Green Powder (1 heaped tsp. twice/day in juice or water), Beetroot, Buckwheat, Broccoli, Brown Rice, Cabbage, Chives, Garlic (eat 2 fresh cloves daily), Ginger (eat some fresh grated ginger every day), Herbal tea, Millet, Onions (includes: Leeks, Red & Brown Onions & Shallots), LSA Mix – have 1 – 2 tablespoons per day on foods (linseeds, sunflower seeds and almonds ground up), Parsley, Pure Water, Turmeric Powder ($\frac{1}{2}$ -1 tsp./day). Eat bitter foods: Lemon, Capers, Endive, Rocket, Organic Cider Vinegar (Bragg's). Herbs, the best are Rosemary, Thyme, Sage, Marjoram, Oregano and Parsley. Fresh is the best. Use spices like Cloves, Cinnamon, Pepper and Nutmeg to help wipe out any bad bacteria in your digestive system & to add flavor and interest. Each morning, have one large glass of water with the juice of $\frac{1}{2}$ - 1 Lemon – then follow with a glass of water to which you have added $\frac{1}{2}$ - 1 tsp. of Vitamin C Powder.

Drink: Dandelion Root Coffee (organic), and also plenty of freshly filtered, bottled or mineral water (non-sparkling), organic herbal teas e.g. Chamomile, Dill, Lemongrass, Lemon Balm, Nettle, Peppermint, etc. For an excellent cleanse, drink Vegetable Juice daily. Drink at least 1 glass of a blend of Carrot; Green Apple, Celery and Beetroot juice daily, mix together, as this is excellent for cleansing the bowel, liver, and kidneys and for purifying the blood. Dilute with 50% water and have half a glass to one glass twice daily between meals. Reduce if bowels become too loose.

Better To Avoid : Bananas, Cocoa Powder, Chocolate (even organic and dark), Processed Cereals, Commercial Bread Toppings like Marmalade, Jam, Peanut Butter and Chocolate Spreads, etc., Fruit Juice (with added sugar), Soda or Energy Drinks, Gravies, Jellies, Candy or Sweets, Peanuts, Pistachios, Meat Pies, Pastries, Red Meat (Beef), Pork, Lamb, Venison (Deer), Bison, Shellfish, Sugar (white or brown, any), ALL Dairy products such as Milk, Ice Cream, Sweetened Yoghurt (Natural Yoghurt is

best), Cream, all Cheeses, Margarine, Wheat-based Breads, Pasta or other Wheat Flour products e.g. Breads, Cakes, Bagels, Donuts or Biscuits, Cookies, Take Away, Pizza, Burger Take-away Foods like McDonalds, Burger King, Wendy's, Taco Bell, Kentucky Fried Chicken, Milk Shakes, Chicken Nuggets, etc.; in fact, any foods that contain a high element of sugar, salt or fat.

Don't eat out for the Big Psoriasis Clean-Up; it is best to prepare all your own food at home. Don't deep-fry foods in fats or oils but steam, grill or simmer foods, this will be easier on your digestion. Use Olive Oil primarily in cooking.

It is best that you avoid all fresh and dried fruits for seven days (except Green Apple, Avocado and Berries) as well as starchy vegetables such as sweet potatoes, potatoes, yams, corn, all winter squash, beets, peas and parsnips. They all contain sugars and by stopping them now you will find it a lot easier, and discover that the upcoming MEVY Diet is easy, if you just follow this Seven Day Cleansing Diet beforehand. Be sure however to follow the above dietary approach for 7 to 10 days and *do it strictly*.

The main thing is to *avoid all fast or take-out foods*, eat fresh and if at all possible, eat organic produce. You can cleanse your bowel most effectively by just cutting out the garbage foods from your diet and focusing on steamed vegetables, high quality proteins (lean white meats) and drinking plenty of good quality water, it's as simple as that. Although you can achieve a good result without requiring colon cleanse (option 2), I can assure you that colonic irrigation in conjunction with this Seven-Day Diet will give you a fantastic foundation to begin your Psoriasis Diet!

5 Recipes For Your Big Psoriasis Clean Up



1 – The Potassium Broth - Potassium Broth is a kind of soup made from vegetables (root vegetables in particular), which are rich in many minerals, including potassium, calcium and magnesium. This beverage is an excellent rejuvenator and tonic for those who want to cleanse and alkalize their body. Potassium broth is excellent for those who are interested in detoxification or for those who have recently had surgery or suffered with an extended chronic illness.

It is also a good choice for a woman who has recently had a child and who wants to give herself a good boost. Be sure to use the freshest vegetables you can, and preferably home grown or organic. If you want to boost Potassium Broth then add a few tablespoons of liquid whey (Molkosan) during the cooling stage, whey will assist digestion and absorption of the copious amounts of potassium and the many other minerals present in this broth. You can read more about Molkosan, the amazing Swiss whey tonic under the section on Fermented and Cultured Foods, please read *Introduction To Healthy Eating For Psoriasis*.

The Potassium Broth Recipe

- 3-4 potatoes, peeled and diced
- 1 small onion, diced
- 3 stalks of fresh grown celery, thinly sliced
- 2 fresh grown carrots, thinly sliced
- A small bunch of fresh parsley
- 1 large handful of chopped greens such as kale, chard, or leek
- Liquid whey

Place ingredients in 3 quarts (about 3 liters) of good quality clean water. Bring to boil and gently simmer for 20 minutes, strain the liquid and discard the vegetables. If you'd like to spice it up a little, throw in a little pepper. You could drink 1-2 bowls of this vegetable broth each day to replace depleted minerals. Use organic vegetables whenever possible.

You might be wondering, "If root vegetables such as potatoes and carrots and are on the Foods To Avoid list in the Psoriasis Diet, then why are they in the Potassium Broth you recommend?" Good question and it shows me you are observant, you are only taking this broth for a seven-day period, and because the broth has simmered for some time and has whey added to it, I have found that it doesn't cause any problems whatsoever with aggravating an psoriasis skin condition by unnecessarily feeding up any bad bacteria or candida yeast in the digestive tract.

Have you made more Potassium Broth than you can consume in a few days? This broth freezes well, so freeze what you will not use in three to four days.

2 – Lemon –A Most Alkalizing Drink



Now here is a great morning drink that has an amazingly alkalizing effect on your body. It takes a little getting used to but if you want to improve your psoriasis as well as prepare yourself for a good cleanse, then I can highly recommend this amazingly effective morning drink.

It not only alkalizes your body, and especially your digestive system, it makes peroxide inside your body, which encourages "apoptosis", the programmed death of rogue cells which may turn cancerous, and is a super powerful anti-oxidant boost. This drink has a particularly powerful effect on your liver and gallbladder and is an amazingly effective liver cleanser and regenerator, especially if you are like me and consume plenty of olive oil in your diet. After all, lemon juice and olive oil are the two main features of a liver & gallbladder flush.

Bacteria and yeasts thrive in an acid environment, and by taking this drink regularly before breakfast you are discouraging dysbiosis and encouraging your body eradicate yeasts and bad bacteria. Lemon juice has no effect on beneficial bacteria.

The Alkalizing Drink Recipe

Try juicing 3 – 4 whole lemons and drinking the juice straight, preferably with little or no water. I told you it takes a little getting used to! Rinse your mouth with a little water after and swallow. Caution with straight lemon juice in your mouth, some may notice that their tooth enamel may be sensitive to the effects of citric acid, so be sure to rinse with clean water after and swallow.

3 - Dandelion Coffee & Tea



Have you ever tried dandelion coffee, or dandelion tea? Dandelions are great for a person with psoriasis, they are a great source of iron, vitamin A, calcium as well as potassium. Dandelion root coffee is good for your liver, whereas dandelion tea made from the leaves will have more of an action on your kidneys. These beverages eliminate bodily toxins through your liver and kidneys and are an excellent adjunct with your Big Clean Up.

The Dandelion Drink Recipe

Take 6 tablespoons of dried dandelion roots and 6 tablespoons of 2-year-old dried dandelion leaves in 4 cups of purified, brought to the boil, turn down to simmer gently. Leave the brew with the lid on in a stainless steel, ceramic or glass teapot. Avoid aluminum. If you are after a more kidney cleansing effect, try 12 tablespoons of fresh dandelion leaves and allow brewing for ten minutes. If you are after a more liver tonifying effect, have the dried root. If you want kidney and liver cleansing, have both. You can grow dandelions readily in your garden or buy these items dried from your health-food store. You can buy a commercial dandelion coffee, but be careful it does not contain any sugar, some do. If you want the real deal, buy the root and leaf. A really good health food shop will have this.

4 – Creamy Coconut Drink



You can read more about the virtues of coconut and psoriasis later in this book, but suffice to say this is an excellent cleansing, satisfying as well as a very tasty drink for those who are interested in beating psoriasis. Coconut contains caprylic acid that has a prominent anti-fungal action. Be sure not to add any form of

sugar to the following drink, just add a few drops of pure vanilla extract or some real vanilla bean and you will be most impressed by the flavor and fragrance of this wonderful beverage. Have one drink each day; you can have this drink throughout both the Big Psoriasis Clean Up as well as the entire Psoriasis Diet Program. Once you get used to the wonderful flavor of coconut drink it is hard to beat. By the way, avoid coconut milk in a can or tetra pack, it may contain Bisphenyl-a, as your retailer for a BPA free coconut milk, there will be one.

Creamy Coconut Drink Recipes

A - Home Made Coconut Cream Recipe

You can either buy coconut cream from the grocery or health-food store, or you can save pennies by making your own. All you need to do is to mix organic shredded dried coconut with pure luke-warm water and blend it well, simple as that.

I have found that a ratio of one part coconut to three or four parts water works best. The best way and the way to liberate most of the oil from the shredded coconut is to add one cup of boiling water to four parts of shredded coconut and blend immediately until creamy, then strain through a fine mesh strainer or a fine colander. This creamy milk will store in your refrigerator for several days, but I doubt it will last that long! And again, try adding vanilla bean to this recipe.

B - Hot Coconut Drink recipe

Now that you have some coconut cream, all you need to do is to add one cup to a small saucepan, add $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon vanilla extract (or better still, add half a dried vanilla bean) and bring to a high temperature, stirring well for a few minutes. Take off the heat, pour into a mug and enjoy. This is a great drink to have before you go to sleep.

5 – Water



Yes, plain old water, not exactly a recipe, but certainly a recipe for disaster if you don't drink water during cleansing or detox. ALL patients with psoriasis need to drink more water.

Have you ever tried to clean a house or a car or anything substantial...without water? The reason why I added this here is to remind you to drink! Most people with psoriasis I see in my clinic are *dehydrated*, and if you are dehydrated and expect to get the most out of your Big Psoriasis Clean-Up, and also from the Psoriasis Diet then you are kidding yourself.

Water makes up three quarters of your body weight; every system in your body relies on water, especially your skin. Water is responsible for giving you beautiful, supple skin and regular bowel motions and is particularly important in helping to remove and flush out toxins and carry those all important nutrients to the countless cells of your body, needless to say - water is critical for good health. Daily you will lose an incredible ten to twelve cups of the stuff through perspiration, breathing, and urine as well as by way of bowel motions. While food and drinks do account for a lot of water we need, we invariably end up with a shortfall so it is most important that you drink more, and you need more especially if you expect to clean your body up.

Fiber For Cleansing



Fiber is a great idea when it comes to cleansing your digestive system, but some people tend to think that fiber is only good for those with constipation. Fiber performs many beneficial actions once inside your digestive tract, for example it combines with bile acids, and dead bacteria and other waste that enables a good

bowel motion to be formed which in turn allows the easy passage of wastes from the digestive system. Fiber also slows digestion down a little and allows better control of the appetite, which allows you to be able to maintain your weight better. But wait, there's more, those who eat plenty of fiber are less likely to develop a whole host of chronic diseases like cancer, heart disease and diabetes.

Fiber and Psoriasis

Although fiber does not eliminate psoriasis directly, dietary changes certainly have been linked with reduced symptoms of psoriasis, according to the University of Maryland Medical Center in America.

When you have psoriasis, it is important to limit the consumption of sugar and increase the intake of high fiber foods like vegetables, legumes, fruit (caution with fruits high in sugars), and whole grains. Dietary fiber helps bind gut-derived toxins that can be absorbed and trigger psoriasis. And this is why I think it is smart for you to stop thinking only getting rid of the symptoms on the surface of your body – the skin, when you are best to look at improving your health, especially your digestive system – below the surface. Think about re-populating your digestive system with friendly bacteria, and this is where fiber is required.

Psoriasis “eradication” methods are almost always encouraged by pharmaceutical or dietary supplement companies who may tell you that you will be unable to conquer your psoriasis by diet primarily, and that you need expensive creams, lotions or pills (sometimes for life), but the truth is you can, but it is difficult and drawn out process and therefore I have always found it best to recommend a few high quality supplements to *speed up the process* and ensure a more effective, complete and thorough eradication of psoriasis. But in saying that, *nothing takes the place of a diet high in nutrients and fiber, nothing*. Always remember that food is your medicine and medicine is your food. A great diet in addition to great supplements will win hands down, particularly when you do this alongside the right lifestyle changes.

A diet which is high in added sugars often lacks fiber, vitamins and minerals, and by following a diet high in fiber it will invariably lead not only to an increased fiber intake which will be good for your digestive system in many ways, it will also ensure by default that you get a good boost of vitamins and minerals which are often found in these high fiber foods, and that will certainly boost your skin wellness, especially if you eat organic or high quality fresh produce.

Furthermore, fiber allows a better balance of beneficial bacteria in your digestive tract and tends to put the squeeze on those bad bacteria and candida species, often underpinning psoriasis, by reducing their numbers. Fiber is important to re-establish a healthy bowel function, and could hold the key between success and failure if you are serious about improving your digestive health and finally ridding your body of that psoriasis you have had for years. There are several options when it comes to having more fiber in your diet, you can have high fiber foods and also include a few high fiber supplements in your diet.

Great Health Tip

Introduce fiber gradually, you will have less gas

If you introduce fiber into your diet too quickly, you may well experience a lot more gas and possibly bloating. By introducing fiber slowly into your diet you allow the beneficial bacteria to grow in direct proportion, they crowd out the bad bugs and reduce your ability to produce gas. Make sure you drink lots of water; because plenty of water in your digestive system moves things around a lot easier, and without the liquid your stool becomes a stronger bind in the colon. Do the eyeball test, pay attention to what you flush down that toilet and if it formed much too hard, e.g. it is quite difficult to evacuate or very hard, then increase your fiber intake gradually. Still having lots of gas? Then try a good probiotic containing *Lactobacillus acidophilus* and take one capsule with each meal. That should put an end to the gas within a week, no more embarrassment, especially if you have cut out those sugary and fatty foods from your diet.

Avoid Commercial High-Fiber Powdered Products

If you want to take a powdered supplement, my recommendations are to stay away from commercial high-fiber powdered products; many include the addition of artificial sugars, colors and preservatives and some are made by drug companies. On the Metamucil Smooth Powder pack it states: "Sucrose, Psyllium Husk Powder". Great, so you buy a product to add fiber to your diet, and the main ingredient is... sugar?

Other commercial psyllium powders contain aspartame, an artificial sugar. Be sure to read labels before you buy any commercial product and see for yourself and if it contains any sugar, put it back.

Do the sensible thing and get yourself some slippery elm bark powder, the pinker the color, the higher quality the grade, and try also some psyllium hulls. Any good health food shop will be able to help you with a top quality natural fiber supplement.

Psyllium is very effective, but can be a bit hard on the intestines for those who suffer from leaky gut syndrome. Another alternative is to try acacia powder or pure apple fiber. Flax seed meal is good too, and you may like to

try the LSA (Linseed, Sunflower and Almond) mix you will read about further on.

Soluble and Insoluble Fiber

What is the difference? Soluble fiber dissolves in water and insoluble fiber does not. They both have their merits, but let's examine both these types of fibers in more detail and see what benefits they have to offer you.

Soluble fiber attracts water and forms a gel, which slows down digestion. Soluble fiber delays the emptying of your stomach and makes you feel full, which helps control your appetite and therefore your weight. Slower stomach emptying may also positively affect your blood sugar level and have a beneficial effect on insulin sensitivity, which may help control diabetes. Soluble fiber can also help lower LDL, the bad cholesterol, by interfering with its absorption and maximizing excretion of bad cholesterol.

Sources of soluble fiber: oatmeal, oat cereal, lentils, apples, oranges, pears, oat bran, strawberries, nuts, flaxseeds, beans, dried peas, blueberries, psyllium, slippery elm bark powder, cucumbers, celery, and carrots.

Insoluble fiber is considered a digestive-healthy fiber because it has a laxative effect and adds bulk to the diet, helping prevent constipation. These fibers do not dissolve in water, so they pass through the gastrointestinal tract relatively intact, and speed up the passage of food and waste through your gut. Insoluble fibers are mainly found in whole grains and vegetables, especially those leafy greens that are so important to add to your diet when you have psoriasis.

Sources of insoluble fiber: whole wheat, whole grains, wheat bran, corn bran, seeds, nuts, barley, couscous, brown rice, bulgur, zucchini, celery, broccoli, cabbage, onions, carrots, cucumbers, green beans, dark leafy vegetables, green apples, and root vegetable skins.

How Much Fiber Do I Need?

It is a fact that most of us adults in Western countries get only about 15 grams of fiber per day in their diet. Experts agree that around 25 to 30 grams per day is a good amount for most adult females, and males require more at around 30 to 35 grams. I'll bet you won't be consuming this amount right now, and if you start eating the way I recommend with the Seven Day Diet you will most certainly be increasing your intake of fiber. Adding more fiber and water to your diet is one of the best kept secrets to maintaining not only a great bowel function, but in overcoming psoriasis faster than those who eat a low fiber diet and who just don't drink much water at all. Unfortunately, this makes up the vast majority of those patients I see with psoriasis. But it won't be you now, and that's why you invested in the Psoriasis Program, to get results!

Don't be too concerned about what type of fiber you eat, soluble or insoluble unless you are looking to improve a specific health problem like lowering your cholesterol. Soluble fiber will help lower cholesterol levels. Just focus your attention on a diet rich in vegetables, fruits, (remembering to avoid the sweet fruits initially), whole grains, legumes, seeds and nuts. Eating a diet like this will provide your body with a wide range of both soluble as well as insoluble fibers.

The High-Fiber Cleansing Drink

Here is a great drink you can have once a day on the Seven Day Cleansing Diet, I highly recommend this drink that is best consumed in the morning before breakfast. Try the psyllium hulls, but if you have food allergies, leaky gut syndrome or irritable bowel syndrome then you may want to try a tablespoon of slippery elm bark powder instead.

- 1 large glass of water (about 300mls)
- 1 tablespoon of soluble fiber, slippery elm bark powder or psyllium.
- 1 tablespoon of bentonite clay (or take 4 – 5 capsules).

Bentonite Clay For Cleansing

A question I have heard numerous times is why should I drink clay?

Bentonite clay is a powerful cleanser because it grabs toxins in the bowel and helps to pull them out. When bentonite clay absorbs water and swells up and is stretched open like a highly porous sponge. In fact, according to the *Canadian Journal of Microbiology*, bentonite clay can even absorb pathogenic viruses, as well as herbicides and even pesticides. Toxins are drawn into these spaces through electrical attraction and are bound to it. Due to bentonite clay's highly charged microscopic crystal formation, some experts even believe that it contains an electromagnetic energy capable of improving cell repair time. Bentonite clay is completely safe when taken internally because the body does not absorb it. Clay has been gaining popularity in many countries around the world because of its ability to bind to, absorb and then rid the body of many different kinds of toxin; therefore it is perfect for our Seven Day Cleansing Diet.

Bentonite clay doesn't mix that well with water, be sure to stir the psyllium and clay mixture very well in water for several seconds and then drink before it settles. For the best results, drink a second glass of water immediately after. The combination of the clay and the soluble fiber (psyllium or slippery elm bark powder) will help to bind to toxins in the digestive system and move the waste out of the colon. There is no reason why you couldn't continue to take this High Fiber Cleansing drink well into your Psoriasis Diet, especially if it benefits your bowel function and you look and feel better for it.

High Fiber Supplement – LSA Mix

Have you tried LSA mix? LSA (*Linseed-Sunflower-Almond*) is a seed-meal supplement often recommended by the natural health fraternity, and easy to make at home, don't buy it – make you own. This food supplement is an excellent source of essential omega 3 oils, protein-building amino acids, minerals, vitamins, and fiber. LSA is not only a good choice for those on the Seven Day Cleansing Diet; it can be used throughout your Psoriasis Diet.

You can sprinkle LSA over breakfast cereals, desserts, salads, or any dish to pump up the wholesomeness. Health food shops often sell it, but they charge a premium over the raw ingredients and it may not be as fresh as you think! *Here's how to make your own:*

LSA Ingredients

1. Kitchen blender
2. 1 cup raw linseed (flax seed)
3. 2/3 cup raw sunflower seeds (hulled)
4. 1/3 cup raw almonds (shelled)
5. An airtight storage container

Great Health Tip – Edible Bean De-Gasification

Beans are a great source of dietary fiber, but the unfortunate thing is that they sure can make you pass a lot of wind. How many times have you eaten chickpeas, navy or pinto beans or any other type of beans and had a problem with wind? Well, here is an effective solution and one that I've tried myself, it works and is a great idea.

I heard this great tip a while ago when I was at a health seminar in Seattle, it is called "edible bean de-gasification" No kidding! When soaking beans before cooking, add 2-3 drops of potassium iodide (Lugol's Solution)) and allow soaking for at least one hour. (iodine inhibits the amylase inhibitor in beans, allowing better digestion and less gas. You should be able to buy Lugol's Solution from your chemist or find an online supplier.

Another tip I heard from a vegetarian patient who eats beans every day is to soak beans and then drain and freeze them for several hours *before* cooking. You will find that this too has an effect of reducing the amount of gas your bowel seems to produce after you have eaten cooked beans.

Two Options With The Big Clean-Up

As I mentioned earlier, there are two ways you can do Phase 2 of the Big Clean up, you can either do:

1) The Bowel Purge followed by The Seven Day Cleansing Diet

Or You Can Do:

2) The Bowel Purge followed by the the Juice Diet.

1 - Question: Who Should Do The Seven Day Cleansing Diet?

Answer: You do this if have little or no experience in eating healthy, cleansing or detoxification in the past. Some who attempt the Big Psoriasis Clean-Up will have less experience than others when it comes to eating healthy, they may want to improve their health after drinking coffee, alcohol and maybe even smoking. They may have a history of drinking little water and eat take-away food regularly.

For those people I recommend option 1 - The Bowel Purge and then The Seven Day Cleansing Diet.

2 - Question: Who Should Do The Juice Diet?

Answer: Others with chronic psoriasis will have already begun to clean up their act so to speak, may have taken dietary supplements and/or herbal medicines for some time. They may have previous experience with a naturopath, a detox program, a weight loss program or feel a lot more confident generally in tackling a different approach.

For those I recommend option 2: the Bowel Purge and then The Juice Diet. You have already read about the Seven-Day Diet previously, now I'd like to explain about option 2 that involves the juicing cleanse.

If you are serious about the Big Psoriasis Clean-Up and want to tackle the juicing cleanse, then first let's establish one thing, bowel function. The Bowel Purge is especially relevant if you have a history of a problem bowel with regular bouts of constipation, maybe a history of antibiotics or have relied on fiber products or even laxatives on/off over the years. But even if you consider your bowel to be in good shape, the Bowel Purge will pave the way for further cleansing.

Why Juicing?

When you're green inside, you're clean inside. *Dr. Bernard Jensen*

After having worked with many psoriasis patients I am absolutely convinced that juicing can be one of the most successful nutritional options, it can give psoriasis patients a radiant, energetic life, and truly optimal digestive

function leading to excellent skin health. Juicing may not agree with some people with psoriasis, but with others it will be fine, so it may be a case of trial and error for you

I'm not there to assist you with your particular case of psoriasis, so I'd recommend you give it a try, particularly as your skin improves. Here are some of the main reasons why juicing is so good:

1. Juicing is so good because all those valuable and sensitive micronutrients locked in your fresh foods become damaged and even destroyed when you heat up foods, and juicing every day ensures you lose virtually none of these nutrients. As soon as you heat up food and process it in any way you begin to alter the shape and chemical composition.
2. You may well have heard that we all need to eat between five to eight servings of fruit and vegetables daily if we want to maintain optimal health, and what easier way to achieve this than by juicing. Daily juicing is the easiest way to guarantee that you will take in your daily quota.
3. Nutrients are more easily absorbed from juices as opposed to eating them cooked. Many people reading this will have an impaired digestive system, and consuming vegetable and fruit juices allows your body to more easily access all those critical minerals, trace elements and other nutritional factors.
4. You consume a larger variety of vegetables and fruits by juicing them. It is a fact that most of us tend to eat the same vegetables and fruits, by juicing you eat a much larger selection and therefore increase your chances of getting all those important nutrients you wouldn't otherwise consume. Eating the same vegetables and fruits violates the principle of food rotation and increases your chance of developing an allergy or intolerance to a certain food.

Keep an open mind and don't think that juicing is not for you because you have psoriasis, can you imagine what the cells of your body experience once you start to drink fresh juice every day? You will be absolutely amazed and delighted at the difference it can make to any underlying chronic skin health complaint you may well have had forever, regardless of whether it is diabetes, heart disease, high blood pressure or chronic psoriasis.

Great Health Tip

Avoid 100 percent fruit juices, most contain too much sugar.

When some folks hear of the word "juice", they immediately think of a glass of fresh sweet orange or grape juice. These juices are full of sugar and contain little to no fiber generally. Some people switch soda drinks for orange juice and believe they are doing themselves a healthy favor, when in fact they have swapped one sweet and sugary drink for another. Consider mixing vegetable juice (80%) with fruit juice (20%) for a healthier drink.

Faster Uptake by Your Bloodstream

When you drink fresh vegetable and fruit juices you are greatly reducing the digestive process that normally occur when you consume whole food. The vitamins, minerals, antioxidants and enzymes of fresh juice are easily transported across the intestine walls into the bloodstream, where they become available for use by the body.

Need to Improve Energy Levels, Reduce Aging, Lose Weight?

Fresh vegetable and fruit juices have been proven to contribute to overall good health. People who juice regularly have more energy and stamina, and improved immune function, which will mean fewer colds. Juicing has also been shown to have a positive effect on cardiovascular health, blood pressure, and the aging process itself. It can also be very important in any weight loss program.

Is A Typical Western Diet Dangerous To Your Health?

Most people who eat the typical diet are consuming too many overcooked and processed foods that are high in fat, calories, sugar and salt. In addition, these foods contain food additives, preservatives, and artificial colors and flavors. Fresh juices are a way for you to get the good nutrition you need without the calories, fat, or additives. Natural juices are certainly far more healthful than the liquids we often consume, like soft drinks, coffee, tea or alcoholic beverages.

Even bottled, canned, or concentrated juices cannot match the nutrient value of freshly prepared juices. Most canned or bottled juices have been pasteurized which destroys many of the nutrients in juices. Often preservatives and artificial colors are added.

Health Tip: Don't throw away that fiber!

Only one cup of freshly juiced carrots contains the nutrients found in an amazing four cups of raw, chopped carrots. Did you know that two cups of mixed vegetable juice gives your body the same amount of live enzymes, vitamins, and minerals that are available in two large vegetable salads? Not only are the same amounts of nutrients available, they are available in a form that is much more easily digested and assimilated. If you drink juice you then have to get your fiber elsewhere so why not blend everything together – the juice and extracted pulp and eat whole foods like nature intended?

The problem I have with vegetable juicing is that many people who juice, throw the valuable fiber away. They just drink the juice and don't consume the fiber, and that doesn't make sense to me.

Why fiber AND juice? Here are 4 good reasons:

- 1. Your blood sugar will be more stable.** If you drink straight juice then the sugars get into the bloodstream too quickly, rapidly raising your blood sugar and causing other problems the body has to then deal with, such as high insulin and cortisol. It can be counter-productive and do more damage than good. The fiber allows the nutrients to enter the blood stream at the right amount, just like nature intended because it created the juice and fiber at the same time. Juicing may even cause your blood sugar to rise rapidly like drinking soda! This is especially the case if you drink carrot juice made from those fancy new hybrid carrots or apples, bred to taste sweeter. Yes, many fruits and vegetables are hybridized to contain more sugar for increased consumption with their unnaturally high sugar content. I believe the real reason many love to drink carrot; apple or orange juice is because they are in fact satisfying their craving for sugar. They may be in the erroneous belief that giving up that chocolate bar for a glass of carrot juice is a healthy choice, when in fact they are just trading sugars to feed their addiction. Whole foods slow down the digestive process as well as the assimilation of vital nutrients that helps to prevent low blood sugar. Diabetics for example should avoid juices with no fiber, and will feel much better when they include fiber in their diets.
- 2. Fiber is your intestinal broom.** The second reason is that all that pulp or fiber inside the fruits and vegetables you juice acts like an intestinal broom inside your digestive tract. And this fiber is a critical part of the whole digestive process. Without the fiber, the system slows down and can even come to a grinding halt causing constipation. Fiber is also essential for many other reasons; for example, beneficial bacteria require fiber to thrive. Fiber also reduces the bad cholesterol levels in your body too, did you know?
- 3. Whole foods are best consumed.** It makes sense to eat whole foods, because this is exactly what nature intended us to eat. Whole foods like fruits and vegetables contain water, minerals, vitamins, and many other phytonutrients in addition to plenty of fiber.
- 4. Juices containing fiber satisfy you for longer.** When you drink juices containing fiber, you will find that they satisfy your appetite longer than juices containing no fiber. This can result in an improved appetite and reduction in foods consumed that will lead to improved weight control.

Drink The Juice Of Vegetables And Fruits You Actually Enjoy Eating

When I first started juicing I read a few books that were written by people who were juicing fanatics. I started to experiment with many different types of fruit and vegetable juices and in different combinations and now tell psoriasis patients to juice the vegetables they actually like to eat, and with experience they can start to juice the vegetables they don't generally like to eat, and these are often the stronger tasting or bitter vegetables.

You will generally keep eating and drinking things you like the most, and tend to avoid those things you like the least, but it is the things you like the least that your body seems to need the most. Those bitter vegetables stimulate your digestion and are required by most people; especially those with psoriasis, and people with rampant and chronic psoriasis most always favor the sweeter foods. Sweeter juices can promote the proliferation of yeasts and poor bacteria in the body, but only when drunk in excess.

Remember to listen to your body, and if you start to feel nauseous or your stomach starts to make all kinds of sounds after you have had your juice then you may have taken a vegetable or fruit in that you shouldn't have. Before you decide that it's not for you, try diluting the juice with water and try different juice combinations. Experience will soon tell you what suits your taste as well as your digestion and what doesn't, and with experimentation you will discover over time that you will soon work out what suits and what doesn't in terms of your psoriasis.

For example, drinking too much alcohol will soon make you realize that are going to feel pretty bad, and intelligent drinkers will know their limits. Intelligent folk who juice regularly will soon work out what kind of juices they can tolerate, how much juice they can drink and when and what the best juices for them are. Unlike alcohol, vegetable and fruit juices are actually *good* for your psoriasis and never let anyone tell you that juices make psoriasis worse unless you drink straight orange juice or other high sugar containing fruit juices on a regular basis.

Are You Are New To Juicing?

Some of you who are reading the Psoriasis Diet will have never juiced before, others may have tried it in the past and not continued on, and yet others juice daily. If you are a newbie, then I'd highly recommend starting out with these vegetables that are not as nutrient dense as others, but they are the easiest to digest and tolerate:

Category 1 Juices

- Celery
- Carrot
- Fennel (if you like an aniseed taste)
- Cucumber
- Granny Smith Green Apple

You don't need to blend them all together, try each one on its own to get a feel for the taste, and then combine and see what you like. When you first start out you may want to initially dilute your juices with up to 50 percent of filtered water. Some psoriasis patients can tolerate pineapple juice and find it an excellent fruit juice to combine with vegetables, others I know simply cannot tolerate pineapple. Remember, it's all about trial and error.

It won't be long before you will want to experiment more with other vegetables, when you gain a little experience with category 1, try these:

Category 2 Juices

- Lettuce (red, green, romaine, etc.)
 - Endive
 - Spinach
 - Rocket (and other salad greens)
 - Bok choy, Chinese vegetables
- Beets
 - Coriander
 - Kiwi fruit

Are you ready to take the plunge and go all out when it comes to juicing? These are very nutrient dense choices and considered some of the healthiest vegetables and many of these choices are a wise addition to your juices for those with psoriasis. You can of course try them as a beginner, but my suggestion is to start with category 1 choices first, move to category 2 and then move on to these choices, category 3.

With increasing experience you will want to go for these juices, they can be blended in with the others suggested above. The strongest tasting juices generally confer the most health benefits to your digestive system, and ultimately to your skin. They contain an extensive amount of phytonutrients and enzymes and will be a great step in the right direction as far as great health is concerned. Be warned, category 3 juices are not for the faint hearted, they taste strong and are best taken once you have a little experience with the other two categories.

Category 3 Juices

- Broccoli, Cauliflower, Brussels sprouts, Collards
- Leeks, Garlic, Onions and Shallots
- Radish

How Can I Make My Juice Taste Better?

Occasionally somebody asks me how they can make juice taste better, I've heard the odd person over time complain that juices taste unpalatable. This need not be so! As you gain more experience with juices, it will become apparent that this becomes much less of an issue, trust me. Here are a few things you can do to improve the flavor and palatability, however:

- **Lemon or lime juice.** Citrus juices add a fresh taste to your juice, and they will generally stop juices from becoming brown. I like to juice a small lemon or lime whole, and include the rind as well as the seeds.
- **Berries.** You'd be surprised how nice juice tastes with the addition of a few berries; you can add them fresh or frozen.
- **Pineapple.** If you can tolerate fresh pineapple you are lucky, I know that many with psoriasis can and find that juicing is great because of it. This tasty fruit can add a whole new dimension to your juicing regime, experiment!
- **Ginger.** Add a little grated fresh ginger to your juice, it will give a little zing to your juice and I have found that ginger can go in just about every juice combination. Only by experimentation will you be able to discover what works for you and what doesn't.

- **Vanilla.** Try adding a few drops of natural, organic vanilla extract. This stuff is heaven and can transform a bitter, and seemingly unpalatable drink into bliss.
- **Ice cubes.** These add texture and drop the temperature of the drink, sometimes just by adding two or three ice cubes you change the whole experience, try it. I was amazed at what a difference it make!

Green Vegetables



Green vegetables are important sources of potent phytochemicals that can have a major impact on your health; they are an excellent choice for those with psoriasis looking for an instant way of gaining many valuable minerals, trace elements and many other important plant based chemicals not stored in your body.

Most of this benefit will be gained when consuming organically grown vegetables, because conventionally grown vegetables have often been raised with artificial fertilizers and pesticides. These un natural fertilizers are known to pull a lot of valuable minerals like magnesium, calcium and many different trace elements back into the soil from the developing plant. The great health benefit derived from green juices, especially when organically grown, is that they are a great source of potassium, magnesium, folic acid, bioflavonoids, iron and calcium and chlorophyll. In fact, green leafy vegetables dedicate much of their energy to maximizing the production of chlorophyll. Chlorophyll is a great blood purifier and is therefore of great benefit for those undertaking the Big Clean-Up.

Folic acid is a very important vitamin when it comes to great skin health, and leafy green vegetables when consumed daily are quite possibly the most important addition to your Psoriasis Diet. Psoriasis experts like Dr. John Pagano (Healing Psoriasis) mentioned on several occasions in his book the green leafy vegetables were perhaps the most important of ALL vegetables to consume daily for the psoriasis patient.

Red Vegetables



Benefits of beet juice include that it is a strong blood builder and purifier. This is due to the fact that beets optimize the utilization of your oxygen stimulating red blood cells. Beet juice in moderation is good for those with chronic psoriasis, and the leaves are just as good if not better than the beet itself.

Juices Contain Little Protein

I started to notice some time ago in my clinic that psoriasis patients who were placed on juice fasts felt great for the first few days but then became tired by the end of the first week. After ten to fourteen days they felt really washed out and went back into normal eating, including various proteins like

eggs, fish and chicken and plenty of carbohydrate or energy-producing foods like bread and potatoes.

Many on the juice fasts lost weight; in fact for some it was quite a dramatic weight loss with results that were quite astounding. It is very important for you to know that juices contain very little in the way of protein and virtually no fat so they are not really a complete food, if you want to do nothing but juice for a week or two this is fine, but be sure to add a good quality protein powder containing either brown rice or yellow pea protein. Both of these protein choices are low in allergic potential, unlike whey (cow's milk) protein powders that contain beta casein (the protein that causes dairy allergies), lactose (the sugar that causes lactose intolerance) and some even contain copious amounts of sugars. Just take a scoop or two a day of a non-dairy protein powder can make all the difference, and add this to water or to the juice you like best when you are on the juice fast and your energy won't nose dive after a week or so.

Health Tip – Caution with Fruit Juices Initially With Psoriasis

Do you have a chronic psoriasis and crave sugar or sweet things? Maybe you have diabetes, are overweight or obese or have high blood pressure or high cholesterol (high triglycerides in particular). Then I'd advise caution with high fructose containing fruits, the very sweet fruits, and it is best to limit these fruits until you normalize your condition. Psoriasis, especially when chronic, can initially aggravate with the introduction of fresh fruit juices, but in my experience if you persist with an 80% vegetable juice and 20% fruit juice blend you should be fine after a few days. Providing you only take in vegetable and fruit juices, and avoid all other solid foods containing any form of sugar for up to a week. Yes, it is possible to have juice if you have psoriasis, just make the right choices and experiment. Stop if you feel worse or an aggravation of your symptoms, you may need to experiment with different combinations until you've worked out what best suits your needs.

You are always safe with lemon and lime however, and these two fruits are a good addition to any vegetable juice that is bitter, as these citrus fruits are great at masking any strongly bitter flavors of some of the more beneficial deep leafy greens.

As you improve, you should be able to include more fruits in your diet over time and as usual – experiment to see what works best for you.

Preferably Use Organic Fruits And Vegetables – Or Grow Your Own

When you juice, be aware that if you buy fruits and vegetables from your local supermarket that you may be consuming a hefty dose of unwanted chemicals.

You are most probably aware that commercially grown fruits and vegetables contain chemical residues of herbicides and pesticides. Whenever possible,

be sure to buy organic fruits and vegetables which contain no chemicals, or grow your own.

Here is a list of the fruits vegetables that are the ones most likely to contain pesticides according to the Environmental Protection Association:

1. Celery
2. Pears
3. Spinach
4. Kale
5. Collard Greens
6. Lettuce
7. Carrots
8. Cucumber (not as bad if you peel the skin)

Drink Now Or Drink Later?

I find that juicing takes a lot of time, don't you? First you have to obtain the vegetables and fruits, wash them, juice them and then comes the clean up. Like me, you are probably thinking "Can I juice once a day and drink some now and some later?" Not really, some folks recommend that you cover the juice well, or fill the container to the top (to exclude oxygen), whereas other people tell you to get a vacuum pump and suck out the air from the container, thus reducing the amount of oxygen in contact with the freshly made juice. Why bother? Just make it and have a fresh juice once a day, you make it and then drink it and then clean up. That way you won't be compromising the quality of the juice and its over and done with!

Most people juice in the morning, but if that does not work out well for your schedule, please feel free to choose whatever meal works best for your lifestyle.

Which Juicer Should I Buy?

There are three main types of juicers, I own all three options and can tell you that the last option, the Vitamix blender, is the one you will want to seriously consider if you are really into good health and want the best. Let me explain the three different types and you can make up your own mind.

Talk to people who own these types of juicers and they will be quick to tell you that one of the most important things to consider is how long it takes to clean them.



The Centrifugal Juicer.

I call these juicers "screamers" because that is what they do, they scream when you use them. These juicers operate at a very high speed and can make a lot of noise. The centrifugal juicer cuts up the fruit or vegetable with a flat cutting blade.

It then spins the produce at a really high speed (anywhere from 3,000 up to an incredible 14,000 RPM) to separate the juice from the pulp. Although this style of juicer can juice most types of fruits and vegetables, it unintentionally heats the juice from friction and exposes the juice to significant amounts of air to cause oxidation, both of which causes large amounts of vitamin loss in the juice and greatly shortens the juice's shelf life. Besides, it takes ages to strip it down and clean it and all that engine speed is going to guarantee that it probably won't last all too long either.

Can you really be bothered spending all that time in the kitchen cleaning your juicer after you have made juice? I have my screamer still from years ago buried somewhere in the back of a kitchen cupboard, complete with a box full of parts. I must get around to putting it on EBay one of these days...

The Masticating Juicer



The masticating juicer is a better choice in my opinion rather than the screamer, especially if you want a quieter and more robust juicer that will last for years and produce a good quality juice. A masticating juicer uses a single auger to compact and crush the chopped up fruit and vegetables before squeezing out its juice along a static screen while the pulp is expelled through a separate outlet. Unlike centrifugal juicers, masticating juicers can juice wheat grass and other

leafy greens and herbs like parsley.

The drawback is that this type of juicer tends to be more expensive than a centrifugal juicer and slower, but it is certainly more efficient and produces higher yields of juice. The juice also tends to be more nutritious and has a longer shelf life because the juice has not been exposed to as much heat or air as the centrifugal juicer. But once again, be prepared to strip it down and clean it after you juice, but the good news is that it doesn't contain quite as many parts as the screamer.

I have used the Champion juicer for a several years and found it to be excellent. Masticating juicers can be single or twin gear, but the principle is still the same. I like mine for carrot or wheat grass juice but only use it infrequently these days because I bought the Vitamix. I think I'll keep my Champion, so it's not up for sale.

The Vitamix Blender



The Vitamix is my personal choice and the juicer/blender I now recommend, it is in fact a super blender. After having used several different types of juicers and blenders over the years I now just use the Vitamix, simply because it produces a high quality juice in seconds and takes seconds to clean! I love it because it is fast, juices anything and is extremely tough and will most probably outlast me. If an appliance is easy to use and quick to clean you tend to use it every day, and a glass of fresh juice daily is one of the best ways to

build good health on any health program. I have a Vitamix, the Champion

masticating juicer and a Panasonic centrifugal juicer that is gathering dust. We use our Vitamix on a daily basis and the Champion juicer occasionally, I do like to use this juicer for wheatgrass juice at times as I mentioned.

The clean up with most kinds of juicers is the big deterrent for me. And you end up wasting so much fruit and vegetables. We love our Vitamix for so many reasons, it can also make so much more than a juicer as it makes batters, dressings, soups, smoothies, ice cream, bread dough, perfect nut butters, excellent nut milks, creams, shakes, Frappuccino thingies, etc.) But best of all, it is super easy and quick to clean. The Vitamix blending container is really tough and made of a special type of indestructible plastic, when I bought mine, salesman even jumped on it with all his weight to demonstrate how tough this appliance really is!

At the top of the container is a lid to prevent ingredients from escaping during operation, and at the bottom is the high quality blade assembly. The container rests upon a base that contains an extremely powerful and very long lasting motor for turning the blade assembly that has several variable speed controls.

This baby is even capable of milling grains into flour and crushing ice cubes into slush in seconds without assistance. The biggest drawback with this superb machine is the hefty price tag, but I do believe in the saying that the "quality long remains after the price is forgotten" because the Vitamix truly is the Rolls Royce of the juicers and blenders.

Because it only takes a minute to make the juice without generating heat unless you let it run for ages, the Vitamix is more efficient and does produce a higher yield without waste, and the result is a top quality juice. When I make juices, I just cut an apple in four and leave the skins, stalk and seeds intact, thrown in a roughly chopped carrot, a stalk of celery (broken into three or four pieces) and hit go for 30 seconds - done. I drink the lot including the pulp, which incorporates ground up seeds, skins and even the stalk as well as the skin of the celery and carrot.

If you are serious about juicing and can afford the best, get a Vitamix or otherwise settle for the Champion or Omega masticating juicer.

If you own one of these long enough you will probably end up buying the Vitamix down the track like many do. I'd recommend that you bypass the centrifugal juicer, unless you want to spend time with some form of hearing protection when you operate these screamers and then spend ages stripping it down and cleaning it, in comparison to how much time you will spend drinking the actual juice.

Juice Recipes

Why not add a healthy green drink each day as part of your cleansing regime? This is just another way to incorporate fresh fruit & vegetables into your diet. The best thing about raw vegetable and fruit juice is that these foods are packed full of many essential vitamins and minerals, enzymes and amino acids that are all critical in maintaining excellent health.

Here are some of my favorite psoriasis juicing recipes:

Skin Health Booster

2 large carrots
½ cup spinach leaves
2 sprigs watercress
1 green apple
2 large sprigs of parsley

Clean and Green

Carrots 4
Celery 2 Stalks
Parsley 1 Handful
Spinach 4 Leaves

CBS

Carrots 3
Beet 1/2
Spinach 3 Leaves

Skin Cleanser

Carrots 3
Beet 1/2
Cucumber 1/2

Psoriasis Juice # 1

Wheatgrass 2 oz/day

Psoriasis Juice # 2

Carrots 4
Spinach 10 leaves
Watercress 1 sprig
Green apple 1

Psoriasis Juice # 3

Carrots 4
Spinach 10 leaves
Parsley 1 large sprig
Green apple 1

The Yeast Killer is an excellent recipe for those with psoriasis who have a candida yeast problem, or those who have had unexplained digestive problems and psoriatic plaques for a long time with little or no resolution. It is strong, so be warned! You may like to start with a Teaspoon a day in water and build up from there.

The Yeast Killer Caution – Strong!

Grapefruit juice 1 cup
Garlic 2 cloves
Oregano oil 1 capsule
Colloidal silver 1 tsp.
Grapefruit seed extract 5 drops

Colonic Irrigation

Have you ever had a colonic? Many people swear by them, and I regularly refer psoriasis patients to a colon therapist. I'd like you to keep an open mind when it comes to this form of therapy and try to understand the benefits you can get from this amazing treatment. Colonic therapy is something a lot of people would never consider as a part of psoriasis treatment, and it is certainly not a therapy supported by mainstream

medicine. Colonic therapy is a very valid form of therapy and if you go to a professional person you need not be embarrassed either. I know of several colonic clinics in both Australia and New Zealand that have been treating patients for many years with excellent results, especially those who have had chronic health issues like psoriasis.

Why Colonic Irrigation With Psoriasis?

Having a colonic makes sense if you have been suffering with psoriasis, especially chronically, been taking medications, drugs, and have used lots of creams and ointments on your skin. Colonic irrigation is a great way to get the most out of your Big Psoriasis Clean-Up; it will assist in loosening and removing any unwanted and hardened fecal matter from your large intestine. Most all patients with psoriasis need intestinal and digestive cleaning and will improve considerably when they take this into account. This treatment will ensure that there are virtually no places for the bad bacteria and yeast to hide in your large bowel, and give your digestive system a clean foundation. If you are considering colonic irrigation, then a colonic cleanse is best attempted now *before you start* on the Psoriasis Diet. I have seen less noticeably less aggravations during psoriasis treatment in those who have a colonic at the start compared to those who didn't.

Dr. Pagano states in his book Healing Psoriasis the following:

"Categorically speaking, rheumatoid arthritis, eczema, scleroderma, lupus, psoriasis and a number of other systemic illnesses *may very well have the same basic cause*. The course of treatment is, therefore, essentially the same if the patient choses the alternative route explained in my book. In these types of diseases, therapy should always commence with INTERNAL CLEANSING, regardless of which disease it is. When this procedure is followed, the body can concentrate its efforts on rebuilding more quickly that if it had to destroy the "enemy", - i.e. the accumulated toxins - before starting reconstruction. It follows then, the more effective the internal cleansing, the quicker the disappearance of psoriasis."

What Am I Likely To Expect With Colonic Treatment?

Your colonic therapist is a person who is experienced in this area. Be sure to enquire how much experience he or she has had, and it is important to enquire which professional colon therapist association your therapist belongs to.

A treatment session lasts anywhere from 30 - 45 minutes, and the patient initially will have a nice relaxing abdominal massage in the lower stomach area. This helps to loosen any bowel plaques or accumulated matter that the colonic irrigation treatment will help to expel from the body. After the massage, your therapist will insert a small disposable tube into the rectum through which warm water is passed into the colon. You may find the first treatment a little strange, but you soon get used to it. The water is expelled after, along with any loosened matter. The best way to find a therapist is to ask your local health food shop, or go online or look in the yellow pages. I recommend anywhere from one, two or even three treatments during your

cleansing week, but your therapist will best be able to guide you on the frequency of treatment.

How Can I Make My Big Psoriasis Clean-Up More Effective?

Even though the Big Psoriasis Clean-Up is designed to be only of short duration, there certainly are a few good tips I can recommend with regard to getting the most out of your cleansing program. Although not mandatory by any means, it is a good idea to have a liver, gallbladder and kidney flush added as well, you could read more about cleansing in Understanding Cleansing and Detoxification. Remember, the less toxins your body stores and the more you excrete with your Big Clean-Up, the more effective your Psoriasis Diet will be. It will also mean less aggravation when it comes to doing a more formal and prolonged cleanse that I recommend you complete in time, when you are ready.

Follow These Tips To Get The Most Out Of Your Preparatory Cleanse.

- Do the Bowel Purge using Colozone or Vitamin C powder first.
- Stay well hydrated; drink plenty of clean fresh water, 6 – 8 glasses each and every day.
- Avoid all alcohol, caffeinated tea and coffee. Don't even think about alcohol, trust me on this one.
- Eat fresh and raw, partially raw or steamed vegetables.
- Buy organic produce (or grow your own like me) and eat free-range poultry if possible.
- Fresh fish, lamb and free-range eggs are OK, but no red, pork or other meats.
- Drink the High Fiber Cleansing Drink each day, in the morning is best.
- Get plenty of rest and sleep.
- Try to complete this cleanse when you are not very busy.
- You will benefit a lot from regular relaxation and meditation.
- Complete this cleanse over a seven-day period if your diet and lifestyle have been really good up until this point.
- Complete this cleanse over a two-week period or even longer if you have been drinking alcohol most days, having several cups of coffee or tea or know that your diet and lifestyle have not been the best up until now.
- You are ready to begin the Psoriasis Diet after this cleanse.
- Seriously consider colonics if you have any kind of bowel problem, have taken antibiotics, have bloating, gas, irregular bowel habits, constipation, or any digestive problem.
- Consider liver, gallbladder and kidney cleansing if you have undertaken the two-week or longer option and have a history of alcohol, pharmaceutical drugs, caffeine, junk foods, or a sedentary lifestyle. You will read a lot more on this topic in the book called Psoriasis Internal Cleansing and Detox.

Stage 1 - The Psoriasis Induction Diet Stage (The MEVY Diet)

When you are tough on yourself, life is going to be infinitely easier on you *Zig Ziglar*



This first stage of the Psoriasis Diet is the induction, and requires effort; there is no doubt about it. This is where I'm going to ask you for COMMITMENT. Are you ready to get rid of that psoriasis? It requires complete elimination of refined carbohydrates; all alcohol, all sugary foods and yeast containing foods and this restriction should be maintained for two to three weeks, but in many cases it will be longer. How long you ask? For as long as it takes. I also stress the elimination of foods high in animal fats, red meats including pork, and especially bacon and processed meats of any kind as well as the complete avoidance of one group of vegetables, the solanacea vegetables which includes potato, tomato, eggplant, bell pepper and chilli.

The whole idea of this first phase is to limit your eating which disallows exposure to the refined carbohydrates, alcohol and junk foods in general and to eliminate the sugar and yeast containing foods as well, because these foods provide direct nourishment for the growth of poor bacteria and yeast development, something I find very common in those with psoriasis. Candida and bad bacteria prefer an environment of refined sugars and any convenience or processed foods that tend to be high in sugars or yeasts. The best initial diet approach therefore in my opinion is the **MEVY diet**, and acronym for **M**eat, **E**ggs, **V**egetables and **Y**ogurt.

The Psoriasis Diet induction phase is not unlike the Dr. Aitkin's Diet Induction phase that also lasts two weeks, it is high in protein and low in carbohydrates (breads, flour products, etc.). The BIG difference however in the Psoriasis Diet is the exception being NO red meats like pork or beef, deer (venison), bison or land animal fats wherever possible. The preferred protein I recommend for those with psoriasis is fresh fish, organically raised chicken or turkey and lamb. Free range eggs are fine as well.

Have you completed the Big Psoriasis Clean-Up? You will find that by having done so, the MEVY Diet stage will be easier and your outcome will be improved as well, because you have laid a foundation for your digestive system upon which to build good health.

5 Good Reasons to Enforce the MEVY Dietary Change

1. **Previously Poor Diet.** An incorrect diet will have been one of the major reasons you got into trouble with psoriasis in the first place. Now you have a golden opportunity to have a diet makeover. Remember, not only will your psoriasis go away; your health will become better than it has in years.
2. **Weight Loss.** Many people, but certainly not all with psoriasis, carry a bit too much weight. While this certainly won't be the case in every situation, I've found that only about 15 to 20 percent of people I see

with chronic psoriasis do not need to lose any weight, and this leaves us with about 80% who certainly could do with losing from anywhere from one to fifty pounds. By being tough on your diet, your weight will come off and by staying on track with my dietary suggestions and lifestyle habits you will keep it off, for good. What a bonus.

3. **Don't Forget your Immune System's Involvement.** Until your immune system is strong enough to handle the insults of your current diet, foods that challenge your immune system, stimulating possible food allergies, in addition to the foods that stimulate growth of bad bacteria and candida, the sweet foods, carbs, yeast containing foods and drinks, must be eliminated. Many people with psoriasis tend to forget the immune system's involvement, and the MEVY Diet will lead into Stage 2 of the Psoriasis Diet, The Low-Allergy Diet, for this very reason.
4. **Eat Foods That Build Health.** The foods you eat while on the MEVY Diet are the foods that will assist in nourishing and rebuilding your body rather than just eradicating your psoriasis. This is an important point, because if you want to get well and remain staying well you will need to rebuild healthy skin cells and repair the body's systems such as the digestive and immune system, systems that will be in a state of dysfunction. Your ability to eliminate the symptoms which have been plaguing you ages such as bloating, gas, sinus, itchy and flaking or cracked and bleeding skin, nasal congestion, fatigue and maybe other troubles depends on how well your body's cells can rebuild these key areas. Do you want outstanding health as you age? Of course you do, and a healthy, nutritious and balanced diet is one of the best ways you can achieve this objective.
5. **Bacteria - It's All About Balance.** It is important to remember that you want to get the bacteria in your body in balance with the other bacteria in your body, both good *and* bad. You will never escape from poor bacterial or yeast levels or eliminate it altogether from the mouth, vagina, around the foreskin, rectum, intestines, ear/nose and throat and other body areas anymore than you will never eliminate every criminal in this world. Whenever an opportunity arises, there will be some people who will be ready to offend and commit crimes, it is the same with a bacterial or yeast problem, and these bugs are always ready to commit an offence if you let them. There will always be good versus bad; it is about balance and harmony, and if you don't let the bugs have the opportunity then the balance will swing in your favor.

Of all the therapies recommended to you to fight psoriasis, following an appropriate eating plan most probably assists with rebalancing the digestive system and improving your skin the most.

The Pagano Psoriasis Diet

The Pagano Diet was formulated many years ago by Dr. John Pagano who passed away in 2012 at the age of 82. Dr. Pagano had taken an interest in psoriasis early in his Chiropractic career, and treated countless patients with psoriasis with his protocol that included dietary and nutritional recommendations, colonics, as well as chiropractic adjustments.

I was very impressed with the results when I began to use the Pagano Diet in my clinic with psoriasis patients, but started to realize that it didn't help all those with psoriasis and I'll tell you why in a minute. So what is the Pagano Diet? I've outlined the main points here:

Meats – NO red meat, especially beef. White meats such as fish, chicken and turkey are the preferred meats. Lamb is OK, and is the only red (pink) meat permissible. Avoid all meat from the delicatessen section of your supermarket, e.g. ham, bacon, salami, and any cured or smoked meats.

Seafood – NO shellfish, but fresh fish is OK. Canned fish is secondary, but I see no issues with fish that has been packed in spring water.

Vegetables – This is one of the preferred foods, mainly leafy green vegetables like spinach, lettuce, broccoli, collards, celery, etc. Dr. Pagano recommends the 80/20 diet just like I have recommended for the past 20 years. That is, 80 percent of the foods you consume are alkaline and 20 percent is acid forming. You can read all about the Acid/Alkaline Diet in the Introduction To Healthy Eating For Psoriasis book.

Nightshade avoidance – Nightshades are a group of vegetables that have been linked with inflammation in the body, especially auto-immune inflammation in conditions such as rheumatoid arthritis and psoriasis. These foods include white and red potatoes, tomatoes, sweet and hot peppers, eggplant, tomatillos, tamarios, pepinos, pimentos, paprika, and cayenne peppers, as all these foods are classified as nightshade foods. Did you know that tobacco is also a nightshade? This means that cigarettes, tobacco and cigars should also be avoided strictly by those with an auto-immune condition like psoriasis.

Sweet avoidance – Sugar, starchy foods like white flour (wheat), as well as candy, chocolates, ice cream, fruits (especially citrus like oranges and mandarins), fruit juices (loaded with sugar), etc.

Alcohol avoidance – Beer, wine, spirits, etc.

The Psoriasis And Candida Yeast Infection Connection

I have studied the work by Dr. Pagano for many years, and can certainly vouch for the results I have been getting with his recommendations. Dr. Pagano also recommends colonic treatments in his book to help cure psoriasis, as well as chiropractic adjustments of the upper back (between the 6th and 7th thoracic vertebrae especially).

Several years ago I discovered that many, if not most psoriasis patients, actually have an underlying and undetected yeast infection or suffer from SIBO (small intestinal bacterial overgrowth), and that these patients improved to the point of eradicating their psoriasis by following my Candida Crusher Diet. At that stage, I was mainly recommending Pagano's Diet to those with psoriasis, but then discovered that I could improve even more on his recommendations by including elements of the work by Dr. John Trowbridge, who specialized in candida yeast infections.

As I mentioned, most all patients with chronic psoriasis have bacterial or a yeast overgrowth of their digestive tract, and it is now a combination of these two different protocols along with my own recommendations and experiences I now recommend for psoriasis patients who visit me in my clinic. I call my psoriasis protocol "The Psoriasis Diet".

Now I would like to outline the MEVY Psoriasis Diet approach, which is different from the MEVY Candida Crusher Diet approach, because I have combined the elements of both Drs. Pagano and Trowbridge with my own clinical experiences when I designed The Psoriasis Diet.

The MEVY Psoriasis Diet



The **M.E.V.Y.** Diet (**M**eat, **E**ggs, **V**egetables and **Y**ogurt) is not a new concept; in fact you will find this diet in the book called "The Yeast Syndrome" (Bantam Books 1986) by Dr. John Trowbridge and Dr. Morton Walker. This is one of my favorite yeast infection books; it is excellent although a little heavy reading for some. The lengthy food charts tend to make the yeast infection dietary approach confusing and complicated. In my experience, unless a diet is kept as simple as possible it will be difficult to follow for many.

If you have a copy of my previous book, Candida Crusher, you will find the MEVY Diet a bit different than in this book, The Psoriasis Diet. Dr. Trowbridge once said that the majority of people he has seen over the many years exhibit minor symptoms of a candida yeast infection, while almost thirty percent of those living in Western developed nations population are severely affected, and that was way back in the 1980's. My experience spanning of treating yeast infections certainly supports his assertion. Dr. Trowbridge has also said that candida is a precursor for almost every chronic degenerative disease, including psoriasis, because of its connection to cause harm to virtually every single body system, now you can see why it is important to tackle this all too common problem if you have psoriasis.



On page 304 of The Yeast Syndrome, Dr. William Rosenberg, Professor Emeritus of Dermatology in the Department of Medicine and Pathology, University of Tennessee College of Medicine in Memphis, expounded on his findings regarding the cause of psoriasis. His conclusion was that an inherited fault in the body's antigen-antibody response (the immune system) to foreign organisms, especially to *Candida albicans*, is responsible for many if not most cases of psoriasis.

Dr. Rosenberg explains:

"We think the psoriasis is a generalized inflammatory disorder initiated by microbial activation of the alternative complement pathway. The visible manifestations of psoriasis on the skin, in this view, occur partly because of microbial activators residing on the skin and partly as a result of the deposition in the skin of microbial products circulating in the blood stream."

What Dr. Rosenberg is trying to say is that psoriasis is an inflammatory condition (heat, redness, itching, immune system problems) initiated by the body's immune system becoming activated against foreign microbes in the bloodstream (due to leaky gut syndrome, please see my booklet Psoriasis And Leaky Gut Syndrome).

And that the skin lesions come about due to the immune system becoming activated against these microbes both on the skin's surface as well as in the skin itself.

An interesting research paper* discussing the link between candida and psoriasis was published in 1994 by Professor Rosenberg and can be found online on this link:

http://www.ncbi.nlm.nih.gov/pubmed?cmd=Retrieve&dopt=AbstractPlus&list_uids=8063999

* Psoriasis is a visible manifestation of the skin's defense against micro-organisms
Journal of Dermatology 1994 Jun;21(6):375-81. Rosenberg EW, Noah PW, Skinner RB Jr

Keep It Simple

I prefer the simple and short-term approach to the MEVY Psoriasis diet, and while this diet is OK if you follow very strictly from 2 to 4 weeks, it fails as a complete nutritional program and does not supply your body with a sufficient amount of nutritional factors in a sufficient balance. It is best to adopt the MEVY Psoriasis diet in its strictest form for the first two weeks especially, then to loosen up a little for the next two to three weeks as you implement the Low-Allergy Stage (Stage 2) of the Psoriasis Diet.

Some may soon tire of being ultra-strict, but dietary discipline with psoriasis is a good thing, and as you begin to experience the cause and effect of the foods you have been eating and have been omitting, you will most probably want to stay reasonably strict for some time. I have found that others with psoriasis have no problems in enforcing a strict dietary protocol for themselves and remain on the MEVY Psoriasis diet for many months until their skins really improves.

It is really up to you to decide how long you want to stay on this dietary approach, but either way, let me assure you of one thing, the Psoriasis Diet works, and it works very well for those who adhere to it for some time, albeit in a modified fashion after enforcing it strictly for a week or two. I have trialed and experimented with many psoriasis diets over the years and always seem to come back to the MEVY Psoriasis (Induction) Diet for the simple reason that it works so well, time and again, and is a great way to lead you into the Psoriasis Diet.

The original Dr. Trowbridge MEVY diet is essentially a term for a low-carbohydrate diet, and was recommended in a time that was well before the low-carb diet craze. But unlike many other diets low in carbohydrates, Dr. Aitkin's Diet for example, the original MEVY Diet wasn't recommended primarily as a weight loss diet, although you will most certainly lose weight on the MEVY Diet if you have weight to lose, particularly if you follow it well. Instead, this particular restricted dietary modification will suppress and

eventually eradicate candida, bad bacteria and eliminate psoriasis altogether.

The MEVY Psoriasis diet can slowly bring the intestinal flora back into balance and will improve your digestive and immune health to a high level, and in my experience if you adhere to this diet you will discover that not only will your psoriasis and weight problem disappear over time, you will discover that your overall health will improve to a remarkably high level as a consequence. The Psoriasis Diet was not designed with the sole aim of ridding your body of psoriasis; it is about getting your healthy life back.

Dr. Trowbridge said in *The Yeast Syndrome* that the key to beating intestinal yeast and bacteria was *to bring about harmony*, and this is best achieved by (initial) strict dietary means. Dr. Pagano said in *Healing Psoriasis* that the small intestine requires healing (leaky gut syndrome) in order to stop the *poisons from the digestive system getting into the blood stream, thereby affecting the skin*. My MEVY Psoriasis Induction Diet certainly allows both of these actions to take place.

Remember, while on this initial MEVY Psoriasis induction diet, you're allowed to eat all the white meats (fish and chicken), eggs, most all vegetables although do eliminate the solanacea family of vegetables (white and red potatoes, tomatoes, bell peppers (capsicum), eggplant, and chili peppers) You can eat plain, naturally soured acidophilus yogurt. Eliminate foods and beverages made from grains or yeasts such as cereals, pasta, conventionally leavened breads (containing yeasts and sugars), pastries, chips (fries or crisps) and alcohol.

I must emphasize, do avoid breads containing yeasts and sugars that are found in the leavened breads, although I have found that sourdough bread is OK. You are best to also avoid all dairy foods, except natural unsweetened acidophilus yogurt for the duration of MEVY.

Avoid fruits, no forms sugars or vinegar (unless naturally fermented vinegar like Bragg's) are allowed. And that's it, a simple diet yet highly effective and as you can see, there are plenty of foods you can eat so you really don't have to starve. You are fine to have the fermented and cultured foods, as well as the sea vegetables of course, and you will be familiar with these if you read *Introduction To Healthy Eating For Psoriasis*.

MEVY Psoriasis Diet Effects

The idea behind this induction diet is that sugars and starches encourage the overgrowth of poor bacteria as well as candida albicans in the intestinal tract, and the solanacea vegetables encourage inflammatory reactions of the immune system. Remember that the MEVY Psoriasis induction Diet is strictly a therapy employed *against* feeding bad bacteria and candida, as well as repairing the gut and reducing inflammation, and is usually not continued for more than four weeks at the most. In some cases I have found patients to continue this phase for four to six weeks but then soon want to move on as their skin begins to stabilize. Most people find that two to three weeks is sufficient with MEVY stage, they've simply had enough at the end of this stage. Others I know will continue on with this diet for several months but in

a slightly modified version, they simply add a few of the items that they originally avoided.

So how do you know when you have had enough of the MEVY Psoriasis Diet, when can you stop? You stop when you don't seem to be improving anymore, that's when. Most patients will initially aggravate a little before they improve, and this will happen anywhere from week three right up to week nine. Remember, *these are recommendations only*. No psoriasis diet is fixed or absolute by any means, it can be adapted entirely to suit your needs. But in saying that, I'd like you to follow this stage one MEVY Psoriasis Diet approach strictly for at least two weeks as a bare minimum, but preferably for three to four weeks initially for best results.

Stage One MEVY Psoriasis Diet Summary

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

The initial Big Psoriasis Clean-Up and then the Stage 1 MEVY Psoriasis Diet are the most important components of your Psoriasis Diet, because they

form the foundation. The Big Clean-Up is the preparatory cleanse, and the MEVY Psoriasis Diet is the induction, so try to factor it around a time when you can take it a little easy and are not working very hard. Be prepared in case you aggravate, and it does happen occasionally, many people who recover from psoriasis and who are prepared to make the necessary dietary changes will aggravate initially. You will hear more about this in the first book in this Psoriasis Program series, entitled *The Psoriasis Program, The Permanent Psoriasis Solution*. I find it best to ease somebody into this induction MEVY phase especially if they have been drinking lots of coffee, tea and alcohol or have been consuming take-away or junk foods regularly right up until they want to decide to commit to the Psoriasis Diet. And for that very reason I recommend they complete the Big Psoriasis Clean-Up along with The Seven Day Cleansing Diet. Is it all starting to make a little sense?

Warm Turkey Is Better Than Cold Turkey

Try my “warm turkey” approach, because going cold turkey can be tough and distressing for many; it makes sense therefore to make reductions in your consumption of caffeinated drinks and alcohol well before you start on the MEVY Psoriasis induction phase. Start a few weeks before you get serious with the induction by gradually cutting back on alcohol and caffeine and you will sail a lot smoother through these potentially rough seas.

Good Tip: The “Warm Turkey” Approach

Slow down certain foods & drinks *before* you cut them out

Everybody has heard about going “Cold Turkey”, but who has ever heard about going “Warm Turkey”? It’s a concept I came up with a couple of years ago with a patient who had problems coming off coffee. Does it not make sense to gradually reduce alcohol and caffeine and sugars in particular before you decide to cut them out of your diet? Of course it does, and you can do this over a two-week period before you start on the stage 1 MEVY diet approach. Do you drink 3 cups of coffee a day, or a few glasses of wine or a few beers daily? Then reduce over two weeks and then consider the Big Psoriasis Clean-Up before you begin the Induction Diet. This approach will dramatically lessen any potential psoriasis aggravations you may experience, which in turn will increase your compliance, enabling you to stick to the diet long-term. The more alcohol, caffeinated beverages or sugar you have consumed, the more gradual your reduction should be if you want to avoid any major aggravation. Try warm turkey, cold turkey is Yuk!

M.E.V.Y – Meat



You are best to avoid all red animal meats apart from lamb. Be careful, eating much too much lamb can cause digestive disturbances such as constipation and can also encourage putrefactive dysbiosis (bloating and gas), so be sure to eat a good balance of chicken, turkey, fish and lamb. Make sure you avoid beef, pork, venison (deer meat) and bison (if you live in America). I want you to bear in mind that animal protein when eaten in excess, can have an inflammatory effect on your body, so be sure to keep in mind the 80/20 diet, with animal protein belonging to the 20 percent category. You have enough inflammation to deal with when you have psoriasis, and you don't want to encourage any more by eating lots of meat.

Fatty red meats can be especially pro-inflammatory, which means that they can stimulate even greater levels of inflammation. And many patients I know with psoriasis simply avoid all forms of red meats, and have discovered that this helps to control symptoms and reduce the likelihood of experiencing any flare-ups. Relying less on red meats in your diet also means that you will be reducing your chances of promoting heart disease, and research has discovered that those with psoriasis have an increased risk of cardiovascular disease. You will encourage the proliferation of bad bacteria as a result of too much lamb or white meats in your diet, and it is therefore important that you eat plenty of vegetables in addition to meat, and make sure you take the digestive enzymes and probiotics as well to encourage an excellent level of digestive capability.

Incomplete Protein Digestion

Several gut-derived toxins are implicated in the development of psoriasis. With incomplete protein digestion, bacteria inside your bowel can break protein residues (amino acids) into various toxic compounds. One such group of toxic compounds is known as polyamines. The best way to deal with these toxins, is to reduce/limit your intake of animal meats, whilst simultaneously increasing your intake of dietary fiber.

Psoriatic patients have shown remarkable improvements whilst on a vegetarian diet, and the experts think that it is probably due to their decreased levels of gut-derived toxins and polyamines in general. I have always believed that digestive enzymes are especially important in the treatment of psoriasis, the difference they can make can really impress some of my patients! I've not seen this information in other books I have studied on psoriasis and can't understand why not more importance is placed on digestive enzymes.

Many psoriasis patients show signs of abnormal nitrogen (protein breakdown residues) retention. When placed on diets of no more 4-5gm/nitrogen daily (30gm protein), with an adequate caloric intake, many psoriasis patients experienced a gradual disappearance of psoriatic lesions whilst maintaining their weight.

Lesions recurred when diet was stopped, however. You will need to experiment here; some patients with psoriasis can tolerate more meat than others when it comes to skin flare-ups. But one thing is for sure, digestive enzymes are critical and I'll talk a lot more about them in my final book in this series entitled Psoriasis - Special Foods, Supplements and Herbs.

Best Meat Choices

Chicken, turkey, lamb, tuna, salmon, mackerel, cod, sardines, either fresh or frozen fish as well as free-range eggs.



Watch Out For Commercially Raised Poultry

You may know to avoid as much as possible those broad spectrum antibiotics and immunosuppressant drugs like cortisone, prednisone and inhaled steroids, birth control or hormone replacement therapy pills whenever possible. These drugs only end up causing a whole host of problems, including the destruction of beneficial bacteria as well as immune suppression, and even inflammation, the last thing you want when you have chronic psoriasis you are trying to get rid of.

Today's powerful antibiotics are able to suppress good micro flora and cause a yeast overgrowth *in just a few days*. But wait, in all Western developed countries, and probably your country if you live in a developed nation, we are feeding millions of chickens per year low-doses of antibiotic every day of their lives. Chicken feed can also include Roxarsone, an antimicrobial drug that also promotes growth but unfortunately contains arsenic. You may be interested in reading this Wikipedia page to become enlightened about commercial poultry production: http://en.wikipedia.org/wiki/Poultry_farming

A politician in New Zealand discovered that there were several strains of antibiotic resistant bacteria in 2002 in the very first chicken that was tested. Do you eat supermarket chicken? Chances are that you will also be consuming antibiotics in a low dose, and it doesn't take a genius to work out that long-term low dose antibiotics is the same as short term high dose.

The solution is to look for clean, preferably free-range chicken and eggs and avoid the well-known commercial brands that almost always contain traces of antibiotics. Some of these companies are clever, and while they promote themselves as "our chicken contains no growth hormones"; they do contain traces of antibiotic residues, arsenic and probably several other toxins. How else can you keep thousands of birds healthy when you stuff them in cages, keep them in the dark and give them a totally unnatural lifestyle? You may recall when people were kept in inhumane conditions like this in German concentration camps during the Second World War, countless died of infectious diseases like typhoid.

It is preferable to eat organic poultry and all meat whenever possible, and this includes lamb. Free-range chicken and ocean fish are probably your best protein choices because they haven't been "tampered" with.

Your grandparents probably kept a few chickens and grew their own vegetables. I'm only in my fifties but still young enough to remember how expensive chicken used to be, my mother bought one chicken for our Sunday roast. It was not cheap and plentiful like it is today. Now that chicken is so cheap and plentiful and commercially produced just like farmed pink salmon is today, you will need to be aware of the potential for these proteins to be of rather dubious quality.

There will always be farmers who cut corners to make bigger profits by using cheaper feed and more chemicals to control pests and diseases. Just look next time how much fat is finely laced through the chicken breast and then imagine what chemicals are lurking in that meat, and particularly the fat, because that is where most of the drugs and chemicals go in an animal's body. Just look next time how brightly orange-colored the salmon is and wonder what chemical they used to achieve this bright yet artificial orange coloration.

Eat Organic Grass-Fed Lamb



Studies have shown that the longer you feed sheep grains instead of fresh grass, the greater the fatty acid imbalance is likely to be. Unfortunately, many sheep in the USA are fed more on grain than on fresh grass. We are most fortunate in New Zealand that our sheep are all grass fed and our animal proteins are generally of a high quality.

I do believe that 100 percent grass-fed sheep are available in America and in Europe, but at a premium price. Sheep that have been raised naturally without hormones and not having been fed antibiotics has added benefits to your health. Grass-fed animal protein is loaded with many natural minerals and vitamins, and in addition is a great source of CLA (conjugated linoleic acid), which is a fat that reduces the risk of cancer, obesity, diabetes, and a number of immune disorders. Enquire with your butcher is there is a source of free-range lamb available, or ask at your local health-food shop, Farmer's market or do an online search in your area. You will almost certainly find a supplier.

Wild Salmon Is One Of The Best Fish

Do you like salmon? Salmon is one of the best of the fish species you can eat to control psoriasis flares and to prevent future episodes. But why, what makes salmon such a good choice? The most important psoriasis-fighting nutrient found in salmon is Omega 3, and because wild red salmon is loaded with Omega 3, an essential fatty acid that has strong anti-inflammatory properties, it is a wise choice for those with psoriasis.

Besides Omega 3, salmon also contains the carotenoid astaxanthin, an anti-oxidant nutrient that gives salmon its distinctive pink color. Here's a good tip: Buy wild salmon and avoid commercial farmed salmon if you can. Sockeye salmon found in the wild contains greater levels of astaxanthin and

has higher levels of Omega 3, and that's because fish in the wild tend to have a more natural diet when compared to farmed fish that are fed processed pellets and even antibiotics.

Caution With Fish



When it comes to psoriasis, fish is a better protein choice than meat from a land based animal because it is a leaner protein. Fish is an excellent clean protein that is a rich source of the Omega-3 fats. Omega 3 has valuable anti-inflammatory properties when it comes to psoriasis, and is therefore makes a lot of sense for you to consume more fish than other sources of meat-based proteins.

One of the biggest problems with fish today however, is the contamination with mercury; with nearly all fish caught today being contaminated to some degree with mercury and PCBs. The situation is so bad in many parts of America that even the (conservative) U.S. government is warning pregnant women to avoid eating fish. Many people will tell you to avoid canned tuna; apparently, albacore tuna is lower in mercury than yellow fin or blue fin. Eat younger fish, they have shown to be less contaminated than older fish and avoid fish like shark, swordfish, grouper, and tuna if you can, the older and larger the fish, the more likelihood that it will be contaminated with heavy metals like mercury.

A good idea is to get a Hair Analysis once every few years to determine whether you have a problem with heavy metals in your body. Don't be too alarmed however, it turns out that the fish found with the highest mercury levels also tend to have the highest levels of the mineral selenium in their body, and selenium is a detoxifier of mercury.

Eat NO Red Meat Except Lamb, And Eat More White Meat



My recommendations are for you to reduce the amount of lamb you eat in general, and to consume more white meat like fish and free-range chicken but also nuts, seeds and free-range eggs which are rich protein sources. In 2007, the World Cancer Research Fund recommended a limit of 500g (1.1lb) of red meat per week. Since 2012, health experts in England have been advising that consumers should reduce their daily red meat intake to 70 grams (2.5 ounces) a day, or 500 grams (1.1lb) per week in the light of evidence emerging of the link between bowel cancer and red meat consumption. I still see a few paleo-diet websites still recommending people to eat 8 ounces of red meat a day, that is 225 grams of meat a day or 1568 grams of red meat a week!

Believe me, red meat (beef) is NOT a good choice if you have psoriasis, it is a pro-inflammatory food and while it is OK in small amounts for those without auto-immune disease like psoriasis, it is best avoided altogether by those who have psoriasis or any auto-immune condition.

Did you know that a third of the adult population in your country, if you live in a Western developed country like America, Australia, NZ and Europe, consumes more than 100g (3.5oz) of red meat per day? This includes beef, pork and lamb. Current advice regarding red meat consumption, from 1998, suggests that 90g (3.2oz) a day was a healthy amount, and that people were only required to cut back on the amount red meat they consume if they were eating more than 140g (5oz) every day.

Whether you agree or not, there established are links between red meat and cancer, and with bowel cancer rates sky-rocketing in Western countries I think this advice is sound, limit your portion size and do not eat red meat every day.

In 2005, a European study found those who regularly ate 160g (5.6oz) of red meat a day increased their risk of bowel cancer by an amazing thirty percent. In 2011, Sir Liam Donaldson, (Chief Medical Officer for England) said cutting consumption of all meats by 30 per cent would prevent 18,000 premature deaths a year in England.

High consumption of not only red but also processed meat (like ham, bacon, salami, etc.) in particular has also been linked to many other types of cancers, including breast, bladder, stomach and other digestive organs such as pancreas.

Naturally, the meat industry fiercely defends the role of red meat in a balanced diet, and claims that there is “no evidence” that the consumption of meat has any link with cancer whatsoever. A 38 year-old male who happened to control a large meat export business in New Zealand, came to see me after his diagnosis of bowel cancer. His breakfast consisted of lamb chops; he enjoyed sausages for lunch with bread and had steak most nights for dinner. He left my rooms furious after I mentioned that there might be the possibility of a connection with eating meat three times a day for several years and cancer. Unfortunately he didn’t make 40 and left a wife and two children behind.

Similarly, drug companies would also like you to believe that their toxic wares are entirely safe for human consumption with no concerns for side effects. It’s your life and the decisions you make today will have a direct impact on your health tomorrow. I am not here to patronize you or to tell you what to do, I’d like you to put the time into researching like I have and come to your own conclusions. Once you do, I’ll bet that you cut your meat consumption by half at least.

Processed and Smoked Meats



Controversially, the 2005 European study I mentioned just previously has said that children should “never consume ham, sausages and bacon, the processed meats”. When on the Psoriasis Diet, it is best to avoid ALL processed meats from the supermarket, and this includes pickled and smoked meats and smoked fish including sausages, hot dogs, corned beef, spam, pastrami and pickled tongue. Just keep away from that delicatessen section of your supermarket.

Good Tip: Avoid smoked meats

Smoked meats may increase your risk of cancer

Eating smoked meats may place you at a higher risk of developing certain cancers. Smoking adds flavor to the meat, but it also acts as a preservative. The problem with smoked meats is that smoking meat increases your exposure to a known carcinogen called PAH, otherwise known as polycyclic aromatic hydrocarbons. These potentially cancer causing chemicals are formed when animal fat from the meat comes in contact with the heat source thereby creating smoke, and this is how the PAH chemicals are then transferred to the meat. A 2010 study published in the journal *Circulation* also found that eating smoked meats might also increase your risk of heart disease. It was discovered that eating fresh meats had a significantly lower risk than smoked meats.

Reference: "Circulation"; Red and Processed Meat Consumption and Risk of Incident Coronary Heart Disease, Stroke, and Diabetes Mellitus; Renata Micha, et al.; May 2010

There are many theories as to why red meats may increase your cancer risk, and it is not the scope of this book to elaborate on them. Suffice to say, please do stop your intake of red meat and processed meats. Eat more fish, certified free-range eggs and free-range chicken and turkey and when you eat lamb just reduce the portion size, it is easy as that. Focus on a large leafy green vegetable content of your diet and keep your meat intake down, there is no need to have a large amounts of animal meats every day as part of your diet.



Nuts And Seeds – High Protein Yet No Meat

Although not meat, nuts and seeds are significant sources of protein. Caution is advised; tree nuts can be quite allergenic for some. Don't overdo it here, and please do avoid roasted or salted nuts and choose fresh whenever possible.

When you have psoriasis, the consumption of seeds and nuts should be limited to one ounce (about 30 grams) per day. This is equal to about 12 whole almonds or one tablespoon of sesame or sunflower seeds. Flax seeds are a source of omega-3 fatty acids and may have a similar effect to oily fish, although they don't contain anywhere near as much Omega 3 as oily fish. I have noticed that those red and itchy patches of psoriasis often respond once a patient starts to eat nuts and seeds on a daily basis. Nuts and seeds contain valuable proteins, minerals, trace elements as well as those all-important essential fatty acids which all have anti-inflammatory actions in addition to their overall skin-soothing properties. All patients with psoriasis will begin to notice a change in their lesions after having added nuts and seeds to their diet for a few months.

Some books and web pages I have studied on psoriasis will tell you to avoid certain nuts because they interfere with your immune system's activity, and that you may well be allergic to them. Well, I can tell you from my clinical experience, only a very small percentage of psoriasis patients are allergic to nuts. The best way to find out is to have an allergy test completed, particularly an IgE/IgG Food Allergy Test. I'll talk a lot more about this topic of food allergy testing in another psoriasis book that you should be getting (as an added bonus) along with this book. The trick is NOT to eat large amounts of nuts in any one session (more than one ounce), but the same applies for any food that is potentially allergy causing like cow's milk, bananas, chocolate and peanuts in particular.

Be careful of rancid nuts and seeds, and be sure to select fresh only. You may like to try pumpkin and sesame seeds, they are great lightly roasted and make a perfect condiment or snack. Peanuts are not nuts but legumes, and like soybeans can be highly allergenic and should be avoided by those who are proven to be allergic to them. Fermented soy products like miso or tempeh are generally OK, and I have found them quite well tolerated, even by many people who have shown to have soy allergies.

Best nut and seed choices: almonds, Brazil nuts, cashews, hazelnuts, macadamia, walnuts, and sunflower, pumpkin or sesame seeds. Nuts and seeds make excellent snacks or garnishes for salads and vegetable dishes. Some people may tell you that almonds are the only alkaline nut and should be the only nuts you should eat sparingly, this is not my experience at all with psoriasis patients, although the best nut choices would certainly be almonds, Brazil nuts and fresh walnuts. These nuts contain appreciable amounts of hard to get minerals, trace elements and essential fatty acids, which are all important in healing your skin. Eat no more than 4 to 6 Brazil nuts in a day, I have seen a handful of patients over the years who reacted after eating Brazil nuts, but some of these patients did consume several ounces a day before they noticed an aggravation of their skin as a result.

The golden rule is if your skin has recently experienced a big flare, and you started to eat more of a particular food or have just recently introduced a food then stop and see what happens. And, this is regardless of the food you consumed.

Animal Fats:

This is a major in psoriasis. If there is one thing that will make a difference, even if you just try this. Try to avoid all animal (saturated) fats as much as possible. Animal fats are "pro" inflammatory, and will only flare the skin. I have seen this particularly so with some men who drink plenty of alcohol and who enjoy a steak, a bad combination of alcohol (causes the gut to inflame and "leak") and fatty meats which can be inflammatory as well.



Cold-Pressed Vegetable Oils:

Best oils in psoriasis are sesame and/or flax seed oil, take up to 2 Tbsp. per day. I am not a big advocate for recommending flax seed oil as an Omega 3 supplement, primarily due to the fact that it is a difficult way for the body to access Omega 3

from flax, but for psoriasis it is an excellent adjunct to the diet. Extra-virgin olive oil is also great. All oils must be fresh, cold-pressed, unrefined and unheated. I believe that there are some great cold-pressed oils made, ask around. Other "super" oils (but expensive) would be walnut and avocado oils, and if you can get a supply here you find the results outstanding on 1 desert spoon of the oil a day. I have had a few patients tell me that once they tried walnut or avocado oil the results were astonishing! With walnut oil in particular, this maybe due to the fact that it contains the highest amount of omega 3 over just about any other food source for its weight (other than oily fish).

M.E.V.Y - Eggs



Eat Organic Free-Range Poultry And Eggs

I keep chickens at home because I know exactly what I feed them, organically grown grains like corn and wheat, sunflower seeds, as well as vegetables we grow ourselves, they also get plenty of kitchen scraps and even ground up oyster shells.

Chickens that eat organically raised vegetables along with plenty of worms, insects and lots of fresh green grass, provide superior eggs rich in fatty acids including omega 3. I always get the most positive comments from those who we regularly give eggs to, as they are used to buying the supermarket variety. The yolks are as yellow as the sun and the eggs taste just great!

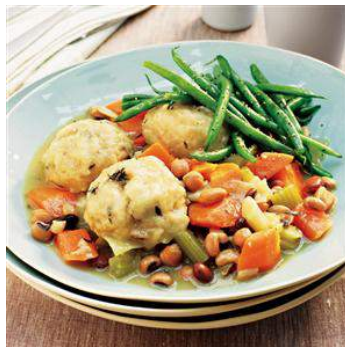
Unlike beef (red meat) and processed meat, eating organic free-range eggs and fresh ocean fish daily has not been linked with an increase risk in cancer. In fact the opposite applies, those who eat high quality proteins like fresh and unfarmed fish and high quality free-range eggs have lower rates of all cancers, when compared to those who eat a predominantly land based animal protein diet such as beef, pork and processed meats like salami, bacon and sausages.

Some websites or books may tell you to avoid all eggs because they are either an inflammatory food or that egg yolks are high in arachidonic acid, one of the substances that makes meat an inflammatory food, and to avoid egg yolks but to eat egg whites only. Nonsense I say. I've seen all too many psoriasis patients improve considerably once they cleaned up their diet, removed red meat, ate a more alkaline diet and who consumed considerably more green leafy vegetables in their diet, yet without removing egg from their diet. You must always remember – the most inflammatory of foods are the processed and man-made foods, alcohol, candy, chocolates, take away foods, etc. Yes, egg yolks do contain arachidonic acid, but high quality free range eggs are packed with goodness and will found to be a great source of protein. Clean up your diet entirely first – before you blame eggs on a psoriasis flare-up.

Eggs Are OK, But Only If You Are Not Allergic To Them

There is no doubt, I have seen some psoriasis patients over the years who have an egg allergy, and if you are allergic to eggs then you will obviously want to avoid them. Interesting, although I have seen egg allergies over the years, I've never come across a person with a chicken meat allergy. Egg allergies do exist, but they are certainly not as common as dairy allergies so in most cases you should be able to tolerate eggs if you have psoriasis. Eggs are a fantastic source of protein and contain all the essential amino acids, they make an excellent breakfast and I highly recommend that you eat eggs several times a week. Given the extent of the psoriasis dietary restrictions, being able to eat eggs is a big step towards superior nutrition; so do try to get them into your diet regularly. And be sure to only buy free range, or like me - keep your own birds, they make the most wonderful pets and will lay for many years if well looked after.

M.E.V.Y – Vegetables



Vegetables

Vegetables should make up the largest part of the diet of a person with psoriasis, and many patients I see discover a miraculous turn-around in their chronic skin condition once they finally followed this advice. The vegetables I recommend for those with psoriasis contain lots of fiber and are rich in phytonutrients and relatively low in starchy carbohydrates.

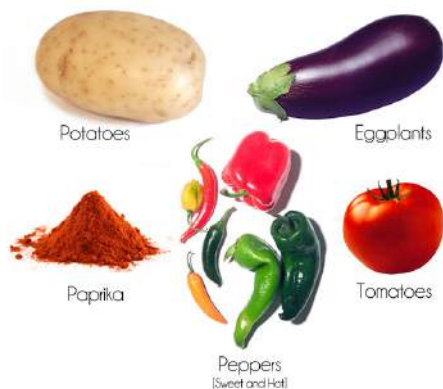
It is best to buy your vegetables from a local Farmer's Market or your local greengrocer rather than a supermarket. Better still; grow some of your own vegetables. I like patients to eat at least 3 to 6 servings of vegetables each day, and preferably to rotate so that they don't get caught eating the same ones each and every day. There are many ways you can eat vegetables, have you read the section I have written previously on vegetables in an Introduction To Healthy Eating For Psoriasis, on how to prepare your vegetables and of the various ways you can add them to your meals?

Vegetables Allowed: Fresh organic produce is the best if you can afford it, otherwise try to grow some of these vegetables yourself, growing vegetables is not difficult and most rewarding. The following vegetables and herbs can be fresh or frozen and you can eat them cooked or raw: All fresh and dried herbs, asparagus, artichoke, bean sprouts, beets, beet greens, bok choy, broccoli, Brussels sprouts, cabbage (1 cup/day), cauliflower, carrots, celery, cucumber, endive, garlic, ginger, horseradish, kale, mescalun salad mix, mustard greens, garlic, lettuce, leeks, okra, olives, onions, parsley, radishes, radicchio, salad greens, scallions (spring onions), seaweed, spinach, sprouts, string beans, turnips, watercress and zucchini.

Vegetables Not Allowed (until proven otherwise): The nightshade family: White and red potatoes, tomatoes (including tomato paste, tomato sauce and tomato juice, canned tomatoes, etc.), sweet and hot peppers,

capsicums, eggplant, tomatillos, tamaros, pepinos, pimentos (that green stuff found in stuffed olives), paprika, as well as cayenne peppers which are all classified as nightshade foods. Did you know that tobacco is also a nightshade?

No Nightshades Vegetables - A Temporary But Mandatory Approach



Before you think "But I love tomatoes, potatoes and the nightshades, why should I stop eating them?" I just want you to stop eating them for about four to six weeks, and then re-introduce them after awhile to see if their inclusion *provokes any symptoms*. You may well find that nightshades are perfectly fine for you, but there will almost be a percentage that notices a definite worsening of symptoms of psoriasis. Dr. Pagano believed that *all patients with*

psoriasis should stop all nightshades for good; this is not my belief. You need to stop what aggravates your psoriasis or psoriatic arthritis, and that may include the nightshade family but it also may not include the nightshades. Dr. Pagano quotes in his book the research conducted by Norman Childers Ph.D., formerly of the Agricultural Department of Rutgers University who compiled evidence that the nightshade family have a most deleterious effect on people afflicted with arthritis and "may even be a basic cause". Pagano goes on further to say that psoriasis and arthritis are closely allied diseases because he found they both respond to the "no nightshades" dietary approach.

Well, I can tell you with complete confidence that I do know of people with psoriasis who have improved by taking all nightshades out of their diet, but I know of plenty more who can eat nightshades and still experience major relief and in many cases even a complete resolution of their psoriasis. What I'm trying to say is that *it's all about trial and error*. It is important to mention the nightshade vegetable as suspects when it comes to dietary triggers, but they need to be carefully eliminated and re-introduced to see if it really is worthwhile eliminating them from your diet for a long period of time, perhaps even forever.

Fruits



It is important that you minimize fruit, so do your best to avoid most fruits in the first few weeks. Fresh fruit is often recommended by many practitioners as being OK when you have psoriasis, but in my experience it is certainly not when you first start out on the Psoriasis Diet. Remember, we want to reduce the candida and bad bacteria food supply, and fruit contains plenty of sugar, especially fructose, a nice and easy food if you have a yeast overgrowth. It is all about improving the health of your small and large intestine in particular, and because there is such a large representation of your immune system residing in your small intestine, and because there is a big risk that you may have leaky gut syndrome and poor

gut bacterial health, it makes sense to initially limit your consumption of all kinds of sugars, not just the sugars found in ice cream, candy, chocolate and soda drinks, but also the sugar found in those fruits high in sucrose and fructose.

These Fruits Are OK

I do recommend the following fruits, but if you notice any reactions on any of the following fruits then do avoid them, naturally: avocado, blueberries, coconut, green apples, lime or lemon are always OK, they are in fact highly alkaline fruits and good cleansing foods.

Some people can tolerate pears, pineapple and even fresh pomegranates, and experimentation will soon tell you if you can or can't. The less fruit you eat, the better, at least initially. As your digestion improves and the bacteria in your intestines swings in favor of the beneficial bacteria, the more you will be able to tolerate the sweeter fruits, as well as those fruits like bananas which I often find reactive in those with food allergies. Your skin and your digestive system will soon let you know if adding or taking out a fruit from your diet will make a difference, especially if you are an observant person.

Beverages



It goes without reason that alcohol gets the red light on my psoriasis program, and this is *completely non-negotiable* as far as I'm concerned. Those with chronic psoriasis should have no issues here and those that want to continue a daily drink that do have psoriasis have wasted their money buying my Psoriasis Program. This book is for those who want to win their fight against psoriasis, not for those into denial.

Drink water and non-sweetened herb teas. Don't get caught out with alcohol, soda drinks and caffeinated beverages, stick with plain water. I prefer patients to avoid caffeine but have no problems with patients consuming one good coffee or cup of tea daily (without sugar or milk) during the entire Psoriasis Program. Best to have your one coffee in the morning.

Look for herbal teas with an anti-fungal activity like Pau d'arco, which I will talk a lot more later on.

M.E.V.Y – Yogurt



Yogurt is a most beneficial cultured dairy food, and most people with psoriasis will be able to eat a small amount every single day. I'm not going to talk a lot about yogurt here, as I have already given you an extensive rundown on this excellent cultured food. Do try to make your own yogurt, and avoid buying yogurt from your supermarket if you can avoid it, as many will be flavored and some even contain artificial sugars. You can buy a natural yogurt from your supermarket, but you will need to carefully read labels. I have always found it best to buy this food from my local health-food shop, and you are almost certain to have a good one close by. Use a

premium organic yogurt as your starter culture, and make your own delicious and creamy yogurt in your own home. I've written extensively about yogurt in the Introduction To Healthy Eating For Psoriasis book, you may want to go back and read this information about the incredible health benefits conferred once you start to eat yogurt regularly

Foods You Should Eat With **Caution The First Month**

The dietary information you are about to read is not something I have found in any other book on psoriasis and diet. Most books on this topic talk about cutting out take-away and junk foods, from your diet as well as saturated fats, alcohol and candy or sweets.

So why would I ask you to keep away from the high-starch vegetables initially? You will soon discover that by eliminating these foods initially is a smart move, as you will be improving your digestive system considerably for several reasons.

The High Carbohydrate Starchy Vegetables



With all cases of chronic psoriasis, I prefer the patient to avoid the starchy vegetables for the first several weeks, especially if they crave or love eating them. I initially found that when I made dietary restrictions, particularly around the refined carbohydrates like yeast containing breads, muesli bars, take-away foods, chocolate, cookies, potato chips, corn chips, etc., then the patient would start to consume plenty of potato, (like fries or potato chips) pumpkin, corn and sweet potato in addition to meats and green vegetables. They were just replacing one form of carb food for another.



The fact is that most of the starchy carbohydrates offer little nutrition, especially in comparison to those carbohydrates from deep green leafy vegetables. Why is it that many of us like to eat fries, those tasty deep-fried potatoes smothered in salt when we have sides or choose a take-out meal? It is because they contain lots of sugar and fats, they satisfy us and hit the spot when it comes to a food craving.

Deep fried potato chips are refined carbohydrates and they can help to feed the bad bugs in your digestive system, not unlike bread. They can help to cause a considerable amount of bloating and gas, especially if you have an overgrowth of bad bacteria or yeasts to begin with. And, they belong to that solanacea (night shade) family, another reason to avoid them.



These starchy carbohydrate-containing vegetables can be broken down more rapidly to form a convenient food for a yeast infection or bacterial overgrowth, more so than other carbohydrates such as spinach, broccoli and beans.

Do you love pumpkin soup? Perhaps you are a fan of boiled, fried or mashed potato or fries? Maybe you like a few cobs of corn smothered with butter? If you want to recover from psoriasis, and especially if you can relate to craving these kinds of vegetables then it is best that you stick with other low carbohydrate vegetables, especially the green leafy variety for several weeks. This will ensure that you are doing everything you can to reduce that food supply that can potentially fuel that leaky gut or other digestive problem you most probably have, underpinning your psoriasis.

Passing a lot of gas and feeling bloated? Have you tried to cut out those starchy root vegetables, brads, pasta and sugars in your diet? You will have a lot less gas I absolutely guarantee it. Carrots should be OK, but I have noticed that eating them aggravates some patients. If you have a problem with carrots then try eating them raw, steamed, stir fried or boiled, one of these ways is sure to be OK with your digestive system if the way you are currently consuming them is not.

Should I Avoid ALL Gluten and Wheat Products With Psoriasis?

There is no doubt, there is some kind of a link with many who have psoriasis and a gluten allergy. But this does not mean that those with psoriasis are necessarily celiac. Several studies have shown a link, but many studies have also shown that those with psoriasis are also very prone to a candida yeast infection and leaky gut syndrome as well. And it necessarily follows that those with dysbiosis, SIBO (small intestinal bacterial overgrowth) and yeast related gut issues are much more prone to all kinds of allergies and sensitivities towards foods, especially substances like gluten.

Should you go gluten-free (GF) if you have psoriasis? I think you need to be cautious and perhaps have a trial period of going strictly gluten free at some stage, but it is not necessarily a priority if you have a mild case. Good advice is that if you are considering a gluten-free diet, you should give it time, knowing that it could take six months or even longer to see a clear difference. Those with chronic psoriasis who DO have a serious gluten issue will notice results a lot quicker, however, and an increase in energy will be one of the first things they will probably notice, well before their skin improves.

In my opinion, I believe that you should try to improve your digestion first, and make sure you use digestive enzymes and probiotics, do the Psoriasis Diet and consider going GF at some stage but not as a priority unless you know that eliminating gluten makes a huge difference, because going strictly GF can be quite difficult and challenging indeed!

What benefits could a person with psoriasis get by going GF?

- **Anti-inflammatory.** Going GF can be a step in the direction in terms of following an anti-inflammatory diet approach, so for those with severe psoriasis or psoriatic arthritis this may be a smart move to consider, at least for a trial period ranging from 3 to 6 months. Auto-immune diseases respond particularly well to an anti-inflammatory

diet, and you will be able to read a lot more about this approach in the last book in the Psoriasis Program series entitled Psoriasis - Special Foods, Supplements and Herbs.

- **Psoriatic Arthritis.** In some cases, going GF may relieve some of your symptoms if you have psoriatic arthritis. I've seen this especially in this strong inflammatory form of psoriasis involving the joints as well as the skin. I recommend ALL patients I see with psoriatic arthritis therefore to stop gluten and wheat products strictly for about three month trial period.
- **Pustular Psoriasis,** a kind of psoriasis that can cause pimples or blister-like rashes on the soles of your feet and palms of your hands seems to be especially linked to gluten sensitivity. If you have this kind of psoriasis, I would recommend going GF for a few months to see if there is any improvement.
- **More Energy.** If you find that when you cut out gluten from your diet that your energy improves, then you may want to go further and keep away from gluten strictly for 6 months or longer to see if you get even more benefits, you may be quite surprised in that case to see your psoriasis disappearing! Yes, I've seen this happen in a few cases. I've found that psoriasis patients, who do have a genuine problem with gluten in their diets, are the ones who notice an improvement in energy quite quickly when they go GF.
- **Healthier Diet.** Going GF for many means eating a healthier diet, because they keep away from breads, cookies, cakes, muesli bars, and many similar convenience foods that all contain gluten. Going GF for most will mean eating more fresh fruits and vegetables, and proteins like lamb, eggs, chicken and fish. This will improve your digestion as well, help you lose weight and reduce your risk of many different chronic diseases.

What are the disadvantages of going gluten-Free?

- **It's a tough diet to follow.** A GF diet approach is not easy to follow, because you will need to strictly avoid many of the foods that people love to eat, like bread, cookies, donuts, cakes, bagels, and even many processed foods that contain gluten that include some salad dressings, luncheon meats and many canned foods. You will need to become a very careful label-reader when you go shopping and only buy 100 percent GF foods and drinks. Many patients with psoriasis I've seen find this particularly challenging.
- **You have to remain strict.** There is no point cheating when you go GF. If you really want to see the benefits, you going to have to go 100 percent or not at all. Even a small amount of gluten in your diet may challenge your immune system and give you a problem, this is especially the case if you are potentially very gluten sensitive.
- **Gluten-free foods may not be healthy.** You will need to be careful when buying GF foods, because some of these foods may potentially be higher in sugars, fats, preservatives or other substances to improve their flavor. Some people even believe that GF foods are healthier and may therefore eat more of these foods, and this may cause weight-gain.
- **Shopping may take longer.** You may have to visit shops you don't normally visit, and you will have to read labels a lot more carefully in

your quest to source truly GF foods. I recommend that you call the food manufacturer if in doubt. Once you start to look closer at labels you will start to realize that gluten is actually hidden in many foods you would have not suspected it to be in. I find it best to tell my psoriasis patients who want to go GF to stick with making their own dishes from unprocessed and natural foods, that way you will save the hassle of worrying about whether the foods you have chosen contains gluten.

- **You may appear to be anti-social to family or friends.** Having a strictly no GF diet can make you appear “difficult” when it comes to your diet. Some family members or friends may find it difficult to accept that you don’t want to eat that peanut butter sandwich or cake they baked because it contains gluten and you want to be GF. Understand that this may cause disbelief and even condemnation by some who just don’t understand the benefits from going GF.
- **Beer contains gluten.** This may come as a surprise to some, but most all beer is made from barley that contains gluten. An interesting study conducted in Boston at the Brigham and Women’s Hospital found that women who drank regular beer were more likely to develop psoriatic lesions than those who drank low-alcohol beer, spirits or wine. The researchers discovered that increased levels of barley, and therefore gluten, were found in regular beer as opposed to other forms of alcoholic beverages. I advise all those who are serious about going GF to avoid alcohol anyway, because it makes the digestive system more permeable and therefore increases the immune system’s response to even the tiniest amounts of gluten in the diet.

Going Gluten-Free Shopping

Have you look at The Psoriasis Program Shopping List yet? It contains a lot of GF options if you decide to go this way. In the 1980’s and even the 1990’s it was difficult to get GF foods from your local supermarket. I can remember sending a patient once to a health-food shop in the mid 1980’s to get gluten free products, and all they had on offer was a loaf of bread that was as hard as a brick and about as tasty as sand. Supermarkets did not stock any GF foods back then, and only the occasional restaurant would offer a GF meal if the chef was asked to especially prepare such a dish for a customer. How things have changed in the last thirty years for those wanting GF options. You don’t have to go to specialty health-food shops anymore, because today just about every shop that sells food will offer GF foods as well.

Here are a few tips for when you go gluten-free shopping:

- **Use my Psoriasis Program Shopping List,** it is very comprehensive and will give you many GF food options.
- **Shop around the perimeter of the supermarket.** This is the part of the shop where you are most likely to find the freshest, unprocessed foods like meats, fruit and vegetables. There you are most likely to find the most natural gluten-free foods.

- **Read labels.** Be sure to read labels of foods you are unsure about, especially foods you have not tried before. Just because a food is marked wheat-free, fat-free or sugar-free, it doesn't mean it is gluten free. Avoid all foods that contain even the smallest amounts of wheat, barley, spelt, malt, rye or oats, because they all contain gluten.
- **Go online.** Before you head out to your store, go to the Internet and look for different brands in your country available that are certified gluten-free. If you are just starting out, you may want to compile your own list of brands and suitable foods.
- **Talk with the store manager.** You should be able to speak with somebody in your local store who will be able to help you in your selection of suitable GF foods. Today most supermarkets carry an extensive range of gluten-free foods, including breads, cookies, nut bars, cereals, pasta, pretzels, chips and even waffles. Your store may be able to order foods for you if they are not available.
- **Watch your money.** Going gluten-free can be expensive, and some foods may appear quite bland and even tasteless for the money you have to spend. Be sure to shop around and try different foods from different shops, before declaring (like one of our psoriasis patients did) that "all gluten-free foods taste awful".

If you do decide to go strictly gluten-free for a long period of time, be sure to talk it over with your naturopath or medical doctor, it is a big commitment and should not be taken lightly. You will want to be sure that you are not restricting your diet too much and that your diet is well balanced, but if you follow the Psoriasis Diet as I have outlined in this book, The Psoriasis Diet, and at the same time want to incorporate a strict gluten-free approach you will be OK.

Do You Want To Lose Weight?



Many patients I see in general are overweight, and the same applies for many people with psoriasis. If you have weight to lose, the MEVY Psoriasis diet will almost certainly cause you to lose weight, and it is not unlike the initial induction phase of the Dr. Aitkin's High Protein and Fat/Low Carb Diet. By following the MEVY Psoriasis diet, you can lose weight rapidly, especially if you increase your activity levels and walk daily.

By cutting out the refined carbs (sugar, cookies, ice cream, sodas, and many junk foods, etc.), breads, donuts and muffins containing yeast and sugars and now the starchy carbohydrate vegetables, you can understand how the weight will come off. The MEVY Psoriasis approach will not only help you to get rid of your psoriasis, but your expanding waistline as well. By staying off the starchy vegetables, the refined carbs and breads you will be blown away how much weight you can lose over time.

Carbo-hydrates do just what they say; they are a carbo that will "hydrate" your body and puff up your butt and thighs or other body parts like your upper back or arms and even your face. This is why you will urinate plenty

once you kick the carbo habit and lose that puffed up weight rapidly, at least for the first two to three weeks. You are losing all that puffy fluid from your body! Be sure to drink enough water and eat sufficient fiber to keep those bowels and that urinary system going or you may find yourself a little constipated. Some people I have seen have lost amazing amounts of weight (150 pounds or more) on the MEVY Psoriasis diet approach, and many have kept it off because they kept up with their good eating practices.

If you go back and eat and live how you used to, you just may find that your weight will probably come back again, and all this “yo-yo” type diet approach will make it almost certainly impossible to shift in the years ahead.

The Main Starchy Offenders

It is particularly important that you avoid these foods initially, especially if you have a lot of digestive problems like bloating, gas, constipation, burping or suffer regularly from indigestion, food allergies or food sensitivities. Remember that these starchy vegetables can cause aggravations if you have plenty of bad bacteria in your digestive system.

Best to avoid this group for several weeks (or even several months), if you have had a major digestive (any) or severe psoriasis for many years; but if your problems with psoriasis are quite minor or of a recent origin then you are probably OK if you are sensible about this food group. There are many diet books that are just starting to come out which focus on the low or no starch diets, and they make this recommendation for a good reason.

Perhaps there may be one starchy vegetable in particular that you love; it could be said to be your favorite. A lady once told me she is a “potato girl” and enjoys potatoes cooked in variety of ways, whereas another lady told me that she adores pumpkin cooked in any way, whether it be in soup, baked and even in pumpkin scones. *What is your favorite?* Is it fries, sweet corn or maybe baked parsnip? Maybe it’s a few slices of bread a few times each day with your favorite spread. Maybe it is a serving of ice cream several times a week or a bar of chocolate. Identify with it and avoid it, it could make all the difference in the world when it comes to your digestive and immune system, your expanding waistline and consequently your skin.

Starchy High-Carb Vegetables

The main vegetables to be avoided when reducing carbohydrates are those starchier and sweeter vegetables:

- Peas
- Lima Beans
- Broad Beans
- Dried Beans
- Winter Squash (acorn and butternut)
- Sweet Chestnuts and Water Chestnuts
- Parsnips
- Potatoes in all forms
- Sweet Potatoes
- Corn, Sweet Corn or Maize
- Plantains

Health Tip

Eat more complex carbohydrates for better bowel flora

If you want to promote good health when you have psoriasis, I always stress not to go indefinitely on a low-carbohydrate diet. It is important (but not commonly known) that a diet rich in complex carbohydrates, especially vegetables, is one of the best ways to promote healthy normal bowel flora with psoriasis, leaky gut and immune dysfunction. I like to see patients become wise about their carbohydrate choices on the Psoriasis Program, and recommend they cut out many carbohydrates initially (especially sugar containing foods, the refined carbs) and then carefully phase them back in as their skin improves.

Eat Those Low-Carb Vegetables

This list is roughly arranged from lowest to highest carbohydrate counts, but all are non-starchy carbohydrates. These are the best vegetables to eat when you have psoriasis, remember, avoid the starchy carbohydrates for at least two to three weeks or longer if need be. Some patients I have seen avoid the high starch carbohydrates until well down the track whereas others reintroduce them much earlier. It all depends on your recovery, how much you miss them or were addicted to eating them, and how they affect you when you do reintroduce them eventually.

- Asparagus
- Artichokes
- Bok Choy
- Bamboo Shoots
- Broccoli
- Brussels Sprouts
- Cabbage (or sauerkraut)
- Carrots
- Cauliflower
- Celery
- Celery Root (Celeriac)
- Cucumbers (fresh)
- Fennel
- Green Beans and Wax Beans
- Greens – lettuce, spinach, chard, etc.
- Hearty greens - collards, mustard greens, kale, etc.
- Herbs - parsley, cilantro, basil, rosemary, thyme, etc.
- Lettuce – all varieties, Cos lettuce is good
- Leeks
- Okra
- Onions
- Radicchio and endive count as greens
- Radishes
- Rutabagas
- Scallions or green onions
- Sea Vegetables (nori, kombu, wakame, etc.)

- Snow Peas/Snap Peas/Pea Pods
- Sprouts (bean sprouts, alfalfa, etc.)
- Spaghetti Squash
- Turnips
- Zucchini (courgette)

Whole Grains

It is a common misconception that people with psoriasis should go on a “no grain and 100 percent gluten free diet”. I am not an advocate of this. You will most certainly need to avoid gluten if you are a celiac or have a gluten allergy, but not everybody with psoriasis necessarily has a gluten allergy, I can assure you. Gluten is often to blame when a person has a chronic ongoing digestive problem, but try blaming the poor bacteria and levels of candida yeast in the digestive tract before you go pointing the finger at gluten. Lay the blame on years of dietary indiscretions, leaky gut syndrome, eating too much sugar, regularly drinking alcohol and many more similar dietary habits. You are OK to eat wheat and gluten products in most cases, providing you eat bread for example made from just a good quality (stone ground and organic preferably) whole meal flour, salt and water, bread which contains no yeast or sugar. Have you tried to make the sourdough bread yet? I see no problems, unless the person has a known allergy, with consuming barley, corn, millet, oats, rice or wheat.

Breads, Biscuits, Cakes and Muffins

All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent. Again, we don't want any commercially prepared products containing sugars or yeast. Best to make and bake your own. Be particularly careful with this category of foods, and if your psoriasis is particularly severe, chronic or has been of a long duration, then you will need to avoid most all cookies, muffins, breads, scones and baked or flour-based products for some time until your skin improves to a high level.

Dairy

Natural yogurt (100% sugar free, natural and sour yogurt), buttermilk, butter. Pure butter is OK as well, and you will probably have no problem with hard cheeses or sour cream. Some will, some won't and again, experimentation is best. The main offender is cow's milk; I have found it to be the most allergenic of all dairy products. Have you ever heard of Yakult? It is a soured milk product that is sky high in beneficial bacteria and well worth a try, especially if you are tough on your diet and want to repopulate your intestines with high levels on beneficial bacteria. Just go to Google and look it up.

Stocking Up On Foods – Your Pantry

The essential ingredients in this diet are the fresh foods; fresh vegetables, eggs and white meats or lamb are essential. Also, fresh yeast free-breads and cereals are also excellent – unless you are allergic or intolerant. Shop frequently and try to have the freshest foods on hands for up to three days at a time.

Make certain that there is no mold or mildew on your fresh foods, and be especially careful with your vegetable crisper that you clean it out at least weekly. Plan your meals ahead, that way you will be able to select the foods you need and never fall short. Make sure you buy any ingredients you have not previously had and keep them in stock.

It is best that you make your own cottage cheese and yogurt but if this is not possible buy only small quantities. Make sure your selection of perishables is fresh, by checking the expiry dates.

Great Tip:

Shop Smarter And Take Note Of Expiration Dates

Here is a good trick, when selecting perishables from your supermarket, always select the products that are placed right at the very back and not the very front of the shelf of the refrigerated section. You will find that the difference in expiry dates can vary from one day right up to one week. The container right at the back was placed there more recently, and the shopkeeper wants you to buy the product at the very front, with the shortest expiry date, and the least fresh. How is that for a clever tip I learned from my Jewish mother.

It is best not to leave any half-opened containers in your refrigerator or pantry. Buy small quantities of fresh produce, yogurt, vegetables, meats, eggs, grains, nuts and seeds and replenish stores frequently. As you will be shopping rather frequently for fresh produce, you will be able to produce exciting meals within minutes.

Here is an example of minute meals:

- Soup and sourdough bread
- Brown rice and stir fried vegetables
- Meat and salad
- Pancakes topped with home-made sour cream

The Deep Freezer

A clever thing to do is to think ahead with your meals, and this is particularly important if you are a busy person. When you start the Psoriasis Diet, set aside some time to make standard meals you consume regularly which are suitable for our purposes, or make up recipes and then go on to create your own personalized recipe book. A good idea is to store pre-made meals or foods in your deep freezer well ahead. Be sure to clearly label the date of freezing and what the food actually is. This is very smart, because you will always have some food on hand in case on any emergency or if the unexpected arrival of guests such as family or friends catches you out. There will also be days when you just can't be bothered to cook and just want something quick and easy, am I right?

Here is an example of foods to freeze:

- Soups
- Pancakes
- Cooked rice
- Whole meal pitta or sourdough bread
- Casserole
- Cooked chicken or beef

Foods You Should **AVOID When You Have Psoriasis**

When diet is wrong, medicine is of no use. When diet is correct medicine is of no need. *Ayurvedic medicine quotation*

Like many chronic diseases, psoriasis will thrive when you make the wrong dietary choices. If you are one of those psoriasis sufferers who loves to consume carbohydrate foods, especially those sugar and yeast rich foods, please be aware that we are talking mainly refined carbohydrates, the simple sugars, then you will have a hard time overcoming your psoriasis. It is important to repeat myself here; it is considered important in the beginning to also avoid any foods that contain or have the potential to contain fermented products like molds or fungi. And that means cheap commercial white or malt vinegars, alcohols (ALL), yeast extract spreads, mushrooms, melons and soft cheeses, etc.

Once your intestinal poor bacterial levels and candida yeast overgrowth is controlled, there is no reason to keep a strict prohibition however, but the return of your symptoms like abdominal bloating, gas, etc., after eating one of your offending foods will tell you that it is time to return for a period to the offending food avoidance strategy. Always remember - the better your digestive health, the better your skin health and psoriasis will be as a consequence.

Avoid ALL Sugar and Sugar Containing Foods



Sugar and other quick-acting carbohydrates including sucrose, high-glucose corn syrup, fructose, high fructose corn syrup, maltose, lactose (cow's milk), glycogen, glucose, mannitol, sorbitol, galactose. Also avoid honey, molasses, maple syrup, maple sugar, and date sugar.

Avoid All Packaged Foods

Canned, bottled, boxed and other packaged and processed foods usually contain refined sugar products and other hidden ingredients. For example, you will find many small pieces of dried fruits in packaged cereals and muesli. You will find many artificial colors, flavors as well as preservatives lurking in a wide variety of processed and packaged foods. You will be surprised to see sugar of some kind of form as a main ingredient in many packaged and processed foods. Read the labels!

Breads, Pastries And Other Bakery Goods, Milk And Cheeses



While you don't have to strictly avoid wheat products such as breads, flat breads are OK, made with a high quality wholemeal flour, water and salt only, it is better to avoid wheat, rye, barley, spelt and even oats, all gluten containing grains, for a while until your digestion and immune system improves. If you have been suffering with chronic psoriasis for many years, only a careful elimination and challenge will let you know if wheat based breads and grain based foods are working either for or against your skin health. You will soon know with a careful elimination and challenge.

In my experience, you will improve quite rapidly if you do decide to eliminate wheat in chronic psoriasis cases. If you must eat wheat, then eat flat breads made with only with a high quality wholemeal flour, water and salt, that way you avoid any added sugar and yeast.

Alternatively, use a sour dough technique to make any bread yourself. Hard cheese is usually fine, but do bear in mind that any cheese has the potential to go moldy. Especially avoid moldy cheeses such as Camembert, Brie and Blue Vein. Aren't they great though with a glass of red wine and some water crackers? See, you have plenty to look forward to when you finally recover!



ALL Alcoholic Beverages

Wine, beer, whiskey, brandy, gin, rum, vodka and other fermented liquors and beverages such as cider and ginger beer. *Alcohol is an absolute no-go zone*, and if you can't stop drinking until you are really well then my Psoriasis Program is NOT for you! There is no "safe" alcohol, one website with plenty of psoriasis information surprises me by stating that gin and vodka are OK, but wine, beer and other spirits are not. Is it any wonder folks get confused when reading information online?

I've heard many psoriasis patients tell me that their skin can flare-up pretty bad if they drink a little too much. You may want to experiment here if you don't believe me, because the less you drink the better you will feel. What happens when you drink alcohol is that it causes a dilation of the blood vessels, and this in turn will give your white blood cells and other substances in your bloodstream a much easier access to your skin which in turn encourages an inflammatory response, and this in turn increases the likelihood of a psoriasis flare-up. Alcohol also interferes with your digestion and causes dehydration, which can dry your skin and actually worsen your psoriasis symptoms. Alcohol affects digestion adversely and that reduces the ability of your stomach, small intestine and pancreas from functioning optimally. This in turn delays skin healing and causes fatigue amongst a host of other health problems.

Condiments, Sauces And Vinegar Containing Foods



This is a very much and completely over looked area, because most people who have psoriasis tend to narrowly focus on the sugar containing foods of junk foods. Did you know that this group has the potential to contain even more yeasts, molds and unhealthy bacteria than all the other groups put together? If I went to your refrigerator right now, how many jars would I find that have been residing there for weeks or even months? You would be surprised how often you have bought a jar of some sauce and forgot about it for ages. Do you check expiration dates on bottles foods in your refrigerator? I'll bet you don't. Take a look at your refrigerator today, and you'll probably end up throwing out many different containers.

Sauces And Condiments To Avoid For A Few Months:

Barbecue sauce (sugar containing)	Pickled vegetables (sugar containing)
Bottled olives (supermarket)	Relishes (sugar containing)
Chili sauce (sugar containing)	Sauerkraut (sugar containing)
Mustard sauce (sugar containing)	Salad dressings (sugar containing)
Tomato sauce (sugar containing)	Shrimp sauce (sugar containing)
Hoi sin sauce (sugar containing)	Soy sauces
Horseradish sauce	Steak sauce (sugar containing)
HP Sauce (sugar containing)	Mincemeat (sugar containing)
Mayonnaise (sugar containing)	Tamari
Oyster sauce (sugar containing)	Worcestershire sauce
Pickles (sugar containing)	White vinegar

Avoid ALL kinds of vinegar-containing foods such as mayonnaise and salad dressings, especially those "fat-free" dressings because they are all high in sugars and these sugars are often artificial as well.

Freshly squeezed lemon juice may be used as a substitute for vinegar in salad dressings prepared with extra virgin olive oil. You can use vinegar providing it has been naturally fermented, like Bragg's Vinegar. Some people who treat psoriasis may tell you to avoid all vinegar strictly, this is not right in my experience.

I have found that most all patients with psoriasis can tolerate an organic and naturally fermented vinegar that has not been pasteurized.

Malt Products

Malted milk drinks like Milo, Ovaltine, Horlicks, and cereals. Malt is sprouted grain that is kiln-dried and used in the preparation of many processed foods and beverages.

Edible Fungi All types of mushrooms, champignons and truffles.



Melons



Watermelon, honeydew melon and especially cantaloupe (rock melon). Melons are particularly high in sugars and molds.

Coffee and Tea



Regular filtered coffee, instant coffee and tea, stop green tea, especially the first two weeks. This is tough, but if you were a slave to caffeine you would do well to slowly come down off your caffeine addiction, reduce to one cup per day.

Remember, we are looking at improving your overall health to the highest level possible, and caffeine certainly does not play any beneficial role here. I do allow one cup of coffee a day on the Psoriasis Diet for those caffeine addicted souls who tell me that they would simply die if they didn't have their morning cup! Have one coffee a day, but skip on the sugar and milk if you can. Try stevia, it's nice if you need a sweetener. Believe me; you will not miss your several cups of coffee or tea once you start to eliminate these beverages from your diet. You will feel much better once your body is used to generating energy naturally and has become less reliant of caffeine to fuel it.

Fruit Juices and Sodas



Fruit juices are a big trap for many who believe that a glass of orange juice is a great way to start the day. You will need to avoid canned, bottled or frozen juices, including orange juice, grape juice, apple juice, tomato juice, pineapple juice and any other fruit juices.

It goes without saying that all soda, carbonated and energy drinks are to be avoided entirely. About a year ago I started to experiment with a few patients with grapefruit juice, to which they added 5 drops of GSE (grapefruit seed extract) and I found it to be a great success. You may want to try this option, providing there is no added sugar in the juice.

Dried and Candied Fruits



Many people I have seen with psoriasis just love dried fruits, and routinely snack on them. Avoid them, as they are loaded with sugar. Apricots, dates, figs, pineapple, prunes, raisins, currants, dried apples, dried bananas, dried paw paw, etc.

Avoid Leftover Foods



Does this look like your refrigerator? Here is a problem I see with many who come to see me in my clinic about their psoriasis, they eat for lunch what they had leftover from dinner the day previously. Don't make the mistake of cooking food for dinner, and then placing it in the refrigerator after covering it with plastic-film, or placing it in a container with a lid ready for reheating the next day. Molds grow in leftover refrigerated food.

Freezing is much better as soon as the food cools down, then heat to a high temperature to kill any molds, spores or bacteria. You are better off cooking just enough for your meal, and prepare fresh meals each day. This is what I do, I don't have any left over foods. This takes a little more time, but when you begin to eat like this it will ensure that the meals you do eat every day are fresh and have no molds or spores on them that developed overnight.

MEVY Psoriasis Diet Quick Check List Of What To Eat

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

Stage 1 – Quick List Of What To Avoid

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

Getting Started: Making Your Psoriasis Diet Work

1. **Have you started to get rid of the foods** from your refrigerator and pantry that you should avoid in Stage 1? Go out and buy a vegetable steamer and re-organize your cooking space, clear that clutter.
2. **Have you gone shopping yet** and bought the foods that you should be consuming? Have you bought the right grains, nuts and seeds, oils, spices, fresh garlic, organic apple cider vinegar, coconut products and Pau d'arco tea? You have thrown out all that junk including all those old jars out of your fridge, haven't you?
3. **Have you started to make a shopping list?** Hang a shopping list on your fridge, plan your meals and buy what you need ahead of time. Buy small amounts of fresh fruit and vegetables 2 to 3 times weekly.
4. **Have you started to fill out your Psoriasis Symptom Tracker yet?** It is important to test and measure if you are to find out what works and what doesn't for you. You will find an explanation of the Psoriasis Symptom Tracker in one of my other psoriasis booklets. Keep going if you improve, but do

stop, assess and change what needs changing if you don't improve. Easy.

5. **Are you prepared for the inevitable ups and downs you are likely to face in this first stage?** Keep telling yourself that you are going to beat psoriasis once and for all and that it will be well worth your efforts in the long run. You want a permanent psoriasis solution, and that's why you bought The Psoriasis Program.

Supplements During Stage 1 MEVY Psoriasis Diet



Along with these dietary changes, you will get optimal results from your Psoriasis Program if you take a few highly specialized dietary supplements. While nutritional supplementation is not absolutely necessary, it does play a crucial role in recovering from psoriasis. The supplements I recommend will not only speed-up your recovery, but in many cases they will be found necessary for a complete

and deep-seated recovery from the dysbiosis (bowel overgrowth of poor bacteria), leaky gut, food allergies and many other potential underlying health issues associated with psoriasis.

The dietary supplements I have chosen have been specifically selected based on my experiences in working with many patients with psoriasis for their cleansing, healing and deeply restorative effects, and I will explain the significance of these dietary supplements in the book called Psoriasis - Special Foods, Supplements and Herbs, because it is important for you to understand why these supplements have been included as part of your Psoriasis Program, and the necessity of taking them regularly.

The supplements I recommend in the first stage of the Psoriasis Program are an **Antifungal and Antibacterial Formula**, a **Multi Vitamin**, a **Digestive Enzyme** and a **Probiotic**.

Here's why you need to take these dietary supplements during stage 1:

1. Antifungal and Antibacterial Formula. It is a very good idea for you to take an antifungal and antibacterial formula for the to counter and inhibit any yeast infection and bad bacteria. Good advice is to wait about a week or two into the MEVY Diet before you start taking any antifungal and antibacterial formula to prevent any potential die-off or aggravations from occurring. For those with a serious bacterial overgrowth or yeast infection (not uncommon with chronic psoriasis), start at the rate of one dose per day initially and slowly build up the dosage. Most people with psoriasis will be able to tolerate between two to three doses per day without too much problem, but do wait a week or two until after you have started the MEVY Psoriasis Diet before you begin supplementation with the antifungal and antibacterial formula, just to be on the safe side, particularly if you are a sensitive person, aggravate easily or feel weak when you first start the

treatment plan. These are powerful products and will most certainly assist in the eradication of any bacterial or yeast overgrowth in your digestive tract.

2. Multi Vitamin. This product is intended to help combat any potential nutritional deficiencies while you are on the Psoriasis Program. This product will ensure that you don't run into any nutritional deficiencies throughout the different stages of the Psoriasis Program. You generally take one with each meal; three a day is the optimal dose.

3. Digestive Enzyme. This essential dietary supplement is intended to assist in the proper digestion of foods because it will help to boost your digestion (stomach, pancreas, small intestine and liver/gallbladder) tremendously and help improve bowel function. I found the digestive enzyme to be particularly important for the first two to three weeks of the Psoriasis Diet because the protein intake will be increased and the refined carbohydrate intake decreased, including fruits. This can often lead to a sluggish bowel and an increased load placed on the stomach and small intestine. You will discover that the better the process of absorption, digestion and elimination work in your body, the sooner you will overcome your psoriasis and with the least discomfort and aggravation.

You can read more about special anti-psoriasis foods, supplements and herbal medicines and herbal teas in another booklet I have written on psoriasis.

Consider Stopping Your Current Supplement Regime For 4 – 6 Months

Have you been taking up to a dozen or more dietary supplements until now to fight your psoriasis? You may be taking a few, several or even a large amount of dietary supplements like a Vitamin B Complex, Vitamin D, Vitamin E, Calcium or Cal/Mag, Zinc, urinary formula, liver detox formula, colon cleansers, etc.

In some of my other writings on psoriasis, you may have read about some people who take up to two-dozen or more supplements daily when they have psoriasis. There is no real need to take so many products on the Psoriasis Program, trust me. I routinely take patients off many different types of products whilst they on the Psoriasis Program, and have done so for many years. Incredibly, not one patient has died or even become ill due to a deficiency of any vitamin or dietary supplement that I have come across whilst on my program recommendations.

I'd like you to think carefully about taking all those different dietary supplements you may be taking currently while you are on the program. How long have you been taking them for? In many instances, there is no need to continue with so many dietary supplements at this stage. Taking several dozen dietary supplements each day is no guarantee of psoriasis eradication, it is the combination of diet, lifestyle and carefully balanced and highly targeted supplementation that will give you the results you are looking for, a permanent psoriasis solution.

The more supplements you take, the more you will confuse your treatment and we will not know what is happening and what is working and what is not working if you continue to take all manner of lotions, potions, vitamins and minerals. Remember, you can always go back taking all your supplements after you have completed your Psoriasis Program, so just put them in a box and store them in a cool dark place.

Stage 2 – The Low-Allergy Psoriasis Diet Stage



Now that you have completed the first two to three weeks on the stage one MEVY Psoriasis induction diet, it is time to clean up your diet more by temporarily eliminating the foods that potentially challenge your immune system. This information is missing from most all books or programs I have seen regarding psoriasis, and because psoriasis is classified as an auto-immune disease, you would wonder why not more attention has been paid to taking out the most potentially allergy-forming foods temporarily. It makes a lot of sense, and I started to notice a higher level of success with many psoriasis cases once I started to adopt this stage.

As you go into Stage 2, be sure you adhere to the principles as outlined in the MEVY Psoriasis Diet, but after two or three weeks on Stage 1 you may loosen up a little depending on your level of improvement. Don't worry about knowing which foods you should or shouldn't eat, because you will soon fall into a pattern of knowing what you can and can't eat in terms of skin aggravation.

This second stage called the Low-Allergy Diet Stage and is especially useful for those who have suffered with chronic psoriasis for some time. It is particularly beneficial to do this stage if you have been on a course of antibiotics or have taken any pharmaceutical drug like a retinoid (synthetic vitamin A), methotrexate (a chemotherapy immune suppressant drug) or other drugs regularly. Are you still drinking occasional alcohol? Then you simply **MUST STOP** now, and continue on to complete this stage or you will **NOT** recover to a high level, this has been my experience after helping countless psoriasis patients back to health.

While you can skip this allergy-avoidance stage, and I have no doubt that many will, your recovery from psoriasis will probably only be partial, especially if your psoriasis is chronic or you can relate to the list of the several reasons I have described ahead. This list contains the main reasons why you may want to include the avoidance of potentially allergenic foods as part of your Psoriasis Diet.

Once you have completed between two to three weeks on the Stage 1 MEVY Psoriasis Diet, you should be starting to feel better, it is now time to withdraw any potentially allergenic foods from your diet. It is important to understand that a resolution from psoriasis will only come as your digestive system improves in health. In his successful book entitled "Healing

Psoriasis”, Dr. Pagano states that his approach is “primarily based on diet and healing the intestinal walls and insuring adequate evacuation”.

But why a low-allergy diet you ask, what is the relevance? This Stage is vital because certain kinds of foods have an increased tendency to create allergenic responses inside your body, and most patients I have seen with chronic psoriasis related problems have various issues with their small intestine including leaky-gut syndrome, parasites, dysbiosis as well as their yeast overgrowth. Be sure to read the booklet entitled Psoriasis and Leaky Gut Syndrome. If you have a very mild case of psoriasis, then you may not need to complete Stage 2 at all, but I would certainly recommend that you do it because psoriasis is a condition of impaired immunity, regardless of it's severity. The longer you have suffered or the more resistant your psoriasis is to any kind of treatment, the more likely you will benefit from Stage 2, and the longer you may need to implement this stage before your digestive system has turned the corner and repaired itself, reflecting in beautiful skin.

Good Tip: Eat Yogurt

Are you worried about your calcium intake?

Many people are worried about their calcium intake and get concerned when I ask if they will stop milk, a high source of calcium in the diet. Milk products can encourage a yeast overgrowth due to their lactose (milk sugar) content, and milk itself is quite possibly the most allergy forming food I know. Natural yogurt however is an allowed food, the beneficial bacteria feed on the lactose and create a soured product (not sweet) which has little to no lactose content. Yogurt is a rich source of not only beneficial and yeast-hating bacteria; it is also a rich source of calcium and many other minerals.

Good Reasons To Enforce The Low-Allergy Psoriasis Diet Stage

- Those with a history of eczema, asthma, hay fever or allergy.
- Those who have psoriasis and have tried many different treatments with only partial success.
- Anybody who has taken an antibiotic, especially if you have had several courses of an antibiotic.
- Anybody long-term on any prescribed pharmaceutical drug.
- Any chronic (more than 12 months) case of psoriasis.
- Those who have had a history of poor diet or alcohol consumption.
- Those with psoriasis who are shift-workers, nurses, taxi or truck drivers or any occupation with unusual or long hours.
- Those who have irritable bowel syndrome or any bowel or digestive complaint which is resistant to treatment
- Those who are celiac or have inflammatory bowel syndrome (ulcerative colitis and Crohn's disease)
- Those who feel better when they avoid dairy foods, gluten, or any particular food group.

- Those with any kind of auto-immune illness (like psoriasis, rheumatoid arthritis, asthma, Hashimoto's thyroiditis, grave's disease, multiple sclerosis, or any one of the sixty auto-immune illnesses)
- Those who have had a chronic case of vaginal thrush (vaginitis)

Most people who have psoriasis will be able to relate to one or several of these points, and for this reason they should complete the stage 2 Low-Allergy Diet component of the Psoriasis Diet.

The Low-Allergy Psoriasis Diet

Food allergies and food sensitivities are common with psoriasis. The things you crave are frequently what will drive the skin inflammation and itch. Try to identify any possible allergies or sensitivities and weed them out. This can help a lot and will allow you to recover much faster than if you skip this step.

In particular, steer clear of milk, oranges, bananas, peanuts, and all foods to which you suspect you might be allergic or sensitive to. Reducing the workload on your immune system enables your system to harness sufficient energy to overcome psoriasis. I have found this to be a key but often a very overlooked factor to a complete recovery.

It is important to bear in mind that the Hypo-Allergenic Diet does not take into account the fact you may be a celiac, or be sensitive to dietary salicylates, amines, colors, flavorings or certain kinds of preservatives. You will need to bear this in mind, and need to further consult with your practitioner on these matters. You may also have food intolerances, which also may need to be addressed. These can come about due to poor digestive enzyme levels or many other factors. The immune system is the one that finishes off the job, but only if it has the energy to do so.

Eating foods that have a high allergic potential (such as cow's milk, bananas, peanut butter, oranges – see the list) or typical psoriasis-promoting foods (like alcohol, sugar, candy, chocolate, etc.) tires out your immune system since it is forced to "shadow box" any antibodies it has built up that mimic the poor bacteria or candida yeast infection or various other toxins in your system.

It is my belief that the only way you are going to get fantastic results and permanent results once and for all with your psoriasis is to *get serious with your diet and lifestyle*, and in particular by avoiding all the potentially allergenic foods until your immune system improves significantly, that way you will get results much faster than by any other method you will try.

I've always told my psoriasis patients if they are looking for a good doctor, then I'm looking for a good patient. In fact, the greater the patient's compliance, the better the results and the faster he or she will achieve them. That's how your reputation grows as a practitioner, with results. The more you put in, the more you get out, and that's how it is with any endeavor in your life.

Ahead you will find the Low-Allergenic Psoriasis Diet I have been using in the clinic for many years now. The trick is to avoid foods in **BOLD** until your digestive and immune system (and consequently your skin) improves considerably. You will notice that once you remove a key offending food or foods that symptoms improve, and if you re-introduce prematurely, then you will aggravate.

Be sure to read what I have written previously in an Introduction To Healthy Eating For Psoriasis on allergies, especially about IgE (immediate) and IgG (delayed) allergies. Immediate allergies are the allergies usually caused by foods such as cow's milk, bananas or for example strawberries. However, quite violent IgE food allergies are caused in particular to foods like peanuts, eggs, shellfish or fish.

Most people with these types of allergies know they have an obvious allergy to a particular food they eat, or in some cases only have to breathe around the food, and bingo, the allergic response is produced.

The foods you see in **bold** below in the Low-Allergenic Psoriasis Diet are the ones most likely implicated in immediate food allergy responses. If you are confused and want to know the difference between an allergy and intolerance, something many people get confused with, just go back and read what I have written previously in an Introduction To Healthy Eating For Psoriasis about the difference between allergies and intolerances, it will all make sense.

The foods in the column on the right in the Low-Allergy Psoriasis Diet are the ones I would like to see you avoid for two to three weeks, and if you may want to avoid them for a longer time because you will feel great. There are three categories of foods in the right column:

- **Bold listed foods**
- *Italics and underlined foods*
- Plain font listed foods

In Stage 2, the Low-Allergy Psoriasis Diet Stage, be sure to avoid those foods listed in **bold** first for two weeks. If you are severely affected and have known food allergies or strongly react to foods in your diet, then I would suggest that you avoid for two weeks in addition any foods in the right column that are in *italics and underlined*.

It should not be necessary for you to avoid all the foods in plain font in the right column, I have listed them here as foods which *may* have a tendency to creating immune reactions. This will only be the case in the more extreme case of psoriasis, and if you have a serious problem with your skin then it will be better for you to eat less of these foods in plain font the right column, but do not avoid altogether the foods listed. It certainly is in your best interest to eat foods more in the left column, as these are the foods least likely to create any unwanted immune reactions, especially if you have a case of leaky-gut syndrome involving lots of bloating, gas, constipation or diarrhea.

You will notice that included in this list are all raised breads (baked breads containing yeast) all soft cheeses, wine, beer and spirits and vinegar, chocolate, peanuts, and sweets (candy). In this category I would also place bananas and oranges, pineapple and mandarins as well as dried fruits, but limes and lemons are fine.

Don't kid yourself that one small piece of chocolate occasionally is OK. This is not the way to tackle psoriasis, just say "NO" and learn to discipline your discipline. You will feel fantastic in time and the healthier you get, the stronger your self esteem and resolve to never go there again. I have seen this in many psoriasis patients over the years; many of the worst cases eventually become the best advocates for living a naturally healthy lifestyle.

Drink Water And Lemon Juice



During Stage 2 the body will need to adjust to cleanse of the toxins that are released from the liver and digestive system, and this is achieved by drinking plenty of water. I like patients to drink water when they get up, before meals, in the afternoon and early evening. In addition, tepid to warm water with a small squeeze of fresh lemon is a great detoxifying agent, and lemon is a fruit that is permissible and encouraged during the entire Psoriasis Diet.

Eat More Anti-Fungal Foods

During Stage 2, I recommend that you increase your intake of vegetables including salads even more if you can, and especially those key foods with anti-microbial properties that inhibit the growth of poor intestinal bacteria and candida albicans. I can assure you, the MEVY Psoriasis Diet is excellent for those with chronic psoriasis. You will need to keep those bowels going, and that's why selecting the right amount of vegetable fiber along with plenty of fresh water and lemon juice makes sense.

When your bowels work better, you will eliminate plenty of toxins and bad bacteria from your bowel. And what animal protein should you choose? That's really up to you, I personally like fresh fish and free range egg with a bit of organic grass-fed lamb. You will need to decide what is right for you, you may even wish to go vegetarian, and in that case there are plenty of choices as well. Research has shown that those on a predominantly vegetarian diet had amazing results with improvements in their psoriasis.

Leaky Gut Syndrome Is Very Common With Psoriasis Sufferers

I guess LGS sums up most of the psoriasis patient population to some degree. In my experience, people with long-standing psoriasis often have food allergies or food intolerances and this may result from problems which have occurred to the lining of the small intestine called "leaky gut", you can read a lot more about what constitutes leaky gut in a booklet I have devoted entirely to this subject called Psoriasis and Leaky Gut Syndrome.

All the books I have studied over the years relating to psoriasis all mention LGS, various toxins and poor bowel performance as the major obstacles underpinning most all cases of psoriasis.

Leaky gut goes hand in hand with psoriasis, and is often one of the main underlying causes of most all food allergies I see in patients in my clinic. Subsequently to developing a leaky gut, a person's immune defense may become increasingly weakened. Leaky gut is a particularly common occurrence in those with a history of antibiotic therapy or other prescribed or non-prescribed pharmaceutical drugs, which is not uncommon in those with a history of psoriasis, and at the risk of sounding like a broken record player, if you have had *any* antibiotic treatment in the past then you should certainly NOT skip stage 2, the Low-Allergy Psoriasis Diet stage.

But why don't we take these potentially allergenic foods out at the beginning you ask, why do it now? That's a very good question, and the answer is that we don't want to compound any potential aggravations you have as you simultaneously eliminate all sugars, refined carbohydrates and the yeast containing foods along with more problems caused by the withdrawal of any potential allergenic foods. A person may develop an aggravation as they commence the program, especially in the first few weeks. By making the diet even more restrictive I have found that the Psoriasis Diet becomes just too much to cope with in many cases, and it certainly can be called the "impossible diet" if too many restrictions are placed at the onset.

It is a person's best interest to make any food withdrawals staggered and in increments over a period of time. I have trialed various dietary approaches over the past several years and have found this multi-stage approach to work the best with the large majority of psoriasis patients I have worked with. You are welcome to go ahead and try your psoriasis program by making lots of exclusions right up front, but do expect aggravations, especially if you have had a chronic psoriasis problem of many years duration. Believe me, the best approach is to stagger your food withdrawals, just like the best approach is to carefully and to systematically re-introduce the potentially aggravating foods as you recover.

Staggered Withdrawal Is A Clever Approach

Stage 2 is a clever approach in the clinic, and I started to realize the value of this second stage approach several years ago, and it works really well. Most books on psoriasis I have studied never mention the value of *staggering the withdrawal* of initially the refined foods, junk, alcohol and breads (yeasts and sugars) and then to implement the Low-Allergy Diet, they just ignored this step and went from stage one to stage three, the re-introduction. Most books on psoriasis in fact just recommend the foods that are not considered to be beneficial for the psoriasis patient are to be removed, all at once, and never to be re-introduced. There is no recommendation of a staggered approach and re-introduction is not often recommended either.

While it is true that many of the potentially allergenic foods are removed in Stage 1, little to no attention is paid in my experience to the Stage 2 Low-Allergy Psoriasis Diet approach by most health-care practitioners, and those with psoriasis are frequently allowed to continue consuming cow's milk, commercial breads and even peanuts throughout the treatment.

You will find that these are the patients who improve to a degree, but never feel really good or have experienced significant improvements right across the board. Recovering from psoriasis permanently means healing and recovering your immune, digestive, nervous and hormone (endocrine) systems and involves what you eat, how you eat it and how you live your life. It takes time and a commitment to improve these crucial aspects of diet, nutrition and lifestyle, and that is why the biggest part of my writings on psoriasis is by far devoted to diet and nutrition and especially stress and your lifestyle.

As mentioned earlier, Stage 2 of the Psoriasis Diet is not compulsory by any means, but you will find that if you follow this part of diet in the sequence I have outlined, you will get the very best results – *I guarantee it*. Your digestion will improve faster and you will halve the amount of time it takes for your digestive system to beat this thing for good once and for all. And besides, it has taught you one important thing – discipline, and that's not a bad thing when it comes to making the right dietary choices for psoriasis.

Tailor Your Withdrawal And Food Re-Introduction To Suit Yourself

Do you have a bad case of psoriasis and have tried many different dietary approaches and you got no results whatsoever? I'd like you to carefully write down all the foods you currently eat in a long list, *all the foods*. This includes all the grains, proteins, fruits, vegetables, spices, snacks, in fact - everything. Now do the same for *all the drinks* and any beverages you consume. Take your time and be very thorough, not missing out on a single thing. Put this list away for a week then come back to it, adding what you may have overlooked previously. Now, try this: with your pen, mark each food or drink with a score:

- Place 3 next to the food you enjoy the most. Category 3 foods
- Place 2 next to the food you enjoy. Category 2 foods
- Place 1 next to the food you find OK. Category 1 foods

What we are trying to establish is the foods you like to eat the most and those you are drawn to the least. If you make your lists in columns you will have an easier overview of the food and drink items and their respective scores. As far as the forbidden and allergic foods are concerned, the foods you withdraw more slowly and for longer periods of time are the category 3 foods, followed by category 2 and then category 1. The foods you introduce first are the category 1 foods, followed by 2 and then 3.

By following this principle you are the least likely to incur any major dietary aggravations, because you have intelligently withdrawn and challenged you body with the key foods your body has a particular affinity with. This affinity will be specific to you and is as unique and individual as you are. It is these kinds of tricks that can make all the difference when it comes to your

recovery from psoriasis, and these tricks only come after years of clinical experience with many patients in the clinic.

Key Benefits Of The Stage 2 Low-Allergy Psoriasis Diet

- Less chance of any major aggravations or skin flare-ups.
- More chance of identifying any key allergenic foods, clearing up any underlying food allergies that may have plagued you for years.
- An easier approach than stopping potentially allergenic foods, sweet foods, alcohol and yeast containing foods all at once.
- Longer lasting results because there is more time to heal leaky gut
- You become more disciplined and learn dietary control long-term.
- You will find an improvement not just in physical health, but in your emotional and psychological health as well. Why do you think they call the gut the second brain? When a person heals their digestive system on a deeper level, they heal their entire wellbeing.

3 Reasons Why Your Tolerance To Foods Will Improve Over Time

I have found in most all cases those who have previously found themselves to be intolerant, and some cases even reacted violently to certain of these foods) could over a period of time re-introduce those foods without a problem. Why is this so? There are several reasons for this, but here are what I believe are the three main reasons for this to occur:

1. **Your digestive system becomes renewed** over the course of the Psoriasis Diet. As your beneficial bacterial and digestive enzyme levels improve, you will digest foods better, absorb foods better and even excrete the wastes better. Less bloating, flatus, nausea, etc.
2. **Your immune system improves and becomes less reactive to potentially allergenic foods.** Newly restored, your tolerance increases over time and even disappears in many cases. People who thought they were gluten intolerant for example can now eat bread again without any real problems. Less bloating, gas, itchy skin, hot or cold sweats, fatigue and more.
3. **Your bacterial population and bowel flora become more balanced.** Once your intestinal flora becomes healthy and normal again, your reactions to foods will become much improved to the point where *most all foods become tolerable*. Less brain fog, more energy, less bloating, flatus, etc.

The Low-Allergy Psoriasis Diet

The Low-Allergy Psoriasis Diet sheet does not take into account the fact you may be a coeliac, or be sensitive to dietary salicylates, amines, colors, flavorings or preservatives. You will need to bear this in mind, and need to further consult with your practitioner on these matters. You may also have food intolerances, which also may need to be addressed. These can come about due to poor digestive enzyme levels, etc.

Meat, Fish, Chicken, Legumes, Eggs

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

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

Dairy Products

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

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

Starch

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

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

Breads and Cereals

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

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

Vegetables

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

Suspect : Corn, **Nightshade family** (inflammation and allergic potential)

Fruits

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

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

Soups

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

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

Drinks

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

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

Oils and Fats

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

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

Nuts and Seeds

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

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

Sweeteners and Treats

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

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

Supplements During Low Allergy Psoriasis Diet



The supplements I recommend in the second stage of the Psoriasis Program are the **Antifungal and Antibacterial Formula**, the **Multi Vitamin**, the **Digestive Enzyme**, the **Probiotic** and the **Omega 3**.

Here's why you need to take these dietary supplements during Stage 2:

1. The Antifungal and Antibacterial Formula. This product is maintained throughout the three stages of the Psoriasis Program and beyond until you are clear of psoriasis. You will have been on the MEVY Psoriasis Diet for several weeks now and have already introduced this powerful product into your supplementation regime. Stay on the Antifungal and Antibacterial Formula during Stage 2, as you start to reduce any potential allergenic foods from your diet. We want to keep any advancing yeast, parasite or bacterial populations at bay so if you can, be sure to take this product seven days a week. As your diet continues to change, there will be subtle changes in the micro-flora of your digestive system and we don't want the bacteria or yeast to take advantage of any opportunities.

2. The Multi Vitamin is intended to help combat any potential nutritional deficiencies while you are on the Psoriasis Program. This product is also maintained throughout the Psoriasis Program and beyond, until you feel really well. This Stage 2 Low-Allergy Psoriasis Diet includes the removal of certain foods, which may be challenging your immune system, but it also potentially includes the removal of several sources of important nutrients from your diet and you are therefore wise to supplement with the Multi Vitamin. Take one dose three times daily with meals or snacks. Some people will need more, some will need less, it all depends on the quality of your diet and your body size. If you weight 150 pounds or less (about 75 kgs) then take 3 per day, if you weigh more then take 4 per day.

3. The Digestive Enzyme is one of the most important supplements you can take during this second stage. A quality enzymatic formula will ensure a more complete and efficient digestive process, allowing the more complete breakdown of foods thereby reducing the risk of increasing any allergenic potential of the foods remaining in your diet after you have removed the most likely allergy culprits. Take one to two with each meal, and maybe even more with a protein rich (meat) meal. In addition, this formula will assist in reducing any inflammation in your digestive system and along with the probiotic help to heal the lining of the digestive system. Any reduction in inflammation is a good thing when it comes to psoriasis.

4. The Probiotic. You will want to continue with this product throughout the Psoriasis Program, just like the other two products already mentioned. Most people do fine on dosing twice daily with a probiotic, and don't need to take it three to four times daily like most other supplements. This product is

a good immune-booster and anti-inflammatory as well, which are two great actions to have in your digestive system when you are eliminating potential allergy causing foods. With acute digestive problems like bloating, gas, constipation or diarrhea however, you can dose more frequently.

5. The Omega 3 is a product we are introducing into the program during Stage 2. But why not take it earlier you ask? Well you can, but I prefer that you take fewer products during the initial month or so and place more focus on your diet and lifestyle. Many people who begin the Psoriasis Program will be already taking dietary supplements and may be taking an Omega 3 already, which is OK. The reason why I like you to take the Omega 3 supplement now during this second stage and for the rest on the treatment, is to reduce any potential inflammation as we are particularly interested in healing the lining of the small intestine (leaky gut) and want to reduce any inflammation in Stage 2. In addition, Omega 3 has been shown to boost the immune response and this is an important action we are looking for during this second stage. Be sure to take one capsule twice daily with meals. Your digestion should be working better by now as well, and that means you will probably be absorbing more of the Omega 3, and not wasting your money.

I have written a lot more about the benefits and importance of Omega 3 and the other dietary supplements in my final book in the Psoriasis Program series called Psoriasis - Special Foods, Supplements and Herbs. So don't forget, you can read all about special anti-psoriasis foods, supplements, herbal medicines and herbal teas in that particular psoriasis booklet.

Stage 3 – The Diet Re-Introduction Stage

People always ask me this question: "How long do I have to stay off these foods for?" Once you have started to feel really good, which does take time, then it's time to move to Stage 3, the Psoriasis Diet Re-Introduction Stage.

This stage is *very important*, and if properly implemented can provide the solid foundation for your future digestive health. Always remember that a healthy and balanced digestive system will keep you from having psoriasis outbreaks again in the future.

The rate of recovery varies from person to person; some folks can re-introduce foods much more rapidly than others. It is best that you *slowly re-introduce foods back into your diet* because if you introduce foods too quickly you may find that you may quickly revert back to psoriasis once again. Your long-term psoriasis dietary approach is explained in this section as well. You need never have those severe psoriasis plaques or outbreaks again *providing you follow this long-term dietary approach carefully*.

There is no point in eradicating psoriasis only to find that several months or a year or two later it is back again with vengeance. Once your health is fully restored in time, the Stage 3 long-term dietary approach is critical because it will most likely provide you with your own weapon against falling victim to psoriasis all over again.

The duration of Stage 3 depends entirely on your rate of recovery, and I sometimes find that many patients indeed can recover well and quickly, whereas others recover slowly and poorly, and a small percentage never recover at all.

This could be partly due to the fact that some patients are great at following instructions and will do whatever it takes to recover. Others are less inclined to stick with the treatment, and are “great starters but poor finishers”, whereas others still just want to take a pill and get on with drinking alcohol daily, consuming chocolate or have poor lifestyle habits underpinning their chronic psoriasis.

While this may seem a bit generalized, it is just my experience after treating many psoriasis patients. But this is certainly not true in all cases; some patients I have treated just don't seem to recover as fast as others in general for some unknown reason, regardless of how strict they are with their lifestyle and diet, but I can assure you of this – they are a minority when compared to those who are inclined to get excellent results when they do finally apply themselves.

Other cases of psoriasis can be more resistant to recovery if the patient is constantly sick and taking various pharmaceutical drugs, especially antibiotics. Your favorite foods can and should be re-introduced one at a time, don't be in a big hurry to reintroduce too quickly and especially too many foods at once, this is a very common mistake you can make and most patients I have seen who seem to relapse, or those who almost get well but then quickly crash yet again fall into this category.

You have come this far and have started to feel great one again and now you could potentially blow the whole thing due to impatience.

In the very first book I've written on psoriasis in this series, entitled *The Psoriasis Program, The Permanent Psoriasis Solution*, can may recall that I spoke about recovery in terms of fantasyland and the reality check. The reality is that you can and possibly will aggravate when you reintroduce certain foods or drinks in Stage 3, but this does not mean that you are back to square one, it just means that you have to back off a little and slow down. Just remove that offending food or drink, and once more your psoriatic symptoms should subside and when you are starting to feel a lot better, it is time to re-introduce that food back into your diet once again.

Did You Remember To Grade Your Foods And Drinks?

Have you made that comprehensive list yet, of all those foods and drinks you like to consume, those you like very much and those foods and drinks you can take or leave? This will allow you not only to withdraw your food selection intelligently; it will allow you to introduce those foods that you have a strong desire or affinity for the last. Remember, those foods and drinks you want the most are the ones most likely to be causing issues, even though these health issues may be quite subtle and difficult to discern at the time. That's why withdraw and food reintroduction phase is a clever idea, because it can reveal what is really going on with your diet in terms of cause and effect.

Make up a long list with all the foods you eat and drink, this list is in columns.

- Place 3 next to the food you enjoy the most. Category 3 foods
- Place 2 next to the food you enjoy. Category 2 foods
- Place 1 next to the food you find OK. Category 1 foods

The foods you re-introduce first are the category 1 foods, followed by 2 and then 3, those foods you like the most.

Here is an example for you to understand how to create this list, it is an example only:

Meats and Proteins	Cat.3	Cat.2	Cat.1
Beef	X		
Fish		X	
Lamb	X		
Chicken		X	
Turkey			X
Eggs			X
Chickpeas		X	
Beans			X
Tofu			X

From the above example, we can see that this person likes to eat beef and lamb the most, followed by fish, chicken and chickpeas (Garbanzo) and does not mind eating turkey, eggs, beans and tofu but has a much greater preference for the above two categories, especially the beef and lamb.

As mentioned above, by following this principle you are the least likely to incur any major dietary aggravations, because you have intelligently withdrawn and challenged your body with the key foods your body has a particular affinity with. This affinity will be specific to you and is as unique and individual as you are.

Remember, it is these kinds of individualized dietary approaches that make all the difference when it comes to your recovery from psoriasis, so please try and make this list and try this little protocol, you will notice the difference when it comes to not experiencing any major discomfort that so many do because they don't follow any logical sequence of dietary reintroduction.

Not Certain If You Are Recovering From Your Psoriasis?

Did you create a Psoriasis Symptom Tracker yet?

Those who have begun to use their Psoriasis Symptom Tracker will have a much clearer picture of which direction they will be heading in. They will know if they are improving, standing still or going backwards as far as treatment is concerned. Check out the Psoriasis Symptom Tracker in the book entitled Functional Medicine Testing.

Your energy levels should be up, your skin should be starting to look good, and you should be able to eat most foods without any major skin aggravations. It will probably be a long time (if ever) before you can go back into the same eating pattern you had when your skin was particularly bad. I've found that most psoriasis sufferers end up staying committed to their new diet and way of life, and sometimes for life. They have had enough of the embarrassing skin lesions, that itching and all those very uncomfortable skin problems that were driving them crazy for years.

If you have not improved as much as you would have liked, then I recommend you stay with Stage 1 and Stage 2 of the Psoriasis Diet for a few more weeks or even months and keep taking the dietary supplements I have recommended. Each case of psoriasis is different, and some patients respond more rapidly than others so there is *no set time limit on each of the three stages*.

Another good tip for you is to start by re-introducing those foods that contain the least amount of sugar and yeast, preservatives, colours, etc. As mentioned earlier, the foods you avoid initially are those that are the highest in sugars, and the chart below for example will give you an insight in to the highest and lowest sugar containing fruits. If you are very serious about your recovery from psoriasis, then please be committed and prepared to make long-term changes to your diet!

Stage 3 - Fruit Re-Introduction



I always find that the two big areas people feel deprived of once they start the Psoriasis Dietary Program are fruit and breads, containing sugars and yeasts. For those who have recovered from psoriasis, they may enjoy the following fruit treats. As I have mentioned previously, it is best that you avoid eating very sweet fruits until your skin looks and feels much better, and more particularly, when you feel better in your digestive system, and symptoms like bloating, gas or constipation have eased up or disappeared altogether.

Once you feel a significant improvement in your health, and you have already added kiwi fruit, green apple, pears, berries and maybe even pineapple back into your diet, there is no reason why you shouldn't be able to introduce other sweeter fruits back into your diet. It is advisable however not to eat too much of the sweet fruits in one day and not every single day either. Be sensible, you are recovering from psoriasis, because poor bacteria and a yeast infection in your digestive system loves sugar to feed on, whether it is in the form of sweets, fruit or any alcohol. Your very recovery is dependent on your immune system, and because around 60 percent of your immune system is situated in your small intestine, we want to improve the health of your small intestine to the maximum. And this means the re-establishment of really good levels of n=beneficial bacteria, and not yeasts and bad bacteria – that love sugar and yeast rich foods, including lots of fruit.

The safest way to begin reintroducing fruit into your diet is to start with a small bowl of fresh natural acidophilus yogurt and add a few blueberries, kiwi or a few slices or freshly peeled orange or mandarin. From there you may want to progress to a fruit smoothie, but hold the ice cream please, too much sugar! Fresh fruit smoothies taste fabulous when made with yogurt and ice cubes, then add some berries, pear, pineapple or orange.

Feel free to experiment and work out the combination that suits your taste, the variations are endless.

- **Frozen fruit smoothies** are hard to beat for a treat and my absolute favorite would have to be this recipe: about three large mangos, just cut the pulp away from the seed, and include the juice of three large juicy oranges, blend and enjoy!
- Try making **a fresh fruit salad** made with banana, passion fruit, green apple, lemon juice, orange and pineapple. The passion fruit will give this salad a truly exotic flavour.
- **Fresh creamy yogurt with frozen blue berries.** I blend this in my Vitamix with a few ice cubes.

I generally allow patients to consume berries in the Psoriasis Diet right at the beginning, as they are low in sugar, especially blueberries. It pays to first re-introduce foods in the left column, those fruits that tend to be lower in sugar than fruits found in the right column. Introduce the low, then moderate and then the fruits that are high in sugar (fresh).

Always introduce dried fruits way down the track, once you are feeling great and then use a lot of caution here, many people simply overdo the dried fruits and eat too much. You may find it interesting to see avocado in the low-sugar fruit list, many people think that avocado is a vegetable when technically it is a fruit and is OK to eat when you have psoriasis.

Fruits Low In Sugars

- Avocado
- Blueberries
- Blackberries
- Cranberries
- Lemon & lime
- Raspberries
- Strawberries
- Rhubarb (don't add sugar)
- Green apple

Fruits Moderate In Sugars

- Cantaloupe (rock melon)
- Guavas
- Honeydew Melon
- Apples (some mod. & some high)
- Melon
- Nectarines
- Papaya
- Peach
- Watermelon

Fruits High In Sugars

- Apricots
- Banana
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes
- Kiwifruit
- Oranges
- Pears
- Pineapple
- Plums
- Pomegranates
- Mangoes
- Prunes
- Raisins
- Tangerines

Now that you have completed the hard work of defeating your psoriasis, don't blow it all by reintroducing foods too quickly! *Start slowly and add back one food at a time.* This has the added benefit that you will easily be able to pick out any food allergies as you go. You can start by adding back some fruits; particularly those with lower sugar content like green apples and berries.

Fruits which are considerably higher in sugar, like oranges, grapes and bananas should still be avoided until you are really sure that things are OK, trust me, don't blow it at this stage, you may be excited and think things are just great until you go to a wedding, a diner party, etc.

Most psoriasis patients will be able to add complex starchy vegetables back into their diet soon enough, but some won't and will find that if they add sweet potato, yams, pumpkin and other starchy foods like beans back into their diet too rapidly, they will suffer with gas and bloating. It's all trial and error really, what will suit you won't necessarily suit another.

I prefer to use the cautious approach when it comes to re-introduction. It took you some time to start feeling better, don't blow it by being impatient, let's get it right this time and beat this thing, once and for all!

Good Health Tip

How To Re-Introduce Bananas Into Your Diet

Everybody loves bananas, they are such a convenient snack and so tasty. Besides being packed full of nutrition, bananas are a good source of pre-biotics and are a good addition into your healthy diet, but I do advise caution here and feel it is better upon re-introduction to initially eat them when they are partially green/yellow and don't wait until they are very ripe and very yellow or over ripe with some brown discoloration. The reason for this is that as they ripen they become sweeter, and the starch which is very high when bananas are green, converts to fruit sugars, especially by the time they are spotted brown.

If you eat one or two bananas each day that are ripe or over-ripe too prematurely, you may quickly find that you run the risk of lots of gas and bloating, and may be potentially setting yourself up for developing poor bacterial levels in your digestive system all over again. Eat a banana once or twice a week to start, and eat them partially green and yellow, that way you should be able to avoid most aggravations.

Stage 3 – Vegetable Re-Introduction

Vegetable re-introduction is no big deal, the main thing to bear in mind is that with chronic cases of psoriasis it is really in your best interests if you avoid the starchy (usually root) vegetables for the first few weeks and then bring them slowly back into the diet.

As I have mentioned earlier, some folks will tend to eat more of the sweet starchy carbohydrates as a substitute for the sugar they have removed from the diet. Do you crave pumpkin or potato? It may be the sugar you are looking for, and the stronger the craving for a starchy vegetable the more likely you will be having a problem with it in your diet.

A good tip is that upon re-introduction of the starchy root vegetables, to be aware of these two issues, and if it has become a real problem then ease up a little.

1. Gas & bloating – introduce more slowly and in smaller amounts, try a different cooking method. You are taking the Digestive Enzyme and the Probiotic, aren't you?
2. Bowel motion issues – constipation or diarrhea, reduce portion sizes, try a different method of cooking. You are taking the Digestive Enzyme and the Probiotic, aren't you?

Nightshade Reintroduction and Psoriasis



You will have eliminated the nightshade family of vegetables from your diet for at least four weeks if not longer, and according to Dr. John Pagano, it should be lifelong commitment to avoidance. This is where Dr. Pagano and I tend to disagree, because I have found that there are certainly some patients with psoriasis *can* tolerate tomatoes, peppers, eggplant and potato, whereas others cannot. But you won't really know to what degree this family of vegetables has been affecting your skin - until you stop consuming them for several weeks and then recommence this group of vegetables again.

But here the trick, the nightshade family of vegetables should be reintroduced at a *different time* from the reintroduction of fruits, followed by those starchy root vegetables. Bring the nightshades in *after you have reintroduced fruits and other vegetables*, and only bring one in this vegetable group in at any one time for a week or so. Reintroduce the nightshade you enjoyed eating the most, for example, if you love tomatoes, eat one a day for a week and keep an eye on your digestion and skin. I would not recommend you eat conventional tomato sauce in a hurry, it contains too much sugar. Pagano mentions a case of a young patient who came to see him who simply stopped tomato sauce, and had a major relief from her psoriasis.

Patients with psoriatic arthritis may well find that the nightshades are best left alone for a long time, perhaps forever. I have certainly noticed a

connection here between this family of vegetables and severe aggravations in those with psoriatic arthritis. The nightshade family can cause quite severe inflammation in the joints especially, and I recommend those with psoriatic arthritis, rheumatoid arthritis and another auto-immune condition called ankylosing spondylitis avoid ALL nightshades for several years before contemplating re-introduction. About 85 percent of those with plaque or guttate psoriasis however have no involvement with their joints and need to eliminate the nightshade family of vegetables for some time, but at least try to reintroduce them to see if there is any connection with their skin and these commonly consumed vegetables.

Follow The MEVY Stage 1 Psoriasis Diet If Any Major Stress Is Coming Up

For example, if at any time in the future should you need to take an antibiotic; it is wise to follow the MEVY Stage 1 Psoriasis Diet phase again for a few weeks after you have stopped the antibiotic, whilst taking the probiotic.

And although your susceptibility to psoriasis may remain high for a number of years well into your future, it can reoccur literally at any time if the conditions are right and the right formula for its re-occurrence are there. For this reason I'd like you to be very aware of your body and it's potential vulnerabilities. You certainly don't have to wait for all the symptoms to re-appear. Most all people with psoriasis become acutely aware of their skin and know exactly when the lesions are just starting out again, once they have gone away for some time. That is the turning point and the stage you will want to make the necessary changes; don't wait until your lesions are full-blown.

For example, if you have a stressful event coming up like a wedding, a large family occasion, the birth of a child, exams or perhaps a job interview – then do something about it *before you begin to feel unwell*. Follow Stage 1 of my Psoriasis Diet approach and you should experience no problems at all and will most probably avert any major psoriatic aggravations from occurring.

Many people beginning a psoriasis diet believe they must stay on a restrictive diet forever; this is certainly not my experience. While the final phase of the diet is intended to be a long-term maintenance plan, psoriasis dieters will typically re-introduce most foods and avoid only the ones that exacerbate their symptoms. Most people will continue on with some form of reduction in their consumption of dairy products, bread and gluten, sugary sweets and soda drinks but most return to eating fruits, the nightshades and high carbohydrate foods. In general, fresh fruits and vegetables, high-quality proteins, whole grains and unprocessed foods are the best way to keep any future psoriasis in check

Benefits Of Re-Introduction

One of the biggest benefits of following Stages 1 and 2 of the Psoriasis Diet in an immediate sense is that it helps to regulate your gastrointestinal system and primarily helps to reduce many problematic symptoms such as gas, cramping, pain, constipation, diarrhea and bloating. Many of these symptoms are as a result of the underlying leaky gut syndrome that psoriasis patient is experiencing. You must be aware by now, that the way to get your skin in top shape is to first get your digestive system in top shape, and now you can understand why so much emphasis has been placed in this book on psoriasis and your diet. Great digestive system health will mean a great result in terms of your psoriasis, and that's why you bought the Psoriasis Program, am I right to assume that? But, diet is only one part of the psoriasis jigsaw puzzle; in other small publications I'll elaborate much more on those all important lifestyle aspects when it comes to a permanent psoriasis solution.

Many people who have followed my psoriasis dietary approach feel much more energetic and considerably less fatigued, and many lose weight along the way and for these reasons quite a few psoriasis patients have remained on variations of the Stage 1 and Stage 2 eating approach for months, and some even for several years, modified to suit their own needs.

And why would you change if you look and feel so good on a particular eating regime? Well, many do want to go back and enjoy those foods they used to like a long time ago, and this may include bread, alcohol and the occasional treat like chocolate or cookies. But common sense prevails, and any intelligent person should understand that a steady slide down to a poor diet and sloppy lifestyle might bring a psoriasis back once more with a vengeance. But it would also increase the person's chance of any one of a hundred other chronic health conditions too.

"If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with." *Deepak Chopra*

Good Tip – When do I know I'm better and can stop treatment?

If your psoriasis symptoms are changing for the better, change nothing but continue on with the treatment until there is no more improvement.

If you continue to improve, stay with what you are doing – *it is obviously working for you.*

No more improvement but still not well? You need to make changes until you notice improvement again. Is nothing changing, or are you still feeling bad? Then *you may need to change everything you are doing and start over.* If nothing is changing you may need to change everything!

Be sure to read my other books on psoriasis, I will give you plenty of solutions about what to do if all else fails and you just can't seem to get right, in spite of all your best intentions.

The 3 Golden Rules of Re-Introduction

After a period of time ranging from 6 to 12 weeks there are many foods that may gradually be re-introduced back into your diet, although this will depend greatly of course on the progress you have made in reducing symptoms.

Golden Rule # 1 – With your food and drink re-introduction, examine the foods you liked to eat before you started on the Psoriasis Program, when you were at the peak of your dysfunction. It makes sense that if you go back to the pattern of eating and living the way you used to, that you may well end up with psoriasis all over again. *YOU need to change is your psoriasis needs to go for good!*

Golden Rule # 2 – If your psoriasis symptoms are getting better (some symptoms may be getting better, some are not) then keep on with treatment, I have absolutely no doubt in my mind when I state that a general lack of perseverance is the number one reason why most people will fail to recover 100 percent from psoriasis. In fact, it's the number one reason they fail to accomplish many great things in their life.

Golden Rule # 3 – If you are not improving at all, in spite of following my Psoriasis Program including the dietary, lifestyle and supplementation advice to the letter, then you may well have an "obstacle to cure". You can read all about these obstacles in my other writings.

Dietary Supplements During Stage 3



The supplements I recommend in the third stage of the Psoriasis Program are the **Antifungal and Antibacterial Formula**, the **Multi Vitamin**, the **Digestive Enzyme**, the **Probiotic** and the **Omega 3**.

Here's why you need to take these supplements during stage 3:

- 1. The Antifungal and Antibacterial Formula.** This product is maintained throughout the three stages of the Psoriasis Program and beyond until you are free from psoriasis. Now that you are re-introducing foods back into your diet in Stage 3, there is the potential danger that you may slowly slip back into your old dietary habits, be careful! The Antifungal and Antibacterial Formula when taken at a lower dosage of one or two a day for several months after you complete the program will ensure you don't get a re-occurrence of your psoriasis. If for example, you did start to eat some of those offending foods you once did which contributed to your psoriasis, at least with this product you are reducing your risk of a full-blown psoriatic plaques. If you do stop this product, keep it handy so that you can take it whenever you feel that the problem resurfaces, because the recurrence rate for plaque psoriasis (especially if you've had

chronic psoriasis for some time) is considerably high. So, unless you are behaving yourself, the risk can be high of a recurrence.

2. The Multi Vitamin is intended to help combat any potential nutritional deficiencies while you are on the Psoriasis Program. This product is also maintained throughout the Psoriasis Program and beyond, until you feel really well. As you go back onto your regular diet, this product can be maintained for as long as you need a multivitamin and mineral dietary supplement. You can stay on one, two or three daily, depending on how much support you need, and how good your diet is.

3. The Digestive Enzyme is a very good product to take during Stage 3, because you are changing your diet once again and along with that there will be a shift in your intestinal pH and micro-flora population. Whenever there is dietary change like this, there is a potential for bloating, gas, and bowel function (and bowel motion) changes. Stick with two or three doses daily. You may be quite surprised to see how much enzymatic support you really need, your bowel motions are a guide, and if you notice that you are passing motions a lot easier and experience a lot less bloating and gas, why not remain on the Digestive Enzyme a little longer? Look at your hair, your skin and your nails, hey all tend to improve once you have been taking the Digestive Enzyme for several months because your digestive system will be working more efficiently, breaking down protein better, and any improvements in your hair, skin and nails will let you know that this digestive improvement was necessary. These are the visual signs of an improved digestive system; imagine what improvements are occurring deep inside your body that you can't see!

4. The Probiotic. This is the last product you finish with. In my experience, most patients I've seen with psoriasis never seem to take enough probiotics and never for long enough to really benefit from them. The rule of thumb in my clinic is for every week you have been on an antibiotic; you take a probiotic for eight weeks. If you are eating commercial (not certified free-range) chicken, stay on the Probiotic indefinitely, one to two capsules a day.

Stay on the probiotic for at least three to four months after you complete the Psoriasis Program, and even longer if you continue with a little alcohol or diet with refined, processed or take-out foods.

5. Omega 3 You may be well aware of the multiple health benefits you can get from a high quality Omega 3. The Omega 3 can help you in many ways to contribute to your health and wellbeing. I have been personally taking Omega 3 daily for over thirty years and will continue to do so, along with my multi vitamin and mineral. The Omega 3 and Multi Vitamin when taken daily form a cheap health-insurance policy against the premature development of many chronic and degenerative diseases of modern civilization like heart disease, cancer and diabetes.

The third and last reminder, you can read all about special anti-psoriasis foods, supplements, herbal medicines and herbal teas in final booklet I've written for the Psoriasis Program, called Psoriasis - Special Foods, Supplements and Herbs.

Frequently Asked Psoriasis Program Dietary Questions (FAQS)

When Can I Have Fruit Again?

I always find that one of the first food groups that the patient will want to re-introduce is fruit. Some experts believe that fruit has such amazing health benefits that it is believed that they outweigh the potential problems that more fruit sugars in the diet may cause. It is important that fruit is re-introduced slowly, particularly if you have been eating plenty of fruit in your diet previously, and by plenty I mean 3 or 4 pieces of fruit or more daily. I believe that fruit should only make up a small proportion of the diet and not be a major focus. You will need to be particularly careful with the re-introduction of fruit juices back into your diet. It is interesting to note that some folks with psoriasis keep eating fruit right throughout their Psoriasis Program; they just eliminate sugars, processed foods, candy and yeast containing foods and still get a great result. This is for the minority of psoriasis sufferers however; I can assure you that in most cases this is not the case and that a careful elimination of all fruits (except avocado and berries, lemon, lime, kiwi fruit and Granny Smith apple, will be found to be most beneficial in the early stages of the Psoriasis Diet.

How Long Does Stage Three Last?

There are no rules with the food re-introduction stage, and each case is different. It is important that you understand that because nobody knows how you are feeling except yourself, you will need to be the judge of how you complete the food re-introduction. Only you are best to gauge when you are ready to take on a new food, so don't be afraid of trying a new food or taking your time when you do re-introduce. If you feel bad at any time, re-assess what went wrong and make changes, just revert back to what did work for you previously and hang in there a little longer. By taking your time and not being in a hurry, you will develop a higher level of patience, a factor that is critical in your recovery and re-introduction stage.

The third and final stage has no real end stage, some patients I have seen have successfully re-introduced foods back into their diet and are leading normal lives again within four months of commencing the Psoriasis Program, whereas others are still having issues a year down the track. Some people find that they feel fine after a period of a few weeks of food re-introduction, only to discover that their previously major symptom begins to aggravate once more (although not as bad as previously experienced). This will typically be caused due to the fact that they felt increasingly better, and with this renewed level of health and vitality they began to enjoy life to its fullest once again, and this possibly included favourite likes such as alcohol, sweets, ice cream, breads, staying up late, pharmaceutical drugs, too much stress, etc., which caused them to crash. Not an uncommon scenario, and one I have seen one hundred times or more. It would have been the combination of these several contributing factors put together that reached

a point where their less than optimal functioning immune and digestive system once again brought those symptoms to the foreground previously. Back to the drawing board in that case I say.

Should I Continue With The Multi, Digestive Enzymes And Probiotics?

Many patients I see believe that you only need to take dietary supplements like the multi, digestive enzymes, probiotics, Omega 3, etc.; when you feel unwell, and once you feel better then you can discontinue them. It is not uncommon for me to recommend a product to a person who will take that supplement for a month or so and then stop taking it, because "it didn't work". I'll speak more on dietary supplements and herbal medicines in general with regard to psoriasis in my final booklet on psoriasis.

It makes a lot of sense for you to continue on with the multivitamin, digestive enzymes and probiotics for several months, even the entire next year. I like a patient to get well and stay well and continue that way for at least three to six months after they have beaten psoriasis before they decide that supplements are not that necessary any more.

How Quickly Should You Re-Introduce Foods?

This is where many people run into problems, they either re-introduce too many foods at the same time or re-introduce certain foods and drinks prematurely, before they have improved to the point where they can tolerate those foods and drinks that they previously had difficulties with. Now that you have done all the hard work by eliminating the offending foods and allergenic foods, *don't blow it by re-introducing foods too quickly!* The trick is to be patient and introduce one food at a time, and over a three-day period. For example, when you first re-introduce fruit, add a piece of fruit for three days and then try another piece for the next three days in addition to the first, etc. Introduce your favorite fruit last, and try not to eat anymore than two to three pieces of fresh fruit per day until you are really well and even beyond.

Which Foods Should You Reintroduce First And Which Foods Should You Reintroduce Last?

A good question and one I often get asked. As I mentioned previously, I believe the smartest approach here is to re-introduce the foods you love and crave the very last, because these are the foods and drinks your immune system has most likely become the most sensitive to, simply because it has been exposed and become sensitive to these foods and drinks the most. There is a reason why you wanted these foods in the first place, especially if these were sweet, sugary or yeast containing foods. And now you are telling me that you want to re-introduce them right away in the same amounts you were consuming them when you had bad psoriasis? You must be crazy in that case!

Some patients who are trying to overcome psoriasis often tell me they want alcohol back in their lives, or chocolate, bread, ice cream or another food that potentially may plunge them head-on into psoriasis yet again. If you

are really serious about getting rid of your psoriasis permanently, and I take it you are or you probably wouldn't have invested the Psoriasis Program, then reintroducing an offending food should be the last thing on your mind. Why is it that we as humans can tend to be a bit like moths drawn to the flame? How many times in the past did you have a hangover or indigestion yet weeks later you found yourself with a glass in your hand or eating too much or the wrong kind of food?

Would It Be Better For Me To Go Vegetarian?

When 140 patients were placed on a vegetarian diet, results were often brilliant; often the psoriatic eruptions steadily faded and actually disappeared with absolutely no internal or local treatments. However, the best and more permanent results were obtained by combining the diet with other forms of treatment. With a low animal protein, low fat diet, sometimes the rash will recur, but, as a rule, the outbreaks will not be nearly so severe or as persistent as the previous ones. I have many psoriasis patients who remain free from skin lesions on a diet containing white animal proteins, which has made me realize that a strictly vegetarian dietary approach is not necessary to get rid of your psoriasis. I must admit, those who continue to eat lots of red meat in their diet will find it hard to be psoriasis-free, this is something I have definitely noticed in my clinic, working with many psoriasis patients over the years. This is where Dr. John Pagano and I certainly agree on, that regular red meat (beef) consumption will make it almost impossible to conquer psoriasis.

How Long Will It Take Until I'm Eating My Normal Diet Again?

It is very important to understand that there is no fixed time period when it comes to eating your normal diet again. Some patients I have seen are re-introducing foods back into their diets that they previously could not tolerate, within 3 months. Others are not so fortunate, and find that they are still having issues with foods after 6 months. Some psoriasis patients I have seen over the years have struggled for decades with their diet re-introduction unfortunately, but these folks are certainly a minority. Please don't expect a quick and easy solution if you have had bad psoriasis for many years. There are many factors that may account for how long it will take before you are eating the foods you love again, and some of these factors include:

- How successful you have been at eradicating your underlying digestive problems like bloating, leaky gut syndrome, gas, constipation, sugar cravings, etc.
- How successful you have been at re-introducing beneficial bacteria.
- How well and committed you have been in sticking to the 3 Stages of the Psoriasis Diet.
- How successful you have been in understanding that to eradicate your psoriasis does not solely mean taking supplements and eating healthier, but that it involves making changes to your lifestyle as well. See my other booklets on psoriasis, I'll give you a full and complete explanation of the vital importance of making those important changes required.

- How successful you have been in attending to any causes of your psoriasis.
- If you have been experiencing local skin complaints, it all depends how well you have treated the local complaint in addition to following the Psoriasis Program. Local complaints need local treatment either daily or very regularly, in conjunction with my lifestyle and diet advice if a permanent psoriasis result is to be expected.

At the risk of repeating myself time and again, the foods you need to re-introduce last are obviously the foods that have caused you the most aggravations, and for most people these foods include the white refined carbohydrates, alcohol and the sugary processed foods.

I want you to go into these three psoriasis dietary stages with your eyes wide open and to not have totally unrealistic expectations. If you follow the Psoriasis Program earnestly like many have, and you are honest with yourself then you will get results, it is as simple as that, and the more you apply yourself, the sooner those results will seem to appear to happen.

When Can I Drink Alcohol Again?



I knew you would ask this question sooner or later. It really depends on your level of improvement, but as I have stated a few times already in the Psoriasis Program, alcohol is probably the strongest item you can take into your diet in terms of affecting your psoriasis and aggravating any underlying digestive problem, your liver, immune system and other systems that are crucial in maintaining beautiful skin.

You are best to wait for a considerable length of time before you do re-introduce alcohol, from 3 to 6 months, but many who will be reading this will most probably drink socially or very occasionally whilst on the Psoriasis Program anyway, let's face it, we are all human.

I do see the occasional patient who complains of little to no improvement in spite of a perfect diet and lifestyle. I wonder if this person may be taking in a little too much alcohol if they do happen to be drinking? It is important to remember that self-delusion is the worst kind of delusion there is.

To answer this question, I would say that it is best you wait long enough until you feel really good, and then start very slowly with alcohol and be sure to also include plenty of water, fruit & vegetable juices and herbal teas into your diet in addition. Is wine better than beer, or are spirits better than cider? It does not really matter, alcohol is alcohol and its effects are similar in the body. It is all about dosage and frequency of dosage that counts, and if you want to drink regularly once you have recovered, be sure to have several days during the week in which you drink no alcohol, this will allow your body, especially your digestive system, to recover. This will ensure that you are much less likely to develop any re-establishment of your psoriasis,

and will give you enough time to work out if alcohol is a causative factor and to what degree with your psoriasis.

Dr. John Pagano mentions in his book "Healing Psoriasis" that red wine is OK "as a food", but I tend to disagree, it is still alcohol! In my experience, when you tell patients that red wine is OK, many will believe that it is fine to drink two or three glasses of red wine each day – and then begin to wonder why their psoriasis is not going away. STOP all alcohol, and once your psoriasis has disappeared then reintroduce it and see what happens. I'll leave it there.

Final Words

Always Think About Healing That Leaky Gut

You should be able to eat an increasing amount of foods as your digestive system heals. It is very important that you fully understand this concept. What we have done initially, when you think about it, is to remove those food items that contributed to your psoriasis, and then we removed food items against which you may have, unbeknown to you, experienced allergies towards.

The foods that are re-introduced first were the least of the reactant foods because your immune system will have had the time to recover, after this you should be able to handle the re-introduction of the increasingly provocative foods. As a result, you should be less symptomatic, even if you are eating food items to which you formerly had been allergic or reacted to. This principle is one of the major foundations on which the Psoriasis Diet is based.

As you are able to tolerate foods that you previously couldn't, your leaky gut is showing signs of recovery. As your leaky gut heals, your immune system improves and your reactions decrease and eventually your signs and symptoms of psoriasis will disappear, trust me, this will all happen in good time.

Repetition Is The Best Way To Learn

If you have read this chapter all the way through, you will have found that I have repeated myself on several occasions. This was done to serve a purpose, *to drive the point home*. Repetition is the way to learn and if you pick up the key repetitive messages in the Psoriasis Program, then I believe that you are well on your way to psoriasis recovery. And that is why I wrote this book, and I thank you again for investing in the Psoriasis Program. Don't forget to read the rest of the books in this series; the Psoriasis Program was intended to be a manual that offers you a holistic mind and body approach to overcoming your psoriasis.

Here's To Your Optimal Health! Eric Bakker N.D.