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THE PSORIASIS PROGRAM

What To Do With Your Skin



Table Of Contents

Psoriasis And What To Do With Your Skin	3
Top 10 Psoriasis Skin-Care Tips	5
Four Main reasons To Apply Oil And Creams	7
Natural Psoriasis Skin, Scalp. Nail and Hair Care – <i>table</i>	9
Pomegranate Oil	9
Emu Oil	10
Olive Oil Is Excellent	14
Using Essential Oils With Psoriasis	15
Formula # 1 Psoriasis Essential Oil Blend Recipe	17
Formula # 2 Psoriasis Essential Oil Blend Recipe	17
Formula # 3 Psoriasis Essential Oil Blend Recipe	17
Formula # 4 Psoriasis Scalp Massage Essential Oil Blend Recipe	17
Psoriasis Skin Mix # 1	18
Psoriasis Skin Mix # 2	18
Soothing Scalp Gel	18
Hair And Scalp Mix	19
Other Natural Skin Treatments	20
Dr. Airola’s Formula F-Plus	22
Dr. John Pagano’s Olive Oil And Peanut Oil Mixture	24
Castor Oil Treatment	25
Bathing And Psoriasis	26
Moisturize After You Bathe Or Shower	27
Epsom Salt Baths	29
Sodium Bicarbonate Baths	30
Footbaths	31
Soaps For Psoriasis	32
Shampoos For Psoriasis	33
Sunlight And Psoriasis	33
How Do I Relieve That Itching?	34

Psoriasis – What To Do With Your Skin

So far in the Psoriasis Program, we have explored and learned about what to eat when you have psoriasis, lifestyle and environmental considerations, and how stress affects the mind and immune system. We have looked at the link between yeast infections and psoriasis, the importance of cleansing and detoxification and how leaky gut syndrome is one of the big contributing factors in the underlying inflammation that most all psoriasis patients suffer with.



For some psoriasis patients I see, seeking relief from skin problems can be their lifelong quest. Many people search everywhere for that perfect cure yet never quite seem to find it, even after buying self-help books, and spending lots of time and money searching for cures which eventuate to nothing more than wasted money and time. Psoriasis patients will always find that there are plenty of pharmaceutical medications, creams, pastes, gels, and lotions & potions out there, but all too many of these potions don't always work and some can be quite expensive. Have you noticed how it gets time consuming and expensive to dab creams or ointments all over the body several times a day? Others tell me that they can't keep up with all the creams, pills and capsules they take every day. In my experience, most people just want something that is quick, simple, cheap, a product that actually does the job and works.

Psoriasis Flare-Ups Often Occur In Cycles

Those with psoriasis notice that they will experience skin episodes in recurring cycles, and depending on their exposure to various triggers, psoriasis will often appear and recede, only to reappear when triggered once again. By limiting their exposure to any general (known) irritants and triggers like insect bites, sun over-exposure, dry air, and other causes, the flare-ups can often be reduced. However, it may not be as simple as that, because there will also be unknown triggers, and you can read all about the many potential triggers (many of which you may not even be aware) in the first book in The Psoriasis Program. For some, it may be very difficult or even impossible to work out what these potential triggers are, and for these psoriasis sufferers in particular natural skin care options provide an excellent line of first defence.

In this booklet, let's take a look at topical (applied directly to the skin) treatments. Most all psoriasis patients I see ask me during the first consultation "What are the best things to apply to my skin", and my reply will generally be the following: "If you want to get rid of your psoriasis, topical treatments are not as important as lifestyle and dietary considerations". This may at first appear strange to many people, who may well believe that by applying creams, ointments or other skin preparations you will be curing psoriasis. Naturally I will make suggestions and give several recommendations as to the best natural solutions for skin treatments when it comes to psoriasis, but I never encourage a strong

focus in this area at the expense of neglecting those. Topical treatments should be used to bring comfort to the skin and never be thought of as “curative” agents.

Skin treatments for psoriasis are the first medications generally prescribed by medical doctors, as they believe that psoriasis is primarily a disease affecting a person’s skin, with little to no consideration given to dietary or lifestyle factors. Topical medications are generally prescribed when a person’s psoriasis involves only a few areas of the body, or is not creating a lot of discomfort for the patient. In some instances, this can be an effective way of controlling symptoms, but is never “curative” treatment.

Avoid Cortisone-Based Skin Treatments

Mostly, the treatment that your doctor is able to offer you for psoriasis is the application of a cortisone-based product. Although these drugs may relieve symptoms for relatively short periods of time, the side effects normally include damaged skin, and the crazy thing is that patients are encouraged to use cortisone based skin preparations for the rest of their lives. My advice is never to begin with cortisone products in the first place, even if your doctor or dermatologist recommends them.

If you are already using cortisone products, my advice is gradually to decrease the use of cortisone (to avoid the reaction which can occur if the cortisone is stopped suddenly) and then to continue treatment with my natural skin care recommendations as outlined in this booklet. Those who have used cortisone based creams or ointments for extended periods, as well as any other pharmaceutical drug treatments targeting psoriasis, will most certainly benefit from cleansing and detoxification. You can read all about cleansing and detox in the booklet entitled: Psoriasis, Internal Cleansing And Detox.

When patients present to their doctor with more severe forms of psoriasis, they will be prescribed topical steroid treatment in addition to phototherapy (UV light treatment) along with systemic drug therapy. You will be able to read more about conventional medical psoriasis therapy in the next booklet in this Psoriasis Program series, entitled Psoriasis and Conventional Medicine Treatment.

Avoid Paraffin Based Skin-Care Products

Please try to avoid any ointments, creams and lotions containing Vaseline or Paraffin Oil. These suppress psoriasis symptoms and patients think they are well again but the psoriasis is still active in the body, ready to come out at an opportune moment, usually triggered by some kind of stress. Only use natural plant or seed-based oils on your skin. I was surprised to see even Dr. John Pagano (*Healing Psoriasis*) making recommendations in this excellent book for patients to use called *Resinol*, a pharmaceutical product that contains petrolatum. I’m certainly not a fan of Resinol because it is made primarily (555%) from petrolatum, which is a crude oil petroleum derivative.

Over the years I have met quite a few psoriasis patients who have shared with me some of their valuable hints and tips on how to reduce flare-ups,

and also how to treat their skin when it does become problematic. I've also studied many psoriasis natural health books over the years and worked out different treatments for my psoriasis patients, you will be able to read about both in this booklet. The first steps to take if you have psoriasis are to understand what *triggers your skin to flare up*, and then what to do with your skin during a flare-up, especially right at the very onset, so that you will be able to quickly turn things around. Here are ten good tips to get you started with psoriasis skin care, to help you avoid flare-ups and to soothe and calm irritated skin:

Top 10 Psoriasis Skin-Care Tips

1. **Protect your skin from your fingernails.** It is very easy to scratch your skin when you have lesions, because you don't even think about it and subconsciously scratch when it is itchy. When you are awake, it is easier to catch yourself scratching. But did you know that people scratch themselves at night in bed too?
2. **Wear gloves at night in bed.** As strange as it sounds, if you have quite severe lesions, wearing light cotton gloves to bed at night can stop you from waking up with weeping and irritated wounds in the morning. If you notice psoriatic lesions on your arms, wear suitable clothing that makes it hard for nail on skin contact. If you wear tank tops or loose short sleeves, it is too easy to scratch.
3. **Keep your fingernails short.** This may seem logical, but I often find patients with psoriasis with long fingernails. Longer nails will mean that it becomes easy to scratch your skin and break the surface, leaving you more prone to infections and scarring. Itching with short nails will help and prevent infections.
4. **Don't let your skin get too dry.** If the skin is dry it becomes itchy, dry, and scaly. It is one of the most overlooked triggers. Keep your skin moisturized to control flare-ups and keep your psoriasis at bay. Apply moisturizers after showers, bath, or you have been spending a lot of time submerged in water. Water actually sucks moisture from the skin, adding a moisturizer will lock in the moisture and keep your skin well hydrated. If you feel a skin itch coming on, try not to scratch but instead try to moisturize the area instead and see if that helps. A wet wrap can really help relieve some of that pain and inflammation associated with your psoriasis. Simply wet a cotton face cloth and place it on the skin lesion for a few minutes to feel instant relief. Aloe vera gel, fresh or a commercial product, can feel fantastic when added to this cloth. Try the cloth treatment FIRST before scratching, you may be pleasantly surprised.
5. **Moisturize your skin using natural products.** One of the key ways to keep your skin in top shape if you have psoriasis is to moisturize it, and the best moisturizers are natural products and are in addition they are low in their allergenic potential as they are made without any ingredients which could cause an immune reaction like those chemical concoctions doctors and skin specialists often prescribe. Be careful using chemically derived products as recommended by your medical doctor, dermatologist or drug store (pharmacy) because most are made from petroleum derived raw

materials. Moisturizing your skin will help to prevent needless breakouts. Moisturize and apply lotion to your skin on a regular basis to keep that dry skin at bay.

6. **Change your diet** and follow the Psoriasis Diet. It is important to incorporate plenty of fresh produce into your diet. Eating fresh and healthy will help to give the body the right nutrition it needs, and will ensure that your skin is nourished and supplied with most of the essential nutrients it needs to rebuild healthy tissue. Proteins such as fresh fish and fresh nuts such as Brazil and walnuts all contain essential fatty acids which the skin cells need to reduce inflammation, lock in the moisture, keep out the dirt and bacteria as well as optimize their appearance and function.
7. **Spend some time in the sun.** Sunlight can help some, but be careful not to over do it. Sunburn can make your problem worse. Best time to be in the sun is before 10.00am and after 2.00pm. Only stay in for short periods of time.
8. **Wash your skin with a specially formulated mild "non-soap" cleanser** that contains only herbal ingredients that are organically grown and hypoallergenic. Commercially produced soaps and shampoos are not good for those with psoriasis and are best avoided. Try goat's milk soap or a soap containing coconut oil. I advise my customers to become a "label reader" as this is vitally important. Choose only a specially formulated therapeutic body cream for the much thicker patches psoriasis often forms. It should be a very thick cream with a very rich emollient level. It should also contain the vitamins C, A and E as well as soothing Chamomile, Comfrey and Calendula Herbal Extracts and Shea Butter.
9. **Wear natural fibers whenever possible.** I have noticed that psoriasis patients appear to fare the best when they wear cotton or natural fibers like merino wool (sheep) or hemp fiber close to their skin. Wearing artificial materials like nylon or nylon/cotton blends can increase skin itching because these materials can't "breathe" as well as the more natural fibers can, particularly with underclothing like singlets and briefs.
10. **Urea cream is one of the best psoriasis creams** to use. The urea we are talking about is not the urea found in fertilizers, as some may think. Urea is a compound naturally found in every cell in the human body and has been proven in various clinical medical studies to be of an anti-fungal and anti-microbial nature. Urea cream promotes fast healing of conditions that are so well known to be associated with psoriasis, namely dry cracked split and irritated skin. Research has shown that urea has fantastic hydrating properties and can increase the skin's water content over 95%, much more so than any other natural substance known. Urea is non-toxic, non-allergenic, colorless and odorless. A good quality urea cream gives your skin the ability to attract and hold moisture from the atmosphere, pushing it back into your skin's cells. Ask your doctor or skin specialist for the best urea cream they have, and combine the usage of this wonderful healing agent with the other suggestions to optimize the outcome of your psoriasis skin treatment regime.

Four Main Reasons To Apply Oils and Creams

It is important to heal the surface of the skin, even if you think there is little point because your skin cells are shedding too fast, because protecting and healing your skin are very important considerations. As I have mentioned a few times before, surface healing is important but not at the expense of neglecting your diet and lifestyle. Have you decided you are going to beat this thing yet? A positive attitude and desire to win are important, but nevertheless, you will gain an immediate psychological boost by treating your psoriatic skin, and achieving great results.

I'd like you to consider a regular skin-care routine, an important consideration if you want to conquer psoriasis, and it doesn't have to be an unpleasant experience either. Some psoriasis patients I've seen over the years hate using creams and ointments and get turned off by applying them because they are greasy. This unpleasant experience can turn a person right off, but don't be discouraged, you don't need to use synthetic or chemical concoctions on your skin because there are many natural solutions when it comes to skin care and psoriasis.

There are many different reasons why you will benefit from skin care when you have psoriasis, here are four of the best reasons why should regularly apply natural oils and creams.

- 1. To Self-Care.** By caring for yourself you will be participating in getting yourself well. Your self esteem will improve as you take control of your skin's destiny. Nobody wants to smell like a sulphur furnace or a coal tar pit, proclaiming disease all around themselves, by using natural skin care products you will be exuding a subtle natural or even exotic fragrance, making the whole experience much more pleasurable.
- 2. To Cleanse.** By applying natural oils and creams you will be removing the decayed skin cells and eliminate toxins, making it a lot easier and far less painful to peel away those plaques.
- 3. To Soothe.** When you care for your skin you will be reducing the discomfort many people with psoriasis have. Applying the right products topically helps to lubricate dry skin, keeps it supple and restores elasticity. This in turn will eliminate that itchiness and soreness that can drive you literally crazy, and it will also help to reduce the chance of your skin cracking, leaving it open to possible infections.
- 4. To Heal.** To counteract the degeneration of your skin, it is important to apply natural skin care products that accelerate the body's innate healing response. Skin that is moisturized and clean will heal faster; reducing chances of those infections I've seen occur in those with moderate to chronic psoriasis. These infections only increase your chances of being prescribed an antibiotic by your doctor, and when this happens your chances of a yeast infection increase.

Please Be Selective About What You Place On Your Skin

I have a few hints and tips for you when it comes to buying oils or other products that you may want to apply to your skin. Ensure the oils are cold pressed and preferably supplied in amber coloured glass. Oils that are not cold pressed and supplied in clear plastic containers are not really suitable, these are usually cheap and extracted at very high temperatures that destroy the very nutrients you need to heal and soothe your skin. The clear plastic or glass allows light to penetrate the oil that accelerates oxidisation (aging) and renders the oil useless in no time.

I've seen more than one psoriasis patient who has told me that she uses a vegetable oil "bought from the supermarket". You will need to be very careful indeed if you buy and apply these kinds of oils, as some may even contain pesticides, herbicides and other unwanted chemicals. Some may even come from GM (genetically modified) or similar unnatural sources. Check product labels very carefully, just because a label states that the product is "100 percent" it may mean that one or two of the minor ingredients are actually 100%. It is especially important to ensure that the natural product actually is natural and free from chemicals if you are prone to skin irritations or allergies.

Please avoid those commercial mineral oils, as most are derived from petrochemicals (crude oil, yes – it's actually true). Mineral oils destroy vitamins D, and vitamins D and A are the only vitamins (fat soluble) that are easily absorbed into the deepest layers of your skin. "Baby oil" is mineral based and should be avoided by those with psoriasis. You may also want to avoid oils that are perfumed, unless you are certain the scent comes from an added essential oil like pure lavender.

Use Natural Oils and Creams Only

Many psoriasis patients have asked me over the years what the best skin treatments are, after having used pharmaceutical skin preparations for years and being dissatisfied with the results. Why on earth would you want to use skin care products on your body that are often derived from petrochemicals? I always recommend natural treatments as these products come from nature, are packed full of beneficial fat-soluble vitamins and essential fatty acids and are chemical-free. I often question why somebody would want to put an artificially derived cream, oil or ointment on his or her skin and expect "healing" to take place.

Seed oils like linseed, safflower, jojoba, apricot kernel, etc., nut oils like almond, walnut, avocado, etc., and animal oils like emu oil, and fish oil, etc., as well as herb based aqueous creams satisfy my criteria for natural skin surface treatments for psoriasis. Only natural oils and creams contain vitamins A, D, E and F (essential fatty acids). Oils are particularly rich in vitamin E, especially wheat germ oil, and help to activate the microcirculation just under the skin's surface.

Natural Psoriasis Skin, Scalp, Nail and Hair Care			
Oils	Creams & Ointments	Lotions	Baths
<ul style="list-style-type: none"> • Almond • Apricot kernel • Coconut butter • Coconut oil • Emu oil • Jojoba oil • Olive oil • Pomegranate oil • Sesame oil • Sunflower oil • Vitamin A • Vitamin E • Wheat germ 	<ul style="list-style-type: none"> • Allantoin • Aloe cream • Calendula cream • Goldenseal cream or ointment • Gotu kola ointment • Hypericum cream • Lanolin (sheep's fat) • Paw Paw ointment (Lucas brand) • Royal jelly • Vitamin E cream 	<ul style="list-style-type: none"> • Aloe vera lotion • Chlorophyll (liq.) • Jojoba lotion <p>Skin Treatments</p> <ul style="list-style-type: none"> • Sea salt mixed with warm olive oil • Almond or oatmeal mixed with warm apricot kernel oil 	<ul style="list-style-type: none"> • Clay bath (use white clay for dry skin, green for oily) • Oatmeal baths • Apple cider vinegar • Dead sea salt •

Let's take a look at two really good oils you can use on your skin when you have psoriasis, pomegranate oil and emu oil.

Pomegranate Oil



If you try pomegranate oil, (*Punica granatum* seed extract) try to get one that has been extracted using carbon dioxide extraction methods, also known as "supercritical extraction". Forget the average product, high-quality pomegranate oil is worth trying if you have moderate or severe psoriasis, it is an excellent product, just like emu oil which I'll soon explain.

Pomegranate oil is a light oil and has a faint aroma not unlike chocolate, you can use it by the drop or have it dilute (about 10 percent) in a blend with a carrier oil like jojoba oil.

Pomegranate seed oil and sea buckthorn extract can be found sometimes in blends, and this combination is fantastic for chronic psoriasis.

Like emu oil, this oil is rated as one of the most powerful of skin healers, research has even discovered that pomegranate oil can fight both skin and breast cancer in laboratory testing. (See PubMed on the Internet for various studies). Pomegranate oil, just like jojoba oil, has an amazingly long shelf life because of its very high level of antioxidants, it also has anti-inflammatory properties, reduces swelling as well as muscular aches and pains.

What are the main properties that make pomegranate oil so beneficial in

psoriasis? The high levels of anti oxidants such as polyphenols discovered in pomegranate oil have been proven to fight free radical damage and promote skin regeneration. It is no wonder that many of the high-end and expensive skincare and cosmetic products include oils like jojoba, pomegranate and emu oil, which I'll be discussing in a minute. Here are five key reasons you will want to try pomegranate oil if you have psoriasis:

1. Antioxidant. The high level of antioxidants like polyphenols that fight free radical damage, promotes regeneration of psoriatic plaques and lesions.
2. Anti-inflammatory. The high levels of specific lipids such as punicic acid that counter inflammation and reduce swelling.
3. Skin moisturizer. Pomegranate oil nourishes the skin, reduces wrinkles, improves elasticity and slows down skin aging.
4. Skin healer. This oil speeds the healing of sunburned skin and helps to reduce the damage caused by ultraviolet damaged skin.
5. Stops skin allergies. Pomegranate oil is one of the best oils to stop your skin reacting to jewelry such as rings, bracelets or earrings.

If you do want to try pomegranate oil for psoriasis, be sure to try a product that has been extracted using CO2 (carbon dioxide). Only this oil will be found to be very light and pleasant to use. Conventionally extracted pomegranate oil is rather pungent and sticky and does not seem to be absorbed so rapidly into the skin.

Emu Oil



Emu Oil is my favourite oil when it comes to psoriasis, so I'll tell you all about this remarkable natural product. It has many benefits when it comes to the health of your psoriatic skin. In fact, emu oil benefits are known throughout the world through scientific studies. The Australian Aborigines have used emu oil for thousands of years for all manner of health problems including arthritis, pain relief, wound healing burns, sunburns, and to reduce the pain, itch & swelling of insect bites and stings. This validation of indigenous use for many thousands of years is a testimony in itself, regardless of what "science" has to say. I first came across this amazing product about several years ago when a patient mentioned how fantastic it was for her psoriasis, she said that after trying every single cream, lotion and potion she stumbled onto emu oil. Not long after, another patient commented how emu oil was amazing and that her husband only found relief from his scalp and elbow psoriasis once he started to use it regularly instead of a cupboard full of lotions and potions he had been using for over twenty years. Now I recommend emu oil to anybody who is serious about finding one of the most effective natural skin products for their psoriatic skin.

Traditional Australian Aboriginal Medicine

Emu oil is sourced from the emu (not unlike the ostrich), a prehistoric bird that has roamed the outback of Australia for about 80 million years and still exists to this very day. To the Australian Aboriginals, the emu was a very important part of their culture and lifestyle because it provided them with food, clothing, shelter, medicine, and was held spiritually in high regard. Emu oil is rendered from a thick layer of fat that is below the skin on the back (subcutaneous fat) of the emu. Valued for many thousands of years by the Australia's native Aborigines for its healing powers, emu oil offers many natural qualities to help that can be beneficial to one's health. It has not only been used more lately by the white man to make cosmetics of exceptional quality, but has proven to be a most valuable medicine as an intensive pain reliever used in the treatment of chronic arthritis, strains, sprains, and muscle pain. It is also widely used as a wound healing accelerant and to soothe and heal chronic skin afflictions such as eczema and psoriasis. Emu oil is a good emollient and water-binding agent with anti-inflammatory properties.

Emu Oil Works Really Well For Psoriasis

It means a lot to me what patients tell me, a product either works or it doesn't. They say you can fool some people sometimes, but you can't fool the majority of folk time and again. The same applies to natural or chemical based medicines, products we use on our skin to heal, soothe, repair and to restore the skin's natural function. Do you have psoriasis and have never tried the power of emu oil? I'd like you to try this product for twelve weeks - every day, just apply a tiny amount because this product goes a very long way indeed.

There is no need to lay it on thick, no need to constantly apply it several times a day. Just apply a little in the morning and a little at night to the affected areas. You will be pleasantly surprised with the outcome, but be patient! A product either works with a few people or it works for the majority, and the feedback I am now getting with emu oil is that it works with the majority of psoriasis patients who use it regularly. One hundred percent high quality natural products work the best, consistently, time and again, and beat those chemical based "healing" potions any day. That is my experience based on twenty-six years of full-time naturopathic practice. Maybe your experiences are different if you are a conventional based practitioner, but I prefer to recommend natural medicines to my patients because they produce no side effects or collateral damage to the body like pharmaceutical preparations are likely to do.

How Does Emu Oil Work?

Emu oil has a most positive effect on the function and chemistry of our body's cell walls in particular, and a large number of steps within our body's chemistry involve fatty acids in these cell membranes. No pharmaceutical drug can offer the wide scope of the natural cellular activity seen with emu oil. Let's look at the seven main ways emu oil can help your psoriasis:

1. **Structural Needs For Fats.** Our body's need for fats can be grouped into structural and functional needs. All our cell walls are made of

fat. When fats are missing from our diets our body makes fat from the protein and carbohydrates that we eat. Unfortunately, it cannot make some types of fats that are required by the cell wall.

Therefore, all cell wall structures are defective when some necessary essential fats, such as found in emu oil, are missing from our diets. A dry, itchy and psoriatic skin (i.e. a defective skin) is a sign that the skin is missing essential fatty acids.

2. **Functional Needs For Fats.** Fats play many different roles in our body. All cells produce hormones directly from the fatty acids that we must receive from our diet or from topical application of these fatty acids. These hormones influence all aspects of local cell activity, such as inflammation, healing, cell growth and even cell dying. When we don't have enough of the correct fats, these processes do not operate efficiently. Emu oil can provide the necessary fats that are required for normal cell function. This in turn reduces the immune system's ability to cause inflammation, and speeds healing and regeneration of the skin cells. Perfect for the psoriasis patient.
3. **A Naturally Powerful Healing Agent.** Emu oil naturally contains Vitamin E, which is a major antioxidant and healing agent; Vitamin A, a known skin repairer and antioxidant; Linoleic acid, which helps to ease muscle aches and joint pain; Oleic acid, which is a proven skin cell re-generator and anti-wrinkle agent; sapogens, proven skin softeners; and terpenes, known antiseptics. How much better could it get for the psoriasis patient looking for the perfect skin care product!
4. **A Natural Moisturiser.** Emu oil products make wonderful natural moisturisers that can smooth and condition rough elbows, knees and heels; soften and moisturise hands and cuticles; reduce the itching and flakiness associated with psoriatic skin; and protect the face and hands from wind and weather. I've had great feedback from many patients with psoriasis who have used it for all forms of psoriasis, including plaque psoriasis, guttate psoriasis and even psoriatic arthritis.
5. **A Powerful Antioxidant.** Emu oil skin care products contain powerful antioxidants, as well as a known skin cell re-generator and anti-wrinkle agent, helping to improve the condition of ageing psoriatic skin. Offering both skin-thickening and moisturising properties, emu oil skin care products help counter the wrinkles and dry, scaly, thinning skin that commonly occur with ageing by moisturising, lubricating and replenishing dry or irritated skin on the face, hands and body: and by preventing additional moisture loss by forming a protective barrier.
6. **A Natural Anti-Inflammatory.** Naturally enriched with pain relieving and anti-inflammatory agents, emu oil products also reduce discomfort and soothe sore muscles and joints offering a fast respite from leg cramps, muscle aches, pains and pulls. Used increasingly in sports medicine, emu oil products are applied by professional sports teams and fitness centres around the world.
7. **A Skin-Cell Regenerator.** Finally, the natural bacteriostatic, anti-inflammatory and cell regeneration properties of emu oil help repair minor skin wounds we commonly see with psoriasis quickly and

with less scarring. These same qualities have also been shown to help reverse the effects of hair loss as well.

In addition, these properties can help those with psoriasis:

- Reduce the pain and scarring associated with burns and sunburns
- Soothe and alleviate the discomfort of eczema, psoriasis, nappy rash and shingles.
- Decrease pain and infection from insect bites & stings.
- Promote the repair of skin damage, including scars, wrinkles and stretch marks.
- Decrease the pain and inflammation associated with psoriatic arthritis as well as any muscular aches and pains

The Many Benefits of Emu Oil

Emu oil can be used effectively on many different skin types, it is entirely non-toxic and natural, completely chemical-free and even non-comedogenic (it does not clog your skin's pores). Emu oil is also non-allergenic and a fantastic product for those with the most sensitive of skin and allergies of many kinds. Emu oil has a strong anti-inflammatory action and has been found to be comparable in anti-inflammatory action to conventional corticosteroid based drugs, yet without those side effects. It has even been compared to medication such as ibuprofen yet without the side effects frequently common with traditional prescription or non-prescription anti-inflammatory medications.

Emu Oil Is Perfect For Psoriatic Skin

Emu oil has been shown to reduce the depth and length of fine lines & wrinkles in many studies as well being moisturising and a natural skin softener. It has been proven to be one of the fastest and most penetrating oils into the skin, as well as a trans-dermal carrier for any other added therapeutic ingredients or skin care. For example, I have found it fantastic for tinea or athlete's foot, because it carries tea tree oil exceptionally well. It also carries lavender oil well. Just a few drops of lavender oil and a few drops of Emu oil mixed together works well for stress, anxiety and insomnia. If you have a chronic skin condition, why not at least try this amazing product? You will find that it has a non-greasy and very fine soft texture that is most agreeable. Some creams and oils I have recommended in the past for psoriasis patients left their skin feeling greasy, you will never get that feeling with 100% pure emu oil, and that's one of the reasons I like it.

Emu Oil For Psoriatic Arthritis

Emu oil is very effective indeed for different forms of arthritis and muscular and joint aches and strains. This oil is also excellent with osteoarthritis and rheumatoid arthritis and even psoriatic arthritis. The Emu oil product I recommend here is called E-Balm; it contains a very high percentage of Emu oil, blended with a selection of essential oils to help relieve strained muscles and joints. E-Balm is highly effective for deep-tissue massage and is used by Rugby, Netball, Hockey, Cycling, and Tri-athlete New Zealand teams as well as thousands of arthritis sufferers world-wide.

The 9 Properties of Emu Oil

Emu oil is particularly rich in omega 3 and 6 as well as vitamins A and E. It contains long carbon chains in its omega 3 that make it one of the rare few oils like pomegranate oil with excellent anti-inflammatory properties. It is also a deeply moisturising oil and assists in the healing process of burns, bites, all manner of skin rashes, wounds and skin diseases. The oil acts as a natural liposome by delivering the many other ingredients as it readily and gently penetrates the skin's outer layer and together with the other containing natural oils and vitamins helps to diminish the formation of scar tissue.

I recommend emu oil especially for severely dry, irritated and cracked dermal tissue, psoriasis, eczema and post-laser surgery irritation. Here are the nine properties of this natural oil:

1. Highly penetrating, carries active ingredients onto and into the skin.
2. Non-irritating.
3. Highly and deeply moisturising.
4. Highly blendable – can even blend oils and waters together!
5. Softens wrinkles, contains high levels of vitamins A, E & Omega 3.
6. Non pore clogging - will not produce acne.
7. Wound healing - burns, wounds, diminishes scar tissue.
8. Anti-inflammatory – for arthritis, joint and muscle aches and pains.
9. Bacteriostatic - no bacteria have been found to grow in emu oil.

Olive Oil Is Excellent

A good carrier oil to use that is natural is olive oil, especially extra virgin olive oil you have purchased in a dark coloured bottle or packaged in a steel tin that light will be unable to penetrate. The very best olive oils to use are the speciality ones you will find in a good kitchen shop or health food shop, rather than those commercial oils you buy in bulk. Olive oil can be applied directly to the scalp and massaged in, also apply it to those thick plaque areas and leave on for several hours before gently washing off. You can add a small amount (10%) of emu oil to this, or for more fragrance add some bergamot or lavender essential oil to suit.

Using Essential Oils With Psoriasis

I have been asked on many occasions if essential oils can help with psoriasis and the answer is an emphatic YES. Essential oils can decrease the number of skin outbreaks and flare-ups as well as help to alleviate the severity and discomfort of symptoms.

There are several oils known to be beneficial for the psoriasis patient, some are carrier oils and others are essential oils, and some are omega-3 oils. Some are primarily used internally (olive oil, omega-3 fish oil); others externally like sweet almond oil, rose hip seed, and jojoba. Some oils can be used advantageously both internally as well as externally like avocado oil, and walnut oil.

Apart from oils, I also recommend that you try a good quality vitamin A or E oil or cream, especially on those stubborn spots like elbows or around the ears. Wheat germ oil, apricot kernel oil, jojoba oil, and rose hip seed oil are other good choices for the "problem" areas.

Carrier Oils

Carrier oils are oils that you can use either alone on your skin, or in a mix with an essential oil, as they "carry" the essential oil. You use a lot more carrier oil than you would an essential oil. Essential oils are a lot stronger and you would only add drops of these potent oils to a carrier oils.

The carrier oils I highly recommended are Sweet Almond, Rose Hip, Tamanu and Jojoba, all of which have beneficial properties to help soothe and heal irritated skin. In my opinion, jojoba oil is one of the best oils to carry essential oils that you will want to use on your psoriatic skin, and it is highly recommended that you try this product on several occasions after your bath or shower to see if you get any benefit, I know that I have received excellent feedback when I recommended jojoba oil in the past. It is actually a kind of "liquid wax" rather than an oil, jojoba grows in the extreme heat of outback Australia and when you find a plant growing under the toughest conditions in the world, you can imagine its benefits to your body. The oil that jojoba contains has been specially developed by the plant to help protect it against the incredibly harsh conditions it grows in. I've used jojoba oil for many years for massage and have found it to be a most pleasant oil to use. I purchased a large litre bottle over twenty years ago, and it is the same quality as it was when I first bought it, it never seems to "expire" or go rancid.

There are many other different kinds of carrier oils, and I encourage you to try many different kinds and settle on one you find the best in your situation.

Topical application: Use around 2 to 2 ½ percent essential oil dilution, around 12-15 drops of the essential oil to around 1 oz. (about a tablespoon) of your chosen carrier oil. Apply daily to the affected area for best results.

Best Essential Oils For Psoriasis

There are many different essential oils to use with psoriasis, but in my clinical experience, the best essential oils for psoriasis are bergamot, helichrysum (sunflower), cajeput, carrot seed, German or roman chamomile, lavender, juniper, sandalwood, tea tree, calendula infused oil, and cranberry seed oil.

- **For Stress** – Using essential oils (aromatherapy) is an effective and easy way to help calm the body and the mind, reduce stress and even mild depression, and therefore reduce the chances of experiencing any increase in the frequency or severity of any skin flare-ups. Some of the best oils to use for stress and psoriasis are lavender, rose, clary sage and German chamomile. These help to relax the person with psoriasis and are known to decrease the stimulatory effect of the sympathetic nervous system, as well as being anti-inflammatory. You can use one, both or all three of these essential oils in your blend. They can be used in a diffuser, direct inhalation, baths, body lotion, massage or used with a carrier oil in spot applications.
- **Relaxation** – Essential oils can help you relax, and the best oils here are geranium, lavender, vetiver and sweet marjoram.
- **For Meditation and Visualisation.** You will be able to read a lot more in other booklets of The Psoriasis Program about how important it is for you to relax and take it easy, especially if your psoriasis is chronic. Regular meditation and visualisation can give you the breakthrough you may have been looking for if you have especially chronic and severe psoriasis. Here are the best essential oils to use: bergamot, cedar wood, Frankincense, Patchouli, and Sandalwood
- **Skin Softening** – By adding a few drops rose, geranium, mandarin or palmerosa you will be softening your skin. These oils can be used for diffusion, inhalation or spot application when used with carrier oil.
- **Wound Healing** – Bergamot, lavender, thyme, tea tree oil or calendula are all examples of herbs that assist in wound healing.

Essential Oils and Massage

Some people are worried about massage and psoriasis, but I had a massage clinic for three years when I was a student of naturopathy and saw patients with psoriasis regularly. It's no big deal. Massage is very relaxing, helps to calm you down and is perfect for people with psoriasis because stress and anxiety are two of the biggest triggers when it comes to psoriasis. Use from 5 to 20 drops of essential to 1 tablespoon of carrier oil like jojoba or sweet almond oil.

Formula # 1 - Psoriasis Essential Oil Blend Recipe:

This is a comprehensive blend. It smells great and is excellent for chronic conditions.

- 2 drops Rose
- 3 drops Bergamot
- 3 drops Mandarin
- 3 drops German Chamomile
- 4 drops Lavender
- 1 oz. (30ml) Jojoba (Carrier Oil)

Formula # 2 - Psoriasis Essential Oil Blend Recipe:

Good simple blend for hands and feet especially, good for any skin infection, cuts, scratches, wounds, bites, burns, etc.

- 2 drops Calendula oil (infused)
- 1 drop Wild Oregano oil
- 1 drop Tea Tree oil (only use Australian Tea Tree)
- 1 oz. (30ml) Jojoba (Carrier Oil)

Formula # 3 - Psoriasis Essential Oil Blend Recipe:

Good blend for very dry or weathered skin, deeply nourishing blend. Used sparingly, once daily and for 6 to 8 weeks non-stop for an amazing effect.

- ½ oz. (15ml) Wheat Germ oil
- 1 oz. Castor oil
- 1 drop Tea Tree oil (only use Australian Tea Tree)
- 1 oz. (30ml) Jojoba (Carrier Oil)

Formula # 4 – Psoriasis Scalp Massage Essential Oil Blend Recipe:

This is a fantastic recipe to make up and use if you have scalp psoriasis. Do you have those flaky patches of skin around the crown or around your ears? Then try this great recipe. Use very sparingly, once daily and for about 4 weeks. Can use very effectively in combination with Dr. Pagano's olive oil and peanut oil scalp treatment. You can try either extra-virgin olive oil or jojoba oil along with the rosemary oil.

- ½ oz. (15ml) Jojoba oil
- 5 drops of Rosemary oil

Psoriasis Skin Mix # 1

Skin Mix # 1 is good for dry, cracked and irritated skin.

- 4 tbsp. aloe gel
- 1 tbsp. warm coconut butter (or 1 tbsp. warmed beeswax)
- 1 – 2 tbsp. wheat germ oil

Blend the aloe gel and coconut butter (or beeswax), and then add the wheat germ oil. Allow cool, storing in a glass jar and refrigerating until use.

Psoriasis Skin Mix # 2

Skin Mix # 2 is a good skin healer, great to use after plaque is removed.

- 4 tbsp. glycerine
- 1 – 2 tbsp. lanolin (warmed)
- 2 -3 tbsp. Vitamin E cream (or 1-2 tbsp. Vitamin E oil)
- 2 capsules Vitamin A (5,000iu, pierce and add to the Vitamin E cream or oil)

Blend glycerine, lanolin and the Vitamin E cream (or oil). Allow to cool, store in a glass jar and keep refrigerated until use.

Always Cover Your Hair

A good tip for when you are doing the scalp/oil treatments is to buy a couple of those plastic covering that have been elasticized, to place over your hair after treatment. You can leave the oil on for longer periods that way without fear of soiling your clothing. Make sure you place a towel around your shoulders when you treat your scalp with any carrier and essential oil to prevent making a mess of your clothes.

Penetrating Scalp Mixture

Here is other clever idea that incorporates different natural medicines effectively. You can mix emu oil and baking soda to make up a liquid paste that you can apply to those psoriatic plaques. This is a deeply penetrating mix that will allow you a more easy removal of those plaques of dead skin. Don't use baking soda on open wounds – ouch!

- ½ oz. (15ml) Emu oil
- 5 drops of Rosemary oil
- Sodium bicarbonate (baking powder) – enough to make a paste

Soothing Scalp Gel

This is a good recipe for inflamed areas on your scalp, places you have been itchy and scratching for example. Maybe also a good recipe for areas where plaque has been removed and a painful lesion is left, you won't want to use baking soda here.

- 1 oz. (30ml) Aloe Vera gel (high grade commercial, or fresh pulp)
- ¼ oz. (7.5ml) Jojoba oil

- Container with lid to mix and store the Soothing Scalp Gel

Mix the aloe vera and the jojoba oil well. Add more or less aloe to thicken the mix. Make sure you buy a high-quality aloe vera gel from your health-food shop. You can experiment with different essential oils, using no more than 2 or 3 different oils. Start with one oil, one drop at a time and don't exceed 5 or 6 drops of any one essential oil.

Best essential oils to use with the Soothing Scalp Gel are rosemary, German chamomile, lavender, infused calendula oil, hypericum oil (St John's Wort) and cedar wood.

Hair And Scalp Mix

This mixture is more cleansing, good for those people with more oily or greasy hair affected by psoriasis.

- 250 ml liquid castile or a natural base shampoo
- 50 ml aloe gel lotion (or jojoba if your hair is not oily)
- 3 – 5 drops rosemary essential oil

Mix all the ingredients together well and store in a glass jar in a cool, dark place. Does not need refrigeration.

Essential Oils After The Shower

A good time to take advantage of using essential oils on your skin is after your shower. While your skin is still wet, put from 2 to 6 drops of essential oil in the palm of one of your hands and rub your hands together gently. Gently rub the oil over your arms, torso and legs, avoiding those sensitive skin areas. Enjoy the wonderful aroma, and then gently pat your skin dry with a soft towel.

Essential Oils In The Bath

I have found that one of the better oils to use in the bath for psoriasis patients is coconut oil. Add 6 to 10 drops of your chosen essential oil to a dessertspoon of coconut oil. Alternatively, try adding the essential oil to ½ cup of "lite" or regular coconut milk or cream. Coconut in your bath adds a whole new experience to bathing, you will enjoy the wonderful soft feeling that coconut leaves on your skin, and the fragrance is amazing. Fill the tub with warm water, add the coconut oil, milk or cream to which you have added the essential oil, swirl the water around and enjoy the experience. Stay in the bathtub for 10 to 15 minutes, gently massaging any psoriatic spots. If you have any muscle aches or pains, add ½ cup of Epsom or Dead Sea salts.

Essential Oil Body Oil

Combine between 5 to 30 drops of your favourite essential oil with 1 oz. (1 tablespoon) of carrier oil like jojoba oil, sweet almond oil or fractionated coconut oil. Apply gently to your skin, especially after a shower, a swim or after having a bath.

Essential Oil Body Lotion

Combine between 10 to 30 drops of essential oil in 1 oz. (1 tablespoon) of fragrance free, natural moisturizing lotion. Apply gently to your skin, especially after a shower, a swim or after having a bath.

Essential Oil Diffusion

For a relaxing experience, follow the instructions of the essential oil diffuser you are using. Add some essential oils and relax & unwind. Diffusion is a wonderful way to fill the air around you with the therapeutic aroma of essential oils.

Essential Oil Inhalation

Drop a few drops (from 2 to 5) of essential oil onto a tissue or handkerchief and inhale the beautiful aroma through your nose. Relax and breathe slowly in and out a few times, and then inhale again. Be careful not to touch the sensitive skin around your nose or eyes with the oil directly.

Other Natural Skin Treatments

- **Aloe Vera.** If you want to try this skin treatment then buy the plant. The pulp inside the leaf is very soothing to the skin and fantastic for any kinds of burns, especially sunburned skin. Some patients I know swear by using aloe vera directly on their lesions, whereas others have found it to be an irritant. Only you can be the judge of how this treatment will affect your skin by trying it out. You can buy some aloe vera products like creams or lotions, but you must make sure they don't contain any unwanted chemicals.
- **Avocado Oil.** Avocados contain a considerable amount of oil. Next time you eat an avocado, take hold of the seed and rub it into your hands, you will find the oil quite pleasant and soft and that it penetrates into your skin in seconds. Buy a small amount of high quality avocado oil and use on stubborn areas, it is wonderful.
- **Bergamot Oil.** Caution needs to be exercised with some oils, because they can create photosensitivity. People with psoriasis are often more sensitive to sunlight than others, and when certain products are applied they can burn a lot easier in the sun. Watch out for oil of bergamot, it has been linked in some people with dermatitis, with rashes and blistering burns being the result. You may also want to be a little careful with lavender and oil of rosemary, with some sensitive persons they too can cause unwanted reactions when in the sun.
- **Borage Oil.** Borage oil is a highly effective treatment for psoriasis, and its uses are both external and internal. Just like Hemp Oil, Borage oil is rich in GLA (gamma-linolenic acid) and improves

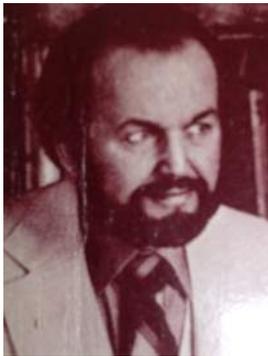
overall skin health, encourages healthy cell development and has anti-inflammatory properties that help reduce swelling, scaling, dryness and itchiness. It is rich in omega fatty acids that allow a deeper penetration of active ingredients. When small amounts of borage oil are rubbed onto the skin where those psoriatic patches occur, it offers soothing relief from itching, redness, and discomfort. Because it is particularly rich in fatty acids, borage oil helps to seal in the skin's moisture, which causes the soothing and nourishing response. I like this oil because it also provides a barrier against some of the triggers that can cause flare-ups to worsen, such as exposure to dry air and sunlight. Borage oil loosens dead skin cells that build up in plaque areas more effectively than most other oils. More effective removal (with less pain and discomfort) of plaque areas occurs with the regular application of borage oil, and this in turn reduces irritation and build-up, leading to itchiness, redness and discomfort so common in moderate to chronic psoriasis.

- **Calendula Cream or Ointment.** You can get calendula products either as creams, ointments or infused oils. It combines very well with comfrey and hypericum as a surface healer. Calendula promotes surface and wound healing.
- **German Chamomile Oil.** It's amazing how a pretty little white and yellow sweet smelling daisy flower can produce bright sky blue essential oil. The brilliant blue of German Chamomile comes about because it is very high in azulene, a very effective agent against infections. Not surprisingly, German Chamomile is known as a Potent skin healer, and it works well for such skin ailments as psoriasis, acne, eczema, dermatitis, and many more skin-related problems. Of the three chamomiles available, German is best suited for external purposes such as massage, and is excellent for those with psoriasis.
- **Hemp Oil.** This oil is very highly rated as an extraordinary product when it comes to psoriasis skin healing. It is one of the richest forms of the essential fatty acid omega-6. Hemp seed Oil can also be used as a topical anti-inflammatory. Apply after a shower when your skin is warm and permeable for the best results. Using daily can result in a reduction of pain, redness and itchiness. Hemp oil is so good for psoriasis because it contains very high levels of GLA (Gamma Linoleic Acid), the omega-6 fatty acid that targets the skin inflammation so prevalent with psoriasis. Hemp oil also contains plenty of vitamin E and omega-9 that serve to moisturise the skin, leaving it smooth and soft yet without an oily residue. You will find emu oil and hemp seed oil similar like this. Hempseed Oil is particularly good to use if you have scalp psoriasis. You apply hemp oil to your scalp much like you would apply hair colour, section by section, and preferably when your hair is warm and wet. You will find that results will be improved if you apply hemp oil in a warm location (near a heater or under a heat lamp). Here is a good tip: if you are interested in trying out hemp oil, the best value for money is animal-grade hempseed oil.
- **Papaya (Pawpaw Ointment).** The original is still the best, I have recommended one brand of Pawpaw ointment for over twenty years for psoriasis, and it was developed in my hometown (Brisbane, Australia) over 100 years ago. Lucas' Papaw Remedies, the

company that produces Lucas' Papaw Ointment is named after the formulator of the ointment Dr. T.P. Lucas. Dr Lucas, after years of research as a botanist and medical practitioner, stated in his 1906 handbook that he believed the papaw was the finest natural medicine yet discovered. He used the ointment, which he developed for his medical practice to treat numerous types of illness and disease. People today can derive the same benefits that thousands derived during the lifetime of T.P. Lucas. The company still operates in Brisbane where the ointment continues to be produced since 1906. You can use Pawpaw ointment for any kind of skin problem, including psoriasis, eczema, dermatitis, cuts, abrasions, burns, stings, etc. Be sure to only buy the Lucas brand, in a bright red container, it is made from fermented pawpaw in a very special way.

- **Tea Tree Oil.** Tea tree oil (*melaleuca alternifolia*) products have no known side effects and they are giving good results in the treatment of psoriasis. Tea tree is particularly good if you have any kinds of skin infections that involve a yeast infection or Candida. Great for psoriasis affecting your nails, just 1 drop a day – long term. Good after scratching your skin, as it kills bacteria quickly and is a powerful antiseptic. I recommend a trial of regular tea tree cream or lotion applications to the affected areas for a period of a few weeks to see if this product is effective for you. Be sure to get the correct tea tree oil, the Australia tea tree oil.

Dr. Airola's Formula F-Plus



I have long been a fan of Dr. Paavo Airola (1918 – 1983). Dr. Airola studied biochemistry, nutrition, and natural healing in biological medical centres of Sweden, Germany, and Switzerland and is considered one of the fathers on the natural health in America. He lectured extensively worldwide, both to professionals and the public, holding yearly educational seminars for physicians. He was a visiting lecturer at many universities and medical schools, including the Stanford University Medical School.

Dr. Paavo Airola authored fourteen books, two of which became international best sellers: *How to Get Well* and *Are You Confused? How to Get Well* has been used as a textbook in several universities and medical schools, and is still selling well on Amazon today. As a student of naturopathy, I read all of Dr. Airola's books and still use many of his recipes and formulations.

Formula F-Plus comes from his famous book *How To Get Well* (Health Plus Publishers, Arizona, 1974). It is a formula I have recommended for psoriasis for over twenty years, and I'm certain that if you use it according to Dr. Airola's instructions that you will get enormous benefit too, like many thousands who have used this formula since the 70's.

This formula is a gem for those with psoriasis, and was created by Dr. Airola in 1972, it first published in his book called *Swedish Beauty Secrets*. It's hard to beat a formula like this, I'd like you to make it and

try it for yourself. Once you see the benefit, you will never go back to those pharmaceutical chemical concoctions. There is nothing like the healing power of nature when it comes to healing your skin.

Dr. Airola composed Formula F-Plus specifically for those with problematic skin, people with ongoing skin problems like psoriasis. The healing, nourishing and beautifying oils of Formula F-Plus, fortified with vitamins A and E, will help to feed your skin with the nutrients it needs to help revitalize and restore its normal activity. This is a fantastic topical application for psoriasis and eczema in particular.

Airola Formula-F Plus

- 2 tablespoons of sesame oil
- 1 tablespoon of olive oil (use extra virgin)
- 2 tablespoons of avocado oil
- 2 tablespoons of sweet almond oil
- 2,000 iu of Vitamin E
- 100,000 iu of Vitamin A
- Add 5 drops of your favourite essential oil, like lavender

Method

- Pour the oils into a clean empty bottle or small jar, preferably dark coloured to protect the oils from light.
- Get hold of 400 IU Vitamin E capsules, you will need 5 capsules of 400 IU, or 10 capsules of 200 IU. Buy only the best quality Vitamin E that contains mixed tocopherols and mixed tocotrienols). Cut the ends off the capsules and squeeze the contents into the bottle containing the oils.
- Get hold of 10 Vitamin A capsules (10,000 iu) or use 4 capsules of 25,000 IU. Cut the ends off the capsules and squeeze the contents into the bottle containing the oils.
- For a fragrant mix, add 5 drops of your favourite essential oil, like lavender or patchouli. Please do NOT use perfumes, colognes such as Eau-de-Cologne, but 100 percent pure essential (highest-quality) essential oils.

Keep Formula-F Plus in a dark bottle, keep capped and in the refrigerator. It will keep a long time because Vitamins A and E are antioxidants that prevent oxidation (rancidity) of the oils.

How To Use Formula-F Plus

The most effective way to use Formula F-Plus is in the evenings, before going to bed. First wash your face, neck, hands and arms with a very mild natural soap like glycerine soap. This is a soap you will be able to see through, it is a pure and very gentle soap and can safely be used for any skin condition; it is even suitable for a baby's delicate skin and can be used by those with psoriasis.

Take a few drops of Formula-F Plus and massage gently into the key areas, leaving it overnight. The Formula will be entirely absorbed into

your skin within a few hours, leaving your skin velvety soft, smooth and lusciously healthy. Its physiological functioning and healthy activity will become increasingly restored the more you use it. Use Airola's Formula-F Plus regularly and you will be both amazed and delighted at the rejuvenating and healing effect it can have on your psoriatic skin. This is an excellent Formula to use by those in particular who have moderate to chronic psoriasis, and is suitable for plaque and guttate psoriasis.

Dr. John Pagano's Olive Oil and Peanut Oil Mixture



Dr. Pagano's book (*Healing Psoriasis*) contains a skin treatment that I have recommended increasingly to patients; it is an equal mixture of olive oil and peanut oil. When his book was first published in 1991, there was little concern with regard to GMO, but you will need to take care today if you use peanut oil, because it may come from genetically modified seed stock. That's OK if you don't mind using genetically modified oil on your skin, but I believe that the majority today would not be all that keen on this option!

Dr. Pagano believed that the olive oil/peanut oil mixture worked best in the winter, when the humidity in the home or apartment is low due to artificial heat coming from an electric, gas, or wood fire. He also found this mixture to be the best for scalp psoriasis. He always suggested this mixture topically more than anything else because it appears to help the skin's surface cells, enhancing the skin's pliability and it is quite easy to clean when used on the scalp.

Unlike Dr. Airola's Formula F-Plus, this mixture does not need to be kept in the refrigerator. Just keep in preferably in a dark container in a cool dry place, like your pantry or bathroom cabinet away from direct light, especially sunlight.

Dr. John Pagano's Olive Oil and Peanut Oil Mixture

- About 7 ounces (200mls) of extra-virgin olive oil
- About 7 ounces (200mls) of certified organic peanut oil (non GMO)
- Essential oil to suit.
- A 16 ounce bottle (500mls) preferably dark brown/amber

Cover Oiled Skin With Plastic And Leave Overnight

For thick and disfiguring plaque psoriasis, the mixture is applied very well to the areas, which are then covered with a plastic bag (to stop the soiling of sheets, bedding, etc.) and left overnight. For the torso, Pagano recommended that an opening was cut in the bag for the head and for the two arms, then cut to waist length and worn under pyjamas. Caution must be exercised when covering the body with plastic bags however, there must be enough body surface exposed to air for the skin to be able to "breathe" sufficiently. Be most careful if applying this oil and plastic bag treatment with children due to the risk of suffocation.

This treatment is so effective, that two or three bag treatments to the most stubborn psoriatic lesions are generally sufficient; even in the most severe of all cases. As your skin improves, this kind of treatment is reduced then stopped altogether. With smaller stubborn areas, a plastic bag is not required. You will find that Saran wrap (plastic cling film) can be used effectively with elbow or knee psoriasis. Just apply the oil well into the area to be treated, place a piece of plastic bag over the area and wrap with Saran wrap to leave overnight. The great thing about this kind of treatment is that in the morning you discard the plastic and take a shower.

Use Cotton If Plastic Is Uncomfortable

Occasionally a patient will tell me that they find the plastic covering too uncomfortable on their skin, too hot and sweaty. Cotton gloves or socks can be applied to the hands and feet after oiling, or an old cotton T-shirt can be worn over a torso that has been thoroughly oiled up. Cotton certainly is much more comfortable, it allows your skin to breathe and is less restrictive. The differences however are that it is not disposable and that it can absorb a lot of the oil, rather than allowing it to be absorbed by the skin. I have several patients who I've recommended both the plastic and cotton methods to, and I find that the majority use the plastic method because it allows the oil to penetrate more thoroughly (giving a better outcome) and it is totally throw away. You may want to try both and see what best suits your needs.

When washing cotton garments with oil, simply add baking soda (sodium bicarbonate) to the water during the wash cycle. Be sure NOT to wash your regular laundry with the load containing the oil-soaked cotton garments! I want you to be aware that there will always be the inevitable oil stain here or there on bedding or clothing when you "oil up" regularly, you will get used to this and learn to live with it because the results are so much better than if you forgo this kind of treatment.

According to Pagano, the only drawback using the olive oil/peanut oil mixture is that "the patient smells like a salad". You can overcome this by adding an essential oil to the mix such as lavender, patchouli. I highly recommend that you experiment with different essential oils until you find a blend of olive oil/peanut oil and essential oil that works for you.

Castor Oil Treatment

When most people think of castor oil, they think of it for internal use only as a laxative. In fact, castor oil has been used therapeutically for hundreds of years, both internally and externally. Castor oil applied topically has many beneficial effects and can be used for almost any malady. The castor oil pack is a simple procedure, yet it can produce wonderful results. Physiological effects of the castor oil pack include stimulating the liver, increasing eliminations, relieving pain, increasing lymphatic circulation, improving gastrointestinal function, increasing relaxation, and reducing inflammation.

The best way to use castor oil is to gently rub it into lesions liberally, and then leave it on overnight. It is best not used on the scalp due to its thickness (viscosity) because you will find it a lot harder to remove than the olive oil/peanut oil mixture previously mentioned. It is best used on smaller more circumscribed areas; this is where it will be found to be the most effective.

Dr. Pagano recommended that castor oil be rubbed into a lesion, followed immediately by Resinol. Resinol is a skin protectant and topical analgesic. It is an over-the-counter drug that can currently be purchased in 1.25 or 3.3 ounce (35 or 94 g) jars. Personally, I'm not a fan of Resinol because it is made primarily from petrolatum (a crude oil petroleum derivative) The active ingredients used in Resinol are a 55% solution of petrolatum and a 2% solution of resorcinol, calamine, cornstarch, lanolin, and zinc oxide comprise the inactive ingredients.

Castor Oil and Baking Soda Paste

To relieve the itching of lesions that are really bothering you, try combining castor oil with sodium bicarbonate powder (baking soda). Just make up a paste of these two ingredients and apply to those troublesome areas, areas like the thick plaques some patients have covering the heels and bottoms of their feet. Those scaly, encrusted areas down the legs, knees or elbows, etc. You may find that if the skin is cracked and possibly weeping that the baking soda may sting. I'd recommend some calendula/hypericum cream or ointment to heal the underlying skin, and then use this paste. Alternatively, use Pagano's olive oil/peanut oil combo until the skin is no longer cracked, then you can try this amazing paste of castor oil and baking soda. The paste will keep for many weeks; you can make it up and keep it in an old, discarded cosmetics container, the ones with the wide opening and a flat lid.

Bathing And Psoriasis

Water Can Be Painful If You Have Psoriasis

Have you been to see your doctor or dermatologist with regards to your psoriasis? If you have, then you will probably have been instructed how to properly care for your skin. I will cover two of the most important topics with regard to your skin and psoriasis, namely moisturising and bathing. Bathing can be a great way to deal with the itching, pain and uncomfortable sensations that psoriasis can cause.

Your doctor may advise against taking long baths or showers and possibly instruct you to avoid hot water. When you have psoriasis, you don't want your skin to be too soaked in hot water, and if possible all bathing should take place quickly in lukewarm water. My recommendations are for you not to bathe every day if possible, doing so can actually be more harmful to the skin by needlessly drying it out. Bathe every two or three days is best. Once you have finished with the shower or bath, pat yourself dry gently with a soft towel and ensure that you moisturise the skin thoroughly afterwards to lock in the moisture. This will prevent the premature drying out and cracking of the skin that may lead to infections.

Bathing with psoriasis can be very beneficial, especially if the water has been enhanced with beneficial natural additives. It's not just about moisturizing your skin; by adding something as simple as a cup of organic apple cider vinegar you will be doing your skin a favour. You will be reducing the acidity of your skin, and this is a very important but often overlooked part of bathing. You will soon learn that sodium bicarbonate does the same thing.

Try Not To Bathe Every Single Day

I have found that some psoriasis patients can even want to bathe twice daily, thinking that they are healing the skin faster, when in fact they cause a problem with the skin. The problem is that your skin will want to dry out after it gets wet, and it can dry out too much if proper care is not taken right afterward. And dry skin can be a real nightmare for someone who suffers from psoriasis because dry skin can mean itchy and cracked skin. Having an itchy skin can lead to yet another flare-up, and so the cycle continues.

There is nothing wrong with taking a shorter shower or bath, and if the weather is not too hot it may pay to have your shower every second day. You could even hand wash some parts of your body, avoiding any areas which are currently flared up which will save them from getting too wet (and drying out afterward).

Moisturise After Your Bath Or Shower

For some psoriasis patients I know, taking a shower can help aid in alleviating their symptoms of psoriasis and can give their body much of the moisture it needs. However, it is very important to capture and lock in that moisture by applying skin creams and lotions soon after that shower or bath. Once you get into this habit, you will find that your skin will feel much more comfortable.

When drying off with your soft towel, avoid quick rubbing motions that you may be used to as they may damage affected areas of skin. Take your time and relax, gently pat yourself dry thereby removing the excess water from your body. Remember, you don't have to be completely dry to moisturise, that little bit of water needs to be there in order to keep the skin hydrated. Straight after towelling off, apply your lotion so the excess water doesn't evaporate.

It may help to add some oils into the bath like an olive oil, almond, wheat germ or sunflower oil, or vegetable oil. All these oils will help soothe the skin and fight off inflammation. Adding in some bath salts or Epsom salts will help relieve some of the symptoms as well, and help keep those dry, patchy spots at bay. Try sea salt, it may be of assistance as well in the bath - all trial and error. Some patients swear by baking soda (sodium bicarbonate), others have told me that they like to soak a bag of rolled oats in the bath before they get in, because it alleviates the itch. I do hope that you have found some of these psoriasis bathing hints and tips successful. To summarise: Keep baths and showers short and infrequent

and use lukewarm and not hot water. Moisturise soon after bathing and try a few different oils to see what is successful with your skin, and what is not. What will work for one may not be suitable for the other.

When Moisturising, Use Natural Oils

I always recommend that psoriasis patients apply a natural moisturizer regularly, especially after bathing or showering. Try to choose a natural product rather than a mineral based lotion. There are many choices out there but one of the best is Jojoba oil. This would have to be one of the best moisturizers I know, and the feedback I've received when I have recommended it has been fantastic. Essential oils of tea tree and lavender are great to use, and a few drops can be added to the jojoba or borage oil, which then acts as a carrier oil.

Apply this moisturizer often during the day. Please ensure that your moisturizer is top quality and fragrance-free, don't skimp and buy cheap, you will invariably be disappointed. Avoid those pricey fruity smelling lotions, or ones that offer "cures" or make ridiculous statements. Always remember to lotion up after you shower or bath to help keep that moisture locked in, and I believe that jojoba oil is the best choice here. Just leave your skin a little moist and rub the jojoba oil into the affected areas like elbows, scalp, torso, etc., including any areas affected.

It is also important to switch to all-natural products which come into contact with your skin, and this includes everything you use from hand soap to make-up which should be fragrant free and all natural. Look for products that are hypoallergenic and are free and clear of irritants. Change your laundry detergent to a free and clear type brand.

Treating Psoriasis Symptoms At Home

Home remedies are the lowest cost treatments for dealing with psoriasis, and particularly good for those on a shoestring budget. More often than not, these are the all-natural treatments that won't harm you with harsh side effects, because we are not dealing with toxic drugs. Not all treatments work for all people and it may take trying a few different remedies to find one that works just right for you.

Soak, Then Moisturise

Soaking in a bath can help hydrate the skin significantly, but hold off on the bath oil; if you add it at the beginning of your soak, it may actually do you more harm than good! Bath oil has a tendency to coat your skin and block out water. And if that water cannot penetrate your skin, it can't hydrate your skin's cells. Soak for ten to fifteen minutes first so that your skin can absorb the water, then add the oil during the last five minutes of your soak to seal in that water. In addition, be careful - the oil can make it more slippery to get out of the bath.

Moisturise Right After Bathing

The first one is an easy one, but psoriasis sufferers often forget it. Moisturise, moisturise, and then moisturise again. It's very important to apply moisturiser right after you get out of the bath or shower, to seal in that water that's just been absorbed by your skin. Moisturising helps to keep your skin hydrated which keeps it supple and less likely to crack. For the best results, try a heavier cream or ointment moisturiser that really coats the skin well. I have found that lotions evaporate too quickly. It's quick, it's simple and it only takes a few minutes each day. Try unscented lotions and for the inside drink plenty of water each day. The more water you drink each day the better hydrated the skin will be, and the more comfortable it will feel!

Alternate With Different Creams and Shampoos

It is surprising how many people don't change the same things they do on a daily basis, including using the exact same product day in and day out. Because psoriasis is especially stubborn in the scalp region, I recommend that you alternate shampoos frequently for better results. Try different brands, some will prove to be amazing, some useless.

Is Your Skin Getting Too Dry?

If the skin becomes too dry, take a bath or a shower. Or soak the dry, patches of skin to help them fall off naturally and without harming the skin. Use a mild soap that won't irritate the skin or cause excessive dryness. Try not to take too many long baths as that can remove precious oils from the skin, oils needed to protect the skin from outside elements. And remember to moisturise immediately after bathing to lock in the moisture. Every bath or shower should be done in lukewarm water, hot water will cause the skin to itch and only cause further problems.

Wet Wraps

Wet wraps are another great home remedy, and can be used right after a bath or shower or at night before bed. After your bath or shower, lotion the body as you normally would to keep in the moisture. Take some ace bandages, or whatever is handy, and soak them in some lukewarm water. Wrap the bandages around the problem areas like the elbows, knees, or thighs. The wet wraps will keep the areas from flaring up or itching and will keep the patchy areas from getting hard or infected.

Epsom Salts Baths

Nothing beats local treatment when it comes to psoriasis, and you will discover that an Epsom salt bath can be one of the most beneficial and cleansing procedures available to you when you have psoriasis.

Make sure you draw sufficient water and that it is not too hot! Some people believe that a bath should be as hot as you can bear, this is wrong! There should be enough water in your bath so that when you lie in it that it covers your entire body right up to your neck.

Here are some key points to bear in mind if you are going to have Epsom salt baths to help your with psoriasis:

- The bath water should ideally contain around four pounds of salt (1.8 kilos) of Epsom salts to be most therapeutically effective. You should be able to purchase Epsom salts in a 10 or 20 pound (5 or 10 kg) bag. Look on Google for a supplier in your area.
- Stay in an Epsom salts bath for 20 to 30 minutes as a minimum, preferably even a bit longer. You may want to heat the water again periodically by removing a little water and topping up with warm water.
- The Epsom salts bath water is best kept around 105 – 110 degrees Fahrenheit (40.5 C to 43.3 C).
- Take an Epsom salt bath minimum of twice weekly for 3 months at a time for optimal results.
- After the Epsom salt bath, gently towel dry and then follow up with an olive oil/peanut oil massage into the affected areas, before retiring for the night.
- Be careful if you have high blood pressure, feel faint or dizzy.
- Avoid Epsom salt baths if your skin is cracked, bleeding or the bath causes a lot of pain and discomfort.
- You may also want to avoid this kind of bathing if there is nobody around to help you out of the bath if you require this.

Sodium Bicarbonate Baths

Using sodium bicarbonate (baking soda) is a clever idea to counter the acidity that may be present in your skin. Psoriasis thrives on acidity, the more acid-forming your diet, the worse you will find your skin and the flare-ups will be. The more alkaline, the calmer your skin will be. You will be able to read all about acidity and alkalinity in *The Psoriasis Diet* book in this Psoriasis Program series. Regular sodium bicarbonate baths can help reduce the skin's acidity, and complement your alkaline-based diet approach. These baths are different to the Epsom salt baths that are more therapeutic when it comes to actually healing and thoroughly cleansing your skin.

Here are some key points to bear in mind if you are going to have sodium bicarbonate baths to help your with psoriasis:

- Alternate Epsom salt and sodium bicarbonate baths. You will soon discover which bath feels better for you. They both have their advantages with psoriasis and if you regularly take them both you will be delighted with the outcome within 12 weeks.
- Get used to having baths with salts at least 1-3 times per week.
- Add 2-5 tablespoons of sodium bicarbonate to your bath water.

Footbaths

Have you considered having a regular footbath? I've seen many patients with psoriasis who have problems with their feet, ranging from fungal toenails, thick heels or large whitish patches of skin under their feet. Some people also have plaques around the ankles.

Your feet are precious, and you will soon notice problems with your back and neck as well as your hips if your feet hurt because of any issues like severely cracked skin, and you start to compensate by adopting strange or weird postures when you walk. Feet become tired and sore from standing all day, or if you walk or run long distances. It is really nice if you can pamper your feet from time to time and keep them in tiptop shape. That way you will be able to avoid poor postures leading to pain, and also be able to wear nice open footwear in the summer time.

Having a foot spa is a great way of reviving your feet, allowing you to concentrate specifically on relaxing them and ensuring they're in great condition. Follow these 4 steps to get the best out of your foot bath:

- **Obtain a plastic bowl of warm water.** Add a little carrier oil to which you have added a few drops of essential oil. Use 2 teaspoons of oil like jojoba or extra virgin olive oil; add 5 – 10 drops of essential oil. Peppermint oil is great for reviving sore and tired feet. Tea tree oil is perfect with fungal nails, or nails that have been affected by psoriasis. Lavender oil is a very nice oil to try as well. For swollen feet use the Epsom salts, one handful per bowl of warm water.
- **Soak your feet for ten minutes at least.** Don't be in a hurry to take your feet out of the bowl, you may want to top-up the bowl with a little more warm water.
- **Dry your feet thoroughly after a soak, using a clean, soft towel.** Now is the time to remove any dirt under your toenails, and clip your toenails to a suitable length. I'd recommend a few drops of pure tea tree oil in and around the toes; this will discourage any fungal infections I commonly find in those with psoriasis. Make sure you look after those cuticles too, slightly push back the cuticles, as they will be soft.
- **Foot massage time.** Now is the time you will want to use a product like emu oil or a natural balm or cream to rub deeply into your feet. It is also a good time to exfoliate your heels or other rough areas. When you massage your feet, take this opportunity to notice how they are; are there any areas of plaque or callous, are the toenails gnarly or weird looking, are there any strange bumps or growths, warts, or areas of peeling skin that need special attention? You may want some professional advice from a podiatrist for example if you have any concerns.

Soaps For Psoriasis

Many patients with psoriasis have sensitive skin, and some have very sensitive skin indeed. You shouldn't have to strictly avoid soaps, detergents and shampoos/conditioners if you have psoriasis, you just have to be very selective of what you use. Most commercially available (supermarket) soaps and shampoos contain fossil mineral and chemical ingredients and I don't recommend them if you have psoriasis.

There are different kinds of soaps, and I'll explain what I mean. Did you know that soap is a compound of a fatty acid and an alkali? The alkali used is determined by the kind of soap that is being manufactured. Potash (potassium) is generally always used to make "soft" soaps, while soda (sodium) is employed to make "hard" soaps. The alkali portion of the soap makes for the cleansing properties, and you will find especially in laundry soaps that the alkali portion is larger than in the soap you buy for personal use. Vegetable oils and coconut oil is used, but so are tallows and animal fats as well as alcohol.

Your skin is acidic by nature, which means that it is in a balanced state and constantly changing to suit its environment. When you use alkali soaps, you change this acid mantle produced by the skin, and this can adversely affect even a healthy skin and scalp. The unfortunate thing about soaps is that although they are great in cleansing the skin, removing dirt, they also tend to remove the protective oils produced by the skin. Try not to make the mistake of over-using soaps, because it is all too easy to use a lot of soap when you have a shower or bath. This will only serve to dry your skin out, making it more vulnerable to cracking.

Castile Soap And Coal Tar Soap

Did you know that olive oil is the principle ingredient used in Castile soap? Castile soap is superior than those commercial soaps containing animal fats, as they are more prone to causing irritations to the skin of those with psoriasis. One of my favourite soaps is the traditionally made coal tar soap, I love the smell and feel of this soap and it is perfect for those with psoriasis. Be careful when you buy a coal tar soap however, as some may contain substances like terebene, salicylic acid, sulphur, tar (mineral) and even corrosive substances like corrosive sublimate (mercuric acid). The best grades of natural coal tar soap will leave your skin soft, supple and fragrant and contain wood tars (pine or beech usually) or even juniper berry, so please avoid those commercially made mineral-based coal tar soaps. Get you Castile or coal tar soap from a good health-food shop.

Oatmeal soap or goat's milk soap are other good choices, be sure to select a reputable brand made from the finest ingredients, and avoid commercially made (cheap) soaps. Oatmeal soap is great for psoriasis, because the grains assist in exfoliation; peeling off those unwanted dead skin cells.

Shampoos For Psoriasis

Psoriasis of the scalp can be a most uncomfortable experience, and for many is one of the most embarrassing places to have psoriatic skin. If you don't treat it properly, it will return time and again. Some patients I've seen over the years like those medicated shampoos, often containing selenium. You can use Castile soap as shampoo, because you can easily get hold of liquid Castile soap from your health-food shop. I'd recommend that you regularly use oils on your scalp, and you will be able to read all about the different kinds of oils in this booklet. Dr. Pagano's recommendation of olive oil and peanut oil applied to the scalp is very good; I have known several patients who swear by this treatment.

You can even make your own shampoo easily by adding together jojoba oil, rosemary oil, wheat germ oil and aloe vera. This can be added to a pure shampoo base, like liquid castile soap. You can also use organic apple cider vinegar as a hair rinse if you wish.

Sunlight And Psoriasis

Spend A Few Minutes In The Sun

Since psoriasis appears to improve with ultra-violet light, some dermatologists think this is one skin condition that merits a soak in the sun. In the summer, I tell patients to go out into the sun and to stay just long enough to get the benefit of the ultra-violet light, but not long enough to burn - no more than 15 minutes or so. I also caution people to protect the skin in places where they don't have psoriasis.

You may well be aware that ultraviolet light is great for healing psoriasis, and I tend to see more benefit more the ultraviolet light that comes from the sun rather than from artificial sources. It is not a good idea however to be exposed to the sunlight at the expense of becoming sunburned, and for that reason I always recommend that patients who want to get the benefit from sunlight to avoid being in the sun between the hours of 11. A.M. and 3.00 P.M.

Common sense prevails, you will most probably know your own skin and know your tolerance when it comes to the sun and getting your skin burned. Sunburned skin is damaged skin and I certainly don't recommend it to anyone. Exposure to natural, full-spectrum sunlight is the optimal way to get your intake of Vitamin D as well, and you cannot utilize calcium properly in your body unless you have adequate Vitamin D.

The benefits of sunlight on your skin are numerous; sunbathing stimulates your blood circulation, reduces cholesterol levels and blood viscosity (thickness) and even helps to improve the oxygen levels in your blood.

Sunlight helps to stimulate the production of the important hormone called melatonin, produced by the pineal gland. This response is activated through the response of ultraviolet light on the retina, at the back of the eye. The pituitary gland's production of several other hormones is also dependent to a degree on sunlight entering the eye.

I want you to be careful about thinking that tanning beds are OK with psoriasis, because they are not, the dangers in tanning beds is now clearly recognized. I never encourage the use of this artificial way of getting your share of ultraviolet light.

Be aware also that too much sun exposure has now been linked to an increased incidence of the deadly skin cancer melanoma, so by all means get some sunshine in your life, but stay vigilant about over-exposure, especially between the hours of 11 and 3.

Sun And Sea – Best Combination

One of the most effective combinations to heal your psoriasis is to take a vacation near the beach. I have seen patients with very bad psoriasis achieve almost miraculous results after a few weeks were spent at the seaside. Saltwater and sunshine are two of the most powerful healing agents when it comes to recovery from psoriasis, have you ever tried this?

How Do I Relieve That Itching?

Itching is often one of the most irritating aspects of psoriasis, and here are some of the best solutions to overcome itching and to get relief. Once you start to get serious with your dietary and lifestyle changes I've recommended in the Psoriasis Program, and especially after you have undertaken a good detoxification program and those internal toxins have been reduced, you will be plagued a lot less with incessant itching.

Avoid scratching, keep your nails short and if you can't help yourself try cutting your nails and wearing some cotton gloves to bed at night. Sometimes the itch can get worse for some people after they have gone to bed and their skin warms up under the covers.

- A sodium bicarbonate bath. Be sure to add plenty of baking soda, up to a cup per bath with severe itching.
- Apple cider vinegar applied straight to the affected areas.
- Olive oil and peanut oil mixture.
- Witch hazel lotion.
- Take a cooling shower.
- Try ice cubes as a spot treatment on really itchy spots.

Keep Your Hair Short

Having very long or elaborate hairstyle makes it difficult to apply daily scalp treatments. I recommend short, carefree hairstyles particularly for women with psoriasis.

There are many other things that you can do without spending loads of money, and even a simple Internet search will give you many other ideas. The book called psoriasis free for life will be found to be most effective.

Home Treatment - Insulation

Did you know that there are actually some things you can start doing for yourself right now that might help with psoriasis and slow down the onset of another outbreak? These include things you can change around the house or personally, that don't cost you an extra cent. Try insulation!

Do you live for example in a house that may be cold and drafty? Is it a home with adequate heating, is it well insulated? In your home, try to get the temperature just right in terms of your comfort.

Changes in the weather or temperature fluctuations in your own home can trigger psoriasis flare-ups. Going from one extreme to the next is never a good thing for your skin, especially if you are prone to flare ups. Slowly let your body adjust to warmer temperatures or colder ones, and a new home or an older home that has been renovated or well insulated will mean that you are one step closer to creating a more comfortable environment for your skin. Have you ever thought about this?

Is Your House Too Hot?

Maybe you live in a warm or hot house, a house that in summer is very uncomfortable and requiring the constant use of a fan or air conditioning unit. This can have a very drying effect on the skin. Too much sweat on your body can lead to irritation and itching which leads to scratching which can cause skin injuries that will lead to flare ups. Most of your time will spent at home or in your office, so make sure you have both places set at the right temperature and humidity for you. It can take some time to find other people may have to adapt to it but it may help you significantly in the long run.