

ERIC BAKKER ND



THE PSORIASIS PROGRAM

Internal Cleansing and Detox



Table Of Contents

Understanding Internal Cleansing And Detoxification	3
The Colon	5
The Kidneys	10
The Dialysis-Psoriasis Connection	12
The Liver	13
Introduction To The Three-Stage Psoriasis Detox Method	14
Important And Handy Psoriasis Detox Hints And Tips	16
Living A Cleaner Lifestyle – The 5 Essentials	17
The Psoriasis Detoxification Program In 3 Easy Steps	19
The Psoriasis Detox Diet	20
Stage 1 – The Purge – The Bowel Cleanse (14 Days)	21
Stage 2 – The Cleanse – Liver Detoxification (14 Days)	24
5 Reasons Why You Need A Liver Cleanse	26
Liver Detoxification Pathways Explained	29
Nutrition, The Liver, And Detoxification	32
What Foods Can Encourage A Healthy Liver?	33
The Royal Flush – The Liver And Gallbladder Flush	33
Stage 3 – The Repair – Digestive Repair (14 Days)	35
Some Cases Are Complex And Chronic	38
Best Kept Secret – The Kidney Flush	41
Heavy Metal Detoxification	43
Urinary Provocation Testing	45
Frequently Asked Psoriasis Detox Questions	46

Understanding Internal Cleansing and Detoxification

Why Detoxification If You Have A Psoriasis?

The primary cause of disease is not germs. Disease is caused by a toxemia that results in cellular impairment and breakdown, thus paving the way for the multiplication and onslaught of germs.
Dr. Henry Bieler, M.D.



Regardless of how you feel, whether you feel OK or ill, regardless of the cause of your ill health, regular detoxification will help to free up your body's resources and improve all of its functions. My clinic has been working with detoxification programs for over twenty years which have resulted in dramatic health improvements for many patients, some who have experienced years of chronic ill health. Many people living in the Western developed nations will have some degree of intestinal dysbiosis, an imbalance of the beneficial and not so beneficial flora. Detoxification facilitates the release of toxins from the liver, kidneys and throughout the body, reducing the level of pathogenic micro-organisms as well as enhancing digestion. By improving the way your body releases many and various toxic compounds you will not only assist in the prevention of many chronic degenerative disease, you will improve the way your body operates on all levels and allow healing and repair to occur more efficiently and rapidly.

There are a lot of misconceptions when it comes to detox and psoriasis. Is detox about cleansing diets, saunas and enemas? You will gain a lot more from your Psoriasis Program if you detox correctly for several reasons such as these:

1. Your body produces various chemicals and toxins when it comes to psoriasis, your diet and lifestyle as well as your immune system create these chemicals independently that your body needs to clear.
2. The Psoriasis MEVY Diet will help you liberate toxins as you invariably lose weight. Many different kinds of toxins are stored in fat tissues of your body, and as your weight is shed (even small amounts), these toxins are liberated into your blood stream entering your liver and kidneys in particular. Detoxification will to reduce the symptoms like itchy skin, bad breath, headaches, fatigue and body odour, which invariably accompany these toxic releases.
3. If you do happen to go through die-off (a Herxheimer reaction) as levels of bad bacteria and yeast cells are dying in your digestive system, toxins will be released into the blood stream that also need clearing.
4. A good 3-step detoxification program as outlined ahead paves the way for excellent digestive health following the recovery from your psoriasis.
5. In my experience, those who detox once per year dramatically reduce their chances of developing a recurrence of their psoriasis.

Detoxification Is An Every Day, All Day, Year Round Process.

Our world is becoming increasingly toxic each year, and as this occurs, it becomes much more of a daunting task to prevent and recover from almost constant exposure to so many forms of toxins and pollution from our environment. The environmental impact on human health is slowly being recognized by more and more health care providers, particularly in relation to autoimmune diseases, (including psoriasis) because this type of disease has been known to have "no known cause". Detoxification was not taken seriously by many health experts up until fairly recently, but this is changing. Presently, there is a substantial amount of evidence related to the physical impact of exposure to toxins on your body.

Your body works tirelessly 24 hours a day trying to keep it's house in order and the liver, bowel and kidneys are constantly working, trying to keep toxins out of the body, trying to maintain a state of equilibrium or internal harmony.

American and Italian researchers have found physical changes indicating the reduction of your body's ability to successfully detoxify if you have multiple chemical sensitivity (MCS) or problems with continual environmental exposure, including exposure to alcohol, pharmaceutical drugs, personal care products and many commonly used household chemical.

You may well be experiencing some of the following symptoms, and they may or may not necessarily be coming from toxic exposure. But I can assure you this, if you clean up your liver and kidneys, you may be surprised to discover that many of the following symptoms may disappear, even if they have been plaguing you for many years. Many of the following symptoms have disappeared in psoriasis patients I have seen over the years who have undertaken my detoxification program outlined in this booklet.

Symptoms commonly experienced with toxic overload in the body may include skin rashes, infertility (in men and women, globally getting worse each year), neurological issues such as memory loss, concentration problems, and confusion, weakness and fatigue, depression, anxiety, chills, fevers, dizziness, vertigo and tinnitus, various liver and kidney diseases, various immune dysfunctions, including allergies, hyper sensitivities, coughing, sneezing and even different cancers, eye, ear, throat and nose irritations, and different kinds of headaches.

Many people today are plagued by a condition they may not even be aware of, multiple chemical sensitivity (MCS). MCS has been defined as "A chronic and recurrent condition characterized by a reduced tolerance to different environmental agents or to a class of chemical substances".

Internal Cleansing

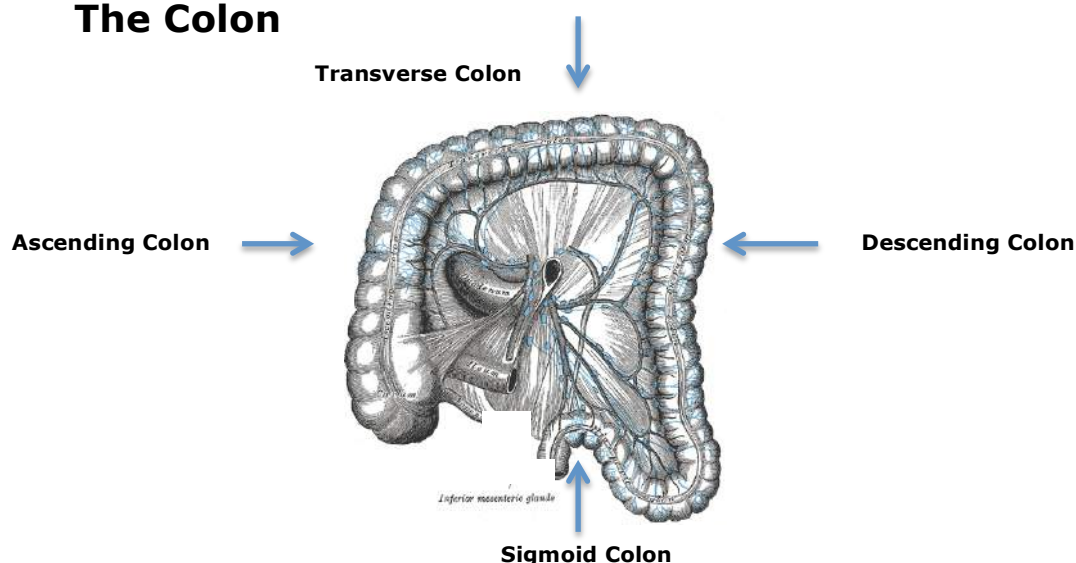
Many health care experts such as Dr. John Pagano (*Healing Psoriasis*) who have written on psoriasis in the past, and who have had considerable experience in treating psoriasis patients, noticed that the best results were obtained by assisting their patients in internal cleansing by opening up and improving all the normal channels of elimination, primarily the bowels and kidneys, and secondarily, the skin and lungs.

Naturally, the most effective internal cleansing is obtained by assisting the body to clear out the bowels, and kidneys, the principle organs of internal cleansing. By taking the load off these organs, you allow the release of wastes and toxins which releases the "backup" pressure on the liver and gall ducts (gallbladder) as well as the small intestine. This in turn allows the many cells of the liver to more efficiently perform their primary task of filtering out and purifying the blood and lymph.

I have noticed that many patients with psoriasis have *constipation, sluggish bowels or poor eliminative habits* in general. Poor functioning bowels and colon impaction has been noted to be one of the primary reasons for a breakdown of the intestinal walls, as well as compromised colonic cell growth¹.

It has been mentioned in the literature by many authors, including Bernard Jensen, M.D., as well as Francis Pottenger, M.D., both experts in human health and nutrition, that when the contents of the intestinal tract are delayed in their movement through the digestive system, notably through the large intestine (colon) that this contents undergoes certain changes which can irritate as well as cause harm to wall of the intestine. A sluggish bowel generally mean the toxins will be absorbed into the bowel wall and then into the blood or lymph circulation. This is why you will find that I'm especially interested in *healthy eating as well as healthy elimination* when it comes to getting results for my psoriasis patients, as this forms one of the main foundations for good skin health. Let's take a closer look at the colon, kidneys, skin and lungs and the liver. It is important that you gain a better understanding of the critical role each of these organs play, not only when it comes to keeping your body nice and clean on the inside, but in the prevention of nearly all chronic diseases, including psoriasis.

The Colon

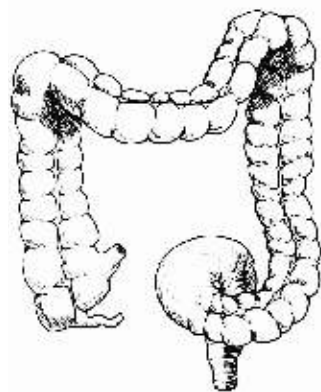


The colon is perhaps the most important of all elimination organs when it comes to psoriasis. As you can see from the above illustration, it is divided into four parts: the ascending, transverse, descending and sigmoid colon. There are various diseases affecting the colon, such as ulcerative colitis, and sometimes we may find physical abnormalities affecting the colon, although these occur rarely. What is more common however are certain abnormal conditions affecting this organ which are often (but certainly not always) under control of the patient, such as the formation of bowel pockets (diverticuli), a ballooned sigmoid colon, the formation of strictures as well as the formation of a prolapsed bowel.

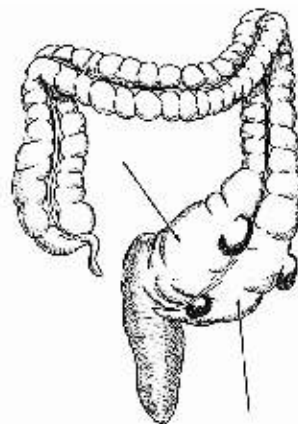
There are many potential signs and symptoms of a problematic colon, and it is therefore most important for you to know the symptoms of a colon that is not functioning optimally. I have listed the most common signs here for your convenience, and if you recognize any of these then I can highly recommend you take action. You may be familiar with some of these signs and symptoms, others perhaps not, but if you have psoriasis and can relate to any symptoms in this list then you are well advised to improve the health of your large intestine.

1. Regular dull headache
2. Halitosis (bad, sometimes even faecal breath)
3. Tired or exhausted (especially on waking in the morning)
4. Dull joint pain
5. Skin disorder (any)
6. Nausea or vomiting
7. Defecating long after eating (more than 12 hours)
8. Not defecating daily
9. Ineffectual urging to defecate
10. Having to go recurrently to pass small motions
11. Bloating and/or gas
12. Dull occasional pain in lower abdominal area, especially left side
13. Dehydration, not drinking much or any water
14. Diarrhea

The following illustrations come from Dr. Bernard Jensen's book entitled *Tissue Cleansing Through Bowel Management*. (1981., 6th Edition., Published by Bernard Jensen., Escondido, CA.)



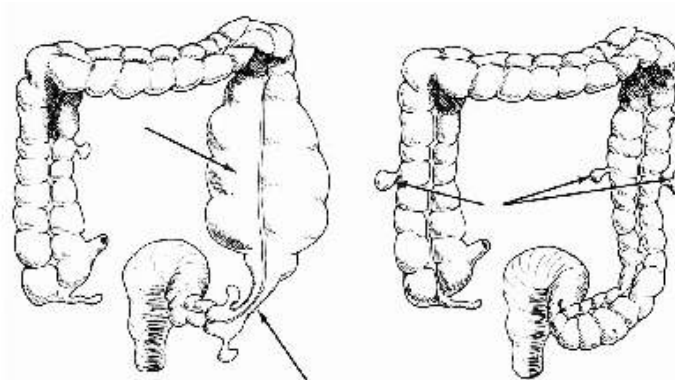
1. Normal Healthy



2. Ballooned Sigmoid Colon

1. **Normal healthy colon.** Avoid constipation by having plenty of unprocessed natural foods in your diet, including fruits and vegetables. Follow the dietary recommendations as outlined in the Psoriasis Diet, and you will discover that you will need to reduce the amount of sweet fruits in your diet but most vegetables are OK. It is important to keep those bowels moving every single day if you want a normal healthy colon. Try the linseed/sunflower and almond mix I have suggested in the Psoriasis Diet, add this powder to smoothies, vegetables, soups, cereals and even fruit salads. Other good sources of dietary fiber to keep that bowel healthy are oat bran and brown rice.
2. **Ballooned sigmoid colon.** Bad toilet habits are more common than you think when it comes to psoriasis. I often find it quite interesting what one person's definition of a "normal" bowel habit is when compared to another person's definition. Some people (and their doctors, much to my amazement) even believe that passing motions every four to five days is perfectly acceptable. And I suppose it is perfectly acceptable to place your household garbage out on the street for collection once per month as well?

A ballooned sigmoid is the result most often due to ignoring the signal to empty the bowels, or from a bad case of continual constipation. I've had some psoriasis patients tell me that they "don't like going to the bathroom" that much, and "hold off" if they can. Once you make it a habit of going daily, better still, twice daily, you will find not only an improvement in overall digestive and bowel health, but in your skin health as well. Patients who commonly have a ballooned sigmoid are taxi drivers, airline pilots and truck drivers and it's not hard to see why. They sit for hours at a time and find it hard to get to the bathroom regularly. Get up and move around, walking, eating the right kinds of foods and *never ignoring the urge to defecate* are three key points of avoiding a ballooned sigmoid.



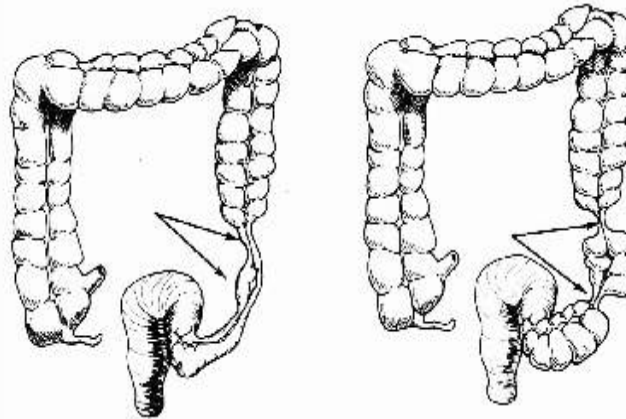
3. Ulcerative Colitis

4. Diverticulitis

3. **Ulcerative colitis.** Ulcerative colitis is an auto-immune condition just like psoriasis, but in this instance it is an inflammatory condition that affects the large bowel and not the skin. I have seen ulcerative colitis in those with psoriasis as well. Colitis patients will do well on my three-stage Psoriasis Diet, and I encourage them to be especially careful with what they eat. They

will also need to be aware of any triggers that may affect a bowel flare-up, as these can be most uncomfortable involving the discharge of mucous and blood. Stress commonly underpins a flare-up, and the information in my psoriasis booklets about stress, immunity and adrenal fatigue is especially good information. With colitis, make sure your iron (blood) levels are regularly checked.

- 4. Diverticulitis.** Diverticulosis is a condition also known as having bowel pockets, and an inflammation or infection of these bowel pockets is called diverticulitis. Many people have these little bowel pockets, especially as they age, which tend to occur as small pouches that bulge outwards of the colon through weak spots. This will often occur as a result of pressure placed on the colon due to a sluggish bowel or constipation occurring over a period of several years. The likelihood increases with age, and many patients I see have these bowel pockets to some degree by the time they are 60 or 70 years of age. Most people with diverticulosis do not have any discomfort or symptoms. However, symptoms may include mild cramps, bloating, and constipation. Other conditions such as irritable bowel syndrome (IBS) cause similar problems, so these symptoms do not always mean a person has diverticulosis. You should visit your doctor if you have these symptoms, especially if they are recurring. The most common symptom of diverticulitis is abdominal pain, and the most common sign is tenderness around the left side of the lower abdomen. If diverticulitis infection is the cause, fever, nausea, vomiting, chills, cramping, and constipation may occur as well. The severity of symptoms depends on the extent of the infection and complications.

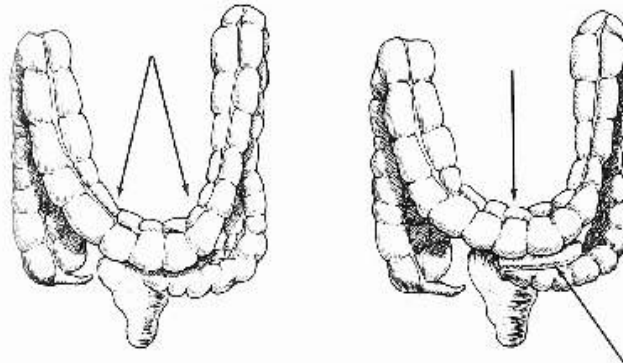


5. Stricture

6. Spasm

- 5. Stricture.** During healing from an intestinal infection, scar tissue may form in the wall of the colon. Any scar that encircles the colon is called a colon stricture. The colon may narrow gradually as the stricture ages and tightens, eventually causing a blocked colon. One of the most common causes of a blocked colon, apart from chronic constipation, is tumor formation, which may occur when colon cancer develops.
- 6. Spasm.** Bowel spasms are muscular contractions of the intestines. These involuntary spasms may occasionally occur without any warning due to a variety of reasons and can last for either very short or extended periods of time. Bowel spasms can be quite painful when they do occur, and commonly

occur as a symptom of a disorder of the colon such as ulcerative colitis, irritable bowel syndrome or a bowel infection involving bacteria or parasites. Occasionally, bowel spasms may be experienced by healthy people with a completely normal digestive system, and in such instances I would expect that stress plays a role. I have noticed that some kinds of foods can exacerbate bowel spasms, but more commonly would expect that nervousness, stress and anxiety underpin painful spasms of the bowel in healthy people, because they cause autonomic nervous system (ANS) dysfunction. You can read a lot more about the ANS in my writings on psoriasis, stress, immunity and adrenal fatigue.



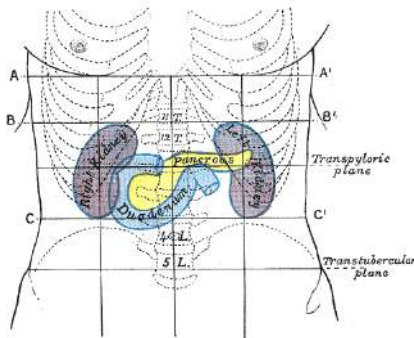
7. Prolapsed Bowel

8. Prolapsed Bowel with Pressure on Lower Organs

- 7. Prolapsed Bowel.** A prolapsed bowel occurs more commonly than you may think, it is when the large intestine sags because the ligaments and muscles which hold the rectum inside the body become weak for one of several reasons, allowing the lower part of the bowel (generally most always the rectum) to prolapse through the anus). A prolapsed bowel is often called a prolapsed rectum and occurs because of excessive straining due to constipation, a difficult pregnancy or delivery, aging and can even be caused due to heavy weightlifting. If the condition is particularly bad, a surgeon can rectify it by repairing the damaged colon. The symptoms of a prolapsed bowel include pain when beginning a bowel motion, a protrusion of the rectum or part of the bowel when straining or blood tinged-stool when passing a motion. I have seen a few patient over the years who have suffered from this condition, and in each case they required surgery to rectify the problem. What you can do to prevent a prolapsed bowel from occurring is to take proper care of your digestive system. This is a condition you can prevent, for example, by adding more fiber (more vegetables as well as LSA mix – see the Psoriasis Diet book) to your diet, which will result in easier eliminations. Adequate water is also important o make it easier to eliminate. The less strain involved in passing a motion, the less strain you place on the muscles and ligaments holding the bowel in place.
- 8. Prolapsed bowel with pressure on the lower organs.** What some people with constipation may not be aware of is the possibility of developing a prolapsed bowel, and in some of the more extreme cases the prolapse can even affect surrounding organs. The pressure from can even put a strain on the surrounding or organs underlying the large intestine. An untreated prolapse may lead to prostrate troubles or bladder issues. A fallen colon can even cause the uterus to tilt or prolapse through the vagina. A woman may experience increased pain during her menstrual cycles as well as potential

difficulty conceiving, because the colon has moved to block the fallopian tubes. I have seen one case involving a fifty-five year old woman who had transferred pain from a prolapsed colon causing severe back pain.

The Kidneys



Your kidneys play a very important role when it comes to cleansing the body of toxins. These two little hardworking organs positioned in your lower back filter all your blood, around 6 litres of it, twice every hour, filtering out any dangerous impurities and discarding them out of the body by way of the urine. The kidneys are selective filtration organs, they hold back vital nutrients such as minerals, vitamins, glucose and amino acids, returning these back to the bloodstream yet allow wastes to be

efficiently eliminated from the body. Once protein has been used by your body, the end product called urea is eliminated from the body by way of the kidneys. The kidneys keep the urea balance, and too much urea can be even life threatening.

The kidneys are most important to your health, and like the liver which we will talk about in a moment, perform an amazing amount of functions. For example, they help with the production of red blood cells, assist in the control and regulation of blood pressure, and even help maintain the body's acid/alkaline balance which is of most importance when it comes to psoriasis. You can read all about acid and alkaline and psoriasis in my book *The Psoriasis Diet*.

What most people are not aware of is that kidney disease, just like heart disease, is silent, and the symptoms may not show up until the situation becomes critical. When you have psoriasis, you will want to keep your large intestine, kidneys, liver as well as your lungs all in optimal shape. This will ensure that the most important elimination organs are functioning at their best, which in turn will help to optimize your chance of beating psoriasis. If you keep these organs functioning at their very best then you may be able to keep those psoriatic plaques at bay forever.

Just like the large intestine, there are many potential signs and symptoms of problematic kidney function, and it is therefore most important for you to know the symptoms of kidneys that are not functioning optimally.

I have listed the most common signs here for your convenience, and if you recognize any of these then I can highly recommend you take action. Some you may be familiar with, others perhaps not, but if you have psoriasis any symptoms in this list then you are well advised to improve the health of your urinary system. It is important to recognize the symptoms of kidney diseases so that you can correct any problems early on. Here is a list of kidney symptoms you should look out for:

- 1. Changes in urinary frequency.** This may be the first symptom for many people; they may discover that they urinate more or less frequently. The urine may be darker in colour and smell offensive. There could be an increased urge to urinate or a problem in actually urinating.
- 2. Blood in the urine.** This is called haematuria and is a real concern. Blood in the urine can have several causes and should be immediately investigated by your doctor.
- 3. Difficulty or pain when passing urine.** Again, if you have problems trying to pass urine or experience pain you should go to your doctor as soon as possible. A urine test will be able to discover whether you have a urinary tract infection (UTI). Signs and symptoms of a UTI include pain, burning or stinging during urination. It is important to receive the right treatment if you have a UTI, because the infection may spread to the kidneys and cause fever and severe pain.
- 4. Feeling cold or chilly all the time.** Those with kidney disease may feel cold even when it is warm due to anaemia or a chronic condition called pyelonephritis (kidney infection) that may cause chills or a fever.
- 5. Extreme fatigue.** Healthy kidneys produce a hormone called *erythropoietin*, responsible for helping to make red blood cells (RBCs). These red blood cells help to carry oxygen throughout your body, and a lack of RBCs can cause anaemia, a condition responsible for generalized weakness and in some cases extreme fatigue.
- 6. Poor concentration and dizziness.** This may be the result of a lack of sufficient oxygen to the brain caused by the anaemia.
- 7. Swelling and oedema.** Healthy kidneys ensure that any excess fluids along with wastes are efficiently removed from the body. When the kidneys cannot perform their task, fluid may build up causing swelling or puffiness in the hands, feet, lower legs, ankles and face.
- 8. Skin itching or rashes.** Those with psoriasis may miss this common symptom of kidney disease, dismissing it as a skin problem rather than a kidney problem. Wastes that build up in the blood stream can be as a result of failing kidneys. The itching may be very severe and cause numerous skin rashes.
- 9. Metallic taste in the mouth and ammonia breath.** High levels of urea may build up in the blood stream as kidney failure ensues. The urea is eventually broken down to ammonia in the saliva, which may cause "ammonia breath" and give the person an unpleasant metallic taste in the mouth.
- 10. Shortness of breath.** Anaemia can cause a shortness of breath, and chronic kidney disease can allow fluid to build up in the lungs causing shortness of breath.
- 11. Feeling sick and nauseous.** This may occur with chronic kidney disease due to a build-up of waste products in the blood stream.
- 12. Dull pain in the back or sides.** I have noticed this in many patients over the years that believed the dull pain to be a problem with the back, when in fact it was a kidney (or adrenal gland) problem. The pain can range from a very low-grade and dull pain right up to a severe cramping pain spreading from the lower back down into the groin region. Severe pain is more common with a kidney stone. Any pain should be immediately investigated, particularly if recurrent and severe.

The Dialysis-Psoriasis Connection

Dialysis is a medical procedure used to allow those with chronic kidney disease to lead relatively normal lives. It is a procedure that involves the mechanical filtration of the blood and is used when the kidneys are no longer able to effectively cleanse the blood.

Dr. John Pagano in "Healing Psoriasis" noted that some patients undergoing dialysis with chronic skin complaints appeared to benefit significantly, with a marked improvement of their skin condition. This indicates the important role that the kidneys place in keeping the skin in great shape. Anybody with psoriasis would do well to understand the link between a pure and clear blood stream and beautiful looking skin.

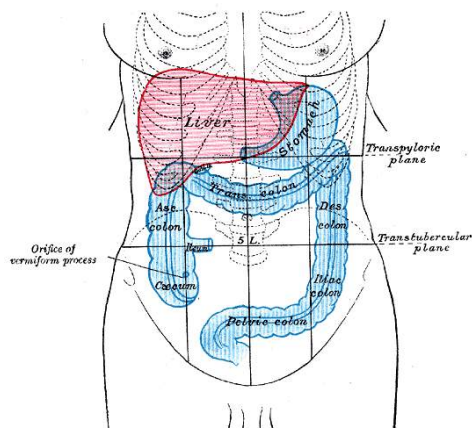
When doing research for psoriasis, I found a most interesting research article on the amazing link between dialysis and psoriasis².

Dr. Phillip Anderson: "With Dr Karl Nolph, our director of nephrology, I have been observing two patients with very extensive, disabling psoriasis that had persisted without improvement for many years despite treatment with repeated trials of Goeckerman therapy and folic acid antagonists. **These patients, who have no renal disease, were the first to undertake dialysis for psoriasis, and both have enjoyed prompt and total healing of the skin, which has been sustained without further treatment since April 1977.** These initial cases were managed by Dr Nolph's renal fellow, Dr Z. J. Twardowski, who, I believe, is the first physician to perform dialysis specifically for psoriasis. At the University of Missouri Medical Center, Columbia, we are evaluating cases of psoriasis for dialysis and will continue preliminary evaluations of efficacy, particularly in regard to the possible benefit for early and severe, psoriatic arthritis."

It appears that those with chronic psoriasis who have failed kidneys requiring dialysis have a better result than those with psoriasis who have good kidneys, which makes the toxin removal hypothesis proposed by Edgar Cace and Dr. John Pagano "questionable", according to modern science. One study³ however has suggested that the reason why dialysis works is because immune complexes are removed, and these are not toxins generally. They come about due to the person's allergic responses to dietary or environmental triggers, unique to the person.

Once you understand this kidney/psoriasis connection, especially the immune connection, it makes a lot of sense to not only increase your kidney's efficiency, but to exclude any foods from your diet that are potentially highly allergenic by nature.

The Liver



The liver is the largest organ in your body; it is the major cleanser and filter of the blood stream and plays a critical role in keeping you healthy and free from an incredible amount of toxins and chemicals that make their way into your diet. The liver contains many cells called Kupffer cells that ingest and break down toxic matter, it has been discovered that there are more than an incredible 300 billion Kupffer cells!

The liver is such an amazing filter that it is even capable of breaking down a wide range of microorganisms as well, such as bacteria, fungi, viruses and many different kinds of parasites from the bloodstream. The liver, like any filter, requires regular cleaning for optimal performance. It has been estimated that the liver performs over 500 different functions inside your body, and regular care and cleansing of your liver will not only ensure that its many functions will become improved over time, but that your overall health and wellbeing improves to a remarkable degree.

You will be able to read a lot more about the importance of liver cleansing when it comes to psoriasis a little later on in this booklet.

Non-Alcoholic Fatty Liver Disease and Psoriasis

I discovered several studies ^{4,5} on the Internet that point out the liver's connection and psoriasis.

In particular, nonalcoholic fatty liver disease (NAFLD) affects about half of patients with plaque psoriasis and a functional liver disorder is strongly associated with psoriasis severity, Italian researchers have shown in 2009. Their findings come from a prospective clinical study involving 130 patients presenting with chronic plaque psoriasis and 260 healthy people without psoriasis, matched for age, gender and body mass index. Research has also discovered that the traditional and commonly prescribed systemic anti-psoriatic drugs (such as Methotrexate) for chronic plaque psoriasis in those with NAFLD may cause major side-effects and predispose a person to other chronic diseases.

Patients with psoriasis should be encouraged to correct modifiable liver risk factors, such as becoming overweight or obese and moderate to heavy alcohol consumption, because modifying these risk factors will not only positively affect both their psoriasis and risk of other diseases, but their life expectancy as well.

What is a Toxin?

A toxin is any substance that is poisonous or hazardous to the processes that maintain life, in other words, anything that interferes with the millions of reactions that occur throughout our body and mind every few seconds.

A detoxification program will improve your health, wellbeing and decrease chances

of future illness and disease. It may well be the single most effective action you can take to improve your health, wellness, and prevent illness. Dramatic results can be seen in a relatively short time, yet the benefits are felt long-term.

Environmental Toxicity

In the past 50 years, our environment has become increasingly more polluted. This has resulted in a greater human toxic burden than ever before in history. Unfortunately, over 70,000 registered toxic chemicals have been introduced into our once pristine environment. So, no matter we are, or where we live on Earth, we all have some degree of toxic exposure. Add to this the use of alcohol, tobacco, caffeine, prescription, non-prescription, and illicit drugs, and you can easily see that this has created a most challenging task for our bodies to get rid of these substances. Your liver carries the greatest burden of detoxifying foreign substances, as well as substances like hormones which your body creates. You can help your liver do its job by providing your body with enough protein and nutrients and herbs involved in liver function, and by regular detoxification.

So, if we are exposed to toxic substances or if we continually make unwise dietary and lifestyle choices, we can build up many potentially toxic substances in our bodies. Allergies and exposure to toxins in foods, water, and the environment are being increasingly recognised as major contributing factors in many health problems, including psoriasis. The Psoriasis Detoxification Program is designed to allow your entire digestive system, including your stomach, pancreas, small and large intestine, as well as your liver and gallbladder to function optimally.

Daily Exposure: It Happens To Us All

Every day we are exposed to a vast number of toxic substances that we may not even be aware of - in the foods we eat, the air we breathe, the water we drink and the materials with which we surround ourselves (our clothing, building materials, household chemicals and goods, etc). In addition, the bodily functions of digestion and elimination, physical activity, combating disease and infection, and dealing with stress, produce a large number of toxic by-products. Allergic and sensitivity reactions also produce toxins. Your car probably gets serviced more regularly than your body. Does it therefore not make sense to cleanse your body internally, at least once per year?

Introduction To The 3-Stage Psoriasis Detox Method

My recommendations are for you not to commence detoxification until you have successfully changed your diet and until *after you have completed the Big Clean-Up* (see the Psoriasis Diet book). In most cases you will feel much better, and many of your trivial or less chronic health complaints will either have been greatly reduced in severity or may be gone altogether. You will still have your psoriasis but should be feeling better overall, more energy, improved sleeping patterns, and some of those aches and pains should be gone too. The long-term positive effects from the Psoriasis Diet change can take anywhere from 3 weeks right up until 6 months, so please be patient. The detox can be undertaken at anytime of the Psoriasis Program, but you will gain the most benefit if you wait until AFTER you have made those diet changes I suggest in the Psoriasis Diet and completed the Big Clean-Up. Your digestive system will be functioning a whole lot better with bacterial and candida eradication and so will your bowel, and this way

you will get the most from the three-stage detox I'm recommending in this booklet.

That is not to say that I don't support a cleanse, and the Big Clean-Up which lasts for about a week is a good thing to do before you start on the Psoriasis Diet, as it will help pave the way and improve your bowel tone. I consider this cleanse somewhat different to a detoxification program though, a detox when done properly will dig deeper than a cleanse and help liberate toxins stored deep inside many of your body's organs, whereas a cleanse will clear out the bowel essentially. If you really want the best from your Psoriasis Program, then please follow my protocol because it has proven itself time and again to be one of the main pillars of my fool-proof system of permanent psoriasis eradication.

The following program is specifically designed to cleanse the digestive system on a deeper level including the liver and kidneys, it will help to rebalance the disturbed intestinal bacteria, restore poor digestion, prevent allergic exposure and repair the leaky gut. To start, I most sincerely recommend you do the Big Clean-Up (see the Psoriasis Diet book). But wait now you tell me, "But Eric, my bowels are perfectly fine, I'm passing one to two motions daily and refuse to accept that my bowels need a clean!" Sorry, you really must do this stage, only then can I guarantee that this detox will really work. Once you read about the Big Clean-Up in the Psoriasis Diet, you will have a much better understanding about the relevance of this cleanse. Those rooms need a vacuum, the walls need dusting down, etc. Just do it!

Only after completing Stage 1 (the Big Clean-Up) would I recommend that you commence with Stage 2 of the detox, or the deep (liver) cleansing phase.

Accumulated matter in your digestive system can create havoc, and when your system is invaded by minute toxic particles, and your body is out of balance, many factors combined contribute to the release of toxins from the gut into the body, potentially causing systemic inflammation, driving up conditions like psoriasis. This dysfunction of the intestinal wall and consequent toxic invasion is associated with many chronic diseases, and the digestive repair program addresses the actual causes of these health-destroying influences.

I've worked with the following detoxification program, modified it and tried to perfect it over more than twenty years with many patients, including those with psoriasis. You will need to make adjustments to dosages of any recommended supplements and foods as you go through the program. It certainly works well, as countless patients can testify who have gone through the 3-stage detox programs in our clinic.

The detox I recommend is comprehensive and is designed to help you achieve optimal health, wellbeing and longevity by way of aiding in the repair and regeneration of the trillions of cells which make up your body. It is perfect for you to attempt and to complete this detox for those with psoriasis. Attempting to do this detox while you are chronically sick with a major psoriasis flare-up is something I would certainly not recommend, or you may end up with a rather severe aggravation.

By completing this cleanse annually, you will most certainly optimize your body's function, allowing you to reach a new level of health. With each cleanse comes

renewed vigor, and you'll be able to push yourself harder as you gain experience with detox, reaching even deeper levels of toxic accumulations.

Digestive problems as well as chronic skin complaints are unquestionably some of the most common health problems we see in our clinics as naturopaths, and many patients come into my practice suffering from digestive complaints such as bloating, constipation, diarrhea, gas, reflux and heartburn. Likewise, we also see many people with chronic skin issues such as psoriasis, dermatitis and eczema. Many patients with ongoing health issues take pharmaceutical drugs like antacids, laxatives, ulcer drugs, anti-diarrhoea and countless preparations for their skin related problems, all which simply mask the symptoms and don't resolve any underlying problems.

Armed with the information in the Psoriasis Program, and undergoing regular detoxification, you can solve many problems yourself before they really set in to become a major health crisis. You will never need to suffer with psoriasis ever again providing you follow a regular detox program, eat well (the Psoriasis Diet), and religiously follow the lifestyle and stress-reduction advice offered in the Psoriasis Program.

Experience and clinical observation of detoxifying many patients has shown me that for optimal results, the program is best followed in the recommended sequence for the most effective detoxification to take place. *For instance:*

- If toxins secreted by the liver were secreted into the small intestine that had not been restored to correct function, they would be reabsorbed through the leaky gut to cause more damage.
- Or, if the bowel is detoxified but not repaired adequately, then the "leaks" will still allow unwanted substances from the digestive system to enter the body, even after you cleanse the body and eventually go back to your old ways of eating and living.
- And thirdly, if the detox is attempted but the bowels are not working very well, you will re-absorb the liberated toxins and may feel quite unwell with fatigue, brain fog and can aggravate in many different potential ways.

Just follow the recommendations because many patients with and without psoriasis who have been through this program can testify to the amazing outcome achieved as a result of their detox.

Important And Handy Psoriasis Detox Hints And Tips:

- *Never over-eat on a detox.* Eat less, not more, eat more slowly and concentrate on smaller portion sizes. Use smaller dinner plates, that way they will look rather full when you place a smaller portion on them, a good trick.
- Try not to eat late at night or within 2 hours of going to bed.
- Drink plenty of good quality water each and every day.
- Do not drink within 30 minutes of main meals, and try to wait 30 minutes after meals before consuming liquids.
- Always chew your foods slowly and *thoroughly* before swallowing.
- Don't read anything or watch TV when you eat, *relax* and *enjoy* your foods.
- With very high levels of toxins, we generally recommend that you go easy at first, try slowly detoxing over a 2 - 4 month period for best results. It takes about that time to rest & restore your digestive function.

- Did you get a headache or hung-over feeling within the first three days of the detox? Then reduce the dosages of supplements, take it easy and prolong your detox. You will have significantly fewer aggravations and feel much better in the long run.
- For optimal results, I recommend sauna therapy; one or two saunas are generally enough per week.
- Do you want your liver to be in top shape? Then cut out all alcohol for two months entirely whilst you adopt this dietary approach. I will simply not believe you if you tell me you feel no different; you will feel fabulous and probably re-think how much you were drinking previously. I have witnessed this with countless patients over the years, many of which were only drinking one or two glasses per evening. Try it and see for yourself.
- Dry skin brushing is a most beneficial practice. Do this each day before you have a bath or shower. You will love the results. Avoid the psoriatic plaque areas naturally, and be sure to go easy at first.
- Water at the rate of 30 – 35mls per kg of your bodyweight is your daily target to drink. Six to eight glasses, each and every day. Best looking skin belongs to those who are hydrated the most. Don't believe me? Try it yourself!
- Visit a well-stocked health food shop for special foods and do visit the Farmer's type Markets for great organic produce.
- For an additional boost (particularly if you have poor immunity and suffer from stress) have a second glass of water after your lemon juice drink in the morning, add 1 heaping teaspoon of high-quality Vitamin C powder.
- Do you have a bowel that needs a helping hand? Linseed & sunflower & almond (LSA) (best ground and sprinkled on salads, cereals or other foods – 2 Tablespoons a day), ground psyllium hulls (mix with water and drink, then another glass of water, they absorb water and clean the intestine) and Aloe Vera juice (add to water or fresh fruit juice), handy for restoring bowel function, clears junk out of the bowel – stay on this regularly for 3 months for the best effect. *Read more hints and tips in the Psoriasis Diet.*

Living A Cleaner Lifestyle – The 5 Essentials

To make the most of your psoriasis detoxification program, it is essential to reduce or avoid as many toxins as possible, so that your body can truly have a chance to cleanse and repair itself. For most people, the main toxicity will be food (including alcohol), and we will discuss the appropriate psoriasis detox diet. The next biggest source is their lifestyle. We have listed below some essential and optional steps that you can take to give your body a fresh start.

1. Exercise

Our bodies were designed for regular physical activity. We have a heart and circulatory system which pumps blood, oxygen, waste and nutrients around the body. But did you know that you also have a second circulatory system, called the lymphatic system? Unfortunately, this system doesn't rely on a pump, it relies on the big muscles in your legs and arms to pump the toxins out of the body. You should aim for at least 30-40 minutes several times per week (such as brisk walking or swimming) plus strengthening exercises such as weights, yoga or pilates. A well toned lymphatic system is one of the keys to well functioning immune system, and one of the main reasons why fit people don't get sick as often as couch potatoes.

2. Avoidance of alcohol and tobacco

The two most harmful drugs in our society are tobacco (3rd cause of death in most countries) and alcohol (5th cause of death in most countries). Do you use either of them regularly? then try to make a concerted effort to stop them, at least during detoxification. Can you imagine what a difference it would make to your skin, your health and your pocket if you were to stop both these poisons altogether?

3. Pure water

By now you are getting the message, one of the easiest things you can do to really get your system detoxifying is to drink lots of pure water. A good rule of thumb is that if your urine is not almost clear, then you will need to drink more. Drinking tea, coffee, alcohol, and soda drinks does NOT count when it comes to drinking water. Most of these beverages are loaded with sugar, caffeine or a host of other chemicals. Your skin will look at it's best when you are well hydrated, and in my experience, *most all patients I have seen with psoriasis just don't drink enough water.*

4. Detoxify your Environment

Your home and work place can be major sources of toxins. Try to eliminate or minimise your use of the following:

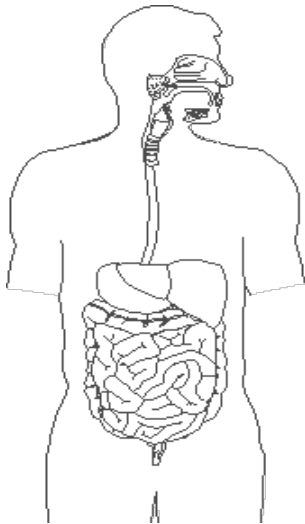
- Cleaning products, use natural cleansers like vinegar, baking soda, etc.
- Antiperspirants containing aluminium hydroxide (read those labels).
- Pesticides, herbicides, weedicides, and all sprays generally.
- Petrochemicals, solvents, hair sprays, hair dyes.
- Pollution from cars and factories.
- Moulds, dusts, and animal furs if you are sensitive.

5. Avoid Toxic Emotions and Stressful situations

Try to avoid being around negative, energy draining people. Choose to be positive, optimistic and focused on improving your most important asset: your health. Get help from others if you have a major stress in your life. Practice relaxation techniques like Tai Chi, yoga or meditation.

Identifying The Chemicals And Toxins In Your Life

It is very important to remember that psoriasis is not something you will beat just by changing your diet and taking a few dietary supplements. There are many other considerations to bear in mind and I'll explain a few. Just as foods that contain sugars, molds and fungi are considered undesirable, you will find in many circumstances that symptoms will in many cases be worse in humid and damp environments that are somewhat conducive of mould and fungal spores being present in the atmosphere. Be aware of your lifestyle and environment, you may be surprised if you carefully analyse your life to find that there are potentially several sources where chemicals and toxins can enter your life.



The Psoriasis Detox Program In 3 Easy Steps

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

The Psoriasis Detoxification Diet

In conjunction with the 3-stage detoxification program, you will find that the best results will be obtained if you follow a healthy and cleansing diet. Often, with our busy schedules, we don't spend enough time planning nutritious meals, instead, we rely more on a on-the-run approach. These foods can have a tendency to be higher in fats, sugars, unhealthy food additives, and are generally lower in nutritional value. The Psoriasis Diet approach is generally suitable for your detox as well, as it is designed to decrease your toxic burden by providing your body with foods that generally do not cause any allergies or food intolerances and are generally more free of preservatives, pesticides, hormones, antibiotics, and other potentially toxic elements.

Your psoriasis detoxification diet should be flexible, and suit your lifestyle and personal requirements. Above all, by adopting the diet I recommend in just a moment and the other detoxification recommendations in this booklet together, you will make the most of your body's ability to cleanse itself by not only reducing the toxic load coming in through your diet, but by way of facilitating toxic excretion and psoriasis eradication all at the same time, which is a clever approach. You may even end up adopting a higher quality diet long term and avoid having any major skin problems in the future. Common sense.

Do you remember the Big Clean-Up that you completed prior to the MEVY Diet (see the Psoriasis Diet)? The following diet is similar; you can follow the 7-day Big Clean-Up diet or follow this diet. Remember, this detox is what you do after you have made the dietary changes I've recommended in the Psoriasis Diet, alternatively, you have improved significantly and feel you can cope OK. For the best results, your diet is best adjusted while you are on this cleanse.

The most important things to reduce greatly or better still, eliminate, are **dairy products, red meat, the nightshade family of vegetables, take-away foods, processed foods, alcohol, coffee, tea, and chocolate**. We are aiming for as natural a food intake as possible. Fresh food is always the best.

The Psoriasis Detox Diet

Vegetables: sweet potato, carrots, spinach, pumpkin, citrus fruits, broccoli, strawberries, melons, beans, Brussels sprouts, cabbage, vegetable broths, soups, salads, think stir-fry vegetables, onions, garlic, spring onions, lettuce, cucumber, all sprouts. Aim for the brightly colored vegetables. Have the juice of 1/2—1 lemon each day in a glass of water, or as part of a salad dressing.

Meats: White meats, preferably: fish and chicken, avoid red meat (beef). Try to avoid anything from the processed meat section like bacon, sausages and salami. Eggs are fine, free range is best. Keep your protein intake up; your liver needs proteins in the form of amino acids to adequately detoxify many substances. Best protein sources are the white meats like chicken, fish but eggs are great too. This will also stop you snacking on the carb foods like breads, biscuits, sweets and crackers. You may well even lose more weight, what a bonus!

Grains: All whole grains, rolled oats, rye, barley, buckwheat, linseed meal, millet. Wholemeal bread, wholemeal pasta, brown rice, white rice.

Snacks: Rice & corn crackers, sushi rolls, popcorn, organic dried fruit and nuts (in moderation), (almonds & Brazil nuts are the best), sunflower and sesame seeds, almond, soy or rice milks. Fresh fruits are generally fine. Avoid peanuts, cashew and pistachio nuts on the detox.

Drinks: Herbal tea, diluted pure fruit juices, mineral water, or just plenty of filtered pure water would be optimal. Reduce or better still avoid all caffeinated drinks, such as tea and coffee (you may need to gradually cut back on caffeine to avoid withdrawal symptoms). Avoid soda drinks, energy or diet drinks.

Eliminate ALL alcohol: This includes all beer, wine, spirits and alcohol containing products. Get real, how can your body detox and clear psoriasis when you consume *any* alcohol?

Reduce dairy products: Including milk, cream, cheese, cottage cheese, yoghurt, butter, Stop eating ice cream and those frozen yoghurts full of sugars. Have olive oil, flaxseed oil, and cold-pressed vegetable oils like sunflower or grape seed instead.

Eliminate fatty meat, fried, deep-fried foods and take-away: Avoid fast or take-away meals such as deep-fried fish and deep-fried chips, pizza, hamburgers, etc. Eat freshly prepared, home-cooked meals; try to avoid leftover foods from the refrigerator. Some take-away Thai or kebabs may be acceptable on occasion. Fatty meats and deep fried foods are particularly hard on your liver's detoxification pathways.

Stage 1 – Purge – The Bowel Cleanse (14 days)



The Stage 1 Bowel Cleanse is the SAME as the Big Clean-Up you will find in the Psoriasis Diet book. The reason I have mentioned it here again is to be sure that you have either completed it already, or you are going to commence it now if you have not. If you completed the Big Clean-Up already before you started the Psoriasis Diet, then just do the Psoriasis Detox Diet. The bowel is cleansed and purged to eliminate undesirable bowel matter and bowel plaques and make your entire intestinal tract clean.

Any good detoxification-cleansing program should always begin by removing any unwanted waste from your large intestine in particular. It is not a good idea to attempt to remove wastes from your liver, circulation and lymphatic system without first cleansing your bowel, the terminal part of your food processing (digestive) system. *You may develop quite a strong psoriatic skin aggravations by cleansing your body with a bowel that is not really working properly*, as wastes can become recycled through the body and affect you in different ways, and I have certainly seen patients in these situations who call or email me complaining of feeling sick, nauseous, dull headaches, severe skin rashes, sore joints, and a host of other complaints. Just like a hangover from too much alcohol, most of these episodes are entirely avoidable.

Like anything else in this life, it is the preparation that is the key with a good detox, and if you take time and prepare your body for cleansing you can literally save yourself from a nasty headache! I can remember many years ago when I first started to do regular cleansing on myself and enthusiastically took a strong liver herbal formula without paying any attention to my sluggish bowel, boy did I pay the price. Within two days I felt very unwell and extremely "hung-over", I spent a whole day in and out of the bathroom and felt like a fool because I knew exactly what was going on. There is nothing quite like personal experience.

Bowel cleansing can be a simple procedure for someone who has a relatively healthy digestive tract, but for somebody else with a very unhealthy digestive system it can be a major and drawn-out procedure lasting many weeks or even many months. So how do you define if your bowel is healthy or unhealthy?

Here are a few clues that will reveal that your large intestine may not be healthy:

- Regular daily consumption of alcohol, coffee and tea.
- History of taking an antibiotic or taking any drugs regularly.
- Poor diet, junk food diet, eating irregularly, skipping meals.
- Not eating much fruit and vegetables.
- Eating predominantly processed or refined (supermarket) foods.
- Living or working in a high-stress environment, e.g.; shift-workers.
- Noticing that your bowel motions are not regular, skip a day here or there.
- Reliance on aids, laxatives or various products to help your bowel along.
- Sedentary lifestyle, little to no exercise.
- Those in a wheelchair, mobility scooter, use a rollavator or who are infirm or recovering from illness, injury or any trauma.

Detox is NOT recommended if you have chronic constipation



If you are a person who has a bowel motion once per five to seven days then you will need to take particular care when completing the 3-stage detox program, as it is good practice not to attempt a detox unless your bowel is working daily or every second day at the very least. I regularly see patients with psoriasis who have bowel motions every second day, and they are OK to attempt this 3 stage detox, especially if they focus on more water, fibre and plenty of relaxation.

While I have seen some chronically unwell patients over the years with major psoriasis who will probably need to work on the health of their digestive system for rest of their life, for the majority of those with psoriasis, this will certainly not be the case, and a 7 day bowel cleanse is all that will be required as a prelude to effective liver detoxification. The important process of cleansing and healing your bowel should not be viewed as a separate process from detoxification, and if you want to achieve the best possible cleansing outcome then this is a step you will not want to forgo. Your liver flush, bacterial & parasites cleanse and subsequent bowel repair will be that much easier and effective once a bowel cleanse is first undertaken.

It is important that you adopt the correct cleansing diet as outlined, even more so if your bowel is unhealthy. The more pharmaceutical drugs (especially antibiotics and anti-psoriatic drugs, creams, lotions and potions) you have taken over the years the longer it can take to clean your bowel up. The same goes for those who have lived a junk-food lifestyle for several years, it takes time to cleanse and heal that digestive tract.

You provide the necessary nutrients & herbs that allow the bowel purge process to take place efficiently, and the two products you will require are:

- 1. Colozone (or magnesium sulphate powder)**
- 2. Vitamin C Powder**

As I have mentioned before, if you have already completed the Big Clean-Up properly before you started on the Psoriasis Diet, you should be fine and can go into Stage 2, the liver cleanse. However, if you have not completed it as yet and you are going to jump right into detox without having considered the Psoriasis Diet, then please follow the 14-day Stage 1 bowel cleanse just ahead. This is somewhat similar to the Bowel Purge you do before the Big Clean-Up, except this is a little more prolonged and thorough bowel purge, and here is why this purge is important:

- The bowel purge process eliminates places for bacteria, yeasts and parasites to hide.
- The bowel purge eliminates accumulated toxins, sludge and plaques in your bowel.
- The bowel purge will help to prevent re-absorption of toxins when you are undertaking the liver cleansing phase by allowing a clear unhindered

passage of toxic waste to be excreted.

- The Vitamin C powder will help to improve the health of the cells lining your digestive tract.

Colozone (or a similar magnesium oxide or sulphate powdered product)

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

Bowel Cleanse Tips:

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

Precautions:

- Do not take Colozone or magnesium sulphate if you are pregnant or nursing, or if there is bleeding from the bowel, or if you have kidney infection or disease.
- Do not take Colozone if you have ulcerative colitis or Crohn's disease (inflammatory bowel disease). If in doubt with any of the above, please contact your health-care professional.

Vitamin C Powder

Try to buy a vitamin C powder that contains zinc, vitamin E and perhaps a few more antioxidants. Avoid straight ascorbic acid or sodium ascorbate as it may irritate the digestive system with prolonged use. Take 1 level teaspoon in the morning after Colozone, when you are taking Colozone for the above-mentioned 14 days.

- Designed to support your liver and intestines with Vitamin C and antioxidants, ensuring an effective bowel flush.
- If you are on the Oral Contraceptive Pill, consult your practitioner.

Stage 2 – Cleanse – Liver Detoxification (14 Days)



After the bowel purge, your liver will become much more responsive to releasing those deeper-seated toxins that have accumulated over time. The toxic build-up in the large intestine will prevent the continual removal of wastes coming from your liver, and this is one of the main reasons why we need to get your bowel in peak shape first.

Some may believe that Stage 2 should be about the removal of unfriendly bacteria, yeasts and parasites that may be living in the digestive tract, rather than cleansing the liver. Wait, we are going to tackle this in stage 3, the digestive repair stage. Be sure to read the booklet entitled *Psoriasis, Special foods, Supplements and Herbs*, as you will learn much more about the specialized natural medicines we can use effectively with the parasite, bacterial and yeast cleanse as part of your detox in Stage 3.

The liver is your cleanser and filter of the bloodstream and along with the large intestine (colon) is of vital importance when it comes to keeping your psoriasis at bay. The liver is the largest organ in your body and has a tremendous volume of blood flowing through it continually. It is around 8 - 9 inches in diameter, 5 - 6 inches in height and 3 - 4 inches in depth and weighs between 42 to 56 ounces. Here are but a few of the many hundreds of functions your liver performs inside your body:

- The liver is responsible for the production of bile that it stores in the gallbladder. Bile is released when required for the emulsification and digestion of fats.
- The liver stores glucose (blood sugar) in the form of glycogen that is converted back to glucose again when the body requires it for energy.
- The liver plays a very important role in the metabolism of protein and fats. In addition, the liver stores the fat-soluble vitamins A, D, K, as well as vitamin B12 and folic acid and synthesizes blood-clotting factors.
- The liver is your main detoxifying organ, breaking down or transforming substances like hormones, alcohol, chemicals, ammonia, various toxins and metabolic wastes, and pharmaceutical drugs so that they can be excreted through the bile or urine. The liver is good at removing chemicals which are foreign to your body are also known as "xenobiotic" chemicals.
- The liver is designed to remove an incredible amount of toxic matter such as dead bacterial and yeast cells, microorganisms, and all sorts of chemicals, drugs and various debris from your bloodstream.
- The liver contains many specialized immune cells known as Kupffer cells that ingest and break down toxic matter.

Liver Problems Are Very Common In Those With Psoriasis

Liver problems are very common in those with psoriasis. This organ has everything to do with how you live, that is why it is called the "live-r". Liver dysfunction is a prelude to liver disease, and in those with a functional liver problem, the routine blood enzyme tests will generally found to be normal. When a dysfunctional liver is not working efficiently and has become overloaded with toxic accumulations, it will impossible to clear your psoriasis. The drugs you take only add to the liver's burden, and even though they may clear skin symptoms

temporarily, the liver's burden only increases and symptoms will come back with vengeance when the drugs are stopped.

I have found around 30 percent of patients who see me in general have some kind of liver disturbance, and over half those with psoriasis as mentioned previously, will have a fatty liver. Many people with psoriasis will suffer with the signs and symptoms of a functional liver disturbance for years and yet their physician (whether it be a naturopath or medical doctor) will be oblivious to this fact. Over the course of years of going from one health care professional to another the underlying problem remains and the patient's symptoms only get worse. Increasing doses of drugs like immune suppressants, pain killers, anti depressants, sleeping pills, cholesterol lowering drugs and various (and often copious) dietary supplements are prescribed and in many cases just add to the liver's burden. Apart from the bowel, I consider the liver to be probably the most important organ to get into peak shape when it comes to permanent psoriasis eradication. Let's take a closer look now at the many different signs and symptoms of liver dysfunction:

- 1. Digestive Problems.** Indigestion, haemorrhoids, gallstones, gallbladder problems, intolerance to fatty foods and alcohol, queasiness, nausea or vomiting, abdominal bloating, irritable bowel syndrome, gas, flatulence, constipation, pain in the liver region (upper right-hand corner of abdomen), reflux. Bad taste in mouth on waking in the morning, bad breath.
- 2. Poor Fat Metabolism.** Cellulite, fatty liver, pot belly or a roll of fat around the abdominal region (liver rolls), "love" handles, abnormal levels of fat (cholesterol) in the blood stream, high LDL levels, low HDL levels, high Triglyceride levels. Blocked arteries leading to elevated blood pressure, stroke or heart attack. Unable to lose weight even when strict dieting and exercise.
- 3. Blood Sugar and Energy Problems.** Sugar cravings, low blood sugar levels, diabetes mellitus (mature onset) is very common in those who have a fatty liver, headaches, fatigue, vagueness, dizziness or tiredness after a meal containing sugar.
- 4. Nervous System Problems.** Mood swings, anger or irritability, poor concentration, fogginess in the head, recurring low-grade dull headaches, migraines with nausea or feeling sick, depression.
- 5. Poor Immune System.** Food allergies or sensitivities, increased incidence of viral or bacterial infections, chronic fatigue syndrome, hives, sinus, hay fever, asthma, eczema, dermatitis, psoriasis, fibromyalgia.
- 6. Other Signs and Symptoms.** Itchy skin, acne, skin rashes (including psoriasis), coated tongue & bad breath, excess sweating, bad body odour, dark circles under eyes, whites of eyes yellow, hot and sweaty palms of hands and soles of feet (can be itchy/peeling skin), puffiness around eyes.
- 7. Hormonal Imbalances.** I have discovered that people with a functional liver problem can at times have a problem tolerating hormonal medications like the birth control pill or hormone replacement therapy (HRT). These are sometimes also the women who have "uncontrollable" hot flushes at menopause or terrible premenstrual symptoms.

A Good Liver Cleanse Can Often Be A Psoriasis Patient's Turning Point

Because your liver is responsible for such a wide range of functions that affect many of your body's systems, when your liver function becomes compromised the various signs and symptoms can be many and varied, and may include problems like digestive disorders, skin issues right through to memory and concentration problems, anger and emotional irritability. Stage 2 deep liver cleansing will help to restore and rejuvenate a tired and overworked liver, regardless whether the cause has been alcohol, pharmaceutical drugs, environmental poisons, illness or poor diet.

It never ceases to amaze me how much positive feedback I get from those with psoriasis who have undertaken a good liver detox for the first time, they are simply blown-away at their level of improvement that in turn encourages the shedding of poor and unhealthy habits in favour of adopting new habits, I have witnessed that a good liver cleanse can be a real turning point in a person's life.

Now you can understand why it is important to keep your body's main filter clean. When you do an oil change as part of your automobile's maintenance schedule, you ask the mechanic to change the oil filter. You cannot change the liver, but you can schedule regular maintenance yourself and undergo liver detoxification at least once per year. You will be both amazed and delighted at the difference it makes after you have cleaned your liver up.

5 Reasons Why You Need A Liver Cleanse

1. Improved Mental Focus, Clarity And Moods

You only have to ask somebody who drinks alcohol regularly to ask what their level of mental clarity and focus is and you will soon work out that alcohol (a potent liver toxin) and healthy cognition certainly do not mix! A healthy liver gives a person a powerful ability to think with clarity and to concentrate. The liver converts ammonia, a by-product from protein digestion, into a less harmful substance known as urea. An impaired or sluggish liver will not convert ammonia sufficiently into urea, and when ammonia reaches the brain it affects the brain's ability to function optimally. This is one good reason why you will benefit from optimizing your liver's function, to allow it to metabolize chemicals like ammonia and other by-products from your digestion, not even taking into account the self-ingested toxins like pharmaceutical drugs, environmental toxins and alcohol which your liver has to deal with as well.

Those who have a great liver function are more inclined to be in a positive and upbeat mood. People with "sad" livers are more prone to anger, tension and anxiety, just go to your local bar on a Friday or Saturday night and watch those who drink to excess, they invariably are more prone to irritability, bad moods and anger management problems.

In Chinese medicine, the liver is certainly an organ that is connected with the emotion anger. Anything that produces a toxic liver, according to Chinese medicine, leads to anger problems and to people who have problems controlling or letting go of their anger. Obviously, the more toxic and destructive the habits like alcohol and drugs, and the longer these habits are done, the worse this angry

situation and flow-on effects will become. A clean and healthy liver will make the owner feel more relaxed and at ease with their life.

2. Improved Digestion And Fat-Burning

I can remember having a conversation a few years back with Dr. Sandra Cabot (the Australian "liver doctor" who wrote The Liver Cleansing Diet) who mentioned that if people only knew what role the liver played in weight-loss that they would certainly pay much more attention to regular liver-cleansing. Did you know that your liver is your body's main fat burning mechanism? Your liver's role in the metabolism of proteins and fats makes it one of your most important digestive organs.

Your liver produces up to one pint (600mls) of bile each day that it stores in your gallbladder. Bile is one way for your body to get rid of worn-out red blood cells and other unwanted chemicals like redundant hormone residues. Bile helps to break down dietary fats and is also important for the correct and complete metabolism of the fat soluble vitamins A, D, E and K. Correct and continuous bile flow is therefore an important aspect of excellent digestion and is one of my major goals in liver cleansing, this is why many herbs and nutrients we recommend in liver cleansing are "cholagogue" by nature, meaning they help to promote the flow of bile through the bile ducts. Gallstones, bloating, gas and attacks of pain or feeling a little sick after eating fats are signs of a sluggish gallbladder. This is the reason I like people to complete a liver and gallbladder flush after a detox.

3. Improved Blood Sugar Control

Your liver will control your blood sugar in multiple ways; did you know that your liver has a large storage capacity of a substance called glycogen? Glycogen is stored blood sugar, and when your body needs a burst of energy the adrenal gland releases the hormone cortisol which in turn liberates stored glycogen which then becomes converted to blood sugar which is then utilized as an energy source by the millions of cells in your body. Your liver is very clever, because it can also help convert other forms of sugar into glucose, the preferred fuel for your body's cells, such as the conversion of fructose (fruit) and galactose (dairy) into glucose. The clever thing about an effective liver cleanse is that it improves the body's ability to metabolize blood sugars, making this process much more efficient. This more effective balancing of blood sugars will in turn prevent episodes of hypoglycaemia (low-blood sugar) that commonly occur in those with congested livers. You will feel considerably less tired throughout the day with a clean, healthy liver. The other important point worth mentioning here is that sugar cravings are more easily controlled with more effective blood-sugar control, reducing the likelihood of those sweet cravings and weight gain that many men and women experience.

4. Improved Immune Function

Those with psoriasis need an optimally functioning immune system. Did you know that the liver has a very high concentration of white blood cells, and is a primary immune organ in its own right? Your liver possesses a very high concentration of natural killer cells and macrophages that play an important role in preventing any infection or illness due to toxins or foreign chemicals from spreading to the rest of the body.

Some experts state that as much as a quarter of all the liver cells are white blood cells, designed to allow the liver to work most effectively as a filter. By regularly completing a deep cleanse you are ensuring that your liver remains vigilant and highly efficient at performing its task optimally. By reducing your total toxic load and completing the 3-stage detox annually you are well on your way to preventing the many different chronic degenerative diseases which affect all too many people prematurely today. The liver is one of your most important organs to rejuvenate and cleanse in your quest to beat psoriasis once and for all.

5. Improved Skin Tone

Psoriasis is primarily a skin problem, and the skin is your body's biggest organ that is affected very much by the underlying toxins of a body that has been overloaded over a period of many years. Perspiration is one way your body effectively deals with toxins, and this is why sauna therapy can be an important part of an internal cleansing regime. Many patients I see in their 40's and 50's complain about accelerated ageing, and I explain that an accumulation of free radical damage over the past twenty to thirty years (chemicals, alcohol, pharmaceutical and recreational drugs, nutrient deficiencies, toxins the body produces as a normal part of metabolism, sunshine, stress, etc.) takes its toll on the skin resulting in wrinkles through the loss of elasticity and collagen.

A healthy and vibrant liver can help the body deal with free radicals much more efficiently, and you will notice that those who do not smoke, drink, take any drug and lead a healthy stress-free life always look tend to look many years younger (their biological age) compared to their real age (their chronological age). Did they have Botox or a face-lift? No, their ageing was reduced because their liver was more capable of clearing out the toxic onslaught before it was inflicted on their skin. Just take a look at a woman who worships the sun and who smokes tobacco, by the time she is 50 her skin can look quite old, lined and wrinkly. Now look at the peaches and cream complexion of a woman who avoids the harsh sun and who has never smoked in her life, pay her a visit on her 50th birthday and sit her next to our sun goddess. You will be quite shocked to see such an incredible difference in skin tone. Want to know if your friend has had Botox or plastic surgery to her face and may be hiding the truth from you? Look at the skin on the back of her hand; she will not be aware that this skin ages at the same rate as her facial skin.

To prevent accelerated ageing, many people take anti-oxidants like vitamins A, C and E, zinc, selenium, alpha lipoic acid, resveratrol, pine bark extract, etc.

Why take all these expensive supplements on an ongoing basis when regular liver cleansing can improve your liver's ability to move out those free radicals, allowing the body to produce collagen more efficiently which in turn will keep your skin looking healthy, supple and vital in spite of your age. And all this can be accomplished without the need of Botox or a plastic surgeon. And it will save you a whole lot of money too!

Many patients I've seen with chronic psoriasis over the years have simply not been aware of their liver's connection with their immune system and their skin. Most all of the emphasis has been placed on external treatment, but once the connection with detoxification, the liver and the skin has been made and understood, the patient is then in a powerful position to make the necessary

changes required. And for you to have access to this kind of valuable information is why I am pleased you decided to purchase the Psoriasis Program, it is as good as having several consultations with me, and allows me to explain these most important concepts to you in great detail.

Liver Detoxification Pathways Explained

You may find it interesting to learn a little more about how the liver actually achieves the ability to detoxify your body. This is quite useful information, especially if you are a person who wants to beat psoriasis once and for all. Your liver performs detoxification in two phases, Phase 1 (oxidation) and Phase 2 (conjugation).

Phase 1 – The Oxidation Pathway

The first stage involved what is known as “oxidation” and works by virtue of a whole group of different enzymes, and is called the P450 enzyme system. A very little known fact is that the adrenal glands (that sit on top of your kidneys) also have this Phase 1 P450 enzymatic detoxification system.

In this first stage of liver detoxification, Phase 1, your liver utilizes many different enzymes, and most are specific to certain toxins. It is estimated that there are several hundred different enzymes that perform this task we call oxidation. The enzymes use oxygen to burn the toxins up, and by doing so they make the toxins water-soluble. It is necessary for the toxins to become soluble in water; otherwise they are not easily excreted from the body by the kidneys or digestive tract. It is important to understand that many toxic compounds are fat-soluble to begin with, and oxidation changes their structure to that of being much more soluble in water. Without the liver’s detoxification capability, toxins would not be able to be easily eliminated from the body and we would soon be poisoned to death.

Although Phase 1 is important when it comes to detoxification, it is in itself a hazardous process and not without any risk of harming the body internally unless it is carefully controlled by the liver. Dr. Leo Galland, a leading American expert in detoxification explains that at times that an actual end product of Phase 1 detoxification can be in fact more dangerous the chemical was to begin with. For example, benzene is a dangerous chemical compound (a chemical solvent) found in fuel (gas) as well as in cigarettes, and it is a known carcinogen. A P450 Phase 1 enzyme called benzene-oxide produces an intermediate compound called benzene quinone, which is even more toxic than benzene itself. The body, especially the liver, relies to a great degree on anti-oxidants such as Vitamins A, C and E as well as selenium and zinc to reduce any potentially damage that may occur to the liver and body in the presence of these toxic intermediate compounds. To complete the detoxification of benzene-quinone, this toxic compound must now undergo a further process known as Phase 2, or the conjugation process.

Both Phases are equally important and need to be working properly if the body is to be properly and adequately cleansed. If Phase 1 does not work well, too many toxic compounds will build up in the body. Likewise, if Phase 2 does not work properly, a build-up of too many toxic intermediate compounds can build up causing an even greater problem.

I have noticed that if a psoriasis patient drinks alcohol very regularly or consumes too much for too long, or if that person smokes, consumes deep-fried foods, barbecued meats, is in contact with cling (plastic) film, drinks or eats from polystyrene plates or cups, uses vegetable oils, commercial cleaning products and personal care products (containing all those chemicals with long names), takes pharmaceutical drugs of any kind, then that person has probably an increased Phase 1 activity with an imbalance in Phase 2 activity.

There is plenty of research being conducted around the world, examining how nutrition can help facilitate both Phase 1 and Phase 2 activity. Research undertaken at the University of San Francisco has discovered that a judicious choice of food can counteract noxious agents. Therefore, the diet can be a major factor in determining who does and who does not show toxic symptoms following exposure.⁶

Phase 1 Food Helpers

These foods help to increase Phase 1 detoxification while at the same time help to balance Phase 2 and increase its activity. It is no wonder that these very foods have been recommended for their amazing health-giving properties.

- Cruciferous vegetables like cabbage, cauliflower, and Chinese vegetables like Bok choy, Brussels sprouts.
- Antioxidant rich foods such as blueberries, avocado and sprouts.
- Citrus fruits such as oranges, tangerines, lemons and limes.
- Spices like turmeric, caraway and dill seeds.
- Pumpkin seeds, nuts, sesame seeds.

Intermediate Metabolites

Intermediate metabolites are chemicals produced during the Phase 1 detoxification pathway in the liver. They are also called "reactive oxygen intermediates", and are quenched by your liver with antioxidants like Vitamins A, C, E, zinc, manganese, copper, selenium and Co enzyme Q10. These toxic intermediates can cause secondary tissue damage, and this is a very important reason why antioxidants are so important for your health.

Phase 2 – The Conjugation Pathway

To complete detoxification, the toxic intermediate metabolites produced during Phase 1 undergo a second process called Phase 2. During this second stage called conjugation, the oxidized chemicals are combined with specific amino acids like methionine and cysteine and minerals such as sulphur, and then excreted in bile.⁷ Bile is produced by the liver and stored in the gallbladder, and I'll explain a little later why a liver and gallbladder cleanse is so beneficial when it comes to beating psoriasis.

Inhibition of Phase 2 may occur when acetaminophen (Paracetamol) or certain other pharmaceutical drugs are consumed, but also when

alcohol is consumed or a person is exposed to environmental toxins like herbicides, weedicides, pesticides and heavy metals, and all of these chemicals are more common than you may think in our environment.

Phase 2 Food Helpers

Phase 2 in particular is very dependent on two amino acids, methionine and cysteine, because these two amino acids form the main dietary sources for sulphur. The main sources for these two amino acids are protein foods, namely meats, fish, eggs, poultry, and dairy products.

Vegetarian sources of methionine and cysteine include different nuts, seeds and beans. Your body requires plenty of amino acids for optimal health, and the greater the toxicity levels, the more of these two amino acids are required in particular.

A further group of nutrients required for optimal Phase 2 detoxification are the bioflavonoids. These are a group of Vitamin C-like compounds, and are often found in the same foods that Vitamin C is found in. Recent research has found that bioflavonoids help the detoxification process. Fruits, vegetables and green tea are good sources of bioflavonoids. Here is a list of Phase 2 detoxification food helpers:

- Proteins such as eggs, fish, chicken, lamb and dairy products
- Onions, garlic, shallots, scallions (spring onions)
- Lemons, lime, grapefruit
- Turmeric and ginger, powder or fresh
- Broccoli, cauliflower, Brussels sprouts, Bok choy, cabbage.

Detoxification Tip Here is an excellent tip if you want to give your liver a really good cleanse. Try St Mary's Thistle, a premium herb I use for liver detoxification. It is also called Silybum marianum. This herb contains an active principle called silymarin, a powerful bioflavonoid that helps to clear the liver from toxins. The standard dose is from 100 to 200 mg three times daily. You can take this herb in as either a liquid herbal medicine, a tablet or a capsule.

My understanding of detoxification, especially the role the large intestine (colon), the kidneys and the liver play has revolutionised the way I treat psoriasis patients today. Once you incorporate regular (at least annual) detoxification along with the rest of the information found in the Psoriasis Program, you will be both amazed and delighted with how your psoriasis not only clears up entirely, but also stays away.

Nutrition, the Liver and Detoxification

As mentioned above, for optimal results, you will need to provide those specific foods that support the two stages of liver detoxification, Phase I and Phase 2.

Here are a few other tips:

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

Liver Tablet or Capsule

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

Liver Cleansing Tips:

- Follow the liver friendly tips below
- It is important to consume plenty of water (1.5–2 liters) per day. This is easier than you think, drink a glass of water before each of your three meals each day, and drink an additional glass mid morning and mid afternoon. That amounts to at least 1250 mls per day, or 1.25 liters.
- Do the liver/gallbladder flush at least once per year; it is best achieved right now, after your Stage 2 Liver Cleanse and before Stage 3 – The Digestive Repair.

How Can You Encourage A Healthy Liver On An Ongoing Basis?

- Reduce or avoid coffee, alcohol and bad fats (deep-fried).
- Reduce ingested toxins such as wine, beer and spirits.
- Reduce chocolate.
- Reduce your intake of paracetamol and pharmaceutical drugs in general.
- Reduce processed, refined and junk foods.
- Increase omega 3, vitamins A, C and E.
- Get into time management and reduce stress.

What Foods Can Encourage A Healthy Liver?

Let's recap and look at the best foods and drinks you can consume when it comes to encouraging a healthy liver. A healthy liver will keep your bloodstream clean and minimize your chances of having a regular psoriasis flare-up.

- Bitter foods: rocket, endive, chicory, capers, olives
- Best herbs & vegetables: Beetroot, garlic, Brussels sprouts, fennel, artichoke, carrots, broccoli, onions, fresh ginger, dried turmeric.
- Low-fat first class (white) proteins like fish, chicken, free-range eggs.
- Glass of tepid water with lemon juice before breakfast
- Dandelion root coffee (get one that is sugar-free).
- Herbal tea, green tea – instead of regular tea & coffee

The Royal Flush – The Liver And Gallbladder Flush



After you have completed the first 2 stages of detoxification, it makes a lot of sense to give your liver and gallbladder a good cleanse. I have included a few pictures of gallstones that I have received from different patients who have attempted this flush. The Liver and Gallbladder Flush should not be attempted by pregnant women, children, very elderly and frail persons, insulin dependent diabetics, those with severe liver disease or those with an acutely inflamed gallbladder.

I have placed several hundred patients with all manner of diseases on this protocol over the years and have never once experienced any bad outcomes with people.

Occasionally, a small percentage of people may suffer with discomfort such as abdominal cramps, diarrhea, nausea or vomiting before the gallstones are passed. The liver and gallbladder flush should not to be attempted by a constipated person. If in doubt, discuss this procedure with your health-care professional.

Here is what you do:

1. Drink 2 to 3 liters of a good quality apple juice daily for 2 days before the flush is attempted. This is best done between 8.00am and 4.00 pm, for example, one glass every four hours. It is best that you consume NO FOOD for the two days prior, just eat apples (green are best) and drink the apple juice.
2. Freshly squeeze 300mls of citrus juices such as grapefruit, lemon or lime. Plain grapefruit or 100% lemon juice works best. Plain citrus juices may aggravate those with liver congestion, causing headaches and some nausea, dilute with 40% water if necessary. The mixture will be bitter, and needs to be in order to stimulate the bile flow from the gallbladder and liver.

3. Grate and press a small onion and one clove of garlic, add the juice to the citrus mixture. The allium family of vegetables contains sulphur compounds known to aid in the detoxification of toxins via the biliary route.
4. At 6.00 pm, mix together the 300mls of citrus juice along with 300mls of extra-virgin olive oil. Drink/sip this mixture over the next 2 hours, have sips every 15 to 20 minutes. A warm castor- oil pack over the liver region will be found to be beneficial, or a hot-water bottle. Some prefer to sit in a warm bath. All these will help to relax the digestion and stimulate bile flow from the bile ducts.
5. Retire as normal, after the mixture is finished, lying if possible on your right side with a pillow elevating your right hip slightly. This will allow the mixture to more effectively promote expulsion of the sludge and stones from the gallbladder and liver.
6. You may desire to collect your bowel motions (they will probably be quite loose) into a suitable container and wash/strain through an old colander. You may be quite surprised to find several dozen or even over one hundred small stones remaining. Gallstones can be easily seen in the toilet bowl however, as they will probably float and be greenish in color.

Now that you have completed the flush, it is time to do the final stage, the Digestive Repair Stage. Did you manage to pass any gallstones? Most people do, here are a few pictures from two different patients:



Stage 3 – Repair – Digestive Repair (14 days)



I have mentioned on many occasions before in my writing of psoriasis of the link between candida yeast infections and psoriasis, do some research yourself and you will see that those with psoriasis have a significantly higher incidence of a candida yeast infection. For example, here is a study that will show you of the connection:

Incidence of Candida in Psoriasis - a Study on the Fungal Flora of Psoriatic Patients.⁸

“The presence of *Candida albicans* and other *Candida* species in saliva and faeces of 50 psoriatic patients compared with a control group of 50 healthy donors was examined quantitatively. The quantity of *Candida* in saliva and faeces of the psoriatics proved to be significantly higher than in the controls. *Candida* was detected in 78% of the saliva samples of the psoriatics but in only 50% of the controls, and in the faeces samples in 72% of the psoriatics, but in only 46% of the controls. Qualitative analysis revealed a predominance of *Candida albicans* (saliva, 77%; faeces, 64%) and *Candida rugosa* (saliva, 28%; faeces, 28%). We did not find a correlation between the severity of the psoriasis according to the Psoriasis Area and Severity Index and the amount of *Candida* in the saliva or in the faeces. Our results reinforce the hypothesis that *Candida* is one of the triggers to both exacerbation and persistence of psoriasis. We propose that in psoriatics, an antifungal treatment should be considered as an adjuvant treatment of psoriasis.”

You can now understand why I am interested in treating patients who have psoriasis for a yeast infection, as well as any potential SIBO (small intestinal bacterial overgrowth). If you want to do a bacterial, parasite and yeast cleanse, now is the time to begin the removal of adverse microbial pathogens the bad guys and start with the replacement of beneficial organisms known as the friendly bacteria in the gut. For some who have completed the Psoriasis Program and are feeling great, they may not want to do the parasite cleanse but go straight into taking the probiotics, it is entirely up to you.

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

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

Anti-Parasite And Anti-Microbial Capsule Formula

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

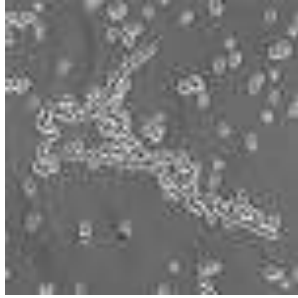
Probiotic Capsule

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

Digestive Repair Tips:

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

Suppress and Reduce the Yeast



Candida albicans is very common in those with psoriasis, and I have found it very prudent to treat all psoriasis patients for a candida yeast infection, because research has show (see study above) that 75% or more with psoriasis have a yeast infection.⁸ Candida generally affects a person's digestive tract first. It may colonize the digestive system and stay there causing all manner of digestive problems, or it may migrate out and cause problems in other parts of the body. The main treatment for candida is directed at

overhauling the gastro-intestinal tract first, (regardless if the condition is digestive or systemic), and the best way to achieve this is with the Psoriasis Diet as well as the candida yeast reduction program for the best results. I used to like to use the word "kill" instead of yeast reduction when it came to candida treatment, but *killing* is not really necessary. Wars never solve problems, they just create more wars, so today I rather suppress yeast and gently inhibit thereby reducing the numbers and at the same time build good bowel flora. I have found this a much more satisfactory method and just as effective long term as those programs that "kill" candida rapidly, all this can be achieved without seriously aggravating the psoriasis patient.

After having examined and used many different candida programs, I believe that most programs just don't work effectively enough because they don't use the right products, recommend the right dosages, advise the correct diet or lifestyle or more particularly - just don't engage the person long enough to really make a difference to that digestive system. Others try to kill the candida too rapidly, some kill too hard, some too soft, and some programs will treat for a week or two and others for up to two years. One of the best ways to learn something is by making mistakes and realizing that things have to be done differently, and I can tell you, I've made plenty of the years that I won't make again when it comes to eradicating a yeast infection and helping those with psoriasis overcome their chronic skin problems.

"What is Die-Off? (A Herxheimer Reaction)



You will often find that candida treatment can cause in many cases, (but certainly not all), the rapid death of large numbers of yeast organisms, during which great amounts of toxins are released from the dead candida microorganisms. These toxins can also cause allergies in many people. Some patients prematurely abandon their treatment under the mistaken belief that this die-off reaction and its associated allergic reactions are an indication that their candida

overgrowth and treatment is worsening rather than diminishing.

On the contrary, I have found that this is sometimes used as a diagnostic tool, particularly with in those who have an often undetected and underlying yeast infection who have chronic psoriasis. When you kill off a large population of candida albicans all at once, toxins that are currently stored in them can be released into your system all at once. As there is usually a significant amount of toxins stored in candida cells, these toxins when released may cause a temporary increase in your psoriasis-related symptoms (and sometimes including new symptoms as new toxins are released), followed by a considerable lessening of symptoms.

The technical name for this experience is a *Herxheimer reaction*; which is more commonly referred to as "*die-off*" or "*flare-up*". This experience is similar to as when you have eaten a "forbidden" food that you have avoided when you actually have a yeast overgrowth in your digestive system. In both cases, candida releases its toxins and it can be hard to differentiate whether you are killing it or feeding it. Some people prematurely abandon their candida albicans therapy under the mistaken belief that this "die-off" reaction and its associated allergic reactions are an indication that their candida albicans over-proliferation is worsening rather than diminishing.

Treatment Tip In order to tell the difference between die-off symptoms, a food allergy or candida yeast symptoms in general, it is very wise to keep a food diary or journal of what you eat and what anti-fungal products you take, so when you get a change you will know which it's likely to be. It is much more likely that large amounts of Candida albicans have the tendency to die off *several days after you started to take an antifungal supplement.*

If any die-off is caused from treatment, the aggravation will usually last from few days to 2 weeks depending of what anti-fungal you use and the state of your digestive system. As you reduce, almost all of the candida the die-off effect will generally subside. Even if you don't get die-off it does not mean that candida is eradicated from the body. It is possible that amount of candida killed in your system (and their associated toxins being released) is too small to produce massive die-off. Then, you should either continue the same anti-fungal for few weeks to finish it off or even better still, change to new anti-fungal product. Also, the dosing of the anti-fungal treatment and the effectiveness of these products on your system can be established by observing die-off effect.

The other thing to bear in mind is that the colony of yeast in your digestive system and body in general can be greater than the amount of yeast metabolites (Candida by-products) in your digestive system and circulation, and this can affect the severity and nature of your die-off. In my experience, the people who experience the greatest amount of die-off are the ones with a heaviest digestive load of yeast who kill the candida too fast, too soon. Typically they will have had digestive issues for some time, including irregular bowel motions, bloating and gas. Another type of aggravation I see is when the body has a heavy load of

metabolites in the circulation or outside of the digestive system, and the person's immune system starts to attack these chemicals. So how can you tell the difference?

Here's how:

1. High digestive load of yeast, bacteria and parasites, small amount of metabolites in peripheral tissues such as the circulation and other organs adjacent to the digestive system. These people have a mild case of leaky gut and tend to experience local aggravations, such as mild skin flare-ups, vaginal thrush and digestive problems. Their aggravations are more inclined to be local but they can also experience fatigue. A stool test will reveal what their SIgA levels (antibodies found in the digestive tract) are like, their beneficial bacteria, pathogenic bacteria and parasites as well as the amount of yeast in their digestive system.
2. Low digestive load of yeast in comparison to larger amounts metabolites in peripheral tissues such as the circulation and other organs adjacent to the digestive system. These folks may have significant leaky gut and lots of symptoms that may at first appear unrelated to a yeast infection, even neurological complaints. Again, a comprehensive stool test will reveal all. It will tell you how leaky the gut is, if there is any inflammation and how high or low their levels of good and bad bacteria are.

Some Cases Are Complex And Chronic

An intelligent interpretation of the comprehensive stool test results can give you a clue as to what is really happening inside, and take away much guesswork. You can read a lot more about stool testing the in booklet entitled Psoriasis and Functional Medicine Testing.

You may think that I seem presumptuous with my clinical observations, but comprehensive stool testing has taught me how to treat yeast infections and avoid most all cases of aggravations or die-off with patients. It has allowed me to help those with chronic psoriasis overcome their digestive problems like constipation, diarrhoea, gas, bloating, food allergies, leaky gut syndrome and other manifestations of digestive complaints by pinpointing the cause of their dysfunction.

It gets really tricky if the patient has inflammatory bowel disease (IBD) like ulcerative colitis or Crohn's disease, or is a celiac on top of their psoriasis. These chronic digestive conditions throw a spanner in the works and can really complicate cases, they most certainly delay recovery and it is easy for these patients to aggravate and have repeated bouts of die-off.

With psoriasis, especially if you are a complex chronic case and have many other health challenges, find a health-care professional who can assist you with a stool test, and work with a good laboratory and you will short-cut your treatment by less than half. Don't even think about home-treatment if you have IBD or are a celiac and have psoriasis as well. You may get some results, but you will be glad you paid a visit to somebody who is expert in these cases and who has plenty of experience. You may think that a test like a comprehensive stool test is "too expensive", but so is being unwell for many years on end with little relief in sight. Your health is your best asset and my advice is to look after it well, a few hundred dollars spent earlier on to pinpoint exactly what problem you have can save you

many tens of thousands of dollars down the track. Contact me if you want to consider the comprehensive stool test.

Symptom Aggravations Versus Allergic Aggravations

Don't be confused with a worsening of your psoriasis symptoms when taking an anti-microbial, anti-fungal or parasite eradication dietary supplement as opposed to the aggravation experienced when you eat or drink something that may also cause an allergic reaction instead. This is easily done and can be confusing, for this reason I want you to stay rather strictly on the Psoriasis Diet and thus eliminate this situation from occurring.

The Low-Allergy Diet should be starting to make more sense now, now you can see why an elimination of any potential allergenic foods makes a whole lot more sense. Many people with psoriasis have some degree of leaky gut, and it is easy to have a food reaction when you are going through the Psoriasis Program, and I don't want you thinking that this food reaction was because of yeast or bad bacteria in your digestive system dying off. It may make you stop supplementation or cut the dosage, and this will delay your recovery and could give yeasts and bad bacteria the upper hand they have been waiting for.

When you follow this line of treatment and experience any aggravation, you will know whether it is caused by a food or the supplements. Keeping a food diary is therefore a good idea, and by following the Psoriasis Symptom Tracker you will soon see if your aggravation is from a food or dietary supplement. Please refer to the book Functional Medicine Testing to see the Psoriasis Symptom Tracker.

You may experience some degree of die-off, but the effect of the anti-fungal should not be intolerable. If die-off effect is too strong, the dose of anti-fungal treatment should be decreased, and to decrease the effect of die-off, try this flush out tip at the beginning stages of treatment:

Avoiding Aggravation Tip

Sometimes an aggravation is unavoidable, and you may experience a die-off reaction. To avoid or minimize any potentially unpleasant side effects, I recommend initially flushing out the gastro-intestinal tract before taking anti-microbial remedies.

I recommend taking a vitamin C powder that boosts your immune system and takes the dead or dying microbes immediately out of the body, greatly minimizing any discomfort. Repeat the flush for two to three days. Usually the reaction in the first three to four days to "die off" is the strongest. You may also use Colozone, and you should be familiar with this powdered magnesium supplement if you completed the Big Clean-Up or the Stage 1 Bowel Purge as part of the psoriasis detoxification.

An alternative approach that I favor is to start with a low-dose of the anti-fungal/microbial dietary supplement and increase only *very slowly*. In this way any die-off symptoms you experience will be much milder, but unfortunately may also remain low-key for several weeks longer. You can decrease any strong response by ensuring that you take the pro-biotic twice daily if you decide to go-slow. It is my favorite method and seems to work very well but with this method it is especially important to maintain your strict diet, and for prolonged periods of time especially in the early stages of treatment. I generally prefer the vitamin C flush method, but if you cannot use that for any reason, then try the go low and go-slow approach.

Effective Treatments For A Herxheimer Reaction

I often find that supplemental digestive enzymes such as pancreatic amylase, bromelain, chymotrypsin, lipases, papain and trypsin can dramatically aid in the reduction of aggravations and reduce the discomfort caused by the Herxheimer reaction. Take an enzyme, probiotic and antifungal/antimicrobial.

Antifungal Take as required, but reduce if any aggravations occur.

Digestive Enzymes work well, ensure that you take one with each meal.

Probiotic. Take one three times daily.

Charcoal (20 - 30 grams per day) absorbs the toxins produced by candida albicans in the gastrointestinal tract, thereby counteracting the Herxheimer Reaction. Take if you experience headaches, severe digestive problems, or feel spaced-out, unreal or have brain fog. Your stool may appear darker when you take charcoal, so don't panic!

Congratulations!

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

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

Repeating a detox once per year is a very smart idea and a great way of maintaining your health and wellbeing. You could get your annual check-up including blood tests after your detox; your medical doctor will be most impressed. Anytime during the year when you feel sluggish, you can do a mini 7-day cleanse as outlined in the Big Clean-Up.

Best Kept Secret – The Kidney Flush



We spoke earlier of the kidneys, and their importance when it comes to cleansing and detox. The kidneys are a regulatory organ, they help to control the levels of electrolytes, and when salt is dissolved its elements sodium and chloride become important electrolytes, responsible for transferring the electrical activity within your body.

The kidney is also responsible for blood pressure regulation as well as ensuring you have a correct acid base balance (pH levels); kidneys even stimulate the production of red blood cells within your body. Each day your kidneys process a staggering 230 litres of blood (400 pints) and manage to remove an incredible 2.2 litres (4 pints) of wastes!

Without optimal kidney function, toxic wastes would simply build up in our blood stream causing infection, inflammation and we would soon develop kidney stones or they would fail altogether causing premature death. It is important to remember the kidney damage takes place ever so slowly and gradually – and generally without symptoms, and if left untreated, kidney disease can become irreversible leading to kidney failure.

The kidneys are also responsible for excreting many different waste products, toxins and chemicals from your body. These toxins are many and varied and can come from a wide variety of sources, including chemicals and toxins in your food and water, pharmaceutical drugs, environmental chemicals (pesticides, etc.), alcohol residues, various forms of pollution and radiation and many other potential toxins. When the kidneys fail to function optimally, these toxins can potentially cause many different health problems like headaches, high blood pressure, nausea, itchy skin, fatigue and a host of other problems.

I have always found it amazing that a lot of emphasis is placed on liver and bowel detoxification, but nobody ever speaks of kidney cleansing or detoxification when it comes to psoriasis. I did notice that Dr. John Pagano in his book "Healing Psoriasis" mentions the kidney's role in cleansing and psoriasis, one of the first books I have seen that makes the connection between optimal kidney function and skin health.

Kidney Disease More Likely with Moderate to Severe Psoriasis

An analysis of the medical records of 143,883 psoriasis patients in the United Kingdom found that people with severe psoriasis were twice as likely to acquire chronic kidney disease as those whose psoriasis was mild or who had no psoriasis at all. The analysis is reported in the *British Medical Journal*.⁹

It certainly makes a lot of sense to improve the functioning of your kidneys if you have psoriasis, especially if your psoriasis is severe or chronic. Why wait until you are taking many different kinds of drugs to control symptoms, drugs which are linked with kidney and liver toxicity?

There are many different herbal medicines, juices and different dietary supplement formulations that will help tone and detoxify the kidneys; some of these include parsley, basil black cherry, celery, watermelon (rich in potassium and very high in water), golden rod and corn silk.

Kidney Cleansing

- **Drink adequate water every day**, this is the most important part of your kidney cleansing regime. Without adequate water, your body is unable to expel wastes through the urinary route efficiently.
- **Wash a small bunch of parsley, add to 600 mls of water (a pint) and simmer** in a non-aluminium pot (with the lid on) for 4 minutes.
- **When cool, drink half a cup** (about 125ml) and keep the remainder in a glass container in the refrigerator. Drink 125 mls twice daily for seven to ten days.
- Better results are obtained when you **add the (carefully) cleaned roots of a parsley plant that is two years old**. This will give your kidneys a really good flush.
- **Take a good quality probiotic capsule three times daily before meals** to help repopulate your urinary and digestive tract with beneficial bacteria.
- **Drink in addition during this week a glass of apple juice** (organic) to which you have added some kidney herbs.
- **Ask a local herbalist to make you up some liquid herbal medicines**, be sure to shake them well before use as kidney herbs are mineral rich and these minerals will sink to the bottom of the container they are dispensed into. I've always found that kidney herbs work best if they are taken regularly in liquid form in a little water, it makes sense.
- **Eat more of the following kidney-friendly foods:** watermelon, celery, cabbage, cauliflower, garlic, onions, apples, cranberries, blueberries, raspberries, strawberries, cherries, red grapes, egg whites, and fresh fish.
- **When kidney cleansing, avoid consumption of the following:** red meats, white flour and sugar products, rich foods, junk foods, peanuts, spinach and chocolate, all detrimental to a kidney cleansing routine and kidney congesting foods.

Now that have read all about cleansing and detoxification, let's put the psoriasis detoxification concept together to form a plan. You will get a better result if you stage your detox to include the liver and gallbladder flush as well as the kidney flush. By following this protocol as I have outlined in the box below, you will be ensuring that your body has had the most thorough cleanse, and you should feel amazing. Why not follow this procedure annually?

Staging Your Bowel, Liver, Gallbladder And Kidney Cleanse

- 1. Do the 3-stage Psoriasis Detox Program once per year.** The first time is the hardest time, once you have successfully detoxed, it will be easier to repeat the process. Tell yourself that your health will improve dramatically after you have completed this entire process.
- 2. Do the Liver and Gallbladder Flush after Stage 2 (the liver cleanse).** Do the detox first, and then do your liver and gallbladder flush BEFORE you do the kidney cleanse. Repeat the gallbladder flush if you have noticed many gallstones, some patients have completed the flush many times and have noticed continual improvements with each flush.
- 3. Do the Kidney Cleanse after the liver & gallbladder flush.** This is the final stage of your detoxification regime but never the less a very important (any often entirely overlooked) stage of cleansing your body. Kidneys can harbor many tiny stones and gravel that can in some cases represent perfect hiding places for parasites, yeasts and bacteria. Flush them out and keep them clean by regularly performing the kidney flush as outlined.

Heavy Metal Detoxification

An area of concern to many with psoriasis may be the possibility of having heavy metals in the body, particularly mercury, being an underlying cause of a chronic yeast infection. There is no doubt about it, there will be a connection between heavy metals such as lead, arsenic, mercury and cadmium in a person's body and psoriasis, but there is a whole lot of ridiculous information online about it as well, my advice is to be cautious about any information you act on, and if you are going to make any decisions on what I write below then do consult your holistic doctor and maybe talk to your mercury-free dentist. Don't make any quick decisions, take your time and do your homework first.

Do A Hair Analysis First



For example, Dr. Trowbridge ("The Yeast Syndrome") wrote that some doctors who specialize in yeast infections have reported that over 90% of patients with yeast infections have mercury toxicity. I would certainly agree with this statement after having examined the test results of several hundred patients with chronic yeast infections. I have discovered not only an elevated mercury level, but also an elevation of the other sulphhydryl metals arsenic, lead and cadmium.

Many patients with psoriasis seem to respond positively to a yeast cleanse, so any underlying causes of a yeast infection are best addressed for those who have psoriasis.

I have also noticed in the hair test an elevation of copper and/or zinc. This occurs due to a metal binding protein called metallothioneine inside your cell. This protein

loves the sulphhydryl-loving metals mercury (Hg), lead (Pb), arsenic (As) and cadmium (Cd) but also loves the metals zinc (Zn) and copper (Cu). Sulphydryl loving metals are metals which are attracted and bind to compounds attracted to substances containing sulphur. Knowing this helps us to understand what agents are best used to help remove these metals, like garlic. Aluminium detoxification for example is quite different from mercury detoxification, as aluminium is not sulphhydryl.

As mercury levels increase, copper and zinc elevation in the hair test results may increase. The reason for this is that as the cell's sites become increasingly occupied by mercury, copper and zinc are literally kicked-out of the cell as metallothionein's binding affinity for Hg is many hundreds of times greater than it is for copper and zinc. Some practitioners who then interpret their patient's hair analysis reports with elevations of copper and zinc state that the patient has a "excess" of copper and zinc in their body, when in fact the opposite applies, they have a deficiency. The patient's hair is showing elevated levels when in fact they have low intracellular levels of these two vitals metals. Have you done your hair test yet? Ask your practitioner, and do check in the back of this book for different laboratories I recommend.

Mercury certainly was one of the leading causes with my chronic yeast infection when I was in my twenties, I had all of my mercury amalgam fillings replaced with new mercury amalgam fillings. Not long after, my yeast infection took a turn for the worst and my health plummeted. It wasn't until a year later after I completed a hair analysis that I discovered how high my hair mercury levels were. Over the next eighteen months I replaced all my thirteen mercury fillings for white composite fillings and then undertook a heavy metal detox. If you are serious about your health and have mercury amalgam fillings you may want to consider having these fillings removed and replaced with white composite fillings, particularly if you have noticed a sharp decline in your health and an aggravation of your yeast infection after a lot of dental work. With a hair analysis, you can either request a head hair or pubic hair test. Head hair is the preferred sample, but if your hair is dyed, permed or bleached in any way or has had any treatment in the past several months then do a pubic hair sample. Those in trades like jewellery, sheet metal workers, printers, welders, mechanics, bus drivers or people who are around metals or chemicals are best to complete a pubic hair test I feel. This is because their head hair may have a certain amount of external contamination.

My concern with heavy metals is that most all medical practitioners are not interested in toxicity with their patients, and many natural health care professionals simply don't have the right kind of training to know what to do with their patients who may be affected with heavy metals, pesticide toxicity or who are generally toxic in other ways. A quick two-week detox just won't cut it I'm afraid, nor will a "detox out of a box" ready made detox kit that some practitioner market to their clients. There is no simple solution, but by undergoing a cleanse as I have suggested above, you will be going a long way to reducing your toxic load, and by cleansing annually you will be making even greater strides forward. Living the clean lifestyle is one of the best ways forward.

Urinary Provocation Testing

Your practitioner may want you to undertake a further test, a urinary provocation test, particularly if your hair test results have revealed high levels of mercury or other heavy metals. You will be given a "challenge" substance which maybe something called DMSA (orally) or an intravenous solution called DMPS. These provoking agents liberate heavy metals and cause them to be flushed from your body through the kidneys, a urine sample is collected after the provocation and sampled for heavy metals including mercury, arsenic, lead and cadmium, the four most common heavy metals found in a person's body. It is not the scope of the Psoriasis Program to delve too deeply into this topic, but it probably will be in the second edition of my writings on psoriasis.

Why Is Mercury Bad?

Professor Boyd Haley from Kentucky, USA, has been study the effects of mercury on human health for decades and is considered one of the work experts in mercury toxicity. His website www.mercuryexposure.info is packed with information and is certainly worth a read if you are interested in learning a great deal more about the connection between mercury exposure and your health in general.

Mercury has a particular nasty effect of the membranes of the cells of your body. It has the ability to disrupt the cellular membranes and negatively effect the essential fatty acids in these membranes themselves. Mercury binds to sites inside and outside your cells which should be occupied by other metals like copper and zinc, disrupting cellular function on many levels. These sites then become inactive and various cellular functions no longer occur.

3 Reasons Mercury Can Cause And Help Maintain A Yeast Infection

1. Proteins inside your cells and their membrane walls become oxidized (damaged) which makes your cells less effective in general. The cells also begin to lose the ability to communicate with each other due to this damage. As their cellular membranes become increasingly compromised, the immune system increasingly begins to lose its effectiveness. White blood cells produce chemical messengers such as cytokines which allow cells to communicate. With damage to the cells membranes, this signalling becomes impaired which has a negative effect on the cell's ability to control bacteria, viruses and yeasts themselves. The cells become increasingly defenseless against attack not only from external sources, but also from chemicals and wastes produced by the cells and your metabolism in general. This is one of the reasons those with yeast infections can become so fatigued.
2. Secondly, mercury amalgam fillings have the ability to continually release a vapor containing methyl mercury, which is a more toxic form of mercury than the mercury contained in those fillings. You will find an interesting You Tube video showing the actual vapor coming off a mercury filling. It is believed that this methyl mercury is one source of food in your intestines for candida albicans. Why would you want to feed the yeasts in your digestive system? You have taken the sweet foods, alcohol, refined carbohydrates and the yeast containing foods from your diet and now you

may well have up to a dozen or more mercury amalgam fillings which are potentially feeding the candida. I'm certainly not suggesting that you have your fillings all removed, it is a costly, painful and time-consuming process, but if you can't seem to recover like I couldn't recover, then maybe getting yourself checked out carefully is a good option. People with a chronic yeast infection of many years duration may need to consider the option of dental work. Either way, you are always best to talk it over with your holistic doctor before you make any decisions.

3. Thirdly, one of the most plausible theories is that mercury and other heavy metals such as lead, cadmium and arsenic, place a huge load on the body's immune system. They slowly but surely lodge in the nervous system and the endocrine glands including the adrenal glands, thyroid, hypothalamus, pituitary gland and many other places of the body. Candida and many different kinds of bad bacteria, parasites and viruses will find it much easier to proliferate in a body under such a toxic load. Not to mention any other environmental toxins such as pesticides, carbamates, organochlorine residues and VOCs (volatile organic compounds). We certainly live in a toxic world, and this is why I encourage you to determine your toxic load and undergo regular detoxification. It certainly makes sense.

Frequently Asked Psoriasis Detox Questions (FAQs)

What Is The Difference Between A Herxheimer (Candida Die-Off) Reaction And A Detoxification Aggravation?

Some patients I have known over the years have complained about a bad case of "die-off" (otherwise known as Herxheimer reaction) which occurs when large numbers of candida yeast organisms are killed off, releasing large amounts of antigenic compounds (your white blood cells produce antibodies towards these) as well as various toxins, usually in excess of the liver's capability of dealing with them.

During this die-off, the patient will typically experience a worsening of their symptoms. It is therefore important to support the liver before, during and after and strong yeast-killing program. For this reason, I'm not a big fan of strong candida yeast killing programs, but prefer the more gentle approach. This is also one of the reasons why I do NOT advocate the use of any anti-parasite, anti-yeast or anti-bacterial dietary supplements or herbs for the first two weeks of the Psoriasis Program. Does this make sense? Just focus on diet initially, then bring the products in slowly, that way you won't overwhelm the liver and create a Herxheimer situation.

There is a difference between killing off the yeast and suffering from the effects of "die-off", as opposed to suffering from the aggravations of detoxification. It is important for you to remember that when you kill off a large population of candida all at once, the toxins that are currently stored in them are released into your system all at once – you will feel bad quickly. As there are usually significant amount of toxins stored in candida cells, these toxins when released will causes a temporary increase in yeast symptoms by way of overloading your liver in particular. Your symptoms that you have been experiencing will probably worsen and can do so suddenly in that case. When you suffer from the effects of a detox aggravation, it is more likely to be less "violent" or extreme in nature and tends

to be a low-grade (could be high for those who are extremely toxic) sensation of feeling sluggish, headachy and unmotivated. This a big contrast to the candida die-off reactions which some patients will experience when they push their body too fast, too soon and just too hard through the "kill" phases of the program. If anyone advocates a strong "kill program", walk away or be warned – you may experience the wrath of your liver and develop a full-blown Herxheimer reaction.

How Long Will The Psoriasis Detoxification Program Take?

Good question, the exact duration of the program will depend on how ill and/or toxic you are and how well you system responds. The three stages take 6 weeks, 2 weeks for each stage. Most people require anywhere between 4 - 6 weeks, but in saying that, there will be others who are very toxic and who may require a low-grade detox right up to 6 months with an on-going maintenance program. Contact your health-care professional if in doubt about your toxicity levels, or if you want to go on a personalized program.

How Much Will Detoxification Cost Me?

Owing to dietary changes, you may well save money on your grocery bill. Supplementation varies according to the individual program, but on average it will cost between \$5 and \$12 per day. Considering how important this program is to your overall health, this is a very worthwhile investment. Are you worried about a few hundred dollars? In my experience, many people spend more money on their health in their last 3 months of their lives than in their whole lifetime – and by then it is generally too late.

Will The Detoxification Make Me Feel Ill?

When cleansing the body with a psoriasis detoxification program, you may experience some temporary reactions in the first week. These symptoms will be short lived (a week at the most – generally speaking), and are quite normal. Adequate water intake is essential at least 1.5 to 2 litres daily. If you have any concerns contact your health-care practitioner. Reactions may occur while the body attempts to physiologically balance the body chemistry and revitalize your immune system. With some people, as they enter the second stage (phase 2) of the liver detoxification program, they may feel they get worse after an initial improvement. This is quite natural and perfectly fine. Remember right at the beginning of the Psoriasis program, when you read: "How people think they get well" as opposed to "How people get well"? If you have skipped this book, you may want to go back and read this information. The longer your toxicity or nutritional deficiencies have existed, the more prevalent this response is likely to be. Corrective reactions caused by your body that may occur include: skin rashes, excessive flatulence, runny or a blocked nose, mild dull headaches, insomnia, increased thirst and/or urination, weakness, lethargy, loss of appetite, loose bowel motions or constipation, dizziness, nervousness, and various mild body aches and pains in your joints or muscles.

If any of these reactions do occur, (if at all possible) ensure you have a restful couple of weeks at this time. You can be assured that your body is making positive changes toward an improved state of health. By recognizing these as part of the corrective 'healing crisis', it will be easier to accept them as steps on the road to better health, and any lost ground will be quickly regained when the

program is maintained.

What Are The 3 Primary Reasons For These Detox Reactions?

1. **The Toxic Dump:** By far the most common reason. Your body has an amazing cleansing system for eliminating toxins that accumulate in it, as long the conditions are right for it to do so! Your system can become inefficient and lazy, allowing toxins to build up and be stored, especially in body fat, rather than being eliminated. Once this natural cleansing system begins to work more efficiently, reactions can occur. These reactions result from the stored toxins being released faster than the liver, kidneys, skin and lungs can remove them from the body. Perhaps you have been using creams, ointments or various drugs to treat your psoriasis? These chemicals penetrate deep inside the body, and will be released during a detox. These temporary reactions are a small price to pay for the long-lasting health benefits you will gain long term. Ongoing toxic burden can result in fatigue, sleeping problems, dull headaches, countless digestive complaints, feeling unwell often, weight gain, depression, easily angered and more irritable.
2. **Poor Immune Response:** When your body is exposed to long periods of emotional, physical and environmental stress (such as heavy metals, additives in your foods, pesticides, petrochemicals, and the many other chemical exposures) combined with an inappropriate or nutrient depleted diet, your natural defense system can become compromised and less efficient. Ongoing poor immune response can result in you being more prone to colds and flu, sore throats, poor wound healing, and frequent skin, urinary tract or respiratory infections.
3. **Allergic-Type Reactions:** Allergic-type reactions can be caused by a 'leaky gut', and/or a deficiency of hydrochloric acid in the stomach and/or by dysfunctional or exhausted liver, thyroid and adrenal glands. Antibiotic prescriptions and many other kinds of pharmaceutical drugs can add to this burden, and are frequently prescribed for all manner of acute infections and conditions. Ongoing poor immunity can result in you being more prone to an increased incidence of allergies such as eczema, asthma, sinus and hay fever, skin rashes and shortness of breath and sensitivities to certain foods. Do any of these above problems sound familiar to you? Chances are you have some now, and this is why we recommended the detox.

I Have Detoxified Before - Why Is This 3-Stage Program Any Better?

Detoxification must be conducted in a well-defined sequence if it is to work properly. Many other programs concentrate on the liver, with no preparation for the rest of the digestive system. Others I have seen just recommend a "colon flush" without a liver cleansing stage. This can result in toxins being released from the liver, only to be reabsorbed by the "leaky gut", so that no long-term benefit is gained.

Many 'detox-in-a-box' programs are available, and have a very limited and short-term effect. One I have seen involves swallowing up to 50 capsules a day.

Following my carefully designed program will ensure maximum therapeutic effect for a complete and long-lasting result. My aim with the Psoriasis Program is also for you to become aware of *where* your toxic burden has come from, to *avoid* a future 'build-up', as well as to *educate* you in terms of adopting and maintaining

a healthier diet and lifestyle long term.

Is The Detoxification Program Safe For Children?

Yes, providing the dose is modified appropriately. Children will not generally require liver detoxification, but may well benefit from the bowel repair program after gastroenteritis or antibiotic treatment. Because their systems are still relatively new to the world, they will usually respond very quickly and easily. At first, you may have to be strict regarding food choices, as children do not have the foresight to understand that "a stitch in time saves nine". Once they feel the benefits of a healthy digestion, they will be happy to continue the program.

Is This Program Safe During Pregnancy And Breast Feeding?

The answer is an emphatic NO. Most internal cleansing programs mobilize stored toxins that may affect the growing baby. For this reason, *I do not recommend detoxification during pregnancy or breastfeeding*. It is however a wonderful preparation for healthy conception. Ideally both prospective parents should undertake a 3-month detoxification before even thinking about conception.

Will I Lose Weight On This Psoriasis Detox?

This program is not about weight loss– although detoxification is an important part of a weight loss program. Depending on your initial condition, the dietary modification that your practitioner recommends and the detoxifying effects of the program may cause the shedding of some unwanted kgs. It is also a fact that larger people, (who carry more body fat) are also more toxic. Therefore, people on any weight-loss program would do well to undergo detoxification. The presence of toxins in the body causes fluid retention. As you remove any toxins (and fat), you will also release that fluid. You may notice that you pass more urine during the program.

But What If I Start To Lose Weight? I'm Already Too Thin!

When you follow the program exactly as instructed and take the time necessary to prepare the suggested foods and perhaps use a protein rich (yellow pea protein, brown rice protein, etc) drink, you need not be concerned. The only weight loss in these cases is usually toxic fluid accumulation, in addition to some potentially toxic fat stores. Such loss can be followed by a healthy weight gain when there is proper adherence to the follow-up section of the prescribed program. Always discuss any concerns with your health-care professional.

What If I Get Constipated When I Stop Eating My Usual Diet?

Make sure you increase your water intake to eight 200ml glasses daily. Add ground flax seeds (2 tablespoons daily) on top of your vegetables. You can also obtain LSA mix (linseed, sunflower & almond ground up into a powder) from your health-food shop, or make your own, you will find the recipe in the Psoriasis

Diet book. If your bowels still do not move consult your practitioner, who may recommend an increase in your fibre intake. You could also take Colozone again for 1-2 nights, and perhaps one or two doses of the Aloe Vera juice in water daily.

Can I Continue To Exercise Throughout The Program?

For optimal results, it is recommended that during this program you do mild exercise regularly, as well as get adequate sleep. Both adequate rest and light physical activity facilitate cleansing, detoxification and restoration. At the very least, allow some time each day for yourself to relax: breathe deeply, listen to some nice gentle music, relax in a bath, take a yoga class, or a walk in the park. Give your body and mind the break they need to cleanse and heal. If you are used to a strenuous exercise routine, such as daily running, gym or swimming, you can continue as per usual. However, do not do this program if you are increasing your exercise routine in preparation for a competitive event. If you have a competition planned, wait at least 10 days after the event to start this detoxification program, and listen to your body's guidance! This area may need to be discussed more with your practitioner, in order to achieve maximum results

Shouldn't My Mercury Fillings Be Removed Before I Begin The Psoriasis Program?

No they shouldn't, first concentrate on your total body burden. You have enough to worry about with your psoriasis, and you don't want to be doing a mercury chelation program at the same time you are making such radical diet changes and trying to eradicate psoriasis. It is just too much in my opinion, and after having worked with many patients who have tried to get rid of their mercury load while at the same time trying to eradicate psoriasis, I can tell you that it just isn't worth it. Do one thing at a time and do it right, you have plenty of time to work on mercury after you have reduced your total body burden of toxins, made diet changes and have noticed a reduction in your psoriasis.

First, remove as many "obstacles to cure" as you can, see Psoriasis And The Lifestyle for more complete information about what is meant by obstacles to cure. Have you improved your diet? Have you adopted the lifestyle recommendations? Have you taken the dietary supplements? If you have done all this then you should be feeling a whole lot better. But, on the other hand, if you have done all this and to the best of your ability, there just may be the possibility that a mercury toxicity is part of the cause, underpinning your psoriasis. You may be one of those patients who are so loaded with mercury and possibly other heavy metals, that the methyl mercury just keeps on feeding the yeast in your digestive system. And heavy metal toxicity is certainly linked with increasing psoriasis symptoms, with many patients noticing improvements after a heavy metal detox.

Some people may want to go and see a mercury-free dentist and get evaluated like I did. A dentist who is familiar with mercury removal can do an electrical reading of your teeth to see how many "negatively charged" teeth you have and how they could be affecting your brain, nervous and immune system. I had one tooth with a negative 14 charge, which is apparently quite extreme. No wonder I was having such severe depression when I had everything to live for, no wonder I was having headaches almost daily. And all my medical doctor wanted

to do was to send me to the psychiatrist, because he thought all the problems were in my head. They were in fact, but in my mouth and not in my emotional state.

Have you done that Hair test yet? It is easy to do , a hair analysis is probably the easiest and cheapest way you will be able to determine how much mercury and other heavy metals your body is carrying.

You can order a Hair Test by clicking on this link, you will find it easy to order the hair test on this page: <https://www.directlabs.com/ericbakkernd/OrderTests.aspx> I deal with Doctor's Data in Chicago, Illinois, USA, when it comes to Hair Analysis testing, because they are the best. If you have completed the hair test and want an interpretation, you will need to schedule an appointment with my office, this will come at a charge. Just email tracee@naturopath.co.nz

How Do I Detoxify From Mercury And Other Heavy Metals?

There are different ways you can do a heavy metal detox, and it is not the scope of the Psoriasis Program to go into detail with heavy metal cleansing. There is a lot of nonsense written online about this topic I've noticed. I urge you to pay very little attention to most forums and blog sites when it comes to serious detox. You really should consult somebody in your area who is expert when it comes to heavy metal detox. You should certainly not see a lay practitioner (unqualified) at the very least, and preferably a practitioner with at least ten years of clinical expertise in heavy metal detoxification methods.

Some of the more popular methods of heavy metal detoxification include chelation (oral or intravenous), cilantro (coriander), chlorella preparations, zeolite, alpha-lipoic acid, glutathione, N-acetyl-cysteine, and garlic extracts. You may also have heard about EDTA, DMSA or DMPS. Mercury detox is not something you really should do at home unsupervised, get expert help, you will be glad you did.

This completes the booklet on Psoriasis Internal Cleansing and Detoxification.

References

1. Frederick D Langsford Jr., MD., "Commentary on Psoriasis" in *Physician's Reference Notebook*, ed. By William A. McGarey, M.D., (Virginia Beach, VA, The A.R.E. Press, Sept. 1968 Ed. 1) p. 189.
2. Treatment of Psoriasis With Dialysis., Phillip C. Anderson, MD *Arch Dermatol.* 1978;114(6):966. doi:10.1001/archderm.1978.01640180096039. <http://archderm.jamanetwork.com/article.aspx?articleid=538874>
3. "[Is psoriasis an autoimmune disease?]" Jablonska et al, *Der Hautarzt; Zeitschrift fur Dermatologie, Venerologie, und verwandte Gebiete* 1979 Dec;30(12):634-9
4. *Dermatol Ther.* 2010 Mar-Apr;23(2):155-9. doi: 10.1111/j.1529-8019.2010. Psoriasis, the liver, and the gastrointestinal tract. Gisoni P, Del Giglio M, Cozzi A, Girolomoni G. Department of Medicine, University of Verona, Verona, Italy. paolo.gisoni@univr.it
5. <http://www.jhep-elsevier.com/article/S0168-8278%2809%2900364-X/abstract>
6. Furst A. in *Int J Toxicol.* 2002 Sep-Oct;21(5):419-24
7. *Practical Gastroenterology*, Vol. 5, No 4(July-Aug. 1981), pp. 26-30, "Environmental toxins and the liver", P.S. Guzelian. Cited in Power Healing, L. Galland.
8. *Mycoses.* 2001 May;44(3-4):77-81.Incidence of Candida in psoriasis, a study on the fungal flora of psoriatic patients. Waldman A, Gilhar A, Duek L, Berdicevsky I.
9. <http://www.psoriasis.org/news/stories/2013/10/22/kidney-disease-more-likely-with-moderate-to-severe-psoriasis>