

ERIC BAKKER ND



THE PSORIASIS PROGRAM

Special Foods, Supplements and Herbs



Table Of Contents

Psoriasis - Special Foods, Supplements and Herbs	4
The Antioxidant-Rich Foods	6
The Immune Boosting Foods	7
Green Leafy Vegetables	8
Yogurt	8
Fresh Fish	9
Mushrooms	9
The Anti-Inflammatory Foods	10
Omega 3 Containing Foods Are Anti-Inflammatory	10
The Top 10 Anti Inflammatory Foods For Psoriasis	11
Anti-Inflammatory Psoriasis Diet Suggestions	13
The 10 Most Inflammatory Foods To Avoid With Psoriasis	16
The Antifungal & Anti Bacterial Foods	18
Garlic	19
Coconut	22
Ginger	24
The Treatment Of Psoriasis With Special Home Remedies	25
Essential and Infused Oils	26
Propolis	26
Baking Soda	26
Coconut Oil	26
Emu Oil	26
Sunlight Exposure	27
Colloidal Silver	27
The Many Uses Of Apple Cider Vinegar (ACV)	27
Aloe Vera For Psoriasis	28
Turmeric And Ginger For Psoriasis	29
More Psoriasis Special Foods	32
The Cruciferous Vegetables	32
Almonds	33
Dietary Supplement General Recommendations	33
Psoriasis Dietary Supplement Recommendations	45
Multivitamin – Ultra Preventative X	46
Omega 3 Fatty Acids	47

Flaxseed Oil	49
Vitamin A	49
Vitamin D	52
Vitamin E	56
Vitamin K2	58
Silica	60
Vitamin C	62
B Vitamins	64
Folic Acid	70
Selenium	72
Biotin	73
Zinc	74
Sulphur	77
Probiotics	78
Digestive Enzymes	83
Psoriasis Herbal Medicines	88
St Mary's Thistle	89
The Best Skin Herbs For Psoriasis	90
Oregon Grape	91
Pau D'arco	95
Tea Tree Oil	96

Psoriasis - Special Foods, Supplements and Herbs

In this book I will describe what the best foods, supplements and herbal medicines, including the most beneficial teas, that in my experience have the best effect on the inhibition and eradication of psoriasis, including unwanted bacteria and parasites from the body. Some of my suggestions you will have heard and may already know, others you will have not. Towards the end of this book I will outline the core Psoriasis Program supplementation program.

Certain foods may affect your psoriasis symptoms; you will be able to read a lot more about diet and psoriasis in general by reading my comprehensive book called The Psoriasis Diet. In this book I'll outline the core anti-inflammatory foods, you will learn how an anti-inflammatory diet can help improve your recovery from psoriasis to a large extent. But I'll also talk about foods that reduce oxidative stress and the antioxidant foods that contain many different phytonutrients, natural ingredients that heal your skin and facilitate the regeneration of skin affected by psoriasis.

What I've noticed with some patients is that they have discovered that certain foods seem to trigger flare-ups, whereas other foods seem to reduce their flare-ups and appear to accelerate the healing response. Let's explore some of the key foods that may well help you manage your psoriasis and actually help to reduce any skin inflammations. Remember, you can read a lot more about the foods you will want to avoid when you have psoriasis in my Psoriasis Diet book.

When it comes to inhibiting and even eradicating psoriasis there are several foods you will want to know about. Most people who see me with psoriasis ask the best dietary supplements and herbs to assist in the eradication of their psoriasis, but often forget that there are several foods they can easily get from their local grocery store which have an excellent effect in helping their psoriasis too.

I have found over the years that some foods are better than others, and I like to call them "psoriasis crushing" foods. If you incorporate these special foods into your diet on a regular basis, you will be well on your way to helping your body decrease the signs and symptoms of psoriasis and if you keep on eating these foods and adopt all the dietary and lifestyle principles I've outlined in the Psoriasis Program, then you can be confident in knowing that there is little chance of a recurrence.

Make sure you also read the information in the Psoriasis Diet about fermented and cultured foods, and by eating the psoriasis crushing foods I'm about to explain along with the fermented and cultured foods in your diet, you will be doing all you can in terms of your diet to ensure a complete eradication of your psoriasis.

While the psoriasis crushing foods inhibit inflammation and ensure eradication of a yeast infection and poor bacteria in your digestive system, the fermented and cultured foods encourage the proliferation of friendly bacteria, reducing any poor bacteria or candida yeast infection in your digestive system. These friendly bacteria serve many purposes in your body, beneficial bacteria also actually manufacture nutrients that are short-lived in your body, including vitamins K2, B1, B2, B3, B6, and B12, folic acid, pantothenic acid, and even some amino acids. Without a healthy flora composition in your digestive system, the body will be lacking in nutrients, hindering your recovery from psoriasis and leaving you more prone to those psoriasis flare-ups.

A combination of these psoriasis-beneficial foods will allow your immune system to back off and to stop having to shadow box any unwanted bugs in your digestive system. You will have less chance of developing food allergies as well with a good digestive system, which will also allow your immune system to ease up. Remember, psoriasis is classified as an autoimmune disease, and anything you can do to reduce the immune system's responsiveness is a clever thing to do with auto-immunity. Your immune system's health is paramount if you are to reduce and reverse any unwanted inflammation in your body. You may recall the saying: "Let food be your medicine and medicine be your food"?

The Psoriasis Diet outlines the MEVY (Meat, Eggs, Vegetables and Yogurt) diet, and I recommend this diet because it is wholesome and nutritious, but by including these extra special psoriasis-busting foods we will be talking about shortly, you will be turning your diet into a powerful psoriasis-reversing tool. What I wanted to achieve with this section of the Psoriasis Program is to place in your hands the correct dietary information you need to treat your psoriasis at home.

But wait, there's more, foods are not your only weapon when it comes to fighting psoriasis, there are various specialized dietary supplements and herbal medicines that are very affective as well. In this book I'll outline the best of the best, and show you what I recommend to patients who come to see me in my clinic.

But first let's take a look at the 3 key steps to take in order to put your Psoriasis Program together. The first step you will learn by reading the Psoriasis Diet (the third book in my Psoriasis Program series). The second step comes from the sixth book, entitled Psoriasis, Internal Cleansing and Detox. And you will learn all about the third step from reading this book. The two other steps are more intermediate; they are skin care and lifestyle for psoriasis, and please read the QUICK START guide for a complete overview on how The Psoriasis Program fits together.

3 Key Psoriasis Program Steps

1. Do the Psoriasis Diet (a three-stage diet) – *see book 3*
2. Do the detox and internal cleansing – *see book 6*
3. Incorporate the special foods, herbs and dietary supplements – *this book*

Get Your Psoriasis Under Control With Special Foods, Supplements and Herbs

Now first let's explore the different foods that I recommend you add to your diet if you have psoriasis, these foods have a special significance over and above the foods we have already discussed in The Psoriasis Diet. Some you may already be consuming, others you possibly won't be consuming or have not tried before.

Those with psoriasis run the risk of having an abundance of free radicals, yeasts, bacteria, viruses and fungi in their body. This will mean that their immune system will be in a constant state of alert with inflammation not far away, and the skin (or joints, etc.), ready to flare-up under the right conditions and with the right triggers.

Most patients with psoriasis who I have seen in my clinic have a compromised digestive system due to inflammation and poor gut bacterial levels. Nutrients are often not adequately absorbed, digestion is incomplete, many have leaky gut syndrome and wastes are often not adequately eliminated by way of the liver, kidneys and digestive system.

There are several actions desired to reduce the effects of psoriasis and to conquer it, and it makes sense to select natural foods of high quality that have these actions.

Naturally, you will want to select those fruits and vegetables and other foods that are pesticide and herbicide free, so preferably buy organic or try to grow some of your own vegetables like I do. Some of the most important vegetables to consume when you have psoriasis are the leafy green vegetables, and these are quite easy to grow. You can also buy free-range poultry, eggs and meats such as lamb.

Most Beneficial & Specific Actions Of Psoriasis Foods

1. Anti-Oxidant Foods
2. Immune-Boosting Foods
3. Anti-Inflammatory Foods
4. Anti-Fungal & Anti-Bacterial Foods

Now, let's explore these actions and the foods that can confer these benefits in a little more detail. This is very useful information for those who believe in the classic saying from the father of medicine, Hippocrates:

"Let food be thy medicine, and medicine be thy food"

1 – The Antioxidant-Rich Foods

The skin in patients with chronic psoriasis, much like the skin in those who have received significant burns, has been found to have increased levels of the enzyme called xanthine oxidase. This enzyme is easily capable of generating free oxygen radicals. In studies involving mice it was discovered that high xanthine oxidase activity was associated with hyperplasia of the skin, i.e.; a psoriasis-like effect was observed. This is almost the same as what happens in humans, when xanthine oxidase activity increases to a level five times greater than normal, cellular hyperproliferation occurs. This means that skin cells begin to grow at a much faster rate and begin to shed.

To counter the effects of oxidative stress, "anti" oxidants can be given both orally and topically (on the skin). By reducing the quantity of free oxygen radicals caused by inflammation, it is possible to reduce the hyper proliferation state of the skin as is experienced in psoriasis.

When you have psoriasis, it makes therefore good sense to include antioxidant rich foods in your diet every day to counter enzymes such as xanthine oxidase.

Antioxidant foods are foods that are particularly high in vitamins A, B6, C, E, zinc, selenium, and folic acid. When you have psoriasis, it is best to consume colorful vegetables and fruits often, because they tend to provide richest amounts of these anti-oxidant and inflammation fighting nutrients.

In a 2009 study⁵ with regards to antioxidants and psoriasis, 58 people were admitted to the hospital emergency room with psoriatic arthritis (an arthritic type of psoriasis of the skin and joints), or plaque psoriasis (affects the skin over much of the body surface). The psoriasis sufferers from both groups were separated into two groups – the treatment group with antioxidants (50 mg of coenzyme Q10, 75 IU of vitamin E, and 48 mcg of selenium per day) and conventional medicines, or the group receiving conventional medicines and a placebo. After just one month, the psoriasis patients with psoriatic arthritis had a 45 percent lower symptom severity score compared to the placebo group, and the plaque psoriasis patient group receiving the antioxidants

and conventional medicines had experienced a 37 percent lower symptom severity score when compared to the placebo group.

Antioxidant Rich Foods To Consume With Psoriasis			
Green apple	Blueberry	Boysenberry	Lemon
Lime	Avocado	Pear	Plum
Kiwi	Papaya	Cantaloupe	Spinach
Kale	Broccoli	Sweet Potato	String Bean
Peas Carrots	Red Bean	Pinto Bean	Cranberry
Artichoke	Prune	Pecan	Red Apple

Be cautious of the nightshade family of vegetables, as I've mentioned in the Psoriasis Diet book, as these are colorful but often best avoided by those with psoriasis because they contain a class of chemical called alkaloids, and these alkaloids can provoke and stimulate inflammation, rather than suppress.

As you will see from the table, fruits and vegetables are not the only source of antioxidants; you will find that nuts and seeds as well as whole grains contain these antioxidants as well. The benefits of antioxidant rich foods is not limited to reducing any oxidative stress, many antioxidant rich foods can also fight the inflammation of psoriasis, and are very important to protect a psoriasis patient against heart disease and cancer, diseases that psoriasis sufferers are at a higher risk of developing. Let's take a closer look an inflammation and anti-inflammatory foods.

2 – The Immune Boosting Foods

In The Psoriasis Diet book, you will have read of the importance of following a low-allergy diet for several weeks. This is stage-2 of the three-stage diet approach I recommend for psoriasis patients. Because your immune system is very much involved in psoriasis, you will want to remove any possible foods from your diet that may be challenging your immune system. These foods could well be responsible for triggering some of your flare-ups. You've probably worked out by now that your diet plays a leading role in improving or worsening your psoriasis, and that your immune system plays a fundamental role in keeping inflammation under control. Doesn't it make sense to reduce or avoid foods that inappropriately aggravate or stimulate immunity, and include those foods that allow your immune system to respond appropriately? Of course it does. Psoriasis after all is regarded as an autoimmune disease, and it therefore makes perfectly good sense to follow an autoimmune kind of diet.

One of the best ways to boost immunity is to first throw out ALL those junk foods, packaged foods and convenience foods from your diet. I've spoken at length about this in The Psoriasis Diet book, so you may want to revisit that book. There is little point in improving your diet and selecting the best immune boosting foods if you continue to consume those foods and drinks that contain many chemicals, toxins, preservatives, sugars, etc.

Immune-Boosting Foods To Consume With Psoriasis			
Green Leafy Vegetables		Lemon	Blueberry
Broccoli	Boysenberry	Pear	Plum
Yogurt	Papaya	Cantaloupe	Spinach
Kale	Broccoli	Sweet Potato	String Bean
Garlic	Green Beans	Pinto Bean	Cranberry
Green Tea	Parsley (fresh)	Pecan	Red Apple

Immune-Booster # 1 – Green Leafy Vegetables

Eat your vegetables, how many times have you heard your parents tell you this when you were growing up? People with psoriasis in particular benefit a great deal from eating green leafy vegetables for various reasons. You probably know that vegetables contain plenty of important vitamins and minerals that will keep you healthy, but did you know that there are special immune-boosting compounds that only recently are being discovered by modern science?

An interesting study⁶ was conducted in 2011 at Cambridge University in England, which has discovered a connection between green leafy vegetables and a powerful body-wide immune enhancing response. Researchers at the Babraham Institute discovered that when mice were fed a diet entirely lacking in green leafy vegetable matter, that they had a remarkable decline in their immune activity within only two to three weeks. The test mice had an almost amazing 80 percent reduction in intra-epithelial lymphocytes (IELs), one of the major immune cells found in most all mammals, including mice and humans.

It was discovered that a powerful relationship exists between IEL cells and specific chemical compounds found in green cruciferous vegetables such as kale, broccoli and cabbage. Chemicals in these particular types of leafy green vegetables trigger a powerful immune boosting activity in cell surface proteins (AhR proteins) found on the surface of white blood cells, otherwise known as lymphocytes. IEL cells are known to destroy infectious and foreign material to protect the organism.

These immune cell surface proteins in themselves help the body by making our DNA less vulnerable to attack by our immune system that may have gone on the attack of foreign particles in our blood, such as dead cells, parasites, viruses, pollens and more.

Although researchers are still saying its early days yet with this kind of research, they are claiming that green leafy vegetables in particular hold the key to boosting a person's immune system on various levels, besides providing our bodies with an abundance of vital nutrients including vitamins and minerals.

Immune Booster # 2 - Yogurt

When it comes to improving your immune system, you just can't beat a good quality, naturally made yogurt when it comes to psoriasis. Be sure to read all about the benefits of yogurt in The Psoriasis Diet. Yogurt (without artificial sugars, fruits, etc.) contains plenty of live and beneficial bacteria called probiotics. These friendly bugs are healthy bacteria that keep the intestinal tract and digestive system free of disease-causing germs, but they also calm the immune system and help the body reduce inflammation.

An Austrian study found that taking 7 ounces of yogurt a day (about 1 Cup, around 200 to 250 gr.) was as effective as taking several probiotic capsules daily. An interesting study conducted in Sweden that lasted 80 days, revealed that 180 employees of a factory who drank a daily yogurt drink (*Lactobacillus reuteri*) had almost one third (33%) fewer sick days than those who did not (who took a placebo).

I've always recommended my psoriasis patients take a small bowl of yogurt every day for this reason; it is most beneficial for the digestive tract because it encourages the proliferation of beneficial bacteria and discourages the bad. And we should all know that good health starts in the gut, and if you want to reduce your psoriasis flare-ups, you will want to regularly consume yogurt. Some people will tell you to "avoid all dairy products, including yogurt" – ignore them.

If you do happen to react to yogurt, try a different brand or a top-quality made product from a reputable health food store. Start with a small amount if you have little experience in cultured foods because the bacteria in your gut may find the influx of these beneficial bacteria a bit overwhelming at first, making you think you are "reacting" to the food.

Immune Booster # 3 – Fresh Fish

Fresh fish is the perfect protein for those with psoriasis. It is high in the essential amino acids that aid in healing the skin as well as quell inflammation. Fresh fish, especially oily fish like mackerel and tuna, contain plenty of minerals such as selenium. Selenium has numerous effects on boosting immunity, including reducing inflammation; because it helps the body's white blood cells produce more cytokines, specialized cell proteins that perform numerous beneficial actions on the immune system.

Immune Booster # 4 - Mushrooms

Did you know that humans have relied on mushrooms for many thousands of years as an important part of their diet? Mushrooms have always been revered by Asian culture in particular, as one of the most important of all immune boosting foods, and were consumed to prevent illness and disease. They probably had no understanding of what the 'immune system' was many years ago. But they certainly had figured out that those who consumed mushrooms regularly in their diet had a tendency to stay in better health than those who didn't. This is called 'empirical observation', and something I recommend all my patients to become more aware of – what foods make them feel better, the best, or worse.

Scientists today consider mushrooms to be a true super food, along with other foods like blueberries, Goji berries, avocado, Brazil nuts, dark chocolate, etc. Mushrooms are known to contain among the highest level of antioxidants of any foods and are an excellent source of hard-to-get minerals like selenium and copper in the diet. They are also a high source of dietary fiber, and contain plenty of the B vitamin group including B2 (riboflavin), B3 (niacin) and biotin.

The amazing thing about mushrooms that many people don't know is that they are one of the very few foods that boost the production of 'killer' cells in the body. These white blood cells play an important role in eliminating bacteria, viruses and even cancer cells in our bloodstream. If the body can up-regulate the production of these front-line 'marines' in our body, it will be more capable of fighting infections and disease of all kinds, boosting immunity and reducing inflammation. Doesn't this sound

just what a psoriasis patient is looking for? Why take expensive and side effect ridden drugs when you can eat a natural food daily and get incredible results!

Mushrooms also contain a chemical called glutamate, which is one of nature's flavor enhancers. Besides improving the taste of the mushroom, glutamate also has an appetite-controlling action and can make you feel full and helps to control your appetite, which is great for weight control.

Did you know that mushrooms are neither animal nor plant, and are classified as a fungus? Those with a Candida yeast infection generally believe that they can't eat mushrooms because they 'may allow the Candida to grow'; when in fact this is not true!

Although I do recommend those with a severe yeast infection avoid mushrooms, and these are generally the commercially available mushrooms like Portobello or the plain white champignon mushrooms you buy in your local supermarket, I'm perfectly happy if a Candida patient consumes the Shiitake or Maitake mushroom varieties. These are the more medicinal (and therefore immune enhancing) varieties you will want to consume if you have psoriasis.

3 – The Anti-Inflammatory Foods

But why are inflammatory foods important when you have psoriasis you ask? It is because psoriasis is a disease that involves plenty of inflammation. Inflammation is a process that amounts to a localized physical condition in which a part of your body becomes hot, painful, reddened and sometimes painful. Inflammation is a sign of an immune system at work, reacting to a response of the body that may be appropriate like an infection or an injury like a cut. An inflammatory response can also be inappropriate, and sometimes the cause of this silent inflammation is more obscure or hidden, something that baffles the experts, such as the inflammatory reactions that occur commonly with psoriasis.

Inflammation occurs inside our bodies all the time, and for many different reasons. Eating processed or deep fried foods, trans fats can all contribute to chronic health over time, and diseases like heart disease, diabetes, obesity, and countless other illnesses can be contributed in part to the inflammation caused by certain foods such as these that we choose to eat over a prolonged period of time. If you have read the Psoriasis Diet, you will already be familiar with most all of the pro-inflammatory foods and drinks like alcohol, red meats, dairy products, sugar, candy, take-away foods and various other foods you are most likely familiar with.

A high level of inflammation is most undesirable for those who have psoriasis, but how can we combat this? One easy way is to stop consuming so many foods that are inflammatory by nature, and eat more foods that are anti-inflammatory. Let's take a look at the top anti-inflammatory foods, and then look at the foods implicated in inflammation, the top ten inflammatory foods.

Omega 3 Containing Foods Are Anti-Inflammatory

Those with psoriasis have an increased level of inflammation in their body, and it is not uncommon either for those with psoriasis to have food allergies or leaky gut syndrome as well. These are manifestations of an up-regulated immune system which could do with calming down, and omega 3 is one of the important nutrients you can add to your diet to quell such inflammation.

Consuming foods rich in omega-3 fatty acids may well lead to smoother, younger-looking skin with a visible reduction in your psoriasis.

These essential fats are especially abundant in cold water fish species, and one of the main reasons why I recommend psoriasis patients to eat fish high in EFAs (essential fatty acids) is that there are other important nutrients that are beneficial for their skin's health that are more easily obtained from fish than supplements like Vitamin D and selenium.

The Top Ten Anti-Inflammatory Foods For Psoriasis	
Oily Fish Salmon, Tuna, Sardines, Mackerel	Oily fish, like salmon, tuna, sardines, and mackerel are high in omega-3 fatty acids, which have been shown to help reduce inflammation. To get the benefits, however, you need to eat fish at least twice per week. A 2009 study (University of Hawaii) showed that men who ate baked or boiled fish (as opposed to fried, dried, or salted) cut their risk of heart disease by 23 percent compared to those who ate the least. Consider Omega 3 supplements if you don't like to eat fish. Oily fish and/or Omega 3 supplements are simply a must if you have psoriasis.
Berries Blueberries, raspberries, strawberries, black currants, boysenberries, etc.	Berries are one of the richest sources of vitamins and minerals, but especially, they have been shown to have anti-inflammatory properties—because of anthocyanins, and these are powerful chemicals that give berries their bright and rich coloration. There are many studies that have been conducted over the past ten years that show blueberries especially to be one of the healthiest foods on earth. Studies have shown that raspberry extract can help prevent arthritis; and that blueberries can help protect against intestinal inflammation and even ulcerative colitis; and that those who eat more strawberries have lower levels of C-Reactive Protein, an inflammatory marker found in the blood. Aim for some berries every day if you have psoriasis.
Seaweeds Kelp, wakame, kombu, hijiki, dulse, arame, agar agar, etc.	Both red and brown seaweed have special compounds called phenolic compounds that have both anti-inflammatory and anti-oxidant properties. Seaweeds are especially rich in fiber and besides containing many minerals; they are especially rich in iodine, a key cancer-fighting mineral that also helps to quench inflammation and oxidative stress. Perfect for psoriasis.
Oils Extra virgin olive oil, hemp seed oil, sunflower oil, sesame seed oil, avocado oil, etc.	A 2010 study found that the Mediterranean diet's incredible health benefits might be largely due to its liberal use of olive oil, especially the extra-virgin kind. The compound oleocanthal, which gives olive oil its taste, has been shown to have a similar effect as commonly prescribed painkillers in the body. Oils have a powerful antioxidant and anti-inflammatory effect and healthy oils should become a regular part of your diet if you have psoriasis.
Cruciferous Vegetables Broccoli, cauliflower, kale, Brussels sprouts, collards, cabbage.	Research has found that many vitamins play a key role in protecting the body from pro-inflammatory molecules called cytokines. Some of the best sources vitamins are dark green leafy vegetables like spinach, kale, broccoli, and collard greens. Cruciferous vegetables have much higher concentrations of vitamins and minerals (calcium, iron, and many disease-fighting phytochemicals) than vegetables with lighter-colored leaves.
Ginger & Turmeric	Ginger and turmeric belong to the same family and have been used by Asians and Indians for thousands of years. These spices contain an incredible amount of phytonutrients. Various studies have shown that ginger and turmeric both have numerous anti-inflammatory and antioxidant properties. Researchers have found that they help turn off NF-kappa B, a protein that regulates the immune system and triggers the process of inflammation. The anti-inflammatory effect of ginger, meanwhile, has been shown to be as strong as different pharmaceutical anti-inflammatory drugs. I encourage any patient with psoriasis to include both fresh and dried ginger, as well as dried turmeric powder into their daily diet.

<p>Allium Vegetables Garlic, brown onions, red onions, spring onion, shallots, chives.</p>	<p>The allium family (including garlic, onions, shallots, spring onions as well as chives) have well known immune boosting as well as blood purification properties. This group of vegetables are also anti-inflammatory, anti-bacterial and anti-fungal by nature. Several amazing studies have revealed that garlic has been shown to work as good as NSAID drugs (like Ibuprofen) when it comes to inflammation, without the toxic side effects. Onions contain quercetin and allicin that break down in the body to become the free radical compound called sulfenic acid.</p>
<p>Nuts Almonds, Brazil nuts, walnuts, pecans, hazelnuts,</p>	<p>Nuts contain many different minerals and vitamins, as well as a high percentage of inflammation-fighting fats. Almonds are a rich in fiber, calcium, and vitamin E. Walnuts have high amounts of alpha-linolenic acid, (an omega-3). Brazil nuts have a high amount of selenium than just about any other food, an immune boosting and anti-inflammatory mineral. All nuts are a rich source of antioxidants, which can help your body fight off and repair the damage caused by the inflammation common with psoriasis.</p>
<p>Sweet Potato</p>	<p>Sweet potatoes are one of the healthiest of all vegetables you can eat; they are a great source of complex carbohydrates, fiber, beta-carotene, manganese and vitamin B6 and C, as well as potassium. Sweet potatoes are another vegetable that can assist with heal inflammation in the body so common with psoriasis.</p>
<p>Whole Grains Quinoa, brown rice, millet, amaranth, buckwheat, wheat.</p>	<p>Many patients I've seen with psoriasis consume white bread, pasta, donuts, bagels, white rice and other forms of refined grains. These foods only help to increase inflammation. Consume whole grains; they contain more fiber that has been shown to decrease levels of C-reactive protein, a marker of inflammation found in blood. Be sure to eat whole grains, and while wheat is OK, consume grains other than wheat as your first choice.</p>

Imagine though if you consumed fatty fish a few times each week and in addition took a fish oil (Omega 3) supplement daily? I can tell you, the results will impress you as they have for many of my psoriasis patients.

There is no doubt, one of the best dietary protein choices you can make as a psoriasis patient is cold water deep see fish. There is plenty of research that now shows that omega-3 fatty acids (essential fatty acids found in some fish) help reduce inflammation in your body, including your skin.

In addition, the American Heart Association recommends that people should be eating fatty fish, such as tuna, sardines, salmon, anchovies, mackerel, cod, trout, herring, at least two times a week to protect against heart disease, and because those with psoriasis have an increased risk of heart disease, it makes sense for them to include plenty of fish in their diet, as well as the anti-inflammatory omega-3 dietary supplement in their diet. But there are also other omega 3 containing foods, as you will see in a moment.

What are some of the best foods to include into your diet if you want more omega 3?

- Fatty fish (as mentioned: flounder, sole, albacore tuna, sardines, trout, herring, anchovies, salmon, black cod, etc.)
- Walnuts and walnut oil
- Venison (deer meat)
- Flaxseeds or flaxseed meal (linseed)

Before I forget to mention – It is important to reduce the amount of red meat you consume in favor of fatty fish, because consuming red meat is associated with increased inflammation and increasing fish protein (especially fish high in omega 3) in your diet is associated with a decrease in inflammation.

Anti-Inflammatory Psoriasis Diet Suggestions

Here are some very good anti-inflammatory diet suggestions.

1 - Healthy Sweets

To Consume: Very sparingly

Choices: Unsweetened dark chocolate

Reason: Dark chocolate contains polyphenols with good levels of antioxidant activity. Choose 70 percent pure cocoa dark chocolate and have an ounce (about 30 grams) twice per week.

2 - Tea

To Consume: 2-4 cups per day

Healthy choices: White, green, oolong teas

Reason: Tea is rich in catechins, antioxidant compounds that reduce inflammation. Purchase high-quality tea and learn how to correctly brew it for maximum taste and health benefits.

3 – Herbs and Spices

To Consume: Unlimited amount

Healthy choices: Garlic, turmeric, ginger, (dried and fresh), basil, cinnamon, rosemary, and thyme. Avoid chili, it belongs to the nightshade family and is pro-inflammatory when it comes to psoriasis.

Reason: Use these herbs and spices generously to season foods. Garlic is anti-fungal, and turmeric and ginger are powerful, natural anti-inflammatory agents.

4 – Animal Protein

To Consume: From 2-6 servings a week (one portion is equal to 1 ounce of cheese, 1 eight-ounce serving of dairy, 1 egg, 3 ounces cooked organic free-range chicken, free-range turkey or grass-fed lamb)

Healthy choices: High quality natural cheese (especially goat's cheese) and yogurt (naturally soured, containing no artificial sugars or fruits, etc.), free-range eggs, poultry, free-range turkey, and grass-fed lean lamb meat. Avoid all beef, bison and deer meat if you have psoriasis.

Reason: Reduce consumption of animal foods to improve digestive function. If you eat chicken, choose organic, cage-free chicken because the meat will be free of antibiotic residues. Use organic dairy products moderately, especially yogurt and natural cheeses such as Emmental, Edam, Jarlsberg and Parmesan. If you eat eggs, choose organic eggs from free-range chickens.

5 – Seaweeds and Mushrooms

To Consume: Unlimited amounts

Healthy choices: The best seaweeds are kombu, nori, hijiki, wakame, dulse, and kelp, and the mushrooms are shiitake, maitake, enokidake, and oyster mushrooms.

Reason: Seaweeds contain an incredible amount of natural minerals, including iodine, which has a profound effect of keeping your thyroid and immune system powered up. Mushrooms contain many different compounds that enhance your immune function.

Don't eat mushrooms raw though, and reduce your consumption of common commercial button mushrooms, including Portobello mushrooms.

6 – Whole Soy Foods

To Consume: 1-2 servings per day (one serving is equal to ½ cup tofu or tempeh, 1 cup soymilk)

Healthy choices: soymilk, tofu, tempeh, edamame, and soy nuts.

Reason: Soy foods contain isoflavones that have antioxidant and anti-inflammatory activity and are protective against cancer. Several studies have suggested that isoflavones (estrogen-like compounds found in soy products) may help lower CRP (C Reactive Protein) and inflammation levels. Best to choose whole soy foods over isolated soy protein powders and imitation meats made with soy isolate (TVP – Textured Vegetable Protein).

7 - Seafood

To Consume: 2-6 servings per week (one serving is equal to 4 ounces of fish or seafood)

Healthy choices: Wild Alaskan salmon (especially sockeye), mackerel, herring, and sardines.

Why: Oily fish are rich in omega-3 fats, which has strong anti-inflammatory activity. If you don't like eating fish, then take an omega-3 fish oil supplement that provides both EPA and DHA. Take one capsule three times daily with meals.

8 – Healthy Fats

To Consume: 3-6 servings per day (one serving is equal to 1 teaspoon of oil, 2 walnuts, 1 tablespoon of flaxseed oil, 1 ounce of avocado)

Healthy choices: For cooking, I always recommend that you use extra virgin olive oil and expeller-pressed organic oils like sesame seed oil. Other sources of healthy fats include walnuts, macadamia nuts, avocados, and flaxseeds (freshly ground), sunflower and pumpkin seeds, and even hemp seeds. Omega-3 fats are found especially in cold-water oily fish, walnuts, whole soy foods, and omega-3 enriched eggs. Organic, expeller pressed, high-oleic safflower or sunflower oils may also be used, as well as walnut, avocado, macadamia and hazelnut oils in salads and dark roasted sesame oil as a flavouring for soups and Asian stir-fries

Reason: Healthy fats are rich in either monounsaturated or omega-3 fats. Extra-virgin olive oil is rich in polyphenols with a high antioxidant activity and other nut and seed oils that contain small fractions of omega-3 and omega-6 fatty acids.

9 – Whole Grains

To Consume: 2-6 servings a day (one serving is about ½ cup cooked grains)

Healthy choices: Quinoa, amaranth, barley, brown rice, basmati rice, wild rice, buckwheat, groats, and steel-cut oats

Why: Whole grains digest more slowly than their refined products, reducing any frequency of spiking in blood sugar that may promote inappropriate inflammation. Whole grains are intact or in large pieces. Try to avoid whole wheat bread or other products made from refined flours. If you do have flour, use whole grain, stone-ground flour, mix with water and salt and make your own flat breads.

10 – Pasta – al-dente

To Consume: 2-3 servings per week (one serving is about ½ cup cooked pasta)

Healthy choices: Rice noodles, bean thread noodles, buckwheat pasta or part whole wheat and buckwheat noodles (like Japanese Udon and Soba pasta).

Reason: Don't overcook pasta, because it has a higher GI index (breaks down more rapidly) than pasta cooked al-dente. Pasta cooked when it has "tooth" to it (al-dente) has a lower glycemic index than over-cooked pasta. It is important to remember that low GI carbs should make up the bulk of your carb intake when you have psoriasis to assist in reducing any potential spiking in your blood glucose levels.

11 – Legumes and Beans

To Consume: 1-2 servings per day (1 serving is ½ cup cooked beans or legumes)

Healthy choices: Your best bean choices are adzuki, black beans, anasazi, adzuki, chickpeas (Garbanzo), lentils and black-eyed peas.

Reason: Beans are a low-inflammatory source of high quality protein as well as magnesium, potassium, folic acid, as well as soluble fiber. They are a superb low-GI food. It is best to eat them very well cooked, and you can consume them either whole or pureed into spreads like hummus (chickpeas).

12 – Vegetables

To Consume: 3-7 servings per day minimum (one serving is about 2 cups of salad greens or ½ cup of steamed, raw or juiced vegetables)

Healthy Choices: Lightly cooked dark leafy greens (spinach, collard greens, kale, or Swiss chard), cruciferous vegetables (Brussels sprouts, broccoli, cabbage, kale, bok choy and cauliflower), carrots, beets, onions, peas, squash, and salad greens. Remember to avoid the nightshade family of vegetables (potato, tomato, eggplant, and chilli) because they can be pro-inflammatory for some with psoriasis.

Reason: Vegetables are rich in many different phytonutrients, including flavonoids and carotenoids that have both antioxidant as well as profound anti-inflammatory properties. Choose vegetables that have a wide range of colours, and try to eat them both in their raw or partially cooked form, always buy organic when possible or grow most of your own like me.

13 - FRUITS

To Consume: 2-4 servings per day (one serving is equal to 1 medium size piece of fruit, ½ cup chopped fruit, avoid dried fruits due to their high sugar content)

Healthy choices: Avocado, raspberries, blueberries, strawberries, blackberries, cherries, grapefruit, pomegranates, green apples, and kiwi fruit. These fruits are lower in glycaemic load than most fruits and won't affect your blood sugar too much. They also won't encourage any candida yeast infection from proliferating.

Reason: Fresh fruits are very good sources of both flavonoids and carotenoids which have an excellent antioxidant as well as anti-inflammatory activity. Always choose fruit that is brightly coloured and fresh in season or frozen. Buy organic fruit when you can, commercial fruits are often sprayed with insecticides.

14 - WATER

To Consume: Regularly throughout the day

Healthy choices: Drink pure, fresh or filtered water, or beverages that are mostly made from water throughout the day. (Like green tea or sparkling water with lemon or lime juice)

Reason: Water is vital for overall functioning of the body; it reduces inflammatory responses in your digestive system, aids digestion and helps keep the bloodstream thin as well.

And now let's look at the ten most inflammatory foods, foods that can only serve to increase your level of inflammation with psoriasis. You will want to consume less of these foods, and more of the anti-inflammatory foods.

The 10 Most Inflammatory Foods To Avoid With Psoriasis

1. **Alcohol.** This would have to be possibly the top inflammatory food to consume if you have psoriasis. Do you drink alcohol regularly and have psoriasis? Then why not stop for several months and see what happens? When I can finally convince a psoriasis patient to stop alcohol for a long period of time, incredible things just seem to happen to their health. Regular consumption of alcohol causes much inflammation as well as irritation to your liver, kidneys and numerous organs, leading to poorer health, and moderately heavy drinking can eventually lead to cancer, heart disease as well as diabetes. I have noticed that a lot of people I see with psoriasis drink alcohol very regularly, and many drink daily. Are you one of them? Stop now, this could be one of the most important decisions you could make in your quest to recover from psoriasis. This information is worth the price of the Psoriasis Program alone – providing you actually do stop drinking for several months. Are you sick and tired of your psoriasis yet? Then STOP drinking now!
2. **Sugar.** You can read a lot more information about the bad effects of sugar in the Psoriasis Diet, so I won't elaborate on it too much here, but suffice to say, sugar is everywhere today. You will want to avoid processed foods, desserts and snacks as much as possible. Not only will your psoriasis improve because you have removed this most inflammatory food, you will have removed the main food source for bad bacteria, parasites and *Candida albicans* from your diet. Your digestion will improve, you will lose weight, your blood sugar will improve and along with it your energy. Alcohol and sugar in your diet are the two top inflammatory foods by far, so do your best to give them as wide a berth as possible in your diet and be amazed!
3. **Cooking oils.** Most people consume too much Omega 6 and not enough Omega 3. The ratio ideally should be 1:1 or 1:2, but in America the ratio today is more like 50:1. The oils you will want to avoid in your diet are safflower, soy, corn, canola and cottonseed. These oils are pro-inflammatory and linked with heart disease and many kinds of inflammatory illnesses. Removing them from your diet will reduce your body's ability to cause inflammation, and is sure to help your psoriasis. Be sure to include healthy oils and fats in your diet, such as coconut oil, extra virgin olive oil, pure butter, organic sunflower oil, avocado oil, and sesame oil. Make sure your oils are GMO, i.e. non-genetically modified.
4. **Trans fats.** These fats are man-made and added to foods to prolong shelf life. They are found in fast foods, commercially baked foods like biscuits, cakes, bagels and donuts. They are also found in commercially prepared peanut butter, margarine and are in many vegetable oils. These fats and oils are unhealthy and promote inflammation, increase bad cholesterol, create insulin resistance and help cause obesity, diabetes and heart disease.

5. **Dairy Products.** Many people drink cow's milk, have cream and eat lots of butter and cheese. I discovered some time ago the cow's milk is the most common of all food allergies, and recommend that all psoriasis patients avoid consuming it. While kefir and a good quality yogurt are OK, cow's milk is hard on your body's immune system and is a pro-inflammatory food. It can exacerbate psoriatic lesions, trigger low-grade inflammation; various skin rashes, hives, and digestive problems and have even been implicated in heart disease. Avoid cow's milk and drink almond, rice or oat milk instead. Eat cheese in small amounts and focus more on the cultured dairy foods like the kefir and yogurt.
6. **Processed and feedlot raised animal meats.** You will be able to read more about this in the Psoriasis Diet. It is recommended not to consume more than 250 grams of red meat per week. Lamb is a better choice when you have psoriasis, and beef is best avoided, but if you do eat it eat no more than 250 grams (1/2 pound) in any one-week. Eat fish, chicken, lamb and pork preferably over beef as your meat protein sources. You may want to be rather selective in your choice of meats; some commercially raised animals may have been fed grains such as genetically modified soy or corn increasing the likelihood of producing meats that are inflammatory by nature. Animals may be injected with hormones, or may have been given antibiotics and encouraged to gain excess fat and muscle.
7. **Artificial colors, preservatives and flavorings.** MSG, and aspartame are only two of an incredible amount of chemicals you may want to avoid if you have psoriasis. By choosing foods that are fresh and natural, and avoiding as many packaged and processed foods as possible you will be cutting a lot of artificial chemicals out of our diet, chemicals that can potentially trigger inflammatory responses.
8. **Refined grains.** In this category you will be thinking about white flour and any foods made from this highly refined food. While some say that meats are inflammatory by nature, highly refined flour is more inflammatory in fact. Stay with wholemeal flour, and try your best to eat less wheat and more brown rice, quinoa, millet and buckwheat.
9. **Soda drinks.** These drinks deserve a category all by themselves because they are so widely consumed. Avoid them completely; they are full of sugars, artificial colors and various chemicals including artificial flavorings. Stick with herbal and green teas, and plain old water.
10. **Fill in the blank.** There are many potential inflammatory foods in your diet right now that you may not even be aware of. Sometimes a psoriasis patient may be consuming an anti-inflammatory food unknowingly, a food that may be a trigger they are not even aware of. It is therefore important therefore important to understand that there may be a hidden culprit in your diet. I always suspect any food or drink the patient loves to eat on a very regular basis. Be sure to read The Psoriasis Diet book for more information, especially the third stage of The Psoriasis Diet, the food-reintroduction phase.

The Anti-Inflammatory Diet is not intended as a weight-loss program, although people can and do lose weight on it, nor is it an eating plan to stay on for a limited period of time. Rather, it is way of selecting and preparing foods based on scientific knowledge of how they can help your body maintain optimum health. Along with positively influencing the immune system by reducing the tendency towards dietary inflammation, the reduction of inflammatory foods and the inclusion of anti-inflammatory foods will provide steady energy production and ensure ample vitamins, minerals, essential fatty acids dietary fiber, as well as various protective phytonutrients.

Here is why an anti-inflammatory diet makes sense:

- To get maximum natural protection against age-related diseases (including cardiovascular disease, cancer, and neurodegenerative disease) as well as protection against toxicity from chemicals, heavy metals, etc., eat a variety of fruits, vegetables.
- Choose fruits and vegetables from all parts of the colour spectrum, especially berries, orange and yellow fruits, and dark leafy greens.
- Choose organic produce whenever possible. Learn which conventionally grown crops are most likely to carry pesticide residues and avoid them.
- Eat cruciferous (cabbage-family) vegetables regularly.
- Include mainly fresh as opposed to cooked foods in your diet.
- Instead of coffee a good quality green tea like matcha tea.
- Understand that alcohol in any form is the most pro-inflammatory drink you can consume.
- Enjoy plain dark chocolate with a minimum cocoa content of 70 percent in very small amounts.

4 – The Antifungal & Anti Bacterial Foods

Why would you want to consume more of the antifungal and antibacterial foods, what do they have to do with getting rid of my psoriasis you ask? Can you remember that I mentioned previously that up to three-quarters of psoriasis sufferers have a problem with candida? There are many different reasons why you may have a problem with candida, bacteria, parasites or viruses when you have psoriasis, let me enlighten you about a few of them.

Candida yeast infections are particularly common in those with psoriasis because of their poor immune response in general (psoriasis is considered an auto-immune disease) and because they are more likely to have used various OTC (over the counter) and prescribed medications to help with their condition. Many of these drugs, including antibiotics, antihistamines, corticosteroids and much stronger drugs have been known to undermine digestive as well as immune function, allowing poor bacteria and Candida to thrive in a psoriasis patient's digestive system.

Most all of my psoriasis patients have fungal problems affecting their feet such as tinea or athlete's foot. In addition, many psoriasis patients also experience irritable bowel syndrome, constipation or diarrhea, or other kinds of digestive problems like heartburn. Some of the best natural antifungal, antibacterial and antiviral foods for those with psoriasis include garlic, coconut and ginger.

Antifungal, Antibacterial and Antiviral # 1 – Garlic

Allium sativum, commonly known as garlic, is a species in the onion genus, *Allium*. Its close relatives include the onion, shallot, leek, and chives. With a history of human use of over 7,000 years, garlic is native to central Asia, and has long been a staple in the Mediterranean region, as well as a frequent seasoning in Asia, Africa, and Europe. Garlic was well known to ancient Egyptians, and has been used for both culinary and medicinal purposes for many thousands of years.

Garlic is one food that has powerful anti-bacterial and anti-fungal properties and several scientific studies have found it to be as effective as the popular anti-fungal pharmaceutical drugs Ketoconazole and Nystatin in destroying candida albicans. Garlic in my opinion is the number 1 food that counters a yeast infection and should be consumed daily by those who have psoriasis.

One important difference between taking drugs like antibiotics and antifungals, and taking garlic, is that bacteria and fungi are not likely to develop a resistance to garlic. This is great news for you, and one the drug companies are not likely to tell you. Many patients I see with psoriasis either regularly take antibiotics or have taken them in the past for skin infections. By consuming garlic daily, you will be boosting your immune system and reduce the likelihood of recurring infections.

Garlic is one of my favorite and most effective anti-psoriasis measures, and although I use this herb as part of my psoriasis supplementation regime, I 'd like to explain it under the special foods section because it is really a food you will want to consume most days.

The day I can finally convince patients with chronic ongoing conditions like psoriasis to eat fresh garlic daily along with increasing their intake of onions, leeks, spring onions and chives is the day their "luck" turns for the better. Garlic reduces inflammation and suppresses, inhibits and destroys most every single form of detrimental fungi, bacteria, protozoan and viruses. I have for many years had a large bowl of garlic cloves on my kitchen bench and use fresh cloves in most of my cooking along with plenty of fresh herbs such as oregano, sage, basil, thyme, and parsley. These herbs were introduced into cooking many thousands of years ago to inhibit bacteria and eliminate parasites - not actually to flavor foods like most people believe. Do you eat garlic daily? It can help your digestive, circulatory and immune system in so many different ways. Will it cure your psoriasis? No, it won't all by itself, but as part of my Psoriasis Program I consider it one on the major nutritional pillars of strength.

The best way to eat fresh garlic is to have a bowl handy with many cloves, take a small clove of garlic and carefully crush it to remove the skin, then get a small knife and score the garlic down one side. This is done to allow the digestive juices in your stomach and small bowel to have access to the inside of the clove; otherwise you would pass the small clove straight through the digestive system. The outer layer of the garlic clove is high in silica; your stomach's digestive juices may find it hard to penetrate through this layer. Scratch the outer layer and your digestive system will have no problem. Whilst you can supplement with capsules of aged or odorless garlic, fresh is again the best. You can use garlic in salads, egg dishes, etc.

Can't tolerate garlic? Then get the odorless capsules. If you buy fresh garlic, please make sure you *avoid* any garlic grown in China (high in heavy metals).

Buy locally grown or grow it yourself. And, the best time to plant garlic is in winter. The best time to harvest garlic is generally at the end of summer.

Tip - How do you get rid of the smell of garlic?

The best way to eliminate the pungent garlic smell from your breath after you have eaten is to chew on a sprig of fresh parsley soon after. Parsley neutralizes the smell of garlic. You can also try chewing on a sprig of fresh mint, and I have found that this works just as well if not better than parsley.

How Does Garlic Work Against Psoriasis?

There are several ways that garlic can help you if you have psoriasis. As mentioned, garlic has anti-inflammatory properties, antifungal and antibacterial properties and garlic is also high in vitamin C and selenium, both important when it comes to boosting immunity and healing your skin.

While many people may know that garlic kills bacteria and boosts immunity, not many know that garlic can actually inhibit inflammation, and psoriasis is a condition involving plenty of inflammation. Garlic has been shown to inhibit an enzyme called lipoxygenase, an enzyme that combines with arachidonic acid to cause inflammation. And because psoriasis sufferers have higher levels of arachidonic acid in their skin and fatty tissues than those who don't have psoriasis, eating garlic every day may reduce the chances of an outbreak or even stop a flare-up from occurring. I have found garlic useful both in reducing the inflammation of psoriasis, as well as decreasing the chances of experiencing regular flare-ups.

Incidentally, eating red meat increases arachidonic acid in your body, and this is one of the reasons why fish and chicken are better protein choices.

Garlic Can Reduce Psoriasis Flare Ups

Researchers from The University of Texas⁴ discovered in 2004 that garlic due to the active compounds diallyl sulfide, S-allylmercaptocysteine, and ajoene, can stop the activation of nuclear transcription factor kappa B, an action which has been linked to psoriasis flare ups. Any foods that fight inflammation are a bonus when it comes to a psoriasis patient, and garlic is up there as one of those foods that not only fights inflammation, but also inhibits many different pathogens in the digestive system which are common in those with psoriasis.

External Use

Did you know that you could apply garlic externally on your skin as well? Garlic is a great treatment for many different skin ailments, including eczema, dermatitis, warts, fungal infections but also psoriasis.

You can cut one clove in half and apply the concentrated juice to the affected areas. A simple way to obtain a concentrated garlic product to use on your psoriasis plaques is to procure two whole garlic bulbs, place them in a blender along with a cup of olive oil and blend well. There is no need to peel the garlic cloves, just separate the cloves from the bulb and place them in a kitchen blender. Leave this blended garlic and oil

for a week at room temperature in a container with a lid, and then strain through a fine sieve. Bottle this oil and write the date on it, as well as what it is. Use sparingly on the worst affected areas and use regularly. You will find that it works especially well on psoriatic nails and finger and toenails that have a fungal infection. Garlic does smell, but you will find that you only need to leave it on for short periods of time and then wash it off.

You can also buy garlic pearls, or concentrated garlic oil in capsules. Rub it into the areas twice daily. Pierce the capsule and squeeze a few drops onto the affected area and rub in well.

Garlic Inhibits Yeasts And Bacteria

Have you read *Psoriasis and The Candida Connection* yet? In this book I explain the very real connection between psoriasis and a Candida yeast infection. Up to 75 percent of those with psoriasis in fact have a Candida yeast infection, and for this reason it is important if you have psoriasis to incorporate fungal fighting foods into your diet. Because garlic is such a powerful fungal fighter, I'll now elaborate on its uses in Candida yeast infections.

Russian scientists long ago discovered that when they introduced a garlic extract into a colony of dysbiotic (bad) bacteria and yeasts that the bacteria and yeasts ceased to function literally within minutes. They used fresh garlic extract in these experiments. There has been much study completed on the health aspects of garlic, and much has been even written in mainstream medical journals about the virtues of garlic. Garlic is a most effective agent against fungi and yeast as well, and should be high on your list of foods that inhibit and kill yeast in your body. Garlic was confirmed in reports back in the 1980's to be more active against human ringworm (a fungal infection) than conventional pharmaceutical drugs.

Research at the University of Indiana in 1979 revealed that the therapeutic value of garlic against candida fungal infections is great, and that an extract of garlic bulbs has the ability to inhibit many aspects of fungi. The unfortunate thing about garlic unfortunately is that not everybody is keen on consuming it, with many finding its odor and taste unpleasant. Trust me, the more you consume garlic the more you get used to it and can tolerate it.

An important part of the Psoriasis Program is the inclusion of fresh and supplemental forms of garlic. Eat as much fresh garlic as you can, and anywhere from one to a half a dozen cloves of fresh garlic is an excellent way to get what you need. Slice it finely over cooked vegetables, crush garlic and finely chop it before adding to a fresh salad or add several cloves to a roast meal.

The Therapeutic Uses Of Garlic For Psoriasis Patients

It is important for you to realize that you will get the best benefit from garlic by taking it in fresh as well as supplementary form. That way you will be taking it in as both a food and a more concentrated form as a dietary supplement. There are many therapeutic uses for garlic when it comes to a yeast infection.

- **Fungal infections of the skin** (including ringworm, jock itch and athlete's foot). Ringworm and jock itch respond to treatment with garlic juice that is applied directly to the skin. You don't need a high concentration so mix with a little water and try first – it may initially feel unpleasant. Garlic juice will be

required with a higher concentration (straight and undiluted) to be effective against athlete's foot. You will find that fresh garlic is as effective (or even superior) against athlete's foot as is the medicine Lamisil (Terbinafine). Just crush a clove and apply the juice neat to the affected area once per day. You will be amazed at the result. I have "cured" countless cases this way.

- **Fungal overgrowths of the digestive system.** A study (1999 Arora) revealed that garlic was more effective against *Candida albicans* than the antifungal drug Nystatin. Carefully peel a clove of garlic and then make a neat slice down the side of the clove with a small paring knife. This will allow the digestive juices to open up and digest the clove. Otherwise you may well pass the clove through undigested due to the silica present in the outer layer of the clove, which is quite resistant to digestion. Raw garlic is superior to cooked garlic, which destroys the allicin content, the most powerful active ingredient.
- **Vaginal yeast infections.** Vaginal yeast infections are commonly experienced by many women who have psoriasis, I've been recommending the use of garlic tampons for years because they work. Be careful not to cut the clove but thread a string carefully through the end of a peeled clove. Insert and leave for 8 hours.
- **Earaches and itchy ears.** Place a drop of onion or garlic juice into the ear. Works wonders for earache too, especially in young children prone to earaches.

Antifungal, Antibacterial and Antiviral # 2 – Coconut

The coconut palm, *Cocos nucifera*, is a member of the family Arecaceae (palm family). This amazing "tree of life" as it is called is found throughout the tropic and subtropics and is well known for its incredible versatility as can be seen in the many domestic, commercial, and industrial uses of its different parts such as the husk, oil, water and copra.

Coconut is an excellent food for those with psoriasis, and I haven't found much information about it when it comes to helping those with chronic psoriasis. Just like garlic, you can take it internally as an effective antifungal, and also use it externally. The big difference is that coconut smells a lot better externally than garlic does, wouldn't you agree?

Just like garlic, you will inhibit the reproduction and even kill-off *Candida* particularly well if you include some coconut oil and coconut cream in your diet each day. Coconut contains fatty acids that inhibit *Candida*, and contains many beneficial properties that help prevent bacterial and viral infections. It is also a fabulous antifungal and it tastes great! It supports immune system function, supplies important nutrients necessary for good health and improves digestion and the absorption of nutrients from proteins and carbohydrates.

The saturated fat in coconut oil is easily digested and absorbed, unlike the unnatural man-made hydrogenated fats or oils that act just like plastic in the body. Coconut oil places very little strain on the digestive system and provides a quick source of energy necessary to promote healing.

The big difference is that coconut oil, cream and butter are absorbed into bloodstream directly from the intestines through the lymph system, whereas other fats require pancreatic enzymes and bile to break them into smaller units and then they transported to the liver, where they are processed before entering the bloodstream. That is why these excellent saturated fats put very little strain on the digestive system, even for people who have had difficulty digesting fats, have gall bladder

problems or if they do not have a gall bladder. I have found women who have had their gallbladders removed can easily tolerate coconut oil without the reflux or nausea experienced with other oils or fats.

When buying coconut oil look for one that is cold or expeller-pressed, unrefined, unbleached, un-deodorized and non-hydrogenated. Coconut oil is highly resistant to spoilage and has a long shelf life (2 years at room temperature), so it is not kept refrigerated. It is kept in the cupboard or on the kitchen counter. Many people freak out when I tell them to consume more coconut oil and cream, when in fact coconuts have been consumed for thousands of years by many cultures that lived long and healthy and productive lives. We have been led to believe that all saturated fats are bad for our health, which is far from the truth.

Like other saturated fats coconut oil goes solid when cooled below room temperature. Coconut oil has a high burning point and is the perfect oil for cooking. It can be used alone, or mixed with butter, a little lard or other good fats for cooking and frying. Coconut oil can be taken by the spoonful with meals to aid digestion or melted on cooked foods. The most common healing reactions are stomach upsets and diarrhea because coconut oil is antifungal so it kills off candida and also helps clean out toxins. Stomach upsets are caused by candida being killed off, and diarrhea is a way for the body to get rid of toxins. Other healing reactions may include increased mucus in the intestines, throat, nose, sinuses, lungs, etc.

How Does Coconut Work Against Yeast Infections?

Coconut oil and milk contain three principle fats (medium chained fatty acids, otherwise known as MCT's): caprylic acid, capric acid and lauric acid. These three fatty acids have been shown to be anti fungal in action and are the prime reason why you should seriously consider coconut oil (due to its higher content of the fatty acids) in particular in your anti-candida regime.

All of the MCTs found in coconut oil have the potential to kill yeast, viruses and bacteria, the most potent being lauric acid and caprylic acid. Capric and caprylic acid in particular have shown to exhibit the strongest anti-microbial and anti-fungal activities against candida species, and they do so by weakening and disrupting the yeast cell's membrane. Once the membrane (the outer edge of the yeast cell) becomes weakened, the cytoplasm (the inside of the cell) becomes exposed to your immune system that can then attack it more effectively. A good book to read on the topic of coconut and health is Naturopath Bruce Fife's book entitled *The Coconut Oil Miracle* (New York: Penguin, 2004).

My two favorite anti-candida foods are fresh garlic and extra virgin coconut oil, and if you have psoriasis then it makes a lot of sense for you to incorporate both of them into your diet each and every day. Regular supplementation with specialized anti-candida dietary supplements that contain allicin (garlic) as well as capric and caprylic acid (coconut) along with the daily consumption of foods containing these natural candida crushers makes even more sense. You can get both of these specialized garlic and caprylic acid dietary supplements from my website at www.ericbakker.com

Health Benefits Of Coconut Oil

Most of the health benefits of coconut oil can be attributed to its high content of medium-chained saturated fatty acids (MCT'S) such as capric acid, caprylic acid and

lauric acid. Unlike most other dietary oils, coconut oil (if it is not hydrogenated) does not contain trans-fatty acids due to its low content of unsaturated fatty acids.

“Bad” For The Heart?

Research from years ago found coconut oil to be “toxic” or not good for health due to the research being based on hydrogenated products, and there are still people today who believe that coconut oil is “bad for the heart”. There are no polyunsaturated fatty acids in coconut oil, and it therefore does not contribute to heart disease. In fact, virgin coconut oil has been shown to reduce total cholesterol, triglycerides, phospholipids, LDL, and VLDL (the bad) cholesterol levels and increased HDL (the good) cholesterol in serum and tissues.

Remember, it is important to remember that only extra-virgin and unadulterated coconut oil should be used if you want to achieve the best effects for your health, whether it be for your heart health, weight-loss or to cure your yeast infection.

100 grams of coconut oil contains:

- Capric acid 6,000 mg
- Caprylic acid 7,500 mg
- Lauric acid 44,600 mg

Health Benefits Of Coconut Milk And Coconut Cream

Like coconut oil, the health benefits associated with coconut milk and cream are attributable to their content of caprylic acid, capric acid and lauric acid, but in this case there are much less of these active therapeutic acids present in coconut milk and the cream on a gram for gram basis. Coconut oil is therefore a much more potent anti-candida product and the logical choice when it comes to inhibiting and killing your yeast infection. Coconut milk is nevertheless still worth having, and a great way to take in coconut milk and cream is to use it when making curries or smoothies. It is delicious when blended with ice cubes and berries (use a Vitamix) and served on a hot summer’s day.

100 grams of coconut milk contains:

- Capric acid 1,187 mg
- Caprylic acid 1,494 mg
- Lauric acid 9,463 mg

Antifungal, Antibacterial and Antiviral # 3 – Ginger

Ginger is a remarkable spice that has been grown and used in different Asian countries for thousands of years, possesses many different healing qualities when it comes to psoriasis. When I researched ginger and its positive effects for those who have psoriasis, I was amazed to learn that this powerful herb has many different actions that will benefit the psoriasis patient. Not only is it an anti-inflammatory food, it also contains many different antifungal, antibacterial as well as antiviral properties. Here are three studies that highlight the effectiveness of ginger against a wide range of pathogens.

Back in 2005, a study was released in Biochemical and Biophysical Research Communications that showed that ginger contains a particularly powerful protein with an effective antifungal activity. A 2009 a study published in the Global Journal of Pure

and Applied Sciences found that ginger has the incredible ability to fight bacteria that both staphylococcus and streptococcus in origin. More recent research published only in 2013 (The Journal of Ethno Pharmacology) mentioned that certain viruses found in the respiratory tract of humans were susceptible to fresh ginger. As you can see, ginger truly has a powerful action on a wide range of human pathogens, so why would you want to consider an antibiotic drug if you have an skin infections, something I commonly see prescribed to patients with suffer with chronic psoriasis and who get occasional skin infections.

Olive Leaf Extract

Another natural product I would recommend that you try is olive leaf extract. Olive leaf extract is a natural antibiotic and antifungal and is good for those psoriasis patients who have a candida yeast infection.

Olive leaf extract is an anti-microbial product, and has been used in this regard for many centuries. The extract will kill most viruses, bacteria, fungi, and even parasites. Olive leaf extract has four main benefits. One is improving the immune system and making it stronger. Two, it controls the amount of bad bacteria, fungus, and viruses in the system without destroying the good stuff. Three, it raises energy levels so you feel more motivated to do other things. Four, it lowers blood pressure and reduces hypertension.

The Treatment Of Psoriasis With Special Home Remedies

Those who suffer with psoriasis know it is those breakouts and the recurring skin symptoms that can drive you literally crazy. The itching, the sores, the weeping skin; it is all a lot to bear and there seems to be little relief with many treatments you may have tried over time. The treatment of psoriasis can be a real pain for anyone who has ever suffered with the red patches of flaky skin. Your skin can be itchy and unsightly and recurrent doctor's visits and medications can get both tiresome as well as expensive.

If you have been diagnosed with psoriasis and have had this condition long term, you will have seen the expenses associated and may be surprised to discover that effective treatment of psoriasis does not always have to be expensive. There are many different types of effective natural home treatments for psoriasis, and besides the hints and tips in this book, you will be able to read a lot more about the specialized skin treatments I recommend in my book entitled Psoriasis And What To Do With Your Skin. Did you know that it is easy to find different natural home remedies right in your kitchen? They are cheap, easy, and most people won't even have to leave the house to even some of these things. So lets briefly examine some of the best home remedies for psoriasis.

Moisturize Psoriasis Skin With Oil

Oils are outstanding to apply to the skin of those with psoriasis, especially natural oils rather than the commonly recommended mineral oils, which are based on petrochemical by-products. Try gently warming up a little olive oil and massaging it into affected areas of the scalp, if that is the type of psoriasis you have, leave it in for a minute or so and then shampoo as usual. The olive oil helps remove flaky skin. Emu oil works to help soothe damage to the skin, I think it is one of the best to try with psoriasis because of its outstanding moisturizing properties. You can add it directly to the skin or mix it into a bath, allowing it to soak into the skin. Olive oil and a normal, everyday organic vegetable oil can be added to the bath as well to soak the skin. A clever thing to do is to add into the bath some Epsom salts that can help heal wounds faster and keep swelling and itching at bay.

Essential and Infused Oils For Psoriasis

It is best to obtain the smallest quantity of several of the following oils, and to trial them for a period of a few weeks to see how they affect your skin. You will find that one or just a few oils will really appear to suit your skin, whereas other oils seem to flare the skin up and make it feel worse. Different oils seem to work for different people. My favorite choices would be jojoba and emu oil.

It is a good practice after your bath or shower to use natural organic oils to seal in the moisture and soothe irritated skin, and the best products to use are aloe vera gel, infused calendula oil, jojoba oil, avocado oil, emu oil, borage oil, evening primrose oil, neem seed oil, St. John's Wort oil, rosehip seed oil, hemp seed oil or any oil high in GLA (Gamma Linoleic Acid) or Omega 3 or 6 essential fatty acids. You can read a lot more about what to do with your skin in the book entitled Psoriasis – What To Do With Your Skin.

Treat Psoriasis With Propolis

I have recommended propolis products with psoriasis for over twenty years and generally get great feedback from those who track down a good quality propolis ointment or cream. Propolis research has shown that propolis offers antiseptic, antibiotic, anti-fungal, and even antiviral properties. It is often called "Russian Penicillin" in acknowledgement of the extensive research that has been done by the Soviets.

I would rate propolis as one of the most valuable properties of the entire natural beehive products available, because it has shown to have true immune-stimulating characteristics. Unlike pharmaceutical drugs, propolis does not suppress the immune system, but instead boosts it. You are probably aware that antibiotics are not discerning because they destroy all bacteria in the body including the friendly and necessary flora required for healthy functioning. Propolis is a great product to use on the skin in the form of a cream or ointment, and all psoriasis patients are recommended to try this wonderful healing agent.

Treat Psoriasis With Baking Soda

Baking soda is a most effective way to treat the itchiness associated with psoriasis. Simply dissolve 1/3 cup of baking soda into 4 liters of water, and then soak a washcloth into this mixture. Wring out the cloth and then apply it directly to the affected skin. Baking soda can help relieve itching. Repeat this several times as required.

Coconut oil remedy for psoriasis

Coconut Oil has been found to be an excellent natural treatment for relieving psoriasis. You can either take 2 tablespoons of coconut oil each day by adding it to your coffee or tea, or you can apply it topically onto the affected area 3 times per day. Read more about coconut and psoriasis in this book.

Emu oil to treat psoriasis

One of the best ways to control the build-up of skin that occurs due to psoriasis is to make sure skin is well moisturized. Emu oil is a most effective moisturizer, so simply apply a small amount to the affected areas each day. It is also important to apply moisturizer within a few minutes after a bath or shower. My advice is to avoid petroleum jelly and Bio Oil, which are products made with by-products from the petrochemical industry. Emu oil is one of my all time favorite skin moisturizers, and I have written extensively about it in my book Psoriasis And What To Do With Your Skin.

Sunlight Exposure To Prevent Psoriasis

Many doctors prescribe artificial ultraviolet light treatments to patients suffering from psoriasis. A less expensive alternative is to simply get more sunlight! Exposure to the sun can enhance the production of Vitamin D, which has been found to be effective at treating psoriasis.

Colloidal silver For Psoriasis

For stubborn areas of plaques, try applying liquid colloidal silver, a powerful germicide and natural antibiotic that will help to hasten the healing of many heal the skin problems associated with psoriasis. Again, it is worthy of a trial lasting a few weeks before you decide it works or not. Some folk swear by colloidal silver ointment for skin lesions.

The Many Uses Of Apple Cider Vinegar And Psoriasis

Apple cider vinegar (ACV) has a long history of being used to help ease burns as well as to help soothe and calm inflamed and itchy skin. ACV can be effective when used to dip in fingernails or toenails that have been affected by psoriasis. ACV can also be applied directly to plaques, those red, itchy and patchy areas, using a cloth or cotton swabs. A good topical mixture of apple cider vinegar is a one to four mixture, use one tablespoon of vinegar to four tablespoons of water. For a larger quantity, make up one-cup vinegar to four liters of water. Use an apple cider vinegar which is unfiltered and not pasteurized and made from whole organically grown apples, is the best type to use for psoriasis and will give you superior results. Apple cider vinegar can be found in most local health food stores and you will even find a good apple cider vinegar in some general grocery stores. Avoid white vinegar from the supermarket, and avoid commercial apple cider vinegars that have been pasteurized, filtered, refined, sterilized or distilled in order to make the product look good and more appealing to the general public. Unfortunately this extra processing destroys much of the lactic acid content, most of the benefits that were in the product in the first place. A quality ACV will look cloudy.

In the United States and Canada I recommend that you purchase a *certified organic* apple cider vinegar made by Bragg, I can highly recommend this brand. We have an ACV in New Zealand called Coral Tree, the product is certified biodynamic and like Bragg's, one of the best to use. Please avoid the commercial white vinegar; this simply won't give you the same results that a naturally fermented ACV will.

Once opened, a good quality apple cider vinegar does not need to be refrigerated and has a minimum shelf life of 5 years. It is best to store it with the cap tightly closed and not in direct sunlight. Would you believe it, I have some Coral Tree vinegar which is more than twelve years old, and it is still highly useable ACV.

Apple cider vinegar is a food that can be used both topically, on the skin, as well as internally. It improves many aspects of your digestion, and will get your stomach and pancreas working better, and this in turn will allow digesting and absorbing foods better.

There are several ways you can use apple cider vinegar (ACV) when it comes to psoriasis, and I'd like to outline the three most popular ways. Spot treatments, internal treatments and using it in the bath.

Spot ACV treatment. ACV can be successfully used as a local treatment; I recommend you make a compress. Use a washcloth and keep it for this purpose.

Make up a solution of Bragg's ACV, 1 part vinegar to 3 or 4 parts of tepid water. Soak the washcloth, and apply it as a compress directly to the areas affected. Hold the compress for up to a minute or even longer. Apply as often as is required.

For the worst affected areas you may like to use cotton bud soaked in pure ACV and apply directly. Cider vinegar will make your skin's pH a little more acidic and thereby reduce the irritation and itching you experience. Spot treatment is good to use at night to decrease irritation and itching, allowing a more comfortable night's sleep. Leave the ACV dry without washing it off.

You can also soak your fingernails and toenails directly in pure ACV; this is a very powerful treatment and has helped many of my patients significantly. Leave your nails in the ACV for at least five minutes or more, and don't wash your hands after, leave the ACV dry on your hands and feet. You can use a hair dryer on low to speed up the drying process.

Rubbing emu oil into your hands and feet after the ACV soak, you can read a lot more about the amazing emu oil in my book called Psoriasis - What To Do With Your Skin.

ACV in the bath. You can also use ACV in the bath, and this is a great way to treat your entire body or very large affected areas. Just add one to two cups of Bragg's ACV to a bath of tepid water and soak in the bath from 30 to 45 minutes. After you have had your bath, towel dry and moisturize your skin. You can read a lot more about what to do with your skin in Psoriasis - What To Do With Your Skin.

Internal ACV treatment. Apple cider vinegar has been widely used for over two centuries for many different kinds of ailments. I have seen many patients with psoriasis improve their digestion after they started to take ACV, and the dosage is generally one tablespoon in water before meals. Some folks sip ACV in water during meals to improve their digestion. You will notice over a period of time that your skin, hair and nails improve when you consume ACV regularly. Bragg's ACV is safe to take, even if you have a yeast infection.

Aloe Vera for Psoriasis

Aloe vera is a succulent plant that grows in many countries, and has been grown and used by many cultures for thousands of years. Modern research supports its use in many ailments, including different kinds of burns, wounds, many different kinds of digestive problems and just about every kind of skin ailment known to man, including psoriasis.

Aloe's soothing and cooling properties make it an ideal addition to any psoriasis treatment program, and I highly recommend it as part of the Psoriasis Program. It is perfect to use on a daily basis to settle irritated skin and to help prevent flare-ups, and unlike steroidal creams that are harmful to use internally and externally (long-term especially), aloe vera causes no side effects.

When applied topically, aloe vera provides a very soothing as well as cooling action and reduces itching, irritation, burning and redness of the skin. It moisturizes and strengthens the skin and aids in healing the skin. Here is some useful information for using aloe vera for those with psoriasis; you will get the maximum benefit from following the following tips:

- Buy several plants, grow them outside in full sun, but be sure to cover them in winter if you live in an area prone to frost. I learned the hard way and lost most of my aloe one cold winter, I now place a hessian sack on the plants on nights when I'm certain a frost is imminent. Grow in large pots and move to a sheltered frost-free position is another option.
- You will always get the very best results *by using the fresh aloe leaf gel*, as opposed to any processed leaf extracts, like gels, creams or lotions.
- Aloe is especially good for dry, itching, red, cracked and irritated skin. Apply the gel straight from the leaf once or twice per day.
- Apply the fresh aloe gel to any skin that has been exposed to the sun, especially good for sunburned skin.
- Dry skin is particularly benefitted from aloe gel, apply it on thick and leave on affected area as long as possible. You will be amazed how well this natural skin healer works, better than any of those expensive chemical concoction creams, lotions or potions you will even get from a skin "specialist".
- If you can't grow the plant or obtain it, be sure to look out for a high-concentration aloe vera in your skin formula. Amazing as it may seem, but there are several clinical studies that have shown that aloe vera is considerably more effective than topical steroids, when the aloe product contains a concentration of 70 percent or more.

Turmeric and Ginger For Psoriasis

You may well be familiar with turmeric, the yellow spice commonly found in curry, or ginger, another spicy herb used in cooking and baking. I've been recommending the powdered root of both turmeric and ginger for psoriasis for many years. These spices can come either as powdered or in their fresh form, and definitely make sense if you have psoriasis, because of their anti-inflammatory and antioxidant properties.

I've read many studies and articles on turmeric especially, as well as having spoken to many psoriasis and psoriatic arthritis patients over the years whom have communicated to me that they have received benefit from especially from using turmeric in their diet. Should you give it a go? What have you got to lose by trying; these powdered spices are cheap, especially when purchased in bulk at your local Indian or Asian store. One thing I must tell you, you will need to be patient when using the spices turmeric and ginger in your diet, because results just don't happen overnight. Expect to use turmeric for at least 4 to 6 months on a daily basis before you really notice a difference. But in saying that, I've seen some patients get great results within a month of usage.

Cucurmin

Cucurmin is the active ingredient found in turmeric root, and many studies have revealed that it is safe to take even in high dosages for prolonged periods of time. In some Asian countries, turmeric is used to treat all kinds of chronic conditions affecting the immune system, like skin cancers, scleroderma, various tumors affecting the skin, breast, colon and even the pancreas, but it is also used to treat psoriasis in India with good effect.

Cucurmin fights inflammation, protecting the cells of the body from oxidative stress caused by free radicals, and inflammation, mainly due to the inhibition of nuclear factor KB. Cucurmin is also remarkable not only in that it strongly reduces

inflammation, but it has also been found to be proangiogenic, meaning it promotes the development and growth of new blood vessels. These actions mainly occur due to the fact that turmeric can be used for prolonged periods of time in high dosages without causing toxicity or side effects.

The National Institute of Health in Washington DC conducted studies into psoriasis and turmeric and found that Cucurmin could be successfully used in the treatment of healing psoriasis skin lesions and reducing any inflammation. A study found that curcumin-rich gel was applied to psoriatic lesions, more plaque reduction was noticeable, and in some cases an 8-week treatment resolved some cases entirely. Even the National Psoriasis Foundation has stated that turmeric can help to minimize any skin-flare ups due to psoriasis.

A good tip I recently discovered is that for curcumin to work properly in the body it needs to be taken in a little oil or fat because curcumin is a fat-soluble phytonutrient.

How To Use Turmeric With Psoriasis

There are different ways to use turmeric, it can be taken internally as well as applied topically and my suggestions are to try both.

- Use 1 teaspoon per day in your drink, smoothie or mixed in with foods or snacks. Be sure to have some oil or fat, like coconut oil for example, as this will help to liberate curcumin in your body more readily.
- In a dietary supplement form. Some psoriasis patients may want to take turmeric in as a capsule or tablet form rather than as the powdered spice on a daily basis. Turmeric stains clothing and utensils readily and you will need to be aware of this! My preference is for the raw powdered spice, because it is low-cost, and if used long enough and in sufficient dosage, then the results will be forthcoming.
- As a paste, turmeric can be applied externally to psoriatic lesions and areas of plaque. Make up a thick paste of turmeric and pure water in a glass bowl. If the mixture is too thin, just add a little more powder, if too thick, add a little more water. Apply the paste to the affected area and leave overnight for the best results. Cover with a gauze bandage to prevent the paste moving or staining any bedding or clothing. In the morning, remove the bandage and rinse gently with warm water.
- Don't give up! I've had patients take turmeric powder for several months until they started noticing some improvements, and significant improvements after one year to the point where they hardly noticed any more psoriatic skin flare-ups! And when a flare did occur, it was quickly brought under control with an application of turmeric paste for three days in a row.

Cucurmin is the most active ingredient found in turmeric, it affects the body's immune system in different ways and has a most powerful ability to control several molecular pathways that have been linked with psoriasis. The incredible ability of curcumin to promote various pathways like gene transcription factors, inflammatory cytokine pathways and various growth factors means that it has been studied for the many potential benefits for skin conditions like psoriasis, skin cancers, dermatitis, acne, wound healing and even keloid scars.

Cucurmin Dosage

You can take turmeric in a “non-standardized” dose as it is, the straight root ground-up, or you can take it as a standardized natural medicine. The normal adult dosage ranges from 300 to 700 mgs of a standardized cucurmin product (capsule or tablet usually) three times daily with meals. I don't think that there is a recommended dosage for children.

No Toxicity Reported With Turmeric

It is encouraging to note that unlike pharmaceutical drugs aimed at psoriasis, high doses of cucurmin extracts have not demonstrated any toxicity, apart from nausea and very mild diarrhea. I have recommended turmeric for over twenty years and never heard of any adverse effects, and regularly hear good and even excellent feedback from patients.

Some research has shown that standardized cucurmin extracts (oral cucuminoid C3 complex) may be of more therapeutic benefit than using just plain turmeric powder.

Turmeric Or Ginger for Psoriatic Arthritis?

What is the best to use with psoriasis, should you use turmeric or should you use ginger? If you have psoriatic arthritis, I'd like you to try powdered ginger, take one teaspoon a day mixed into a little water. Make up a paste first, and then add a little more water and then swallow, and have before meals once per day. I've found ginger to be of more benefit to the joints when it comes to reducing inflammation, and have received very good feedback from a few patients with psoriatic arthritis. Why don't you try it, you have nothing to lose!

I have discovered through trial and error that ginger works better for the inflamed joints than those with psoriatic arthritis suffer from than turmeric does. About twenty years ago I used to work in a health-food shop when a lady with psoriatic arthritis came in and asked if we stocked a product called Zinax, apparently made by a company for arthritis. It turned out that a drug company had discovered that there was a good market for an encapsulated powdered ginger root product for arthritis. That product is still sold today by the same drug company, and carries a hefty price tag when compared with the powdered ginger root you can buy in bulk from your health food store!

Using Ginger Powder With Psoriatic Arthritis

- Try making a rather stiff paste that you apply to joints, wrap some cling-film plastic around the joint (no too tightly!) and then a little gauze bandage. Leave overnight, and gently wash the ginger powder away in the morning.
- You can get an even better effect by grating the fresh ginger root (no need to peel it) and packing this around the affected joint/s, wrap with cling film and leave overnight.
- Take one teaspoon of turmeric powder as instructed above each day when applying the ginger to the affected joint.
- Be patient! Results will come with the persistent use of ginger and turmeric.

Precautions

I've heard many doctors tell me that patients need to be careful when taking turmeric or ginger long-term, especially if they are taking conventional medications. If in doubt, ask your naturopath or doctor who has experience in complementary (alternative) medicine. I've never seen any problems occur, even with patients who have been taking high blood-pressure medications, sleeping pills, antidepressants, etc.

More Psoriasis Special Foods

The Cruciferous Vegetables

Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, radish, rutabaga, turnip, and watercress.

This family of leafy vegetables rank highly when it comes to improving the health of your skin, and I recommend that you consume them regularly. I wrote about the importance of cruciferous vegetables many years ago, well before these foods became known as "health" foods. These vegetables are very healthy due to their high fiber and phyto-nutrient content. They are rich in proteins, vitamins, minerals and many special nutrients such as indole-3-carbinol that boost the health of your health in general, especially your skin. They are also loaded with fiber, and it is this fiber that is all-important to have in your large intestine to allow your body to re-populate the large amounts of friendly bacteria you need to crowd out the bad bacteria and yeast. This group of vegetables also acts as a pre-biotic solution to your diet, and prebiotics are a food that feed the pro-biotics. Healthy digestive bacteria are responsible for making many essential nutrients inside your bowel, like folate, a vitamin responsible for healthy skin growth. The healthier your digestive system, the healthier your skin becomes.

Good Tip: Don't Consume Cruciferous Vegetables Raw

Cruciferous vegetables contain goitrogens; these are substances that can suppress the function of the thyroid gland by interfering with iodine uptake, which can, as a result, cause an enlargement of the thyroid, i.e., a goiter, or hypothyroidism. I recommend that you avoid eating the cruciferous vegetable family raw, but cook them lightly like steaming. Cooking cruciferous vegetables reduces the goitrogenic substances by almost three-quarters, and this is important. Eating raw broccoli for example may help to block the production of thyroid hormones in your body and may contribute to hypothyroidism. Incidentally, the fermentation of cruciferous vegetables (like cabbage as in sauerkraut for example) does not reduce goitrogens, but because fermented are typically eaten in such small quantities and not daily, consumption of them is OK as long as your diet is rich in iodine which allows for the production of the all important thyroid hormones T4 and T3. Be sure to include some kelp or other forms of seaweed in your diet if you do eat cruciferous vegetables, this is a clever idea and will take care if you do happen to inadvertently eat any raw cruciferous vegetables.

Almonds

Almonds are an alkaline nut and good to eat if you have psoriasis. They are rich in many minerals and high in protein and you will find that by eating almonds (just like the cruciferous vegetables) you will be also supplying your intestines with a prebiotic food that will aid in re-establishing beneficial bacteria in your digestive tract.

You can read a lot more about alkaline and acid foods and their implications on your skin's health in the psoriasis diet books I've written.

Dietary Supplement General Recommendations

There are various dietary supplements and herbal medicines I recommend for psoriasis depending on the case at hand, but in saying that, there are certain supplements in particular which I tend to recommend routinely to most patients with psoriasis because the protocol I have researched and developed over the years has simply proven to work for the vast majority of psoriasis patients. Before we launch into the different products I'd like to explain a few different points regarding supplements which I think are important to raise, points like take care when buying products, especially online purchases, why to avoid budget products and more. Let's cover these areas first and then come back and outline some protocols and products.

You may find some of my suggestions differ from what you may have been told by your health-food storeowner, your health-care professional or from what you have read in psoriasis books or blog sites. The dietary supplement suggestions I have given are based on my experience in treating psoriasis for many years in various medical centers and naturopathic clinics I've worked in.

It has often been said with psoriasis that what works for one does not necessarily for another. Some dietary supplements work very well for some and mediocre at best with a select few. A trial of about five to seven days will reveal if supplements are worth it in your case. Your medical practitioner will tell you that supplements may be a "waste of time", but I can tell you this is absolutely not the case, there are many all too many doctors who are 'down on things they aren't up on'.

As I have mentioned earlier, while nutritional supplementation is not absolutely necessary, it does play a crucial role in fully recovering from psoriasis. They will not only speed-up your recovery, but in many cases they will be found necessary for a complete and deep-seated recovery from the dysbiosis (bowel overgrowth of yeasts, poor bacteria, and parasites), leaky gut, higher than normal rates of chronic inflammation, immune suppression and oxidative stress, fatigue, food allergies and many other chronic health problems associated with a chronic psoriasis.

The Psoriasis Program supplements I have chosen have been specifically selected based on my extensive experiences in working with many patients with chronic psoriasis for their cleansing, healing and deeply restorative effects. I will explain the significance of these dietary supplements and herbal medicines because it is important for you to understand why these supplements have been included as part of your Psoriasis Program, and the necessity of taking them regularly. But let's start first with some general dietary supplementation recommendations first.

The Go Low and Go Slow Method

Experience has taught me that in most cases of psoriasis it is best to start with low dosages of all supplements, especially in severe cases, and to take it easy the first week or two in particular. If at any time you feel uncomfortable or experience any kind of aggravation, be sure *not to increase the dose* but to stay on this level (or just under this threshold) for a few days until you stabilize. Many with mild psoriasis may be OK on the recommended dosages though, but I would still err on the side of caution.

If you increase the dosages at any stage and find the adjustments too uncomfortable, simply decrease the dosage again and stay at this reduced dose for three days before trying to increase it again. This rule applies to all supplementation. There is no "right" or "wrong" dosage and the correct dosage for you depends entirely on what adjustments or healing your body is going through at the time, and it also depends on your own personal level of tolerance you have towards any discomfort. Some people with psoriasis can put up with a lot, others with a very minimal level. You will need to decide what is right for you, because there are no rules here.

Some Will Treble The Dosage In The Belief They Will Be Quickly Cured

Some folks have rather strange ideas about supplementation dosages, because they think that they will "quickly cure" their psoriasis by taking double, treble or quadruple the recommended dosage, sorry folks, it doesn't quite work like this! I once worked in a health-food shop as a naturopathic student, it was some the best early learning in my career before I started to actively see clients in my practice, and I highly recommend any person starting out in our industry who is serious to do the same. You will also learn that there are folks who take either way too much product or way too little, besides those who take the right amount.

A man came into our shop distraught once, after telling me that an ambulance had just taken his wife to hospital after a serious epileptic fit which she had never previously experienced of this severity. He said that she had been purchased bottles of Vitamin E capsules (500 iu) for her mild epilepsy and was taking 30 capsules a day to "improve brain circulation". Yes, that's right, thirty capsules of Vitamin E 500 IU a day. I saw a man once take twenty or more B Complex tablets daily for weeks "to give himself a boost" and then come into the shop complaining about chronic palpitations and insomnia which he had never previously experienced. I've more recently had a lady complaining in my clinic about her three year old child with rotten teeth, she was completely perplexed and couldn't understand why, her child was not having any candy, juice nor any soda drinks. But she was sprinkling dry ascorbic acid powder on his various foods several times daily "to boost his immune system".

Take It Easy On Yourself

As naturopathic practitioners, we see patients every day in our clinic and sometimes take it for granted that they will take the correct dosages of the products we recommend. I have learned over the years that there is no "right" nor "wrong" dosage in many cases, it is finding the right dosage for you without causing any unwanted effects like requiring hospitalization, insomnia and palpitations or rotten teeth. Potentially anytime you take a dietary supplement or pharmaceutical drug you will be causing changes to occur on the inside and on the outside of your body.

The more you take (i.e., the larger the dose) and the more often you take it (the frequency of dose) the higher the likelihood of an adverse or unwanted effect. For this reason, I recommend *you go slow to begin with* and gradually step the dosage up. Does this make any sense? Can you remember when you last got all enthusiastic about exercise? Maybe you went to the gym or joined a class. Were you not told to gradually “break in” over a few weeks, to take it easy at first and then gradually increase the pace? It is important to remember that your body does not like very quick change, whether it is taking a supplement, drug or begin an exercise program.

The Sensitive Person And The Ultra-Sensitive Person

A few good tips I’d like to share with you regarding dosages is that it is important to look at your sensitivity levels and body size when you are considering what dosage of dietary supplement to take. There is no point for example for a practitioner to recommend an 80-pound person who has psoriasis to take the same dosage as a 250-pound person who has psoriasis. In addition, I am always on the lookout for the sensitive and the “ultra” sensitive psoriasis patient. But how can I tell the difference? I just listen to what the person tells me and ask questions; after all, they know their body and its reactions better than I do. A sensitive person will tell you that he or she reacts to different foods and drinks and needs to be careful as things may react. Sensitive people are careful people; they have a tendency to be a lot more cautious than the average person.

An ultra sensitive psoriasis patient will be quite different in that she will explain “violent” reactions to her body and to her skin, and be very suspicious or careful about any dietary supplement indeed, she may even be paranoid or highly anxious when you recommend to her various dietary supplements. She will have experienced significant aggravations in the past with even the smallest dose of any dietary supplement or drug. She will have been like this for most of her life and be a real challenge to any doctor or naturopath in the clinic. There is little you can do with the ultra sensitive patient when it comes to dosage recommendations, it is best to give her a few tablets or capsules to take home in order for her to work out her sensitivity to these substances, otherwise they will return the product within three days. I figure that about ten percent of the population is sensitive, and about two percent of this group is ultra sensitive. Its what keeps us on our toes as practitioners, and the longer you see people like I have the more you will be familiar with sensitive and ultra sensitive people. Have you worked out yet if you are a sensitive, ultra-sensitive or just plain “normal” psoriasis patient yet?

Do I Take My Dietary Supplements With Or Away From Meals Or Snacks?

We always get asked this question. The answer to this is quite simple, because vitamins and minerals are naturally found in foods, in most all cases you should take them with meals or snacks. Digestive enzymes are best taken at the beginning of a meal, but if you take several then take some at the beginning, during, and at the end of the meal. Systemic enzymes (like nattokinase, etc.) are always taken away from foods, preferably by an hour, omega 3 supplements, vitamin D and any fat-soluble vitamins are best taken with a bit of oil or a fatty meal for enhanced absorption. Multivitamins are best taken in the middle of a meal. Probiotics are best taken with breakfast or the evening meal; these friendly bacteria like to be taken with foods generally.

A lot of this is also trial and error; some can only take supplements away from meals, others only with. In the long run, it does not really matter, because if you are taking a supplement for several months you will absorb what is in it if you eat well, chew foods well and rest up, so don't get too stressed!

Are You Aggravating Even On The Lowest Possible Dose?

It can happen, and if you find that even at the lowest possible dosages on supplementation program I have outlined below that you are aggravating, I have a few tricks up my sleeve. If you are having any problems even with taking the lowest possible dosages, here are some of the most effective measures I've found to be helpful:

1. Activated Charcoal. A good option if you have an upset stomach or are suffering from gas or bloating during the first few weeks of your cleanse, or during the Psoriasis Diet, charcoal helps to absorb toxins produced by bad bacteria or yeast from your digestive tract. When using activated charcoal, it is best to take it between meals and a few hours before or after taking any medications or supplements, as it is so effective in absorbing things that it may interfere with the action of these. Take with water only. Good to take if you go travelling or are going to a party and feel that you have an upset digestion after food when you are on the Psoriasis Program. Don't freak out however if your stools turn a black colour, this is normal with charcoal supplementation.
2. St Mary's Thistle. A great herb to use in conjunction with any detoxification program. Good if you experience any nausea when you are on the Psoriasis Program. This herb helps the liver with clearing toxins and assists in bile production and clearing. Especially good for any skin flare-ups when on the Psoriasis Program.
3. Epsom Salts. This is also known as Magnesium sulphate, it is perfect for the Bowel Purge when you start The Big Clean-Up, just before you commence the Psoriasis Program (see the book The Psoriasis Diet). Can also be used very effectively for constipation, and can also be used to clear the digestive system gently anytime you feel you are aggravating, just use a small dose.
4. Filtered or Pure Water. Quite bad aggravations? Just drink water, avoid all other beverages including herbal tea and just drink good quality water. This is a good option if you have been experiencing a major aggravation and want a quick resolution. Keep your diet basic and simple and rest up plenty; your aggravation will soon pass.
5. Aloe Vera Liquid. Aloe Vera is an excellent aid when it comes to aggravations. It helps to soothe the lining of the stomach and intestines and supports natural digestion. Aloe can help maintain healthy intestinal bacteria throughout the C.C. Program, and supports the immune system and is excellent in both constipation and diarrhea. It ticks all the boxes when it comes to supporting the digestive system during any psoriasis treatment aggravation. It is one of my favourite natural medicines with cleansing and detox in particular.

I don't recommend that you do all of these 5 options, and this is just a rather small list of some of your best natural aids to support your digestive system if you aggravate.

Be Careful With Self-Medicating, And Stick With The Game Plan

When people who have psoriasis become unwell, most will begin to look for a solution, some look for a natural solution while many others will seek a quick-fix drug solution. Some will attempt to self-medicate to try and quickly improve the health of their skin, others will seek out assistance from a natural health-care therapist and yet others will follow the advice of their medical doctor or dermatologist. The problem in self-medication is that it is hard to know the best things to take in your particular situation, what dosage to take and how long to take it. Seeing a natural therapist, especially someone with experience in psoriasis, is likely to give you a better result because he or she will have seen many patients just like you and will have gained experience in knowing what works and what doesn't. You have my commiserations if you decide on seeing a psoriasis cure with a conventional medical doctor, unless of course he or she is conversant with natural medicine. Don't despair, that is exactly why I wrote the Psoriasis Program, I figured that you wanted to treat yourself and did rather not have to visit a practitioner or wanted to partner up with somebody with an open mind, somebody with experience in this area. You can visit your natural or medical practitioner and use my Psoriasis Program at the same time too, however, especially if you tell your practitioner what you are doing and what my recommendations are in terms of diet, lifestyle and the appropriate products.

There are too many reasons why people with psoriasis relapse and drop out of treatment. Perhaps the person may initially get a result with their skin, there maybe an initial skin flare up, or feeling initially worse, but most feel inevitably better after a week or two, which is common. Many psoriasis patients will often experience bouts of improvement along with periods of aggravation and then become disillusioned as he or she feels worse and ends up on the doorstep of yet another practitioner. Many patients we see today go online looking for answers and while some websites offer reasonably sound advice, others offer advice ranging from the sublime (high quality) to the totally ridiculous (completely laughable and in some cases actually dangerous), advice such as "vodka is fine to drink, just avoid beer and wine" or the continuous use of steroid skin creams is OK, regardless of strength or duration of treatment. One prominent psoriasis website states that psoriasis is 'cured' when all the skin symptoms are gone, and that a combination of different kinds of drugs is necessary to cure psoriasis. This website also states that 'diets make little difference' when it comes to psoriasis.

Many online products I have seen are just too toxic (like pharmaceutical drugs), or therapeutically worthless or just too plain expensive to maintain for too long, and even if they are effective, as soon as you stop taking them, your psoriasis will recur. Let's get one thing straight right now; the whole idea of taking a dietary supplement or an herbal medicine in your quest to conquer psoriasis is to get well and then to stop taking the product, it's as simple as that. You should not have to be hooked to any drug or supplement in the long run. That is of course, if you follow my diet and lifestyle plan carefully.

The important thing is to stay with one clearly defined plan that incorporates a well-balanced lifestyle along with a sound diet and a few high quality supplements. And then to stay with this game plan long enough to get the desired results. The object is not to be flashy and brilliant in the short run and then drop out when the going gets tough, (and believe me if you are a chronic psoriasis sufferer it will get tough at some stage) but to stick with the principles I have outlined in the Psoriasis Program.

You certainly can win this psoriasis game, but you will need to learn the rules and apply them carefully along the way. Break the rules and pay the price, it's as simple as that, because you will get out of treatment what you are going to put into it.

What you will most definitely discover is that recovery is achieved much more rapidly to those who look further afield than just creams, lotions and various dietary supplements. I want to stress that you will do well to follow the advice of eating well (see *The Psoriasis Diet* book) in terms of taking out the foods that can promote psoriasis and including those foods and drinks that reduce your inflammation, boost immunity, kill any candida and bad bacteria (in this book), along with a few carefully selected supplements will get you what you are after, and this is why I'm pleased you decided to get the Psoriasis Program because my plan is based on this all-important holistic treatment concept.

Caution with Online Purchases

Much online advice for psoriasis today is centered on a particular product, and if you just take this product then "your psoriasis will be solved rapidly". Sorry, if it only were that easy, I suppose if you buy a lottery ticket then all of your dreams will come true as well. Just like in wealth, miracles (cures) occasionally happen spontaneously but in ninety nine percent of cases this is just wishful thinking and you actually have to work smart and hard if you want to make it in this life. If the sales page sounds something like an "instant 12 hour psoriasis cure" and you actually buy into this, then you probably deserve to quickly part with your money.

A particular word of caution is to be careful with online dietary supplement sales; it pays to deal with a reliable and reputable business established for many years. This is exactly why I deal with [Doctor Supplement Store](#) in America, a highly reputable company, and only ever recommend the best brands. Ask yourself these questions before you enter your details and click the button in the shopping cart:

- Does the website have plenty of quality articles that have been researched and referenced, easy to read with little jargon with excellent information?
- Are the pages just centered on products and their specifications?
- Do the 75/25 rules apply? (75% information on the site is about diet and lifestyle changes, 25% is about products).
- Has the person who wrote this website treated or worked supplying specialized products to thousands of psoriasis patients and inspires you with confidence?
- Is the article original or just rehashed information from somebody else's website? This is a common occurrence called plagiarism.
- Is the company easy to contact and great to deal with?
- Is the person selling the product an actual therapist (or employs experienced therapists) or are they just another online reseller?
- Do they have a most knowledgeable helpline and super-fast delivery?

- Is the product of very high quality with a time-bound money-back guarantee if you get no results?
- Can you talk with somebody if this product does not live up to its expectations? etc.

If you can't answer yes to these questions, then you may be dealing with the wrong company. The Doctors Supplement Store and this website do fit these criteria.

Lifestyle and Diet - 80% Of Cure. Supplements 20%

Sometimes the best advice I have given somebody is a good talking to for not having the self-discipline to stop his or her poor diet or ridiculously unnatural lifestyle. In most cases, it is the simple changes that will have the most profound effects on a person's health and wellbeing long-term. Small lifestyle and diet changes along with a few carefully chosen good quality products will generally do the trick; no rocket science or quantum physics required here folks.

The many books and psoriasis patients I have studied over the past 26 years on natural health have made me aware that lifestyle and diet modification account for about seventy five to eighty percent of the cure, and that dietary supplements, herbal medicines or treatments themselves account for roughly twenty to twenty-five percent of the cure. That is why in the Psoriasis Program you will find that I have apportioned around 80 percent of the program to lifestyle changes such as self-discipline, stress management, sleep improvement, rest and relaxation, appropriate exercise, environmental considerations such as detoxification and cleansing, mold and ingested toxin awareness, why humor and positive thinking help the healing process as well as plenty of detailed information about your best approaches to eating and drinking if you want to fully recover from psoriasis and stay well. But I've also not neglected the care of your skin and the symptomatic treatment of your skin issues, and an entire book is devoted to this topic alone, and one of the biggest reasons why this is so is because effective symptomatic skin treatment significantly improves a chronic psoriasis patient's quality of life which in turn reduces their stress, and this stress reduction in turn accelerates their healing response.

About 20 percent is devoted to teaching you about the special foods, dietary supplements and herbal medicines that have the most profound effect in healing your body from psoriasis. Yet the interesting thing here to note is that most everything you read about psoriasis on the Internet will be about what pharmaceutical lotion or potion, dietary supplement or skin treatment is the best to cure your psoriasis.

I position myself not as the guru of psoriasis by any means, but as a naturopathic physician with a high level of specialized knowledge relating to psoriasis for the reason that I have treated many psoriasis patients over a prolonged period of time, and developed highly specialized dietary supplements for companies in the field of nutritional medicine and associated with many expert practitioners who know this area very well. I've written and researched about psoriasis ever since I graduated and do believe that this is one area I feel confident in when it comes to natural medicine treatment.

Some Psoriasis Patients Take Dozens Of Dietary Supplements

Some psoriasis patients over the years I have seen complain of bloating, bowel and various kinds of acute and chronic skin problems, perhaps recurrent infections and having taken repeated anti-biotics or various other drugs. For some patients it could be an endless cycle of clear skin and then experiencing acute or chronic skin flares, for others it may be anxiety, sugar cravings and bad PMS. For others it may be no interest in sex, insomnia, joint pain, depression, toenail fungus, an increasing allergy to many foods and plenty more.

It all begins with one product recommended by a website, magazine, health food shop, friend or a practitioner, and after a few years the products just keep on coming. You are thinking: "I'll try this one for my digestion" or "This one will make me sleep better", "this one will cure my itchy skin", and so on. And so the list goes on. You soon find that you can't keep them on the kitchen bench top; they are starting to take too much room so you put them in a box or container. Have you ever worked out the daily cost to you with all these supplements? Have you noticed yet that all these pills aren't making that much difference when it comes to getting rid of your psoriasis permanently?

I believe that the more products a person takes, the more product focused they will eventually become and the more likely that they become "symptom prescribers"; i.e.:

- This one is for my dry skin
- This one is for my itchy skin, cracked skin, etc.
- This one is for my digestion
- This one is for my bones
- This one is for my joints
- This one is for my pain
- This one is for my hot flushes
- This one is to stop me getting a cold
- This one is for my urinary tract infection
- This one is my Magnesium supplement
- This one is for my constipation
- This one is to help me lose weight
- This one is for my sleep
- This one is for my fluid retention
- And my daughter told me to take this one because I keep forgetting to take all these pills!

Does this sound a bit over the top to you? Well not to me, you see, I've seen many patients who have told me exactly what you read above, "This one is for my..." It is certainly not uncommon to see somebody take more than ten different products in one day.

Here is a list I received from a patient a few years ago, it is true and has not been altered in any way, and I just retyped the medications and dosages from a document she emailed to me:

Pharmaceutical drugs

	Dose
Nystatin 500,000	3 tabs TID
Bi-Est. Cream 2.5mg/0.1ml	0.1ml QAM; 0.2ml QHS
Testosterone Cream 1.0mg/0.1ml	2mg Mon/Wed/Fri AM
Progesterone Cream 20% ¼ tsp. (1gram)	1/8 tsp. QHS
E2 0.05mg E3 2mg/GM vaginal cream	0.5 gram QHS
Armor Thyroid	60mg QAM

Dietary Supplements

	Dose
A.D.P Oil of Oregano	50mg BID
Candaclear (4 different supplements)	1 QD of each
Ortho Biotic Probiotics	2 caps QAM
Digestzyme V	2 caps with each meal
Betaine HCL 1.3gr	3 caps with each meal
Pepsin 260mg	3 caps with each meal
B Complex # 5	1 cap QD
Berberine Complex	2 caps BID
Boron	3 mg QD
Super Bio Buffered C	1500mg QD
Cal Mag Citrate Powder	1 scoop QD
Super Bio-Cucurmin	400mg QAM
Vitamin D3 Liquid	5000 i.u. QD
DHEA	25 mg QAM
Gamma E-Tocopherol	359mg QD
EPA-DHA liquid	5600mg QD
Glucosamine Sulphate	750mg BID
Grape seed Extract	100mg QD
Iodide Oligo Element	2/3 dropper QAM
Super K with K2 Complex	2100 mcg QD
L-Glutamine Powder	3.8 gr scoop 2 scoops QAM
Super R-Lipoic Acid	300mg QD
Magnesium Citrate	140mg/cap 4 caps QD
OsteoGuard + Ipriflavone	2 tabs bid
Pregnenolone	100mg QAM
Super Selenium Complex	200mcg QD
Opti Zinc	30mg QD
Super Zeaxanthin	1 cap QD
Avipaxin	2 caps BID
DL-Phenalanine	1000mg/2 caps 2 caps BID
Travacor	2 caps BID

Well, I just counted thirty-seven different dietary supplements and drugs. Imagine having to take all that in one day, not to mention the cost of it all. But the interesting thing here is when I asked her how she felt on this regime her reply was: "terrible". Why is it that people keep on taking supplements and even adding more yet keep on feeling unwell?



Many chronically unwell patients I see have well and truly had enough of feeling sick and have been from one end of the country to the next, from doctor to specialist and then to several naturopaths, faith healers, color therapists or herbalists and more in order to finally get rid of their multiple health problems. Many of these patients I have seen over the years bring along with them several bags or boxes of dietary supplements from many different sources, from health care professionals, health-food shops as well as online purchases. I could write a rather

large book on the many hundreds of different products I have seen psoriasis patients have trialed over the years to assist in their recovery.

I've always looked for the most efficient and cost-effective way for my clients to recover, and can tell you that it doesn't have to involve several dozen products simultaneously. Why waste you money on all these products from many different sources, when the best solution is to aim for a few select products of very high quality which are targeted to eliminate your problems sooner rather than later?

Budget Products Return Poor Results, Costing You Money and Time

I have experimented and trialed hundreds of different dietary supplements and herbal medicines with psoriasis patients and found from experience that many companies make fantastic claims about the effectiveness of their products, but unfortunately many have failed to deliver on that promise of delivering the real and long lasting results I was aiming to achieve with my patients. I feel certain now that I have found the right protocol, easy to follow, not too expensive or involving dozens of dietary and herbal medicine supplements either.

You may think that you can beat psoriasis without nutritional or herbal help – there is no doubt that you probably can, but you may want to reconsider this however, it will take considerably longer this way and many patients literally struggle for years trying to eliminate psoriasis by diet alone or by using budget supermarket dietary supplements. Believe me, I have verified this with hundreds of psoriasis patients, particularly the more money-conscious ones, but have invariably found that most end up taking a quite a lot products this way including the cheap ones to begin with, and then end up purchasing the better quality ones in the end due to the sheer frustration because of a lack of anticipated results. The problem lies here, inferior products made from poor raw materials simply don't give the same kind of results, meaning you end up spending more on the products in the long run that you originally expected and this ends up costing you a lot more money. Do it once, do it right is the motto I now believe in when it comes to psoriasis.

I don't need supplements, I can get it all from my diet thanks.

If you want to follow the line of not taking any products whatsoever because you are certain diet can treat all diseases, (let food be your medicine, and medicine be your food) then you will need to be very disciplined with your diet and lifestyle habits for a minimum of 6 months to a year or longer, much longer than if you were to take the right supplements and adopt the correct protocol from the beginning.

And if you want to take no supplements at all, then I would recommend a slightly different dietary approach from the one I recommend in the Psoriasis Program. You would need to consume considerably more of the foods that not only help to control any digestive problems like poor bacteria or candida, but a lot more food that helps to reduce inflammation (anti-inflammatory), foods that don't challenge your immune system (low-allergy diet), the anti-oxidant foods, but you will also need to consume considerably more of the fermented or cultured foods to assist in building good beneficial bacterial levels.

Can you now imagine how quick you could restore optimal health if you decided to adopt a strict dietary approach, made the appropriate lifestyle changes AND decided to take the right dietary supplements to help boost all of these key areas? I've seen some patients with chronic psoriasis recover fully after as little as three months by taking this kind of combined approach. No bull, you get out of your treatment protocol whatever you are willing to put into it. The same goes for tackling anything in your life that is worthwhile. Get the good stuff to start with, roll up your sleeves and be prepared to do the work without kidding yourself and then be prepared to get those results you are looking for sooner rather than later, and then get on and enjoy the rest of your life while the others with psoriasis will wonder why you got 'lucky' and they didn't!

Holistic Treatment Is The Permanent Solution For Psoriasis

Taking quality dietary supplements will not only ensure that you get back on track fast, but that you stay on track. It will also keep you in better health if you take a quality product until your diet and lifestyle habits have become fully engrained into your life. The "secret" is to keep psoriasis at bay by developing and adopting the right lifestyle and dietary habits conducive of an excellent digestive system.

As I have previously mentioned, not only should your psoriasis disappear and never return, your health will improve to the point of being outstanding, like it hasn't been for as long as you can remember. I have experienced this with many psoriasis patients, and one of the most rewarding aspects of being a naturopath is watching patients go from a serious health dilapidation and literally cast on the scrap heap by doctors - "I'm sorry, but there is nothing more we can do for you" or "You will have to stay on those drugs for the rest of your life" to a total health transformation. The truth is, you can improve and gain incredible health with the right treatment. "Wow, I would have never thought that after all these years I could ever feel this great again".

Helping patients improve their lives has kept me going for over twenty five years in the clinic and it is one of the biggest reasons I get up each morning and love the work I do, I just couldn't imagine doing anything else in my life. Treating many cases has also made me aware of just how insidious psoriasis really is, and how it can seriously affect the many different aspects of a person's health and wellbeing.

"There is no true healing unless there is a change in outlook, peace of mind and an inner happiness". Dr. Edward Bach 1936 (*The Bach Flower Remedies*)

The Right Supplements And Herbal Medicines To Take

It is very important at the onset of discussing a highly effective psoriasis treatment program to stress not only the importance of the quality of your lifestyle and diet, but also the quality of the dietary supplements and herbal medicines you take to

eradicate psoriasis promptly and effectively in the most efficient possible. It is a good idea to try the supplements I recommend just to see if you can reduce the size of your lesions or prevent new flare-ups.

Ultimately it is up to you what dietary supplements you can afford, but also how urgently and effectively you want to finally get rid of the health problems that have been plaguing you for many years. If you can identify with many of the typical signs and symptoms of psoriasis and strongly believe that you have this problem, then the most effective program, including diet, lifestyle and the right products will ensure you achieve your aim of great health sooner rather than later.

Don't Dietary Supplements Just Create Expensive Urine?

William Kaufman, MD, a medical doctor with a PhD in nutritional biochemistry as well, wrote: "Those who believe that you can get all the nourishment including vitamins and minerals you need to sustain optimal health throughout life from food alone can be very smug. They have the equivalent of an orthodox religious belief that 'food is everything.' They don't have to concern themselves with the fact that the nutritional value of foods their patient eats may be greatly inferior to the listed nutritional values given in food tables. The two-liner 'we get all the vitamins we need in our diets' and 'taking supplements only gives you an expensive urine' completely overlooks the significant benefits vitamin supplements can produce in our bodies long before being excreted in our urine.'

To me, the term expensive urine is a rather bizarre argument because a one-hundred dollar restaurant meal including a fancy desert and a nice bottle of wine is in reality what leads to expensive urine, but no one seems to complain about this. There are numerous studies that have shown that high quality nutritional supplements do increase people's blood levels of those nutrients leading to a greater state of health and wellbeing.

The main problem that many of us face is that we just don't eat a balanced diet rich in all the micronutrients our bodies require to build and then maintain great health, and once we have a poor digestive system function, specific natural products incorporated into our diets are vital to help restore the balance – from products which help thoroughly clean the inside of the digestive system through to potent anti-oxidants which help protect cells inside our bodies during the transition from poor health to good health, essential fatty acids to boost aspects of immunity and specialized nutrients which help heal and re-populate the intestinal tract are all an important part of a good psoriasis program.

Often times, one of the easiest ways to notice a good result is to treat psoriasis is with vitamins and minerals. Many patients I have seen with psoriasis have vitamin and mineral deficiencies that worsen their psoriasis, so let's now explore the important area of appropriate nutritional supplementation for the psoriasis patient.

Psoriasis Dietary Supplement Recommendations

One of the most important reasons why I like psoriasis patients to adopt a much more healthy diet, like the Psoriasis Diet I have outlined in a previous book, is that they consume the right food that contain the correct nutrients their skin needs to improve its health. And while conventional medicine practitioners often discount the vital

connection between skin health and optimal nutrition, there certainly is enough scientific evidence to support the belief that our food choices do influence our skin health to a major degree.

It is most unfortunate that conventional mainstream medical practitioners and even dermatologists typically deny any connection between nutrition and skin health, because their patients will miss out on major improvements to their skin under their professional care, simply by not getting those vital nutrients in their diet. But the knowledge you will be gaining from the Psoriasis Program will put you in a position whereby you will most probably know a lot more about this topic than your health care professional, so don't worry!

So far, we have discussed how a nutritious diet and lifestyle can successfully improve the health of a person afflicted with psoriasis, but what if these foods don't contain sufficient vital nutrients to supply the skin with optimal health? Did you know that eating a healthy diet I've outlined in conjunction with boosting your diet with certain vitamins, minerals and special compounds is giving your body the best chance of improving the healthy look and feel of your skin?

Some nutrients are more beneficial than others when it comes to skin health, and the nutrients I'm about to outline play a major role in the proper growth and development of health skin tissue. These key nutrients have been clinically and scientifically proven to dramatically improve a psoriasis person's skin health, especially to those who have already made purposeful changes to their daily diet and lifestyle. These natural nutrients when supplemented regularly will not only have a significant impact on your skin's appearance in a short amount of time; they form a powerful tool in the natural treatment and reversal of your psoriasis.

All of the supplements I recommend can combine with each other, and you can safely use them even if you're already taking conventional medications for psoriasis. You will probably need to be on all the supplements for several months though before you begin to see significant results, so don't give up in a hurry!

Before You Supplement, Follow The Psoriasis Diet

A diet is not a dietary supplement, but it is certainly worth mentioning first, because it forms your foundation for your excellent health, particularly if you want to overcome your psoriasis permanently. Please ensure you read the two booklets I've written that

explain all about The Psoriasis Diet in great detail: Introduction To Healthy Eating For Psoriasis and The Psoriasis Diet.

Proven Nutrients to Improve Your Psoriasis

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

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

Also, watch out for the many You Tube psoriasis videos out soon which will help you significantly, I'll be answering the many questions I get and explain many concepts you may have read about in the Psoriasis Program.

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

Multivitamin – Ultra Preventative X

Be sure to start with a daily high-potency multiple vitamin and a potent antioxidant combination. Not all multi vitamins contain vitamins A and D to help get your Psoriasis Program off to a good start, and I always recommend including additional vitamin A and vitamin D as well. A high quality multivitamin also contains B complex vitamins, which are especially important for healthy skin growth and repair. The antioxidant combination in the particular multivitamin I recommend is especially important, because low levels of antioxidants frequently are present among psoriasis patients.

So please take a top quality multivitamin daily, try to take a multivitamin that is high in antioxidants such as Ultra Preventative X. Taking a multivitamin helps to provide you with all of the basic vitamins and nutrients required for outstanding general health, but will only be of benefit if you are following a good nutrition plan. A multivitamin will ensure you don't fall victim to any vitamin or mineral deficiency, and can also help treat a few types of vitamin deficiencies that can worsen Psoriasis. I recommend Ultra Preventative X from Douglas Laboratories, which I firmly believe is the best multivitamin that money can buy and regularly wins many nutritional awards in America. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

1 - Omega 3 Fatty Acids

What is Omega 3?

Omega-3 fatty acids are considered essential fatty acids, they are necessary for human health because your body can't make them, you have to get them through your diet. There are many different types of Omega 3 fatty acids, but the two predominant ones are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Also known as polyunsaturated fatty acids (PUFAs), omega-3 fatty acids play a critical role in normal growth and development as well as brain function. They are also important in reducing the risk of heart disease, cancer, arthritis, diabetes, and many other chronic and degenerative diseases.

Omega 3 fatty acids are concentrated in the brain and nervous system and have proven to be important for cognitive (brain memory and performance) and behavioural as well as mood function.

Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, poor circulation, reduced immune function and an increased risk of an imbalanced inflammatory response in the body. It is especially when you have psoriasis to keep your inflammatory response down, and this is where taking an omega 3 supplement regularly will really pay off.

We Get Too Much Omega 6 In Our Diet, And Not Enough Omega 3

The correct ratio of fatty acids is important to have in our diet. For example, omega 3 helps to reduce inflammation whereas most omega 6 fatty acids tend to promote inflammation. A typical diet in most Western nations can contain 20 or even 30 times more Omega 6 fatty acids than omega 3 fatty acids, which most nutritional experts consider to be much too high in favour of Omega 6. The ideal ratio is 1:1, and many years ago before fats and oils were highly processed as they are today, people consumed a healthier balance of these two fatty acids.

What Are The Best Dietary Sources Of Omega 3?

I recommend that you take the Omega 3 as well as supplement your diet with dietary sources of omega 3. While you can get omega 3 from your diet, you won't generally consume enough of the Omega 3 rich foods to get the inflammatory response you are looking for with this wonderful supplement.

There are many sources of obtaining Omega 3 through your diet, but fish, plant and nut oils are considered to be the primary sources. The omega 3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are found in cold-water fish such as herring, sardines, tuna, halibut, mackerel and salmon. The other important fatty acid is called alpha linolenic acid (ALA), it is found in flax seeds, canola (rapeseed) oil, walnuts and walnut oil, purslane, pumpkin seeds and pumpkin seed oil, soybeans and soybean oil as well as perilla seed.

Fish, plant, and nut oils are the primary dietary source of omega-3 fatty acids. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are found in cold-water fish such as salmon, mackerel, halibut, sardines, tuna, and herring. ALA is found in flaxseeds, flaxseed oil, canola (rapeseed) oil, soybeans, soybean oil, pumpkin seeds

and pumpkin seed oil, purslane, perilla seed oil, walnuts, and walnut oil. Most of the health benefits from omega 3 are conferred by DHA and EPA, but ALA can be converted in the body to EPA and DHA although many people have problems with this conversion pathway that is dependent on many nutrients.

Omega 3 Dosage

Take up to 6 capsules (1000mgs) daily with foods, spread out over the day. Large doses reduced the severity of psoriasis in different studies. When I researched online to find more information about Omega 3 supplements and psoriasis, I found many reputable websites commenting on “no appreciable difference” in the severity and duration of psoriatic lesions in those who were taking Omega 3 supplements. But there were plenty of other research papers I have read that say the exact opposite, that Omega 3 in fact does have a favorable action on psoriasis, a very favorable one. I always tell my psoriasis patients to see for themselves what larger doses do to their skin, and the general consensus has been that taking 1 or 2 capsules does very little, whereas taking 4 to 6 does a lot. You will need to experiment for yourself to see what works for you.

Douglas Laboratories Quell Omega 3

I recommend that you use Douglas Laboratories Omega 3 called Quell. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the “Favourites Product” list is:

QUELL Fish Oil, High DHA, 60 Soft Gels

The reason I like Quell Fish Oil is due to its potency and the quality of the extraction process, its called “super critical” extraction that uses carbon dioxide, instead of molecular distillation which still uses a chemical extraction method. When you use Quell, you only need to take two capsules daily, instead of 4 to 6 of the standard 1000 mg Omega 3 fish oil capsules of most all other companies. So get Quell and see what happens. Some patients may benefit initially from one Quell fish oil capsule three times daily with meals, and as they improve they will be able to cut back to two daily, and then eventually just take the one capsule daily.

Once you establish the right dose for your particular needs, you will discover that it will decrease the redness, itching, and scaling, and diminish the areas of skin generally affected. This can occur with a few weeks from taking it regularly. Psoriasis may occur as a result of an essential fatty acid deficiency, and psoriasis patients are often deficient in Omega 3 I’ve found that many improve significantly literally within weeks of supplementing with a good quality Omega 3 oil (EPA & DHA). Consult with your practitioner if you are on a blood-thinning drug before you take any Omega 3. Remember to balance Omega 3 with Vitamin E, take 400 – 500 IU each day. (You don’t have to take it at the same time).

Scientific Research Validates Omega 3 For Psoriasis

One double-blind trial¹ found that taking 10,000 milligrams (10 grams) each day with foods, or applying a 10% Omega 3 oil solution directly to the lesions each day was found to improve lesions significantly. Researchers have not yet figured out what component of Omega 3 has the favorable action on psoriasis. One clinical trial showed

that applying a preparation containing 10% fish oil directly to psoriatic lesions twice daily resulted in improvement after seven weeks.²

In another remarkable double-blind study³ in which patients with a chronic plaque psoriasis received Omega 3 fish oil intravenously (4.2gr EPA and 4.2gr DHA) or a placebo each day for two weeks experienced a very favorable outcome. An incredible 37 percent of psoriasis patients who received the Omega 3 infusions experienced a greater than 50 percent reduction in the severity of their lesions, compared to almost none who were given a placebo.

Omega 3 fatty acids have a proven anti-inflammatory action, and increasing these essential fatty acids is an important step for those with psoriasis who want to heal their skin. Psoriasis has proven to be positively affected by supplementation of omega-3s from fish oil, most probably due to competitive inhibition of arachidonic acid which leads to a reduction in the inflammatory skin process.

There are many different clinical studies I discovered that mention an overall improvement in a psoriasis patient's skin condition that has psoriasis, especially a reduction in itching, scaling and redness.

Flaxseed Oil

(The most compelling evidence for the effectiveness of flaxseed oil for psoriasis does not necessarily come from scientific studies, but from psoriasis patients themselves. I always talk to patients who have had conditions like psoriasis, to see what they themselves have found that helps them the most.

I discovered not only from my psoriasis patients about how useful flaxseed oil can be with chronic psoriasis, I read with interest on the National Psoriasis Foundation website what one member had to say: "I tried everything from creams and lotions, to salt baths and everything in between. I read about a mother who gave her 11-year-old daughter flaxseed oil – within two months the girl was completely clear. I have been taking the flax oil for a month and approximately half of my body is clear now with the other half not producing plaques. I wish I had been told of this years ago."

How much flaxseed oil do I recommend? Take from 1-3 tablespoons per day, this is the amount that has produced positive results in some chronic cases, and these are my own clinical observations. Whenever I recommend flaxseed oil capsules or liquid, I always recommend that the psoriasis patient take some 400 – 800 mg of Vitamin E to balance the fatty acids. You will get a better result, try it and see for yourself. Try for a few months to take the flaxseed oil, then include a Vitamin E capsule AND some omega 3 fish oil liquid and capsules – you will be amazed at the difference, I guarantee.

2 - Vitamin A

Vitamin A is one to the four of the 'fat soluble' vitamins, and is also one of the most effective when it comes to treating your psoriasis. It is a known fact that vitamin A is one of the most widely acknowledged of all nutrients for the skin. Vitamin A is also called retinol, and is particularly effective for problematic skin. Do you have psoriasis and suffer with rough, dry skin on the back of your arms? It appears like small raised bumps that are a bit rough in appearance, a bit like the skin you see on a chicken that

has been plucked. Check now, if your skin feels rough and bumpy here then you may well be suffering from a lack of sufficient vitamin A. This condition is also known as

hyperkeratosis pilaris and is found in almost half of all adults. Skin specialists seem to think it is an inherited condition, but I've found that many psoriasis patients have it and respond very well to vitamin A therapy. A diet rich in vitamin A foods along with vitamin A supplementation will often help to get rid of it, and improve your psoriasis immensely as well.

The Many Actions Of Vitamin A On The Skin

Vitamin A is one of the, if not THE most important nutrient when it comes to promoting epidermal differentiation, a fancy term for skin growth. It reduces the ability of the sebaceous (fat) glands to promote too much oiliness of the skin and also helps to suppress androgen (male hormone) formation that can lead to a skin that is excessively oily. Vitamin A also prevents comedones that are associated with causing the most common forms of acne. Comedones (the plural of comedo) are the primary sign of acne, consisting of a dilated (widened) hair follicle filled with skin debris, bacteria, and sebum (oil). Comedones may be closed or open.

When you don't have enough vitamin A, your skin is much more likely to become keratinized (hardened) and scaly in appearance.

Your skin may appear excessively dry and mucus secretions are reduced or suppressed too, leading to a drier mouth, lips, eyes and digestive system in general.

Synthetic Vitamin A Is Commonly Prescribed – But Why?

While doctors and skin specialists (dermatologists) frequently prescribe synthetic retinoids for just about any kind of skin condition like sunburn, eczema, acne, psoriasis, skin wounds and burns, cold sores as well as the more rare forms like ichthyosis, it is absolutely possible to get the same results using natural supplemental and food forms of vitamin A.

Isn't it interesting that dermatologists like to prescribe artificial vitamin A compounds, "retinoids", when they could be recommending their patients to take natural vitamin A? I find it crazy that synthetic versions of vitamins are prescribed by the medical profession for psoriasis and chronic skin conditions like acne, and these drugs are known to have some of the most severe of all side-effects as well. You can tell just how effective vitamin A is, because Western medicine is loathe to recommend a natural "alternative" to a synthetic chemical because anybody can go out and freely buy it, it is not patented.

What Foods Are Rich In Vitamin A?

Vitamin A can be found in a variety of foods, and some of these foods you may well be eating now. The most vitamin A-rich foods are liver (calf, cow, etc.) and cod liver oil, but other rich sources include kidney, egg yolks (free range and pasture fed chickens), as well as cream and butter from made from raw milk. The best dairy products always come from cows that have been kept on pastures like we have here in New Zealand. An increasing amount of raw organic dairy products that have not been pasteurized or homogenized are becoming available. You should be able to find

some in your area, make some inquiries with your local health food store or go online and do some research yourself.

Good fruit and vegetable sources of vitamin A are cantaloupe, carrots, mango, tomatoes, and watermelon.

One of the richest sources is cod liver oil; the livers of deep-sea cold-water fish are particularly rich in vitamins A and D, both excellent vitamins for those who have psoriasis. Eating liver once a week is a good move if you have psoriasis, but if you are not keen on this then ensure the omega-3 fish oil you consume contains vitamins A and D, because many don't.

Here is a handy list that outlines the different foods and their vitamin A content, from the highest to the lowest. Vitamin A is only found in animal foods (as retinyl esters). What you will find is that the literature that refers to plant food sources of vitamin A are likely referring to their carotenoid rather than vitamin A content.

Food Category	Food	Quantity	Retinyl content in MG
Dairy Products	Butter	100 grams	0.75
	Milk	100 grams	0.05
	Cottage Cheese	100 grams	0.044
	Cheddar Cheese	100 grams	0.325
	Cream	100 grams	0.031
Fish Oils	Halibut Liver Oil	100 grams	60
	Cod Liver Oil	100 grams	18
Seafood	Haddock	100 grams	0.045
	Herring	100 grams	0.045
	Mackerel	100 grams	0.045
	Salmon	100 grams	0.09
	Oysters	100 grams	0.075
Meats	Calf Liver	100 grams	39.8
	Lamb Liver	100 grams	22.6
	Beef Liver	100 grams	16.5
	Chicken Liver	100 grams	12.2
	Ox Liver	100 grams	0.045
Eggs	Yolks	100 grams	0.4

Vitamin A Dosage and Psoriasis

Vitamin A (30,000 - 50,000 IU per day ingested orally or applied topically) may reduce the thickening of the epithelial layer of skin of psoriasis patients. For those who are really interested in more technical information, vitamin A inhibits the ornithine decarboxylase enzyme that catalyzes the production of polyamines which have been implicated in causing psoriasis.⁷ If you take the Thorne Research Vitamin A (see below) the capsules are 25,000 iu each, you take two or three daily with foods.

Thorne Research Vitamin A

I recommend that you use Thorne Research Vitamin A Veggie Caps. You can get this supplement easily right here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

3 - Vitamin D

Vitamin D is also known as the 'sunshine' vitamin because your body actually produces this fat-soluble vitamin when it is exposed to the sun. As far back as 1930 it was known that vitamin D had a most positive effect on psoriasis, but unfortunately your doctor may not know just how important vitamin D is when it comes to helping you with your psoriasis. One of the main reasons why dermatologists like their psoriasis and psoriatic arthritis patients to have ultraviolet (UV) exposure is because they know that it helps the body produce vitamin D.

I always caution psoriasis patients however about getting too much UV exposure, whether it is by way of UV light therapy or too much sunshine, because they are at a higher risk of melanoma (aggressive skin cancer). The best time to get out into the sun is up until 10.00 AM and again after 3.00 PM, that way they avoid the sun at its strongest. All you need is ten to fifteen minutes of morning or afternoon sun, and be sure to adhere to the times I've mentioned in summer more so than winter.

Is Vitamin D Dangerous?

The medical profession has always been fearful of the fat-soluble vitamins A, D, E and K, and are quick to tell their patients to avoid anything but the most trivial dosages of these because they may prove to be toxic to the body, but are quick on the other hand to prescribe a plethora of drugs themselves that are most toxic indeed. Just go to Google and do a little research yourself and you will soon discover that many people die every day at the hand of the pharmaceutical industry, but you can count the number of people made ill by a dietary supplement one a few fingers annually in the United States. And then, it will be because the person was either an extremist and was mega-dosing, or was very ill to begin with and died on non-related causes (probably drugs).

Sure, if a patient takes several hundred thousand units of vitamin D for a long period of time, then he or she may end up with a liver problem. In all the 26 years I've prescribed vitamins to my patients, and many times in considerably large amounts when targeted for a specific reason, I've never seen any harm come about to the patient when taking a fat-soluble vitamin. However, every year at least one person does die somewhere around the world from a vitamin overload, but when you take a look at the individual case to determine why this happened, you would find that the person had an existing underlying serious liver or kidney issue and was literally mega-dosing on vitamins. I have looked at a few of these cases and I soon discovered that not only was this person mega-dosing, but they were also taking the vitamin unsupervised; they were not consulting a health-care professional like me with a considerable amount of experience.

And what do I mean by mega-dosing? I'm talking half a million international units (500,000 IU of vitamin D) each day for many, many months.

In contrast, I've had regularly had a steady stream of toxic and chronically sick patients in my room suffering from the effects of some chemical pharmaceutical drug. The truth really is stranger than fiction.

What Foods Are Rich In Vitamin D?

When you think of vitamin D, think of foods that contain a high degree of fat, especially oily fish. Here is a handy list that outlines the different foods and their vitamin D content, from the highest to the lowest.

Food	Practical Quantity	Vitamin D Content in IU	% Of Daily Value (Daily Value = 400 IU)
Cod Liver Oil	1 Tablespoon	1,360 IU	340%
Herring (Atlantic, pickled)	100 grams	680 IU	170%
Oysters (steamed)	100 grams	500 IU	125%
Mackerel (canned, drained)	100 grams	450 IU	112%
Salmon (cooked)	100 grams	360 IU	90%
Mackerel (cooked)	100 grams	345 IU	86%
Lard (Pork Fat)	10 grams	280 IU	69%
Sardines (canned, drained)	100 grams	270 IU	67%
Eel (cooked)	100 grams	200 IU	50%
Milk (non-fat, reduced fat, or whole, fortified with additional Vitamin D)	1 Cup	98 IU	25%
Liver (beef, cooked)	100 grams	30 IU	8%
Egg (including yolk)	1 Whole Egg	25 IU	6%
Butter	10 grams	5.6 IU	1.4%

Fatty fish - Fish that contains plenty of fat such as salmon, trout, mackerel, sardines, anchovies, cod, and eel are a tasty way to obtain vitamin D. Did you know that a three ounce portion (about 75 grams) of wild salmon contains more than 600 IU of vitamin D, about the same as four ounces of herring? My recommendations are for you to avoid farmed fish and to try and source wild fish if at all possible. Studies have shown that the vitamin and mineral content of farmed fish just isn't the same as fish caught in the wild. Besides, you'll be consuming a lot less unwanted chemicals like antibiotics and food colorings too, something the salmon farmers won't tell you in a hurry. Once again, don't take my word for it, check it out yourself online; it's all there.

The other benefit from consuming fatty fish is that they contain good amounts of omega-3 fatty acids, the anti-inflammatory nutrient. When you consume oily or fatty fish a few times a week, you will be improving your heart and circulatory system's health with omega-3, as well as improving many aspects of your immune system and skin with the vitamin D.

Is fresh fish any better than canned fish when it comes to vitamin D? You may notice that fresh is can be rather expensive option, and in some cases it may be cheaper to buy canned fish. Canned fish is more convenient and less messy to prepare too. Personally, I like canned sardines and anchovies, although the anchovies do contain a fair bit of salt. If you are a regular shopper, you will notice at times that canned fish will go on sale and this could mean big savings for you, so stock up when you can.

Figure on about 150 IU of vitamin D for every four ounces of tuna, and about 20 IU of vitamin D for every sardine you eat.

Milk – Remember we mentioned that cream and butter from grass fed cows contains good levels of vitamin A? Well, when it comes to vitamin D and dairy products, it doesn't make much difference if you consume reduced fat or whole milk when it

comes to vitamin D. An eight-ounce glass of milk (about 250mls) contains from 100 to 125 IU of vitamin D. I'm no fan of drinking cow's milk, especially for the psoriasis patient, and have seen many patients over the years with allergies to dairy products. If you have read The Psoriasis Diet book yet, you will have seen the low-allergy diet that I recommend as part of my Psoriasis Program. You may also recall that I rate cow's milk as THE most allergenic of ALL foods you can consume. As you know, when you have psoriasis your immune system is being rather cranky and problematic, so why would you want to consume a food such as cow's milk regularly just to get a little bit of vitamin D that you are much better off obtaining from fish, other foods or even better – a daily dietary supplement?

Orange Juice – Is orange juice a valid source of vitamin D? Some psoriasis websites I looked at when I wrote this book claim it is. Isn't it interesting how many foods these days have to be 'fortified' with vitamin D, like soy milk, almond milk, bread, and even orange juice. How crazy is that. There are plenty of foods that are naturally high sources of vitamin D like fish, egg yolks and even lard. I recommend that you preferably try to consume foods that contain natural vitamin D, spend ten minutes daily in the sun when you can as well as take a dietary supplement. That way you'll be sure to get all the vitamin D your body needs.

Egg Yolks – You will get approximately 40 IU of vitamin D with each egg yolk you eat, and more so if you consume free range eggs. If you keep chickens yourself like I do and feed them with food like organic wheat and corn as well as sunflower seeds and plenty of green leafy vegetables, you can achieve even higher levels of vitamin D per yolk. Don't fall for the line that you shouldn't eat too many eggs because they 'contain cholesterol' and may promote heart disease, it is nonsense. You can read more about eggs and psoriasis in my other book called The Psoriasis Diet.

When to Take Vitamin D

Because vitamin D is a fat-soluble vitamin, I always recommend that you take it when you have a meal containing some fat which will allow the release of fat digesting enzymes such as bile acids and lipase to assist in the absorption of vitamin D. There appears to be no advantage of taking vitamin D twice daily, once per day is enough. I recommend that you take it with either breakfast or lunch, particularly the meal that is likely to contain some oil or fat. For circadian rhythm reasons, supplemental Vitamin D is best taken morning through to midday, and not in the evening.

Vitamin D Dosage And Psoriasis

Sometimes you may find vitamin D expressed in micrograms, other times in international units. If you are confused with vitamin D being in micrograms (mcg) or international units (IUs), the conversion is 1 microgram of Vitamin D3 = 2.6 n/mol is equivalent to 40 IU of Vitamin D activity.

In 2010 many experts were starting to recommend vitamin D dosages based on the person's weight, with the optimal dose of supplemental vitamin D being 77 IU per kg of body weight per day.

Currently, the American RDA (recommended daily allowance) for vitamin D is 400IUs for most of the population. This dosage has been recommended mainly to prevent rickets, and it works well at this dosage level to prevent rickets but does nothing to give your immune system the boost it needs to help heal your skin when you have psoriasis, or to protect you from cancer, many immune system problems and heart disease.

If you want to achieve healthy levels, most adults with psoriasis will need around 8,000 IUs of vitamin D daily, that's right – EIGHT THOUSAND! The interesting this is that most psoriasis patients I know who have any idea about vitamin D are taking only around 1,000 units daily. Don't kid yourself; you need 8,000 IUs, especially with psoriasis.

The American Academy of Dermatology (AAD) as well as the Institute of Medicine have not long ago recommended that people take lower amounts than they previously recommended, and now state that people aged up to 70 years of age should take no more than 600 IUs (international units) of vitamin D each day, because 'taking too much can be toxic'. Although the claims are made that you can get all the vitamin D you need from natural food sources as well as foods fortified with vitamin D, most people don't consume these foods, nor do many people today get sufficient sunlight to ensure they don't become deficient in this extremely important vitamin.

Many experts believe that the current RDAs for Vitamin D are too low. Did you know for example that 10 - 15 minutes of whole-body exposure to peak summer sunlight would generate and release up to 20,000 IU of Vitamin D3 into the circulation?

It was previously believed that Vitamin D3 was toxic at doses of greater than 1,000 IU per day, however recent studies have refuted this. One study found that doses of 4,000 IU of Vitamin D3 per day were safe and did not increase serum Calcium levels. Another study found no adverse effects using doses of 10,000 IU of Vitamin D3 per day and problems did not occur until daily doses of 40,000 IU were used and then only if these dosages were sustained for long periods (6 months or more).

Incredible but true, single doses of up to 25,000 micrograms (1,000,000 IU) of Vitamin D have been administered without toxic effects occurring, however the prolonged administration of more than 2,500 - 3,750 micrograms (100,000 - 150,000 IU) per day can be toxic to many people. I always recommend that you get your blood level of vitamin D tested before you start taking it, and then to have it assessed at least once or twice annually, especially if you have chronic psoriasis or psoriatic arthritis. By getting vitamin assessed regularly, you will be able to get in and keep it into the optimal range, and this is very important, especially if you have psoriasis.

Douglas Labs Vitamin D

I recommend that you use Douglas Laboratories Vitamin D. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Douglas Labs, Vitamin D, 5000 IU, 100 Tablets

All recommended supplements can be purchased on this link: <http://www.dssorders.com/ericbakker>

4 - Vitamin E

Vitamin E is an antioxidant with many different immune benefits, and is one of the most important of all vitamins when it comes to protecting your body from free radical damage that can and often do worsen psoriasis. This is an excellent choice if you have scalp psoriasis in particular I've discovered, because it has been shown to reduce the inflammation of the scalp, improve the scalp's circulation by strengthening the tiny blood vessels, eliminates scaling, eases any pain, itching and discomfort and is a good choice if you are looking to prevent any future outbreaks. It is especially indicated for psoriatic arthritis. Vitamin E can help to improve the immune function in many people who have an autoimmune condition such as psoriasis.⁸

Vitamin E helps to inhibit and heal scarring of the skin and helps to reduce the decomposition of sebum. Sebum is a fat produced by the sebaceous glands located in the dermis of the skin. It reaches the surface of the skin through small ducts that lead into the hair follicles. Vitamin E is the major antioxidant found in the stratum corneum of the skin, the outermost of the four layers of the epidermis of the skin. It consists of hard, tough, dead cells whose cytoplasm (the fluid inside cells) has been entirely replaced by keratin (the key structural material making up the outer layer of human skin), and this layer is at its thickest on the soles of the feet and the palms of the hands.

It is interesting once again how the medical websites are quick to call vitamin E a useless vitamin with very limited benefits when it comes to psoriasis, but are quick to promote all kinds of medicated skin creams that supposedly 'cure' psoriasis. Don't fall for this nonsense! Vitamins A, C and E are certainly worth trying, especially if you have chronic or recurring psoriasis and have tried all other means. Have you taken these three vitamins (even better if you take zinc in addition as well) religiously for at least three months? Probably not, because if you did AND your diet was very good (as recommended in The Psoriasis Diet) then you will be pleasantly surprised to discover that these 'therapeutically useless' vitamins can have fantastic benefits when it comes to your skin.

Vitamin E Helps Protect Against Sunburn

Did you know that vitamin E could help protect your skin from damage caused by sunlight exposure? It can also help if you have light therapy for your psoriasis and want to avoid getting any skin damage as a consequence. Vitamin E (the alpha-tocopherol form) is well absorbed by the skin when applied topically - it rapidly migrates to the dermis after its topical application.

Vitamin E (especially when applied topically to your skin) may protect your skin from the sunburn caused by exposure to UV-B ultra-violet radiation. Vitamin E absorbs UV-B radiation and during this reaction vitamin E is transformed to a free radical called tocopheroxyl. Vitamin E (when applied topically or consumed orally) may also alleviate psoriasis by restoring your skin's optimal glutathione peroxidase levels. Psoriasis patients often have very low levels of the enzyme called glutathione peroxidase, and increasing the levels of this enzyme may alleviate psoriasis by discouraging the formation of inflammatory mediators in the body. And guess what? Vitamin E and the mineral called selenium (that I'll be talking about soon) both help to activate glutathione peroxidase.

What Foods Are Rich In Vitamin E?

Foods rich in vitamin E include sunflower seeds, wheat germ oil, spinach, corn oil, hazelnuts and tomatoes. Here is a handy list that outlines the different foods and their vitamin E content, from the highest to the lowest.

Food Category	Food	Quantity	MG of Vitamin E or IU of Vitamin E
Dietary Oils	Wheat Germ Oil	100 grams	200 mg
	Soybean Oil	100 grams	87 mg
	Sunflower Oil	100 grams	55 mg
	Cottonseed Oil	100 grams	38 mg
	Safflower Oil	100 grams	34 mg
	Maize Oil	100 grams	31 mg
	Peanut Oil	100 grams	22 mg
Cereal Grains	Wheat Germ	100 grams	14.1 IU
Fruit	Blackberry	100 grams	3.5 mg
	Banana	100 grams	0.32 mg
Nuts	Peanuts	100 grams	12 mg
Seafood	Shrimp	100 grams	12 mg
Seeds	Sunflower Seeds	100 grams	44 IU
Vegetables	Spinach	100 grams	1.9 mg
	Tomatoes	100 grams	1.4 mg
	Kale	100 grams	8 IU
		100 grams	
Fish Oil	Cod Liver Oil	100 grams	20 mg

Vitamin E Dosage

The average human diet supplies 10 mg (about 14.8 IU) of vitamin E (d-alpha-tocopherol form) per day. Approximately 30% of the adult population of the USA has low blood Vitamin E levels. In America, the recommended daily allowance (RDA) for Vitamin E is 15 mg per day (22 IU for natural Vitamin E and 33 IU for synthetic Vitamin E). I recommend for psoriasis patients the therapeutic dosage, which is from 400 - 800 IU per day. The optimal daily allowance (ODA) of vitamin E for adults is between 400 - 1,600 IU per day in the form of mixed tocopherols.

People who are using pharmaceutical anticoagulants (like Warfarin or heparin) should not consume more than 400 IU per day of supplementary vitamin E (as this combination can increase the risk of excessive bleeding. I've found this to be the case with omega-3 fatty acids as well (fish oil).

Thorne Research Vitamin E

I recommend that you use Thorne Research Vitamin E. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Thorne Research, Ultimate-E, 1,000 mg Mixed Tocopherols, 60 Fish Gelatin Gelcaps

5 - Vitamin K2

Vitamin K is another fat-soluble vitamin that is rarely publicized, but recent research has shown that it possesses many additional health benefits for the skin in addition to the cardiovascular functions that have for some time been classically acknowledged.

With vitamin K, you generally consume vitamin K1 that is converted in the body by certain bacteria to vitamin K2.

Apart from protecting us from heart disease, vitamin K helps us to form strong bones, improve our brain function, supports our overall growth, development and health and even helps our bodies prevent different forms of cancer. How vitamin K performs these functions is by helping our body deposit calcium in the most appropriate locations, and preventing the deposition of calcium in areas of our bodies where it does not belong, like in the soft tissues such as our muscles.

A lesser-known role of vitamin K that is rarely discussed is its ability to improve the health of your skin, especially its visual appearance in general. You will find that the fat-soluble vitamins in general are all important if you have psoriasis. Vitamin K in particular helps to prevent the premature aging and wrinkling of skin, and many psoriasis patients end up with premature wrinkling especially, because they tend to scratch, rub and apply moisturizers or other skin care products at regular intervals.

Vitamin K (2% - 5% cream applied topically) can help to reduce the redness of the skin that is associated with conditions like psoriasis, acne vulgaris and acne rosacea. Vitamin K also helps to reduce may reduce skin scarring, and I've seen more than a few patients over the years with more chronic forms of psoriasis that left scars from scratching and various skin treatments.

Vitamin K2 Helps Keep Psoriatic Skin Smooth

Vitamin K2 will help to prevent your skin's elastin from calcification. Elastin is a protein and an important constituent of the connective tissues of the skin where it provides elasticity to the skin. Elastin gives the skin the ability to spring back, giving the skin that nice smooth look and helps it to smooth out any lines and wrinkles.

Degradation of elastin that occurs in tandem with the progression of elastin calcification is an important cause of premature wrinkles in those who have psoriasis. Vitamin K2 stops the calcification of elastin, which in turn helps to reduce fine wrinkles and increase the suppleness of the skin on your face and body, especially those spots that are prone to those recurring psoriatic lesions. Research has even revealed that people who cannot metabolize vitamin K may well end up with premature aging of the skin, including a severe form of wrinkling.

Vitamin K Helps Vitamins A & D Work

It comes as no surprise that being a fat-soluble vitamin, vitamin K has a special relationship with vitamins A and D. Vitamins A and D dependent proteins in the skin's structure rely on vitamin K2 for their proper activation. Remember that we mentioned previously that vitamin A is responsible for the proper and healthy growth of your skin's cells? This cannot occur properly in the absence of vitamin K2. Wherever vitamin A is required, vitamin K2 is not far behind.

What Foods Are Rich In Vitamin K2?

It is very important if you have psoriasis that you get adequate amounts of vitamin K2 in your diet. Some of the highest vitamin K2 containing food includes butter and the other high fat containing dairy foods. It is best that you obtain these high fat dairy foods from cows that have been grass fed rather than grain fed. Commercially produced dairy products have proven to contain much lower levels of vitamin K2, and most cattle in the USA for example are grain fed rather than grass fed. Vitamin K1 is a naturally occurring form of vitamin K found in many plants, especially grass. Almost all dietary vitamin K is in this form, although it is converted within the human body to vitamin K2. Most dietary sources of vitamin K are in the form of vitamin K1, with the exception of fermented soybean products such as miso and natto, which contain vitamin K2.

Other great sources of vitamin K are eggs (free range), liver and natto (fermented soybean). Fermented foods like sauerkraut and various cheeses can also be quite high in vitamin K2 due to the production of this vitamin by certain bacteria.

Food Category	Food	Quantity	micrograms Vitamin K
Vegetables	Kale	100 grams	817 mcg
	Turnip Greens	100 grams	650 mcg
	Spinach	100 grams	415 mcg
	Cabbage	100 grams	400 mcg
	String Beans	100 grams	290 mcg
	Brussels Sprouts	100 grams	177 mcg
	Broccoli	100 grams	101 mcg
	Potatoes	100 grams	80 mcg
	Asparagus	100 grams	57 mcg
	Watercress	100 grams	57 mcg
	Lettuce (Iceberg)	100 grams	24 mcg
	Cauliflower	100 grams	16 mcg
Herbs	Green Tea Leaves	100 grams	1,428 mcg
	Green Tea	100 grams	712 mcg
	Parsley	100 grams	900 mcg
Meats	Liver (pig)	100 grams	600 mcg
	Liver (beef)	100 grams	200 mcg
Cereals	Oats	100 grams	20 mcg

Vitamin K Dosage

The recommended daily allowance (RDA) of Vitamin K is 80 micrograms (mcg) for men and 65 micrograms for women. Some medical experts believe that the current RDA for Vitamin K is too low to exert many of the therapeutic effects attributed to vitamin K (e.g. protecting the bones and arteries). These same experts now recommend an optimal daily intake of at least 1 - 10 mg of Vitamin K per day. Older persons require higher doses of Vitamin K than younger persons. If you have psoriasis, then I certainly recommend you eat the foods listed below to ensure a healthy level on vitamin K, and to take at least a multivitamin to boost your intake.

Thorne Research Vitamin K2

I recommend that you use Thorne Research Vitamin K2. You can get this supplement here on my online shop: [Doctor Supplement Store](http://www.dssorders.com/ericbakker)

The product you are looking for in the "Favourites Product" list is:

Thorne Research, Vitamin K2 Liquid, 1 fl oz. (30 ml)

Or if you want to take Vitamin D and Vitamin K2 at the same time (a smart move, they are both fat-soluble)

Thorne Research, Vitamin D/K2 Liquid, 1 fl oz. (30 ml)

6 - Silica

Silica is a mineral that your body needs in trace amounts and is not considered to be an essential mineral. When animals are deprived of silica in their diet, it has been shown that they produce poorly formed connective tissue, including collagen, which is one of the major building blocks of skin. Healthy collagen formation in fact is dependent on various silica dependent enzymatic reactions. Glycosaminoglycans (GAGs) are the structural building blocks of connective tissues such as skin, and silica is necessary for the healthy formation of GAGs. Hyluronic acid is a well-known GAG that helps promote healthy skin tissue formation and proliferation and allows the body to increase its presence of retinoic acid (a vitamin A compound) that keeps the skin moist and supple, increasing its ability to hydrate naturally.

When the body is low or deficient in silica, the skin may lose its elasticity and even lose its ability to heal skin wounds effectively due to its important role in the formation of collagen. Silica is well known as a supplement that helps promote a healthy youthful looking skin, and because proper collagen formation is critical in order for the skin to maintain a tight and wrinkle-free appearance, silica can be a most beneficial supplement to boost its health.

Silica Is Poorly Absorbed

Unfortunately, silica is one of the most poorly absorbed of all minerals from food sources. Silica (silicate) forms of silicon are poorly bioavailable to the human body. The oral bioavailability of dietary silicon varies from 0% to 50%! When combined with water however, silicates convert to orthosilicic acid, which is much better bioavailable to the human body.

Did you know that silica can also be found naturally in different sources of water? In fact, water contribute to more than half of the total dietary intake of silica, and the silica content of water depends entirely on its geological source. The Fiji brand of bottled water is especially high, and so are many different spring water sources, you may want to do some further investigation online if you drink bottled water regularly, as some can potentially have silica levels many hundreds of times greater than others.

What Foods Are Rich In Silica?

Great sources of silica are horsetail tea (equisetum), potato, garbanzo beans, strawberries, cauliflower, asparagus and lettuce.

Food Category	Food	Quantity	
---------------	------	----------	--

All recommended supplements can be purchased on this link: <http://www.dssorders.com/ericbakker>

			Milligrams silica
Cereals	Oats	100 grams	600 mg
	Millet	100 grams	500 mg
	Barley	100 grams	230 mg
	Wheat	100 grams	160 mg
	Rye	100 grams	17 mg
Herbs	Horsetail Tea	100 grams	7,000 mg
	Black Tea	100 grams	24 mg
Vegetables	Potato	100 grams	200 mg
	Leeks	100 grams	21 mg
	Asparagus	100 grams	18 mg
	Cauliflower	100 grams	9 mg
	Lettuce	100 grams	6 mg
	Pumpkin	100 grams	7 mg
	Carrot	100 grams	5 mg
	Spinach	100 grams	4 mg
Fruits	Strawberries	100 grams	6 mg
	Plums	100 grams	3 mg
Seeds	Sunflower Seeds	100 grams	15 mg

Drink Horsetail Tea Daily

I highly recommend that you buy some good quality horsetail tea from your health food store; any good health food shop will have this. Make it according to the instructions and drink one to two cups daily and watch what happens to your skin! You will be AMAZED, and this is one of those "best kept secrets" when it comes to psoriasis and your skin. You will be surprised how effective this tea is, especially if you stick with one to two cups daily for 6 months or more.

Horsetail is an herb contains more silica than any other plant known. Silica helps the body form collagen, a protein found in skin, bones, cartilage, connective tissue and ligaments. Silica helps to strengthen the protein molecules that help to form many tissues in your body, and is known for not only improving the tone and condition of the skin, but the hair as well. The high silica content of horsetail helps strengthen weak, brittle, damaged hair, giving it vitality and shine with regular use.

Not only does horsetail contain lots of silica, it also contains plenty of manganese, selenium and potassium along with flavonoids and saponins. These all help to regenerate the skin, improving its elasticity and healthy growth. Used in shampoo and conditioner horsetail is a useful remedy for scalp psoriasis and other troubling skin ailments as a result of psoriasis. Because it promotes circulation, horsetail assists in nourishing and strengthening hair follicles and is especially good for psoriasis affecting the scalp.

How To Use Horsetail Tea

You will find that there are various shampoos and conditioners that already contain horsetail, but the amount is generally so miniscule that it is not even worth worrying about.

Psoriasis Scalp Rinse

- 1 cup of boiled water
- 4 teaspoons of dried horsetail herb

Leave the herb in the hot water for 15 minutes (covered) and off the heat. Strain this mixture then leave it to cool. Rinse your hair and scalp thoroughly and leave the mixture on for at least 15 minutes thereafter, let it dry on the scalp if you can.

Repeat this three times weekly. Try not to rinse the horsetail mixture off, leave it dry on your scalp after gently drying with a towel.

Psoriasis Skin Strengthening Tea

- 2 cups of boiled water
- 2 - 4 teaspoons of dried horsetail herb

Bring the water to a boil, add to a clean coffee percolator (buy a new one just for this tea), add the herb and let it stand for at least 15 minutes. Have one to two cups every day. Sweeten with a tiny bit of honey if need be. You will benefit from this tea especially after 6 months and notice that your hair, nails and skin will all improve in appearance.

7 – Vitamin C

Just like silica, vitamin C plays a very important role in the structural integrity of collagen. A lack of vitamin C can cause a disease called scurvy that will manifest as rough and dry skin. If collagen formation cannot take place properly due to lack of sufficient vitamin C, a skin disease called "hyperkeratosis pilaris" may occur due to damaged underlying follicles.

Faster Skin Healing

You will find that once you start to increase the vitamin C content of your diet by way of both foods and supplements; that *your skin will heal faster*, probably faster than it ever has in the past. It has been discovered that people who have higher dietary intakes of vitamin C have decreased levels of dry skin. There are many different studies that have shown that a diet high in vitamin C is associated with faster wound healing, less wrinkles and an overall better looking skin. Because of its powerful antioxidant properties, vitamin C helps to prevent, treat and repair any UV (ultra-violet) damage to the skin. Vitamin C has even shown to improve the appearance of scar tissue. It makes a lot of sense therefore to make sure you have a very good daily intake of vitamin C if you have psoriasis, doesn't it?

Deficiencies Of Vitamin C Are Rare, Sub-Optimal Levels Are Very Common

It is rare in the 21st century to have a deficiency of vitamin C, but sub-optimal levels are not that uncommon at all in countries like the United States or Australia, especially when a person consumes a diet high in processed or refined foods. Diets that are rich in plenty of fresh fruits and vegetables (especially organically grown produce) are diets that are high in vitamin C. Vitamin C is a water-soluble vitamin, and this vitamin is easily lost through storage and cooking of foods. Growing some of your own vegetables, herbs or fruits is a great way to make sure you get enough vitamin C.

What Foods Are Rich In Vitamin C?

It will come as no surprise that the highest containing vitamin C foods are fruits, herbs and vegetables. Some of the highest vitamin C containing foods include broccoli, Brussels sprouts, guava, bell peppers, all dark leafy green vegetables, kiwifruit, and strawberries. There are many different herbs you can grow that also contain significant levels of vitamin C, including parsley, basil, thyme, cilantro, and chives. One of the easiest ways to recognize the vitamin C content of vegetables is by their color, by eating the brightest colored vegetables you will be ensuring that you will be getting plenty of vitamin C along with flavonoids, those all important vitamin C like compounds that plants manufacture to help them defend against harsh sunlight and insect attack.

Be sure to always keep in mind that vitamin C is very sensitive to heat, so cook lightly and not for too long. By eating foods high in vitamin C in a raw or semi-raw state, you will be ensuring that you are getting in plenty of this incredibly important vitamin.

Food Category	Food	Quantity	Milligrams Vitamin C
Fruits	Acerola	100 grams	1,300 mg
	Guava	100 grams	242 mg
	Persimmon	100 grams	66 mg
	Lemon	100 grams	60 mg
	Strawberry	100 grams	59 mg
	Papaya		56 mg
	Orange	100 grams	50 mg
	Grapefruit	100 grams	38 mg
	Elderberries		36 mg
	Mango	100 grams	35 mg
	Cantaloupe	100 grams	33 mg
Herbs	Chilli (Red)	100 grams	360 mg
	Parsley	100 grams	172 mg
Vegetables	Capsicum (red)	100 grams	190 mg
	Kale	100 grams	186 mg
	Broccoli		110 mg
	Capsicum (green)	100 grams	110 mg
	Brussels sprouts	100 grams	102 mg
	Mustard greens	100 grams	97 mg
	Cauliflower	100 grams	78 mg
	Carrot	100 grams	61 mg

Vitamin C Dosage

I recommend that you take from 3,000 to 5,000 mg of vitamin C each day if you have psoriasis, especially chronic psoriasis or psoriatic arthritis. You will know you take too much if your bowels become too loose, just back off and reduce the dosage in that case, no harm will occur. Taking a more concentrated form like a powder or a tablet, ascorbic acid is a good way to take in vitamin C. Be sure to also take in additional flavonoids (bioflavonoids) in a 2:1 ratio, i.e.; two parts of ascorbic acid to one part of bioflavonoids. If you take in 5,000 milligrams of vitamin C in each day, take also at least 2,000 mgs of bioflavonoids. In nature, vitamins C containing plants, fruits, vegetables, etc., contain this 2:1 ratio. You will get an outstanding result if you follow this rule, and I guarantee that you will be absolutely delighted with your skin after a few months. Delighted!

Supplemental vitamin C in this amount has been proven to significantly help relieve the itching and discomfort caused by psoriasis, as well as helping to prevent flare-ups and heal the skin much faster. Taking this dosage level on a consistent and daily level has also been shown to help prevent psoriasis outbreaks and lessen the severity of these outbreaks. Amazing results can be seen in as little as 2 weeks of supplementation.

Thorne Research Vitamin C

I recommend that you use Thorne Research Vitamin C. Every capsule of the product I recommend contains 500 mgs of vitamin C (ascorbic acid) along with 75 mgs of citrus bioflavonoids. It is a real bonus having the additional bioflavonoids, these help to increase the activity of the vitamin C, and help to strengthen the capillaries as well as support new skin growth. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Thorne Research, Vitamin C With Flavonoids, 180 Veggie Caps

8 – B Vitamins

There are many different kinds of B vitamins, and each one will have its own specific benefits when it comes to psoriasis. B vitamins are required for healthy skin and circulation and are especially good for those to supplement who have fatigue, anxiety or any kind of depression. B vitamins are one of the most important vitamins to ensure you have plenty of when you have psoriasis, because they help with stress, something that most patients who have psoriasis have!

Safe and basic intakes of B vitamin are generally around the 10 to 15 milligrams each day, although much higher amounts of these water-soluble vitamins are very well tolerated. Being water-soluble, you pass out what your body doesn't need harmlessly through your urine each day. For true therapeutic amounts, I'd suggest taking around 50 – 100 mgs per day for a few weeks of each of these B vitamins, and be sure to take a B-complex tablet or capsule that contains them all, it is not a good idea to take too much of one B vitamin at a time because you may create a potential imbalance in the body.

Let's take a brief look at the role the individual B vitamins play when it comes to helping psoriasis.

Vitamin B-1 (thiamine)

This B vitamin is important for proper circulation and healthy skin. It is an important coenzyme that helps your body convert the food you eat into energy. Thiamine also assists in helping the body make fat and metabolize protein. Thiamin is necessary and most important to maintain normal function of your body's nervous system.

When it comes specifically to the skin, vitamin B1 helps to prevent the cross-linking of collagen and elastin in the skin and supplemental Vitamin B1 can help to improve the visual appearance of the skin, something everybody with psoriasis appreciates. The authors¹⁰ claim that many people who use supplemental oral vitamin B1 report that they receive compliments about the improved appearance of their skin. This effect usually occurs within several weeks of the commencement of vitamin B1 use. One of

the underlying means by which this effect may occur is through vitamin B1's role in the synthesis of lipids in the skin.

Vitamin B-1 Dosage: Take 50mg three times daily with meals.

Pure Encapsulations Vitamin B Complex

I recommend that you use Pure Encapsulations Vitamin B Complex Plus. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Pure Encapsulations, B-Complex Plus, 60 Vegetable Capsules

Vitamin B-2 (riboflavin)

This B vitamin works together with the other B-complex vitamins to provide your body with plenty of energy by metabolizing carbohydrates, fats, and proteins. Importantly when it comes to psoriasis, riboflavin helps the body regenerate something called glutathione, a powerful enzyme that rids the body of free radicals. Free radicals are chemicals produced in the body that can really aggravate psoriasis and cause plenty of those skin flare-ups those with chronic psoriasis regularly suffer from.

When it comes to the skin, vitamin B2 helps alleviate angular stomatitis (those cracks in the corner of the mouth) that may occur as a result of vitamin B2 deficiency. Vitamin B2 may help to eradicate dandruff and even dermatitis - especially dermatitis of the vulva or scrotum. Vitamin B2 may alleviate eczema, in addition to swollen, shiny, red, dry or cracked lips (cheilosis).

A red, greasy or flaky skin at the side of the nose may occur as a result of Vitamin B2 deficiency, and this important vitamin may heal some cases of acne rosacea. But wait, there's more! Vitamin B2 may alleviate skin ulcers and skin that is particularly prone to sunburn (skin that burns instead of tans) may occur as a result of Vitamin B2 deficiency. Glossitis (red, sore or smooth tongue or sore tip or enlarged taste buds) may occur as a result of vitamin B2 deficiency.

Vitamin B-2 Dosage: Take 50mg three times daily with meals.

Pure Encapsulations Vitamin B Complex

I recommend that you use Pure Encapsulations Vitamin B Complex Plus. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Pure Encapsulations, B-Complex Plus, 60 Vegetable Capsules

Vitamin B-3 (niacin)

Just like vitamins B1 and B2, vitamin B3 plays a very important role inside each cell as a coenzyme, which is a bit like how a sparkplug works inside an engine. The body needs B vitamins to help convert carbohydrates, proteins and fats into energy, just like an engine needs a spark to convert fuel to power. In addition, vitamin B3 plays a special role in allowing the body to build fatty acids and cholesterol, important for

example amongst other things as a starting points for the production of the many hormones your body requires to operate efficiently.

Historically, niacin deficiencies were quite common due to reliance on vitamin B3 poor staple foods like corn and other grains in low-income populations. The disease commonly known as pellagra was caused by vitamin B3 deficiency, and the first symptoms of this disease are generally when the person develops dark, scaly and rough skin rashes. In fact, the word "pellagra" is an Italian meaning raw or rough skin.

Low niacin uptake can occur with celiac disease, and I've commonly seen celiac's with signs of vitamin B3 deficiencies. Many patients with psoriasis have also digestive problems and may be prone to a deficiency of this most important vitamin. Any inflammatory condition of an autoimmune nature can involve the small intestine, causing a thickening and swelling of the lining, conceivably leading to the skin related symptoms of pellagra such as dermatitis and scaling.

Some of the better food sources of niacin include red fishes such as tuna and salmon, poultry, beef, but also different kinds of nuts and seeds as well as green leafy vegetables. Niacin is so important for the body that there are different ways it can access it, vitamin B3 can even be produced from the conversion of the amino acid tryptophan, found in many different protein foods. Most people who regularly eat different kinds of meats or quality protein sources will not become deficient in vitamin B3.

I still recommend nevertheless that you supplement with vitamin B3 on a regular daily basis, and if you take it along with the other B vitamins I'm certain that you will be pleasantly surprised at the difference it can make to your skin.

Vitamin B3 may help to prevent/remove liver spots (dark brown spots) by inhibiting the transfer of melanin-containing melanosomes into the outer layers of the skin. Rashes on the skin that are similar in appearance to dermatitis may occur as a result of vitamin B3 deficiency. Vitamin B3 may inhibit the production of excessive sebum in the Skin. Deep cracks or fissures (glossitis) of the tongue or red, swollen tongue may occur as a result of Vitamin B3 deficiency.

Vitamin B-3 Dosage: Take 50mg three times daily with meals.

Pure Encapsulations Vitamin B Complex

I recommend that you use Pure Encapsulations Vitamin B Complex Plus. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Pure Encapsulations, B-Complex Plus, 60 Vegetable Capsules

Vitamin B-5 (pantothenic acid)

You guessed it; vitamin B5 also helps the body extract energy from proteins, carbohydrates and fats. It also helps the body break down fats like vitamin B3, but in addition it helps the body produce healthy red blood cells as well as build healthy levels of hormones found in the adrenal gland.

Unlike the other B vitamin, deficiencies of pantothenic acid are very rare and generally only occur with very poor diets. What is more common however, is that many people lack sufficient amounts of B5 to allow their adrenal glands, the glands of stress, to function optimally.

Vitamin B5 is a very important B vitamin when it comes to the skin nevertheless, it may in some cases for example even totally resolve some cases of acne¹¹. Dermatitis may occur as a result of Vitamin B5 deficiency, and 1,000 mg per day may improve skin's appearance in as little as a few weeks of use. Vitamin B5 may accelerate the healing of wounds (including surgery or burns) and may help to prevent wrinkles.

Good food sources of pantothenic acid include nuts and seeds, but also the high quality protein foods like meats, chicken, fish, liver and legumes.

Vitamin B5 Dosage: This B vitamin is best taken therapeutically at a higher dose than the other B vitamins, One of the most important reasons to take a B complex vitamin high in vitamin B 5 is that it helps to build the adrenal gland health fast, especially when you take between 500 to 750 mgs per day in divided doses for several weeks. I have seen this occur with many patients (including myself) over the years. If you can relate to stress, fatigue, and have a chronic skin problem like psoriasis, then I'd recommend that you try a high potency B vitamin and see for your self. You will be pleasantly surprised!

Pure Encapsulations Vitamin B Complex

I recommend that you use Pure Encapsulations Vitamin B Complex Plus. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Pure Encapsulations, B-Complex Plus, 60 Vegetable Capsules

Vitamin B-6 (pyridoxine)

Vitamin B-6, also known as pyridoxine, and like most other B vitamins it is produced in your intestines by beneficial bacteria. Vitamin B6 is readily absorbed from the small intestine and used throughout the body in a multitude of different processes. Pyridoxine gets converted in your body to pyridoxal 5 phosphate (P5P), (the active form of vitamin B6), which is an important cofactor in many reactions inside the cells of your body, including amino acid metabolism as well as for the important enzymatic reaction governing the release of glucose from glycogen. This means that you won't be able to produce much energy without vitamin B6.

If your body doesn't have enough pyridoxine available, there will be a decrease in neurotransmitter chemicals (hormones affecting behavior and thinking), along with a decrease in red blood cell production. The end result will be noticeable fatigue and many different kinds of nervous system symptoms. Further nerve-related problems related to vitamin B6 deficiency include incoordination, numbness or tingling in the extremities, confusion, insomnia, and hyperactivity.

Pyridoxine supplementation is very useful for a wide variety of skin problems including dandruff, eczema, acne vulgaris (especially premenstrual), acne rosacea, dermatitis, seborrhea, psoriasis as well as cracks and sores at the corners of the mouth as well as eye and visual disturbances.

I have regularly used vitamin B6 for patients who have come to see me with stress related conditions, fatigue, headaches, nervous disorders, anemia, and low blood sugar or diabetes, and I have also successfully used it for men who have enlarged prostate, low sex drive, or hair loss.

B6 is an excellent choice for women who experience premenstrual complaints, especially fluid-retention, acne, sore breasts or many other manifestations of PMS. Vitamin B6 is also one of my favorite remedies for carpal tunnel syndrome, I give 250-300mg daily for 6 to 8 weeks with great results.

Vitamin B6 helps to protect your scalp from the damaging effects of recurrent scalp psoriasis, and helps to reduce the frequency and intensity, according to Dr. Shari Lieberman Ph.D. (author of "Real Vitamin and Mineral Book: A Definitive Guide to Designing Your Personal Supplement Program."). Dr. Lieberman claims that B6 helps to reduce scalp irritation as well as inflammation, alleviating flaky, itchy and red plaque formation

Like most of the B vitamins, some of the best food sources of vitamin B6 include meats, especially organ meats like liver. Wheat germ also contains high levels of B6, but so does fish, egg yolks, poultry, dried beans, soybeans, and walnuts. Fruit and vegetable sources of vitamin B6 include avocados, bananas, prunes, cauliflower, red peppers, potatoes and cabbage.

Vitamin B6 Dosage: I would recommend you take between 50 – 100 mg per day. It is best to take this in two different forms: pyridoxine hydrochloride and pyridoxal-5-phosphate. This will give you a form of B6 that needs to be converted to P-5-P, as well as the quick-acting P-5-P itself that does not require converting to its active forms. Always be sure to take B6 along with other B vitamins.

Pure Encapsulations Vitamin B Complex

I recommend that you use Pure Encapsulations Vitamin B Complex Plus. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Pure Encapsulations, B-Complex Plus, 60 Vegetable Capsules

Vitamin B-12 (cobalamin)

Vitamin B12 is not your average B vitamin; it is the largest vitamin known and acts differently from any other vitamin. For example, there are special cells in your stomach called parietal cells that only serve one purpose: they make a hormone called intrinsic factor, it must be present in good amounts to allow B12 to bind to it. This factor must combine with vitamin B12, which is then transported through to a specific site in the small intestine where it is absorbed. People who don't have intrinsic factor eventually show symptoms of a vitamin B12 deficiency, a condition called 'pernicious anemia'. Those who have had bowel surgery or who take 'acid blocking' drugs are prone to B12 deficiencies, and so are those who don't eat meat, one of the most important sources of B12. You can get vitamin B12 from non-meat sources, but it is more difficult and easy to become deficient, especially if you are a vegan or a vegetarian who eats no red meats.

Most people get enough vitamin B12 in their diets, so a lack of vitamin B12 usually results from the body's inability to absorb it, not from a dietary deficiency. Vitamin B12 is an extremely important vitamin, it must be present for new cells to form and grow into a healthy state, and bacteria can only make it.

The richest sources of cobalamin are animal organ meats (especially liver and kidney), fish, egg and milk products.

Vitamin B12 Cream

I have reviewed a study in which good results were obtained using vitamin B12 cream mixed with avocado oil and compared with topical Calcipotriol with psoriasis patients. Calcipotriol is a synthetic form of vitamin D. It is used in the treatment of psoriasis and marketed under the trade name "Dovonex" in the United States. The study initially showed that Calcipotriol was shown to be superior to B12 cream (the first 8 weeks), but after 12 weeks there was no difference between both therapies, and the B12 cream was better tolerated when compared to the Calcipotriol.

Even though this small study (Dermatology Journal 2001) only involved 13 patients with chronic plaque psoriasis, it nevertheless revealed promising results. Why would you want to use synthetic chemicals on your skin when you have psoriasis anyway? Does it not make more sense to use a less harmful approach initially, and if this treatment fails then to try more extreme measures, such as chemicals?

Vitamin B12 may help to alleviate chronic dermatitis, and 1 milligram daily may help to significantly alleviate atopic eczema. Seborrheic dermatitis may occur as a result of Vitamin B12 deficiency, and many cases of hives are helped with B12 as well. Vitamin B12 may help to alleviate the pain associated with the (post-herpetic) neuralgia associated with shingles. Vitiligo patients are often found to have sub-optimal vitamin B12 levels and supplemental B12 may help to restore skin pigmentation to normal in vitiligo patients.

Vitamin B12 Dosage: Take 400 to 800 mcg of Vitamin B12 orally in a co-enzyme form daily, this can be either methylcobalamin or adenosylcobalamin. You may prefer to speak to your doctor about getting a vitamin B12 injection (1 gram or 1,000mcg) weekly for several weeks to see if this helps. With some psoriasis patients, I have seen literally miracles here. Vitamin B12 has been shown to make a noticeable difference in many psoriasis cases after an average of 6 weeks.

Most of the research regarding B12 has been with cyanocobalamin form (oral) or with the hydroxocobalamin (intramuscular injection) form. If you are a vegan, it can take a few months to replete yourself with B12, especially if you have been very deficient. Finally, if there is the possibility that you are vitamin B12 deficient, the best way to check your levels is a urine test for the metabolized form of vitamin B12, this is called the MMA test (methyl malonic acid), you will find with some research that serum (blood) testing for B12 is less accurate.

Pure Encapsulations Vitamin B Complex

I recommend that you use Pure Encapsulations Vitamin B Complex Plus. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Pure Encapsulations, B-Complex Plus, 60 Vegetable Capsules

9 – Folic Acid

Folacin, folic acid, and folate all refer to the same B vitamin, which occurs in foods in all three different forms. Folic acid is also referred to at times as vitamin B9. This B vitamin is particularly important to help form the genetic material RNA and DNA, the blueprints for our bodies. It is essential vitamin where the body requires to build healthy cells that are rapidly growing and dividing which is why is especially important for pregnant women, to ensure the fetus grows healthy. Cells lining the mouth, digestive tract, uterus and gums are very reliant on healthy levels of folic acid.

Another important role of folate is that it works in conjunction with vitamin B12 to help make red blood cells, allowing iron to do its work properly in the body. It is not that uncommon for a person to have fairly low levels of folate, especially in people who don't have diets high in fresh produce such as green leafy vegetables and fruits. Some common ways for a person to become deficient apart from a poor diet is drinking too much alcohol, inflammatory bowel disease, celiac disease as well as many different kinds of medications.

Psoriasis patients who take the drug methotrexate will know all about folate supplementation, their doctor will have told them to supplement with this vitamin because it becomes depleted with methotrexate. Deficiencies of folate include symptoms such as bleeding gums and gingivitis, poor growth, an inflamed tongue, loss of appetite, diarrhea, shortness of breath, mental sluggishness and forgetfulness.

Different studies have shown that folic acid does have a beneficial result when it comes to psoriasis. In 2010, a study¹³ was conducted in which plaque psoriasis patients were treated with either standard medical therapies (cyclosporine, acitretin, etanercept, efalizumab, infliximab, adalimumab) or 15 mg of calcium folinate per day for variable periods. Calcium folinate produced similar clinical improvements in plaque psoriasis patients as the pharmaceutical drugs did, but with fewer side effects.

Homocysteine Levels Frequently Elevated In Psoriasis

Homocysteine is a normally occurring amino acid found in the body, when it becomes excessively elevated however it can cause health problems. Homocysteine requires folate, B12, B6 and betaine to properly break-down in the body, if one or more of these essential nutrients are lacking, an unhealthy elevation of homocysteine can occur. Elevated homocysteine levels are frequent found in patients with chronic plaque psoriasis. Folic acid supplementation appears as a reasonable therapeutic option in patients affected by moderate to severe psoriasis, especially in those with elevated homocysteine. (Gisondi, 2007)

Plasma homocysteine and folic acid levels were measured in a group of chronic plaque psoriasis patients and in matched healthy controls. Psoriasis patients had 19% higher plasma homocysteine levels compared with healthy controls. (Malerba, 2006) Plasma homocysteine levels in patients with psoriasis correlated directly with psoriasis severity. Psoriasis patients had 45% lower plasma folic acid levels compared with healthy patients without psoriasis. Plasma folic acid levels were inversely correlated with psoriasis severity.

The best dietary sources of folate include dark leafy greens (especially spinach), mustard greens, turnip, beets, Brussels sprouts, asparagus, soybeans, mung beans, kidney beans, white beans, lima beans, liver (beef), salmon, brewer's yeast, most root vegetables, most whole grains, wheat germ, bulgur wheat, orange juice, avocado, and milk.

There are many different foods today that contain added folate to fortify them. For example, all grain and cereal products in the U.S. are fortified with folic acid and so are most commercial breads in New Zealand.

Folic Acid Dosage: The optimal daily allowance (ODA) of folic acid (for adults) is 800 - 2,000 mcg (0.8 - 2.0 mg) per day. I recommend a trial using folic acid at the rate of 5,000 mcg (5 mg) of folic acid per day for 4 weeks. Dr. Alan Gaby (USA) recommends 50 - 150 mg per day and has found it to be effective in approximately 75% of cases (Oster K, small uncontrolled trial; Elson B, clinical observation), typically producing improvements of 80% or more. Initial improvement in psoriasis is typically seen after 2-3 weeks. Dosage may be tapered as improvement occurs.

It is important to point out that high levels of folate can sometimes hide a vitamin B12 deficiency, and should be taken only under a health care professional's guidance. I always recommend that patients who commence high dosage folate supplementation first do vitamin B12 testing.

Pure Encapsulations Vitamin B Complex

I recommend that you use Pure Encapsulations Vitamin B Complex Plus. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Pure Encapsulations, B-Complex Plus, 60 Vegetable Capsules

Here is that list again of the most important vitamins and minerals for those who have psoriasis.

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

10 – Selenium

Selenium is a mineral that your body requires only in tiny amounts, but without sufficient selenium, your immune health in particular will suffer. Selenium is an important antioxidant, particularly when it is combined with vitamin E. Antioxidants like vitamins A, C, E, zinc and selenium help to fight damaging particles in your body

known as free radicals that can damage cell membranes and DNA, and contribute to accelerated aging, heart disease and cancer.

Some people you talk to or websites you will view may say that selenium has “very poor evidence” of helping those with psoriasis, but this is certainly not the case, you are the one with psoriasis who is looking for a natural (as opposed to drug) solution, and I’d therefore recommend that it is you who makes up his or her mind if this trace element is indeed of help with your case of psoriasis. All the antioxidant vitamins and minerals in particular are of use when you have chronic psoriasis, because they all counter damage caused inside your body by those free radical particles.

Antioxidants help the body neutralize and reduce free radicals and have even been known to prevent damage to the body that is known to be caused by oxidative stress. Oxidative stress and increased free radical generation have been linked to the skin inflammation process in psoriasis, and any therapy that has a positive effect in this area will have a positive effect on improving the skin’s appearance as well as helping to reduce those flare-ups so common with psoriasis.

Polish research (Bialystok Medical Academy, published April 2003 in the “Nutrition” journal) found that psoriasis patients who suffered with chronic psoriasis for more than 3 years had depressed levels of selenium related to the severity of their symptoms. Thirty psoriasis patients who had psoriasis for less than 10 months, and thirty psoriasis patients who had psoriasis for more than 3 years were analyzed in this study. I’d say this has got to do with the gradual depletion of glutathione peroxidase from the body. Glutathione peroxidase is the general name of an enzyme family with peroxidase activity whose main biological role is to protect the organism from oxidative damage.

Selenium helps to alleviate psoriasis and seborrhoea by activating the glutathione peroxidase enzyme. Selenium (200 mcg per day combined with 10 mg of vitamin E for 6 - 12 weeks) helps to alleviate acne in people who exhibit low glutathione peroxidase levels. Selenium has been shown to counter different forms of dermatitis, and may be of benefit in the treatment of (atopic) eczema (many children afflicted with atopic eczema exhibit very low glutathione peroxidase levels).

Your best dietary sources of selenium are brewer's yeast and wheat germ, but liver, butter, fish (herring, mackerel, flounder, tuna, and halibut) as well as scallops, oysters, and lobster), garlic, Brazil nuts, whole grains, sunflower seeds all contain good levels of selenium. How much selenium is in these foods really depends on how much selenium was in the soil where the food came from. Eat a wide variety of these foods; it is a good way to ensure you will be consuming plenty of selenium as well.

In the case of the fish species mentioned above, it is interesting to note that some of the fish species with the highest levels of selenium also contain appreciable levels of mercury. Some experts believe that the selenium is there to help fish detoxify the mercury. Selenium also helps us clear heavy metals effectively from our bodies, especially lead, arsenic, cadmium and mercury.

Selenium Dosage: I recommend that you take between 100 to 200 mcg of selenomethionine each day with a meal. It is best to take selenium with vitamin E, so be sure you take this at the same time or along with a multivitamin.

Douglas Labs Selenium

I recommend that you use Douglas Labs Selenium. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Douglas Labs, Seleno-Methionine, 100 Capsules

11 – Biotin

Biotin is another kind of water-soluble B vitamin sometimes known as 'vitamin H' that acts as an important cofactor for enzymes that regulate fatty acid metabolism. Each and every cell in your body has a fatty membrane, including all your many millions of skin cells. Proper fat metabolism and production is therefore critical to ensure optimal skin health. When you think about it for a moment, your skin cells are in constant contact with the elements and exposed to a harsh environment, the fatty acids in your skin protect the skin against sun, air and water damage as well as help the skin to form a protective layer to shield against the many potential pathogens like bacteria that try to gain entry.

Biotin also transports oxygen and blood to your scalp, aids in the healing process and lowers your risk of psoriasis-related joint pain, inflammation and stiffness, so it is perfect for those with not only psoriasis, but for those with psoriatic arthritis as well.

Biotin minimizes any psoriasis-related scarring of the skin as well as hair loss, and this important psoriasis vitamin soothes a scalp that may begin to get cracked and dry and eliminates any chance of scalp flakiness. Biotin further balances your hormone levels and even aids in healthy skin cell reproduction.

With poor biotin levels, your skin will soon start to develop poorly, leaving it open for potential infection and inflammation. Biotin deficiency symptoms include a scaly, red, and inflamed skin around the mouth as well as other areas of the face and scalp. A chronic skin condition called seborrheic dermatitis can be caused by biotin deficiency, in fact, biotin deficiency is the most common cause of this condition; it is characterized by a scaly dermatitis of the scalp, including white or yellowish patches on the scalp, around the face and behind the ears. In infants biotin supplementation alone treats seborrheic dermatitis, whilst in adults, supplemental biotin must be administered concurrently with the other B vitamins in order to treat this condition. Biotin deficiency can also be a cause of dandruff for some people.

Biotin deficiencies are rare, but it is possible to have sub-optimal amounts in our diet

All recommended supplements can be purchased on this link: <http://www.dssorders.com/ericbakker>

leading to dry skin and possibly seborrheic dermatitis, therefore it is important to ensure you eat foods rich in biotin as well as to take some in on a daily basis as part of your daily multivitamin.

Dietary sources of biotin include beans, liver, salmon, egg yolks, Swiss chard, mushrooms, almonds, sweet potatoes, carrots, romaine lettuce as well as walnuts. Including these foods in your diet will prevent biotin deficiency and may help improve the production of fatty acids in the skin, returning moisture to dry skin. Avoid eating raw egg whites, because the protein found in raw egg whites (called avidin) binds to biotin and prevents its uptake and absorption in your digestive tract.

Biotin Dosage: Like all B vitamins, biotin is not known to be toxic. As a water-soluble vitamin, excess biotin is excreted by the kidneys through urine; so don't get too concerned about taking in too much. Dosages in the range of 1,000 - 3,000 mcg (1 - 3 mg) per day are normally required before any beneficial effect is noticed when supplemental Biotin is used in the treatment of hair, nail and skin conditions, especially when it comes to chronic psoriasis. In addition, I recommend that chronic candida patients take 8,000mcg (8 mg) each day to prevent candida from developing into an invasive mycelial (spore) form.

Allergy Research Biotin

I recommend that you use Allergy Research Biotin. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Allergy Research Group, Biotin 5000, 60 Vegetarian Caps

12 – Zinc

Zinc is an essential mineral that has many hundreds of different important physiological functions in your body. It plays a critical role in building a powerful immune system and helps to build the structure of many different enzymes and even helps to regulate the expression of your body's genes.

Zinc also helps to repair the body and is essential for wound healing, and supplementing (up to 150 mg per day short-term) is a smart move for the healing of wounds, and this level of zinc may even accelerate the healing of Wounds by up to 40% in zinc deficient persons.¹⁶ When you think about it, having those psoriasis flares creates inflammation and often itchy skin that ends up being scratched. If you want to accelerate the healing of skin after any skin-flare, step up your zinc intake temporarily to 100 milligrams per day for a week or two, you will be surprised how well this works. Be sure to take a few multivitamins daily as well, to ensure you have enough copper to balance zinc levels.

Zinc has anti-inflammatory effects and protects the body against ultraviolet radiation damage (that's why you will find it in sun lotions or lip balms often), and assists in cell division and the proper structure of cell membranes and protein structures throughout your body. Now you can probably start to see why zinc is so important when it comes to psoriasis.

I have always recommended zinc to be taken with vitamins A, C, E and selenium, because these nutrients make up a very powerful team of antioxidants. They help to

improve numerous aspects of your immune system's ability to reduce inflammation and stop free radical damage occurring to the many cells (including skin cells) of your body. Zinc is necessary for the successful transportation of vitamin A in your blood, and zinc supplementation has been shown to help boost vitamin A in the bloodstream. If you look back and read what I have written about vitamin A, you will begin to realize that it makes sense to have plenty of both zinc and vitamin A available to you with any kind of skin problem, whether it is acne, dermatitis, eczema or psoriasis.

Zinc – Powerful Skin Healer

I've often found that psoriasis respond very well to oral zinc supplementation as plasma levels of zinc in psoriasis patients are often depleted, and with research I found that there is plenty of scientific evidence to back this statement up as well.¹⁷

Many acne patients (especially adolescents) have low zinc levels and supplemental zinc (90 - 135 mg per day) may improve the condition of acne patients in 75% of cases. Zinc, when applied topically, may help to alleviate the inflammation associated with different kinds of skin conditions (redness, pain, itching, poor healing, etc.) and helps to decrease the excessive production of sebum that occurs as a result of conditions like acne and some forms of scalp psoriasis which causes the clogging of the skin's pores. Generally, improvements in chronic skin conditions following zinc therapy do not become apparent until approximately 12 weeks from the commencement of zinc supplementation.

Recurring boils and various skin infections may occur as a result of zinc deficiency and I recommend for people who suffer from recurrent boils to take between 25 - 50 mg supplemental zinc per day. This level of zinc supplementation also helps to prevent any future occurrences of boils. Dandruff may occur as a result of zinc deficiency, and you will commonly find zinc in many different hair and scalp preparations aimed at treating zinc.

Studies have shown that dietary zinc helps to reduce acne, and can even be as effective as oral antibiotics such as oral tetracycline when it comes to clearing different kinds of skin infections like acne.¹⁴

Did you know that your skin contains about 20 percent of your body's total supply of zinc? Rats and mice that become deficient in zinc develop a skin condition called keratogenesis that is very similar to human psoriasis.¹⁵

Just like vitamin B12, animal sources appear to be the best sources of zinc. Organ meats like liver, kidney and red meats like lamb and beef as well as seafood like scallops, oysters and most shellfish in particular are rich sources of zinc.

What Are Phytates?

The richest plant foods appear to be pumpkin seeds and nuts, but it may prove to be more difficult to access zinc plant sources when compared to animal sources because zinc is bound to phytates in plants.

Phytates (and phytic acid) are a kind of antioxidant compound found in different kinds of whole grains, legumes, nuts and seeds. A concern that some people have about phytates is that they can bind to certain minerals in food like iron, zinc, and manganese, thereby preventing uptake and absorption. Cooking will help to reduce the phytic acid, but so does soaking the food prior to eating it, and to help this action and speed up the release that phytic acid has on these key minerals.

To help this breakdown, you can soak legumes, grains, nuts and seeds in water, buttermilk, yogurt, or water combined with lemon juice or apple cider vinegar.

Zinc Dosage: I recommend that you take in at least 20 milligrams of zinc every day. It is best taken as a dietary supplement, and the chelated forms like zinc picolinate or zinc citrate appear to be excellent as far as absorption goes. When you have a flare-up, don't be afraid of taking from 100 to 150 mgs per day (first thing in the morning and before lunch or dinner) for a few weeks,

Zinc is absorbed better when taken on an empty stomach (it is therefore especially good to take zinc at night), and 40 to 90 percent of orally ingested zinc is absorbed when the stomach is empty. The RDA (recommended daily allowance) for zinc in America is for only 15 milligrams a day, and most Americans take in considerably less than that. Most doctors, dieticians and even naturopaths don't recommend zinc (or the antioxidants I've mentioned a few times previously) in sufficient enough amounts to really make a difference when it comes to not only improving your psoriasis, but your overall health as well.

Research has revealed that zinc is a very safe dietary supplement, even at high dosages. Zinc does compete with copper in your body's cells for uptake, so when you take zinc in as a daily psoriasis supplement, be sure that your multivitamin contains a few milligrams of copper. A good multivitamin will provide some balancing copper, as will (weird but true!) the copper water pipes in your home. Some researchers say that you need a 10 to 1 ratio of zinc to copper in your diet for them both to work most effectively.

Zinc Drink Taste Testing

Your zinc levels can be tested quickly, accurately and efficiently by way of a zinc taste test. This test can be completed by your practitioner, at a chemist or you can even buy (see below) a bottle of liquid Zinc Tally and test yourself. You may be surprised to find how low your levels really are, especially if you have had psoriasis for years.

How To Do The Taste Test

Adults: Hold 10 mL of liquid Zinc Sulphate ("Zinc Tally") in your mouth for 10 seconds. Your taste response will fall into one of four categories:

1. No specific taste or other sensation.
2. No immediate taste but after a few seconds a "dry mineral," "furry" or "sweet" taste develops.
3. An immediate and definite taste (not unpleasant) intensifying with time.

4. A strong unpleasant taste is noted immediately.

A category 1 or 2 taste response often indicates a zinc deficiency. Take a zinc supplement to build-up your zinc levels. Test every day until a category 3 or 4 response is indicated.

If a category 3 or 4 response is indicated take Ultra Preventative X (multivitamin) to maintain your zinc levels. Test periodically.

Thorne Research Zinc

I recommend that you use Thorne Research Zinc. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Thorne Research, Zinc Picolinate, 60 Veggie Caps

If you are looking for the "Zinc Tally" to do the taste test, you will want to get the product as well:

Metagenics, Zinc Tally, 4 fl. Oz. (120 ml)

13 – Sulphur

Sulphur is also known as sulfur, it is the third most abundant mineral found in your entire body. When it comes to skin and the formation of most tissues in your body (collagen), sulphur is very important, about 10 percent of your body's sulphur content is found in your skin. You never really hear about sulfur when it comes to health for some reason, and most people with psoriasis wouldn't have a clue just how important sulfur is when it comes to the health of their skin.

Chances are that right now you may not even be consuming enough sulphur containing foods in your diet, which may be an underlying cause of the inflammation underpinning your psoriasis! There are too many benefits of sulphur to mention, but I'll concentrate primarily on the benefits your skin will derive from consuming plenty of this mineral in your diet.

Probably the most important thing to know is that sulfur is one of the main constituents of collagen, a compound found in great abundance in your body that gives your skin its structure, flexibility and strength. When you don't have enough collagen, or if your collagen breaks down too quickly then you may notice an accelerated aging of your skin and an increasing amount of wrinkles as your skin loses its elasticity. Poor production of collagen or insufficient intake of sulfur is one of the major contributors of aging. Many psoriasis patients I have seen over the years notice that their skin is often "older looking" with more lines and wrinkles than that of their friends who are the same age. By making sure you have plenty of sulfur in your diet, as well as making sure that you can absorb it from these foods you will be helping

your body to maintain plenty of healthy collagen to allow you to maintain a more youthful appearance as you get older.

Glutathione

Sulfur is very important in the manufacture of glutathione, one of the most important of the antioxidants in your body. Cellular aging is thought to come about by way of free radicals that damage your body's cells, and glutathione helps to 'quench' these free radicals. Glutathione not only helps to slow down the visible as well as not so visible (behind the scenes) signs of aging, it helps to regulate the production of inflammatory compounds in your body as well known as prostaglandins. Having enough glutathione means that your skin won't inflame as much as it would with insufficient levels, and this is very important when it comes to psoriasis!

Sulphur (at low concentrations) is employed in some topically applied pharmaceutical drugs used for the treatment of different skin conditions like acne. Eczema may occur as a result of Sulfur deficiency. Research has shown that sulfur may help to alleviate psoriasis.¹⁸

Dietary sources of sulphur include the sulfur-containing amino acid foods. The amount of glutathione in your body is directly related to the amount of sulphur, especially the sulfur-containing amino acid foods such as eggs, meats, poultry and fish and the plant sources onions, garlic, chives, scallions, asparagus, kale and Brussels sprouts. Eating fermented and cultured foods is also a good idea when it comes to sulfur, because the process of fermentation makes sulfur more bioavailable. So load up on sauerkraut, yogurt, kefir, miso and Kim chi.

Sulphur Dosage: The RDA for sulfur from dietary sources is 800 mg per day (and this amount is usually obtained via the consumption of dietary sulfuric amino acids. You should not usually have to supplement with sulfur if you eat plenty of these foods, so please take note and ensure you eat enough of them, because sulfur is normally acquired in a person's diet in the way of the foods I have previously mentioned. The best forms of supplemental sulfur are in the form of the readily bioavailable sulfur-containing amino acids or Methylsulfonylmethane (MSM). MSM lotion when applied topically can be a very good move for those problem areas of psoriasis that keep on flaring up. I've seen MSM available as a topical preparation like a spray or a 'roll-on' stick for all kinds of conditions. You may like to inquire with your local health food shop and give it a try.

14 – Probiotics

What Are Probiotics?

A probiotic is a microorganism introduced into the body for its beneficial qualities. There are many different types and strains of beneficial bacteria, and a good probiotic contains some of the best strains that have proven to excel in repopulating the digestive system and discouraging the pathogenic bacteria from returning.

Normally the intestinal wall is densely covered with over 500 hundred different species of microbes grouped essentially in three types:

1. The Beneficial Bacteria. The good guys, you may have heard of “beneficial bacteria” such as *Lactobacillus acidophilus* or *Bifidobacterium bifidus*, these are but two of the many different bacteria which are beneficial and essential to our good health.

2. The Commensals. These bacteria form a symbiotic relationship in which the entire bacterial population of the digestive system is benefitted, but the other bacteria are neither benefitted nor harmed. Commensals can go good or bad depending on the level of beneficial or pathogenic bacteria. I call these guys the “politicians” of the gut; they can swing their weight either to the left or to the right depending on the majority.

3. The Pathogenic Bacteria. These are the nasty guys; the terrorists of the gut, they can harm other bacteria but are kept in balance by the beneficial bacteria. When we take beneficial bacteria (probiotics) continually during the Psoriasis Program treatment, the bad bacteria will find it more difficult to get a foothold on the intestinal wall and the commensals tend to swing more towards behaving themselves rather than misbehaving, and with a good anti-fungal supplement along with the probiotic, the pathogenic bacterial population will decline and a harmonious balance will be maintained once again in the intestinal tract.

Therefore we must first make some free space in the digestive system by not only taking the antifungal formula that will inhibit and control any yeast, bacterial or parasite overgrowth, but also include in our diet specialized anti-microbial foods like which you can read about at the beginning of this book. With more space and a less hostile environment, the beneficial probiotic bacteria can more easily occupy the vacated spaces at the intestinal wall, and crowd out the unwanted microbes.

Beneficial bacteria are most important when it comes to improving the skin, but why you ask? Most people with psoriasis wouldn't have a clue how important these microscopic bacteria are when it comes to not only their digestive and immune system, but also to what degree they determine overall health.

It is important to learn that a large part of your immune system resides in your digestive system, in fact up to 60 percent of your immune system's activity is centered around only the first three inches (75 ml) of your small intestine. This will make you realize just how important your digestive system's health and wellbeing is when it comes to overcoming psoriasis, especially with psoriasis being a condition that is classified as auto-immune. The root of many people's problems actually stems from problems that occur in their digestive tract, and I explain to patient who come to see me that good health starts from the inside and radiates towards the outside of the body – their skin.

Why Should You Take A Probiotic When You Have Psoriasis?

Try not to consider the probiotic supplement as a supplement, but rather as a beneficial food instead. That way you won't think to yourself “Well, I'll just take these pills for a few weeks, and when I feel better I'll stop taking them”. Is that how you feel about beneficial foods like yogurt, garlic and coconut too? We tend to view dietary supplements as just that, something to supplement our diet with for a short period of time and then to discontinue them. But probiotics are different in that they are beneficial bacteria that have spectacular effects on our health and their fragile populations are easily compromised due to the very way we eat and live. You will find that by taking them for a long period of time that your will miraculously appear to keep on improving in many different ways, and that's because they are involved in so many different processes affecting your health.

It is therefore important to take a high quality probiotic supplement in addition to regularly consuming live yogurt and other fermented and cultured foods as part of the Psoriasis Diet, that way you are guaranteed to continually re-populate your digestive system with these friendly bacteria.

This “Body Ecology” concept as promoted by leading nutritional health experts of today becomes a very important consideration when you have an auto-immune condition like psoriasis, and if you want to learn a lot more detail about the importance of digestive health, inflammation and recovery from a wide variety of auto-immune conditions like psoriasis through dietary means then I encourage you to get the books like I did and study them well. You will find though that a lot of the information in these books is essentially the same information in my Psoriasis Program anyway.

- Sally Fallon (*Nourishing Traditions*, New Trends Publishing Inc., 1999)
- Sarah Ballantyne PhD (*The Paleo Approach, Reverse Autoimmune Disease and Heal Your Body*; Victory Belt Publishing, Inc. 2013)
- Donna Gates (*The Body Ecology Diet*, Body Ecology Publishing; 1996)

If you are serious about a permanent resolution of your psoriasis, and I assume that’s why you purchased the Psoriasis Program, then you will most certainly want to develop a life-long habit of encouraging the continual reproduction as well as growth of many species of the beneficial bacteria.

Make Treating The Gut A Focal Point With Psoriasis

The skin-gut connection is often overlooked with psoriasis, and scientists are only just now starting to understand the important role that probiotics may very well play when it comes to the health of your skin. The ability of the digestive system’s internal environment as well as the oral supplementation of probiotics to influence many aspects of your immune system’s health like fighting infectious disease, countering the allergic response and preventing auto-immunity, influencing systemic inflammation, oxidative stress, blood-sugar control, and tissue lipid content may have vital implications in many skin conditions such as acne, dermatitis as well as psoriasis.

Making a healthy digestive system should become a focal point of your psoriasis treatment program, and once you learn the importance of correctly balancing your intestinal flora you will be miles ahead of those who only focus on improving the condition of their skin whilst ignoring the digestive system.

This is exactly what your skin specialist the dermatologist will do, little to no attention is paid to your diet (let alone your lifestyle) and no attention is given at all to the health of your digestive system. They will send you off to the gastroenterologist if they believe there may be a problem with your digestion, and the unfortunate thing is that these two specialists won’t even communicate to each other like your digestive system, immune system and skin will. The better the health of your digestive system, the less likely you will develop allergies, inflammation and auto-immunity in the first place. The less likely you will experience recurring psoriatic skin (or joint) flare-ups.

The bacteria in your digestive system play a crucial role in not only the development and operation of your body's immensely powerful immune system, but also in the production of many vitamins such as B vitamins and folic acid which themselves play an important role in building healthy collagen and skin cells.

Friendly bacteria like lactobacillus and bifidus species can help to train your immune system to distinguish between harmful and non-harmful antigens and to respond accordingly. This is critical function prevents your immune system from overreacting to antigens (the basis of allergies) or from attacking the body's very own cells (the basis of auto-immune diseases).

Without a well-functioning digestive system, you will more likely be vulnerable to different kinds of pathogens such as viruses, bacteria, yeast and parasites. And if you can remember, I have even devoted an entire book in The Psoriasis Program to candida yeast infections, because up to 75 percent of psoriasis sufferers have in fact a yeast infection.

Because friendly bacteria contained in probiotics perform such a wide variety of important functions, they are a most important dietary supplement to consider when you have psoriasis, don't you think? Probiotics work to help you digest food better and more efficiently; they also carry an anti-inflammatory chemical that can really help with decreasing the severity of any psoriasis outbreaks. I can't recommend enough that you consider taking them on a daily basis for a prolonged period of time and am certain that you will be delighted with the results, the improvements to your skin's health will amaze you if you stick with probiotics for three to six months straight.

Don't forget the fermented and cultured foods, these are a kind of 'fertilizer' for your health bacteria and are rich in lactic acid that your beneficial thrive on. You will be able to read a lot more about the benefits of these special foods in my two Psoriasis Diet books.

Recent research has found that people who regularly consume prebiotic foods, fermented foods (like sauerkraut), cultured foods (like yogurt) as well as probiotics in a dietary supplement form tend to have the lowest systemic (blood) markers of inflammation and oxidative stress.¹⁹ There has definitely a connection between established between acne and SIBO (small intestinal bowel overgrowth), and I suspect that it won't be long before a similar connection between bowel flora and psoriasis is discovered as well. This suggests that re-establishing a healthy balance of gut micro flora is a most important consideration when it comes to skin problems.

D-Lactic Acid Free Probiotics For Those With SIBO

Do you take a probiotic in the past and felt worse for taking it? You may very well have SIBO. A comprehensive stool test (CDSA x3) will quickly reveal this, and easily explains why many patients I see actually feel worse or aggravate when they take a probiotic that contains strains of beneficial bacteria like Lactobacillus acidophilus (that produce D-lactic acid). Many patients I've seen with psoriasis have in fact SIBO and a candida yeast infection, and the microorganisms that are prevalent in people with SIBO in fact produce D-lactic acid, on which they thrive. Therefore, when people with SIBO take commercial probiotics containing the common D-lactic acid strains they can feel considerably worse rather than better. Perhaps you can relate to this, because I have many patients who can.

If you do feel worse when you take a probiotic then STOP, you could be making things worse for yourself rather than better! You need a D-lactate free probiotic, I you can get this product through my online store. It is called Custom Probiotics, D. Lactate Free, and it comes in a 50-gram container, enough for two months supply. I used to use another product called 'Prescript Assist' but get consistently better feedback with the Custom Probiotics D-Lactate Free powder, and now recommend ALL my psoriasis patients trial this product for 6 months before they try any other probiotic.

Please remember, at the risk of repeating myself – you will do a lot better if you take the Custom Probiotics D-lactate free powder and include fermented foods like sauerkraut or Kim chi as well as the cultured foods like yogurt and kefir in with your Psoriasis Diet.

When Do You Take Probiotics?

Some experts say to always take probiotics away from foods while others I have spoken to say to always take probiotics with meals. So what do you do? Well, taking them with foods or snacks seems to be the way to go, according to experts I've spoken to, but in the end it doesn't really matter that much – just take them regularly! Some people believe that beneficial bacteria are degraded and destroyed in the stomach, and that nothing survives the stomach bypass because the "acid kills all the beneficial bacteria".

A long time ago, people used to eat foods rich in lactic acid and loaded in beneficial bacteria and did not ever have to rely on taking pro-biotics. My grandmother used to make large quantities of sauerkraut in the fall that would be consumed all winter long. Do you think she paid any attention to when the sauerkraut was to be eaten? It was eaten as a side-serve along with foods like sausage, mash and gravy; sometimes it was eaten alone, sometimes with meat.

Take your pro-biotics with food, or away, in my opinion it makes little difference especially if you take them long-term and on an on-going basis. Like any dietary supplements, the hard part is just to remember to take them regularly every day and if you take a supplement long enough, you will get in into the system.

Probiotic Dosage: The 50 gram container is equivalent to 60 adult scoops. Each adult scoop measures 0.8 grams (equivalent to 200 billion cfu's). If you take one adult scoop a day 50 grams will last 2 months while 100 grams will last 4 months. Custom Probiotics also include a child scoop measuring 0.1 gram equivalent to 25 billion cfu's. 8 baby scoops are equivalent to 1 adult scoop. Take on an ongoing basis with psoriasis. How long? I recommend with serious cases for at least 6 and sometimes for as long as 12 months continually, seven days a week.

The Custom Probiotic supplements are temperature stable for 2-3 weeks without refrigeration. They have done 2-year temperature stability testing on their probiotics and 'overdesign' their probiotics so that the loss will not affect the potency indicated on the label. You will be able to travel with their probiotics for 2-3 weeks without refrigeration. It is best however to keep probiotics refrigerated for optimum potency.

Custom Probiotics

I recommend that you use Custom Probiotics D-Lactate Free Powder. You can get this supplement here on my online shop: [Doctor Supplement Store](http://www.dssorders.com/ericbakker)

The product you are looking for in the "Favourites Product" list is:

Custom Probiotics, D. Lactate Free, 50 grams

Don't Be Quick To Stop Taking Probiotics

Don't be quick to stop taking probiotics, these should be the last nutritional supplements you continue to take with your psoriasis treatment program, and continue with them until you feel (and look!) really well, and when all symptoms abate then take them for at least a month or two longer. I have always found it beneficial and highly advisable to recommend pro-biotics regularly during prolonged psoriasis therapy, and especially *for some time after* completing the treatment. These are the psoriasis patients who feel, look and who stay better - *for longer*.

Stay On The Probiotic, Especially With Carb Re-Introduction

By taking an antimicrobial dietary supplement with meals and the probiotic with breakfast and dinner over a prolonged period of time, you can over time regenerate a healthy intestinal flora, especially if you understand the concept of a healthy balance in your life of work and play, exercise, relaxation, healthy foods, etc. However, if you don't follow up your Psoriasis Program with the probiotic, then as you are on the road to recovery and you slowly begin to ingest increasing amounts of carbohydrates (especially the refined ones, the sugars), the yeast and bacteria overgrowth may multiply and fill the empty spaces again. This often occurs when a patient I see starts to notice significant improvements and then starts to eat bread again, drinks wine and slowly slides back into the dietary behavioral patterns they originally had which caused the problems. All of a sudden they feel terrible and experience a reoccurrence, is it any wonder?

However, with more serious and chronic psoriasis cases, it may take much longer to eliminate the bad bacteria, spores, fungal roots and possibly any unwanted parasites growing in the intestinal tract. Therefore we need to be particularly careful vigilant and continue avoiding or minimizing drugs, alcohol, sweet foods and many different kinds of chemicals, and use a suitable diet as I have outlined in the Psoriasis Diet. Sometimes it can take as long as a year or more of being hyper-vigilant if you have been seriously unwell with your psoriasis, but there comes a time when you will most certainly be able to return to your old self again, all in good time.

15 - Digestive Enzymes

Last, but certainly not least, it is important to understand that if your food is cooked instead of predominantly raw, you must supplement with digestive enzymes. So I guess that just about means all of us, because how many of the people reading this right now will be mainly eating raw fruits and vegetables or a diet with almost no processed or refined foods whatsoever. Not many.

Enzymes are proteins and without them your body can do almost nothing. Your stomach, pancreas and other glands produce digestive enzymes. They are also present in raw foods. Although the body can manufacture digestive enzymes, it is difficult to produce enough if we are not getting them from our food sources, or if the food is not chewed properly or if we eat in front of a computer or TV screen like many of us do.

Unfortunately, cooking and processing foods destroys nearly all of the enzymes it contains, and most people do not chew their food the right amount that is required to fully break it down into the smallest of pieces. You see, the problem with insufficient chewing is that the HCL (hydrochloric acid) our stomach produces cannot sufficiently

break the food down much further, which creates a problem for our pancreas to complete the job. This creates bloating, burping and a sensation of fullness. To make matters even worse, over half of the psoriasis patients I see don't have near enough HCL production to begin with, a condition called hypochlorhydria.

It is a smart move for psoriasis patients to take a digestive enzyme tablet with each meal.

Bacteria, Candida And Digestive Enzymes

One of the very first places candida takes a foothold is in the digestive system where it creates an environment that allows it to thrive. But this comes at a cost to the you the host as it compromises various digestive processes, preventing it from fully absorbing vitamins and minerals, increasing acidity in the intestines, allowing other bad bugs like disease causing bacteria and parasites to thrive and reducing enzymatic activity. By allowing these processes to take place, candida to become established in the digestive tract, weakening the person's overall health due to potentially creating mal-absorption of many of the nutrients critical for the countless chemical processes to occur in your body.

The pH of the digestive system becomes slightly altered, allowing an unfavorable environment for of other pathogens while the digestive enzyme levels become compromised creating several problems for the body.

Digestive enzymes are essential when you have a yeast infection, they allow foods to break down into useable nutrients, and especially where there is a candida overgrowth that potentially affects digestive enzymes in the stomach and small intestine. The best digestive enzyme dietary supplements contain enzymes that support the digestion of protein, carbohydrates and fats.

Supplemental pancreatic enzymes (amylase and pancreatin in particular) and supplemental protein-targeting enzymes (known as proteolytic) will reduce the discomfort caused by any Herxheimer (die-off) reactions. Some of the most beneficial digestive enzyme products contain Betaine hydrochloric acid and pepsin.

It normally takes anywhere from two to six months to seriously improve the health of the digestive system, and as I have previously mentioned, even longer in severe cases, I have know some patients with chronic psoriasis who required treatment with digestive enzymes for a two full years. These are frequently the patients who have long been given up and "discarded" by many other health-care professionals as being "impossible" skin cases. They seem to react to everything in their environment and have a limited diet, reacting to various foods. They have little or no energy, and generally a poor quality of life.

They have had every test known to man performed on them, all to no avail, and they are sometimes seen as "problem patients", when in fact they are in serious need of full digestive rejuvenation.

Yes, I have seen such impossible cases improve considerably, and sometimes all these seemingly impossible folks need is an ongoing digestive enzyme, probiotic and multi vitamin. Make sure if your digestion does not improve to try the Stomach Tolerance Method outlined soon, a really good option for those with chronic psoriasis that has become resistant to treatment.

Why Should You Take an Enzyme Formula?

There are several different reasons why you would want to take an enzyme formula when you have psoriasis, but the three main reasons are:

1. *Digestive Reasons*: to assist in the breakdown and absorption of foods. This (along with better chewing!) will allow the body to have a much greater access to those all important nutrients it needs to rebuild your health and your skin in particular. Makes sense?
2. *Antimicrobial Reasons*: To counter any yeast and/or bacterial overgrowth, to correct the body's pH that makes it difficult for these bugs to thrive.
3. *Anti-inflammatory Reasons*: to assist in healing the gut and healing the immune system's inappropriate responses.

After using digestive enzymes with psoriasis patients many years ago, I started to work out that they are best taken if you are serious about recovering from recurring flare-ups. Take the enzymes just before a meal, and if you need several (after having completed the "stomach tolerance method", see below) just spread them out at the beginning, during and at the end of the meal. There is no advantage taking these enzymes between meals.

Science Validates Digestive Enzyme Treatment With Psoriasis

A study²² involving 400 patients with chronic skin conditions like seborrheic dermatitis, vitiligo and psoriasis that were resistant to conventional treatment were found to have an impaired hydrochloric acid (HCL) secretion in the stomach. An improvement in their general health, particularly their skin condition was noted following HCL replacement therapy with oral digestive enzymes along with a vitamin B complex formula. Cases with moderate HCL deficiency showed the most rapid improvements.

Enzymes For More Than Just Digestive Reasons

I have discovered that many patients with psoriasis seem to feel that much better when they take a good enzymatic formula. Their digestive system becomes damaged and inflamed by an overgrowth of various kinds of bugs and supplemental enzymes can assist with the healing process and facilitate gut healing which increases recovery time. They lack the ability to break food down properly to health their skin. That's why it is especially important that you take the digestive enzymes not only when you begin the Psoriasis Diet, but throughout the entire Psoriasis Program and beyond, as these dietary changes may be quite foreign to your body and the habits you learn through the whole process may take some time before they become fully engrained into your daily life. There may be slight pH changes in your digestive system and shifts in the bacterial population, and initially there will be the regular garbage that needs shifting out of your bowel, it's a bit like sweeping a floor that has not been cleaned thoroughly for many years. Many people will notice that they pass out bowel plaques, some mucous and either an increasing amount of bowel motions or larger stools, especially those who were on processed or diets high in refined or junk foods to begin with. Do enzymes assist in the cleansing process? I know they do because of the feedback I've received from the many patients who have undergone The Big Clean-Up before starting the Psoriasis Diet.

As far as inflammation and psoriasis is concerned, your digestive system is quite a dynamic place with many areas that can become potentially damaged by the inflammatory responses of a leaky gut, food allergies, parasites, and bacterial in addition to yeast overgrowth. Enzymes will help counter this inflammation, assist in

breaking down any garbage and allow your immune system's response to become much more appropriate.

How Long Do I Need To Take The Digestive Enzymes?

This will vary from person to person. I've found that it can take about 4-6 months on average to heal the gut, especially if the diet is adhered to and probiotics are taken as well. But in some severe psoriasis cases I've worked with it has taken as long as 12-18 months for the healing to take place. I do urge you to take them and give them a good try; it may cut your recovery time by as much as half. Everybody seems to think that a skin-care formula is all you need when you have a psoriasis, but I believe that this is not the case, and trial and error with many patients especially the past few years has shown me this.

Some people find they need enzymes with every meal, some with every meal as well as any snack foods they consume whereas others will find that they only require them occasionally with meals, especially meals containing meats. It's all about trial and error, and only experimentation will reveal your individual requirements so you may want to experiment to see which method gives you best results.

For the average psoriasis patient I recommend that they take one dose of the digestive enzyme twice daily for the first three to four weeks to assist digestion as well as to assist in the elimination of yeast toxins, particularly once they start the Psoriasis Diet This is primarily because they will be changing their diet and increasing the amount of protein (meat, eggs, chicken, fish, etc.) as well as vegetable matter they will be eating. Generally this means that they supplement with the digestive enzymes with lunch and dinner.



Increase or decrease the dosage to suit your own needs, and your bowel motions and level of digestive comfort will generally be a good guide as how much digestive enzyme to take. Unless you eat a high protein breakfast, it is best to take a digestive enzyme with your lunch and evening meal, but for those with known food allergies try one with breakfast, lunch and one with dinner. I have found that digestive enzymes are particularly effective for those with food allergies and food intolerances.

You may like to try the "stomach tolerance method" to determine how many digestive enzymes you need, especially if you have any signs or symptoms of hypo-chlorhydria (an underactive stomach). I have found this common in those with psoriasis, especially in those over the age of fifty.

Signs and Symptoms of Low Stomach Acid

- Stomach aching/pain/discomfort or bloating after meals
- Feel unwell/fatigued right after meals
- Food or water 'sits in stomach'
- High protein or fat foods cause nausea/stomach upset
- Multiple food sensitivities
- Trouble digesting red meat
- Constipation
- Low iron levels
- Frequent low-grade nausea
- Nausea/reflux after supplements (e.g.

- Undigested food in stool
- Reflux and/or heartburn
- Poor appetite or feel overly full easily
- Poor fingernail health/splitting easily/white flecks
- fish oil)
- Burping after meals
- Thin, weak or fragile hair

Good Tip – The Stomach Tolerance Method

The best way to determine how much digestive enzyme supplementation you require is to do the Stomach Tolerance Method. Capsules are taken in increasing doses with meals until symptoms of excess acid are evident, at which time you would cut back on how many capsules or tablets taken. This is what a typical digestive enzyme “tummy tolerance” program would look like:

Meal 1 – Take 1 cap or tab at the beginning of your meal.

Meal 2 - Take 2 caps or tabs at the beginning of your meal.

Meal 3 - Take 3 caps or tabs at the beginning of your meal.

Meal 4 - Take 4 caps or tabs, two at the beginning of your meal and two in the middle of your meal, and so on, up to 8 capsules per meal.

NOTES: When taking several caps or tabs they will help you more if you take them throughout the meal (beginning, middle and end). For individuals that are daring and want more rapid results, you could increase the dose by two tabs or caps each meal instead of one. If any irritation occurs (heartburn, stomachache, heaviness, nausea), you can take baking soda in water to neutralize the excess acidity (1/2 teaspoon of baking soda in 250mls of warm water), but sip it only long enough to alleviate the symptoms. At your next meal you would take 1-2 caps or tabs less than the number that caused symptoms. Sometimes small meals (or those with little protein) do not require as many caps or tabs as required for a larger meal. Remember that symptoms of high stomach acid are exactly the same as low stomach acid, i.e. heartburn, stomachache, a sense of heaviness behind the sternum and low-grade nausea.

Precautions

Avoid the digestive enzyme if you have a peptic ulcer or take an anti-inflammatory drug like aspirin, Inodacin, Motrin, or Butazolidin.

Digestive Enzymes – Best Overall Products

All recommended supplements can be purchased on this link: <http://www.dssorders.com/ericbakker>

I recommend that you use Kirkman, Maximum Spectrum Enzym-Complete. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Kirkman, Maximum Spectrum Enzym-Complete/DPP-IV Fruit Free w/Isogest, 120 Capsules

Best Digestive Enzyme To Do Stomach Tolerance Method With

Do you want to complete the Stomach Tolerance Method to determine how well your stomach is working? I HIGHLY recommend it, especially if you are over 40 years of age and have chronic psoriasis. I recommend that you use Thorne Research, Bio-Gest. You can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Thorne Research, Bio-Gest, 180 Veggie Caps

Psoriasis Herbal Medicines

I could literally write an entire book just about the virtue of herbal medicines and psoriasis. Many patients I have seen with psoriasis find their skin condition responds particularly well to herbal medicines when they are targeted for their condition, and they are also pleased to know that there are no unwanted nasty side-effects. Don't worry about some medical websites that state about 'unproven' effects of herbal medicines, when there is plenty of proof that the synthetic drugs they themselves recommend can be most harmful indeed!

Herbal medicine is literally the 'mother of all medicines' and has been in use for many thousands of years. Many centuries before pharmaceutical drugs were invented and drugs companies even existed, herbal medicines were the primary treatment for many different acute and chronic health complaints in most countries. Unlike drugs that doctors believe to 'cure' disease, herbs actually enhance health rather than merely suppress symptoms, they always have been and still are being used today for general health and wellbeing.

Herbal medicine relates to the various parts of a plant like the roots, stems, leaves, seeds, berries, flowers or bark which all contain many different natural chemicals and various organic ingredients that enhance health in a more balanced and holistic way, unlike pharmaceutical drugs that have been made in a laboratory from synthetic and totally unnatural ingredients. Don't kid yourself, even though many herbs (but certainly not all) are less potent than drugs, they are still a kind of medication and need to be treated as such.

Certain herbs can even complement or enhance the use of pharmaceutical drugs, some can help to relieve the side-effects caused by some of the more powerful drugs used in psoriasis.

There are literally countless herbs that have a positive effect on reducing inflammation, boosting immune function, as well as inhibiting and destroying an intestinal bacterial and yeast overgrowth so prevalent with psoriasis, but I do believe that the most beneficial herbal medicines for the patient who suffers with psoriasis are

the ones I have written about below. Herbal medicines are best obtained through your licensed and registered medical herbalist. If you don't know an herbalist near you, just go to Google and search for an herbal medicine association in your area and make contact. I would prefer it if you don't just go to a health food store and buy different kinds of herbal capsules or liquids over the counter and experiment yourself. So be sure to visit an herbalist with experience, and preferably one who is registered with a professional herbal association and experienced with psoriasis or skin conditions.

When used carefully, properly and with intelligence, herbal medicines are not only safe and most powerful and they are generally almost always side-effect free but do check with your professional herbalist first before beginning the use of various herbal medicines to ensure safety especially if using pharmaceutical drugs, are pregnant or breast-feeding, are elderly or if you are considering herbs for young children.

Correcting Liver And Gallbladder Function

A key action to consider when it comes to getting a great result with psoriasis is to improve the liver's function, and herbs are really good in this department. You can read a lot more about the importance of liver cleansing and psoriasis in my book entitled: *Psoriasis, Internal Cleansing And Detox*. One of the liver's primary roles is to filter and cleanse the bloodstream, and if this filtration does not occur adequately, toxins build up in the body and can affect the skin, sometimes pretty bad. Now you understand why drinking alcohol and eating fatty foods is not such a good idea if you want to beat your psoriasis. Some of my favorite liver herbs to treat psoriasis include burdock (*Arctium lappa*) and milk thistle (*Silybum marianum*), blue flag (*Iris versicolor*) is good for those with digestive liver problems resulting in headaches, nausea and constipation, and for the gallbladder problems I use greater celandine (*Chelidonium majus*), especially in those who have had their gallbladder removed.

St Mary's Thistle

It makes good sense to take this herb with psoriasis during the detoxification phase; after all it has a very beneficial effect on your liver. This herb increases bile flow and helps to detoxify the many different kinds of chemicals your body has to deal with. And, cleaner blood means less skin aggravations, less redness, less itching, inflammation and discomfort in general. This herb is very important detoxifier for you to take, particularly if you have a history of taking any kind of pharmaceutical drug for any length of time, and have psoriasis as well. Most natural medicine companies who offer targeted treatments aimed at psoriasis will undoubtedly have a liver cleansing product containing various herbal medicines, vitamins and possible minerals affecting your liver's function favourably. St Mary's Thistle is one of the best in this regard and should always be used when it comes to liver cleansing.

St Mary's Thistle – Best Overall Product To Get

I recommend that you use Gaia Herbs Milk Thistle, the liquid filled capsules. You won't get a better St Mary's Thistle product, and you can get this supplement here on my online shop: [Doctor Supplement Store](http://www.doctorsupplementstore.com)

The product you are looking for in the "Favourites Product" list is:

Gaia Herbs/Professional Solutions, Milk Thistle, Liquid Phyto-Caps, 60 Liquid Filled Capsules

Correcting Immune Function

Psoriasis is classified as an auto immune disease, and two of the best herbs to treat auto immune skin related problems include bupleurum root (*Bupleurum chinensis*) as well as Pau d'arco bark (*Tabebuia* spp.). These two herbs will improve your immune system's health and reduce food allergies to a degree, something commonly found with psoriasis as well.

Improving Stress Resistance

Many patients I see with psoriasis suffer from stress, and it isn't surprising. Imagine for one moment what it is like for some patients with ongoing chronic psoriasis, an embarrassing skin complaint covering various parts of their bodies. For many patients, it affects their ability to socialize in the summer months and can really stress them out. Stress often worsens psoriasis, you may like to read my book entitled: Psoriasis Stress and Immunity to understand more in depth the connection between stress, the adrenal glands (especially cortisol) and psoriasis.

Psoriasis patients with anxiety will benefit from Passionflower (*Passiflora incarnata*) because this herb acts as a very mild sedative and has reasonable anti-anxiety action. Valerian (*Valeriana officinalis*) will help sleep and is good for irritable people, it helps folks with panic attacks, tension headaches and even high blood pressure. Licorice root (*Glycyrrhiza glabra*) is a good choice for those who suffer from adrenal fatigue or burn-out, especially when combined with Siberian ginseng (*Eleuthrococcus senticosus*), this is my favorite herb for those with mild depression, fatigue, occasional insomnia and who get irritated and impatient at times. Most psoriasis patients feel so much better after taking this herb for a few months; it just seems to calm them right down.

Antifungal And Antibacterial

You will have read numerous times in The Psoriasis Program that patients I see with psoriasis often have digestive issues that need sorting, and yeast or bacterial overgrowth is more common in those with psoriasis than many realize in my professional experience. This is one of THE most important areas to target when it comes to herbal medicines or dietary supplements.

Make sure you don't neglect taking an antifungal herb in particular, and one of my favourites is Pau d'arco. You can read all about this in a moment.

The Best Skin Herbs For Psoriasis

Here now are the best herbal medicines to use for those who have psoriasis, with a particular emphasis on skin. I haven't got enough room to write about all the herbal medicines I consider to be great for psoriasis patients, if I did then this book would be over three hundred pages in length and most probably bore you unless you have a particular interest in herbal medicine like me. I have placed a 'star rating' with the herbal medicines I seem to get the best results with, the more stars, the better the

herb in my opinion. I'll spend time outlining the main herbal medicines I use and why a bit further on.

- Blue Flag (*Iris versicolor*)*
- Burdock (*Arctium lappa*)**
- Chickweed (*Stellaria media*) (topically)
- Cleavers (*Galium aparine*)
- Comfrey (*Symphytum officinale*) (topically)
- Dong Quai (*Angelica sinensis*)
- Gotu Kola (*Centella asiatica*) (topically)**
- Greater Celandine (*Chelidonium majus*)
- Milk Thistle (*Silybum marianum*)
- Oregon Grape (*Berberis aquifolium*) (topically and internally)***
- Red Clover Flower (*Trifolium pratense*)
- Sarsaparilla (*Smilax ornata*)**
- Yellow Dock (*Rumex crispus*)*

Oregon Grape (*Mahonia aquifolium*)

While most dermatologists are quick to dismiss natural medicines as having any place when it comes to healing psoriasis, it is interesting that they are rather excited about this herb for the treatment of not only psoriasis, but for many other skin diseases.

Traditionally, herbalists have used Oregon grape root for conditions like constipation, liver congestion, bloating and many other kinds of digestive complaints. In traditional Western herbal medicine, Oregon grape root is used as a tonic, a bowel cleanser, and to treat many different kinds of infections, and even for acid reflux and stomach ulcers. When applied to the skin, Oregon grape root is successful at treating psoriasis.

The root is generally the part used of this tall flowering shrub that grows quite well in North West USA, in Europe and various other regions around the world. I have used Oregon grape for skin conditions for over twenty years in my clinic, especially when the patient has a digestive complaint alongside their chronic skin problem, which is more common than you may think, especially with psoriasis.

Scientific Research Validates Oregon Grape For Psoriasis

A clinical study²⁰ published in 2010 (*Dermatology Therapy*) was designed to determine which plant extracts and natural compounds worked the best for a wide variety of skin diseases. This particular was most significant, because unlike most other clinical trials, the tests were performed on humans instead of laboratory animals such as rats or rabbits. The researchers used published information they obtained from the former German Commission E regarding a wide range of natural herbal medicines and plant compounds. With regards to all of the chronic skin conditions they tested the herbal compounds on, atopic dermatitis and psoriasis revealed the most impressive clinical results, and Oregon grape root in particular was discovered to be one of the most (if not the most) effective herbal medicine for psoriasis patients as well as those suffering from chronic dermatitis.

In an earlier study²¹ conducted in 2003 (also in *Dermatology Therapy*), researchers noted the importance of skin specialists to consider herbal medical treatment as an adjunct to conventional medical skin care. Researchers mentioned that plant extracts healed chronic skin diseases in a different way than pharmaceutical medicine, and some scientific experts in this journal article even stating that at times herbal treatment either the best or only way to treat some skin conditions. Oregon grape was mentioned particularly, because of its anti-microbial, anti-inflammatory, and

liver-protecting chemicals contained in the herb, contributed mainly to an ingredient called berberine.

Berberine

Oregon grape contains an alkaloid (a powerful natural chemical) called berberine, but it is not the only herb to contain berberine, other berberine containing herbs are Goldenseal (*Hydrastis canadensis*) and Barberry (*Berberis vulgaris*). Let's take a look at berberine and what it is capable of. Oregon, grape, goldenseal and barberry are herbs that in particular contain high levels berberine that has positively stimulating effect on the immune system. This effect is strongest no doubt is in mucous membrane tissues found in the vagina, mouth, and especially the digestive system. Berberine has been shown to possess excellent antimicrobial activity against a wide variety of microorganisms some of which are found in the digestive tract including yeasts, bad bacteria, viruses and other potential pathogens. Different types of preparations of goldenseal and barberry especially have been used both orally in teas, capsules and in liquid herbal extracts, and even intra-vaginally in douches and as suppositories.

Intestinal Parasites

Berberine has demonstrated growth inhibition of *Giardia*, *Entamoeba histolytica*, *Trichomonas vaginalis*, and *leishmania donovani* as well as several other well-known parasites and many different types of detrimental bacteria. Studies of berberine have shown in particular that it markedly decreases the parasitic load and can rapidly improve somebody's immune system profile. Test tube studies have revealed that berberine inhibits the multiplication and inhibits the maturation of parasites. It is a most effective anti-parasitic herbal medicine and in my opinion is a must when treating any chronic yeast infection.

Precautions with Berberine

Don't take a berberine extract by itself for more than two weeks, it is OK to have berberine as part of a formula in a lower dose for more than two weeks but you wouldn't want to take for example straight liquid Golden Seal or Barberry for any longer than two to three weeks on a daily basis. The reason being is that they are quite potent and may irritate the mucous membranes. Also, certainly don't take any berberine-containing herb when pregnant.

I don't think of berberine containing herbs as 'psoriasis specific' herbs, but more as powerful adjuncts, meaning they are perfect to add as a booster to act as an anti inflammatory, or to boost liver cleansing and also to inhibit various potential pathogens that many psoriasis patients have to a degree.

The four key actions of berberine containing herbs with psoriasis are as follows:

1. To enhance the activity of any antibacterial, antiviral or antifungal natural medicines that you may be wanting to use. Remember that 75 percent of psoriasis patients have a yeast infection? Berberine containing herbs work in the background by helping to kill bad bacteria and parasites, allowing antifungals to do they job more easily and thoroughly.
2. To support the mucous membranes, because these herbs and have an immune enhancing and cleansing effect on the mucosa of the throat, vagina and throughout the digestive system.

3. These herbs act as liver tonics and help the body secrete bile, it is good to assist the liver in secreting toxic bile, especially of benefit when detoxing.
4. To act as anti-inflammatory agents. Berberine containing herbs reduce inappropriate inflammatory actions of the immune system, and psoriasis patients who experience repeated skin flare-ups will notice a definite reduction in flares (inflammation) once they begin to use Oregon grape regularly as an herbal tonic and especially when they use the liquid extract on their lesions.

How To Use Oregon Grape With Psoriasis

There are many different ways you can use this herb when it comes to psoriasis, but using it internally as well as externally is the best way, and I always get the best feedback from chronic psoriasis patients who employ Oregon grape in this way.

Oregon Grape Tea

Because you will be using the dried root and not the leaves, flowers or stems, the only way to extract the goodness is to simmer Oregon grape root gently in a covered non-aluminum saucepan for 15 to 20 minutes. You should be able to get hold of this root from your herbalist who is professionally qualified and registered, by getting it through a health-care professional such as this you have a greater chance of buying the authentic herb, because if you buy directly from the Internet you may be buying something entirely different and get ripped off!

Follow your herbalist's instructions, but I'd recommend about a tablespoon of the dried root per 500 milliliters of water (about half a liter, or 20 ounces of water). Use a stainless steel saucepan with a lid, bring to the boil then turn the heat right down and simmer for about 20 minutes. The standard (traditional) dose is two 'wine glasses' per day, i.e., the amount a person would have in a wine glass.

Traditional herbalists suggest using Oregon grape root powder in colon cleansing formulas and in topical ointments for skin issues. It can also be made into a tea. Since Oregon grape root is a tough root, the herb must be boiled for 15 minutes before drinking. One teaspoon per cup is recommended, and three cups of tea per day is suggested.

Oregon Grape Ointment

Did you know that ointments made from Oregon grape are marketed in Europe for just for psoriasis? Laboratory trials using human skin cells revealed that various constituents from Oregon grape (such as berberine, berbamine, and oxycanthine) have anti-inflammatory, antioxidant as well as anti-proliferative (they stop skin cells from growing too fast) effects relevant to psoriasis.

German researchers designed a study involving a 10 percent Oregon grape bark extract for psoriasis patients ranging from mild to severe psoriasis. Eighty two psoriasis patients undertook the clinical trial, applying either placebo or the ointment three times daily for four weeks after which the researchers assessed the treatment

success based on a three-step scale, either symptoms were unchanged, symptoms had improved or symptoms had disappeared entirely. The outcome was significant; Oregon Grape ointment was particularly effective in moderately severe psoriasis, and not so effective in those with mild psoriasis. The investigators concluded with the statement that Oregon grape bark ointment is "a potent and safe therapy of moderately severe cases of psoriasis vulgaris." Side effects experienced were minimal and only affected four patients out of eighty-two, they included itching, burning, and mild allergic skin reactions. Why wouldn't you want to try this ointment if you have moderate to severe forms of psoriasis, instead of those medical creams?

Oregon Grape Herbal Tincture

You can also consider taking a liquid herbal extract of Oregon grape, and it is a smart move to take an herbal medicine internally as well as externally – at the same time, especially an herb that has scientific validation to make a real difference with psoriasis like Oregon grape. A benefit from taking herbal medicines in liquid form is that you can blend them with other herbal medicines easily.

In my clinical experience, the best results will be obtained by using the herbal medicines most indicated for you as an individual. This makes a lot of sense, because no two psoriasis patients will ever be exactly alike. For example, one person may have constipation along with their psoriasis, whereas another tends to get more stomach-related problems and may even be taking a drug that blocks the acid production in his or her stomach to prevent heartburn. Another psoriasis patient may be experiencing recurring headaches or sleeping difficulties. Most all psoriasis patients will benefit from an antimicrobial herbal medicine, especially one with antifungal activity.

As you can see, it is best to individualize treatment to suit the person, and not just their psoriasis. I can certainly agree that improved outcomes can be expected with this kind of "no one size fits all" herbal treatment, and for this reason I recommend that if you are considering herbal medicine treatment for psoriasis to visit your professional herbalist for this reason alone, but if you are considering using Oregon grape as a herbal medicine treatment then here is the correct dosage:

Oregon Grape Dosages

Dosage of liquid herb: 25 to 40 mL/week (of the 1:2 liquid). If you are considering taking Oregon grape as an herbal tablet, the dosage is between 1.4 to 1.8 g/day.

Two full droppers of tincture taken three times a day, this is the usual recommendation for any herbal tincture. The Oregon grape herbal tincture can be added to an aqueous based plain ointment for your psoriasis in a 1:10 ratio, which is about the right ratio according to both traditional herbalists and clinical dermatologists.

Oregon Grape – Best Overall Product To Get

I recommend that you use Genestra Berberis Formula. You won't get a better encapsulated Oregon grape product, and you can get this supplement here on my online shop: [Doctor Supplement Store](#)

The product you are looking for in the "Favourites Product" list is:

Genestra (Seroyal), Berberis Formula, 90 Vegetable Capsules

Pau D'arco

This herb is also known as LaPacho or Taheebo. Pau D'arco (*Tabebuia avellanediae*) tea is an herbal tea prepared from the inner bark of a rainforest tree from South America.

The tree is not killed during harvesting process, and only the inner bark is used. This herb that has a long folk use in the treatment of many different kinds of chronic ailments is an excellent adjunct in the treatment of psoriasis. While I wouldn't recommend it as primary therapy, it is brilliant to use in conjunction with the Psoriasis Program.

The native Indians of Brazil traditionally used the inner bark for a wide range of health problems including boils, bedwetting, fevers, sore throats, snakebites, various wounds, and several types of cancers including cancer of the tongue, prostate, esophagus, lung, and bowel. LaPacho was also traditionally used for ulcers, constipation, and many types of digestive and chronic skin problems, poor circulation, and arthritis.

How Does Pau D'arco Work With Psoriasis?

Several compounds from Pau d'arco have demonstrated strong immune enhancing, antibacterial, antiparasitic, antifungal and depurative effects. The word 'depurative' essentially means any substance that improves detoxification and aids in the elimination to reduce the accumulation of metabolic waste products within the body. Depuratives are largely used in herbal medicine to treat chronic skin conditions, cancers or musculoskeletal disorders.

Taheebo, the other name for this remarkable rainforest tree, has often been singled out of all the herbal medicines as one of the premier treatments for yeast and bacterial overgrowths of the body and after many years of laboratory research by the mid 1970's, the list of nutrients in Pau d'arco that inhibit *Candida albicans* and other fungi had grown to several dozen. An interesting application has been reported in which toe and fingernail fungi infections are hugely relieved and disappear by soaking them in lapacho tea off and on for a couple of weeks.

How To Use Pau D'arco With Psoriasis

The most effective ratio is 3 level tablespoons of Pau d'arco tea with four cups (1 litre) of purified or filtered water. (You can also use 1 tablespoon tea with 1 1/3 cup of water). Add the tea to a saucepan (glass or stainless steel) of cold water. After water starts to boil, reduce heat and simmer very low (with the lid on) for at least 20 minutes. Then add a little more water to bring liquid level back to start level. You can make it a bit stronger or weaker if you are uncomfortable with the taste. Do not use

aluminium or tin pots or storage containers! Strain the tea through a piece of linen cloth, tea strainer or coffee press device. Serve luke warm or cooler. Store the tea in a glass container.

The incredible thing with this herb is that the tea does not deteriorate in time because the herb is totally immune to mould and fungus.

You will find Pau D'arco a most effective tea for your digestive and immune system in general. Many studies now show that it is potentially a useful cancer treatment as well.

For those with psoriasis, drink at least one cup daily; better still have one cup twice daily between meals.

Tea Tree Oil

The indigenous people of north-eastern New South Wales (Australia) had known about the healing and disinfecting properties of tea tree oil for thousands of years, long before the development of any pharmaceutical drugs. They applied poultices of crushed tea tree leaves to cuts and wounds and inhaled the volatile oil from the crushed leaves to alleviate congestion and respiratory tract infections.

The scientific discovery of the plant's virtues came in 1923 when the leading state government chemist, Arthur Penfold, tested the oil of the tea tree and determined its antiseptic action was about 12 times stronger than the widely used carbolic acid.

Extensive clinical trials with medical and dental colleagues in London and Sydney led to glowing reports in the distinguished scientific journals of the day.

The Near-Perfect Antiseptic

Indeed, the 1930's and 1940's saw tea tree oil widely acclaimed as a "near perfect antiseptic", so much so that during World War II Australian soldiers were issued with tea tree oil in their first aid kits. The troops also sang the praises of tea tree oil's insect repellent and anti-fungal properties. At home, it was put to an amazing spectrum of uses from shampoo, toothpaste and smelly feet to boils, acne and head lice.

Sadly, this remedy from nature was forgotten for almost 30 years as cheap, synthetic antibiotics flooded the world's medicine markets and became a way of life. The tea tree industry collapsed by the 1960's and the oil became a rare commodity. But, in 1976, Eric White became the latter-day pioneer of the Australian tea tree industry. Convinced of its applications in modern society, Eric chose the alternately flood-washed and drought-baked Bungawalbyn Swamp, near Coraki in northern NSW, for his first crops. After four years of painstaking research and lobbying, a crown lease was granted. It arrived on a Thursday in 1976, and this was the day "Thursday Plantation" brand of Tea Tree Oil was born. It is still one of the best; the original is generally always the best.

I would recommend that you always keep a bottle in your medicine cabinet; you will be amazed at how many uses you will find. This is my top antifungal when it comes to topical (skin or nail) applications and I believe it to be the best when it comes to vaginal thrush as well.

How Can I Use Tea Tree Oil In Skin Infections?

One of the best things I have found with this remarkable oil is that it has many and varied applications with psoriasis patients. Have you ever had any kind of skin infection after scratching your skin? Many psoriasis patients I've seen have taken an antibiotic in the past because they developed some kind of skin infection. Well, that is a thing of the past for you now, because once you understand how to use Tea Tree oil and have seen how powerful this amazing herb is, you will never have to use an

antibiotic medicine ever again for any skin infection. Why is it bad to rely on antibiotics when you have psoriasis? I'll tell you why, because an antibiotic is non-selective and will destroy the good and bad bacteria in your digestive system, leaving you wide open to develop a yeast infection. This could be one of the reasons why so many psoriasis patients develop Candida yeast infections after a period of time, because of antibiotic therapy.

Tea Tree oil is so incredibly effective with topical (skin) applications for any kind of wound or skin infection, use it on the toenail with discolored toenails or tinea, as a vaginal cleanse/douche for vaginitis (thrush) and also good for those whitish skin patches that psoriasis patients sometimes get.

Toe Nail Fungus

Place one drop on each affected toe after your bath, make sure some oil gets under the nail. Apply each day. Stay with it, it can take a few weeks but watch the difference it makes!

Ringworm

Apply the oil neat to the affected areas three times daily

Vaginal Pessary and Douche

Tea tree oil is one of the best things you can use when you have a vaginal yeast infection, its just one of those medicines that works consistently time and again. A Tea Tree Oil douche has ben used and recommended by alternative medicine doctors for over 50 years now for vaginal yeast infections, literally since the discovery of the remarkable natural anti fungal.

Use from eight to ten drops of the pure Australian Tea Tree Oil in 500 milliliters (or 1 pint) of tepid purified or distilled water, shake or stir very well. Douching in between pessary applications seems to be the best solution in ridding your vagina from the discomfort including the burning and incessant itching of a candida vaginal yeast infection.

You may be able to purchase a Tea Tree Oil pessary from a good health-food shop or maybe a natural drug store in your region or online (pharmacy or chemist). Incidentally, the Tea Tree Oil pessary can be used for either vaginal thrush or in the anal passage for a stubborn case of hemorrhoids as well. If you can't get hold of the pessaries, you can make your own using a 2% solution of Tea Tree oil in a cocoa butter base, which will most effectively kill the yeast infection without disturbing the body's natural flora.

Is There Any Other Use For Australian Tea Tree Oil?

I have recommended and used Tea Tree oil for over thirty years, and know first hand about how powerful this natural healing product really is. Australian Tea Tree Oil (*Melaleuca alternifolia*) has been proven to be more effective than the New Zealand Tea Tree Oil.

Here are a few recollections of my use and recommendation of Tea Tree Oil over the years:

- I can remember when I was twenty years old (1980) and had a motorcycle accident that resulted in a severely gravel-rashed back and shoulders. Tea Tree oil was applied and all was well within four days, I used up a whole 50ml bottle on an old towel and it allowed me to avoid a doctor's visit. The healing power of this oil is truly amazing, no scarring, no pain and quick healing.
- I took a bottle of Thursday Plantation Tea Tree Oil with me on my journeys around Australia in the mid 1980's and found it to be wonderful for insect bites and to ward off mosquitoes in general. Excellent for cuts, grazes and a good general travel medicine. This is one medicine I tell my patients never to travel without. Get the 25ml bottle of Tea Tree Oil; it is the first thing you place in your natural medicine first aid travel kit. You will find that you will be treating fellow travellers as they get sore feet or blisters, etc.
- I like to use Tea Tree Oil Toothpaste, it is most pleasant and has a very good effect on your gums and will help to keep them in top shape.
- I brought several large bottles of Tea Tree Oil with me to India in 1994, as I knew I was going to do voluntary work for several months in Mother Theresa's slum clinic in Calcutta. This is where I saw first hand just how powerful this amazing natural healer was first hand, severely infected patients were responding remarkably well in a hospital setting with natural medicines.
- I have always used Tea Tree Oil with my family and particularly with my four children - ranging from everything to cuts, skin rashes, acne, lacerations and even when my eight year old was attacked by a rather savage cat and had four major puncture wounds to his lower arm. We soaked a cloth in Thursday Plantation Tea Tree Oil and applied it. No doctor, No tetanus shot and No long waiting in the emergency department of the hospital.
- I have even used Thursday Plantation Tea Tree Oil with our three cats, saves those expensive veterinary bills. Our cat was attacked and bitten around the head, which resulted in several wounds of which a few went septic. I injected Tea Tree Oil into the wounds and let them drain. Within one week it was healed, no infection, no puss and I saved a few hundred dollars - more than I have probably spent on this remarkable potion over the years.
- I have even recommended it with patients presenting with tongue cancer and have seen fantastic results here as well.

Are There Any Precautions With Tea Tree Oil?

Like any strong essential plant oil, there are precautions.

- Avoid contact with the eyes.
- Avoid internal use, use topically (externally) only.
- Do not place Tea Tree Oil in any plastic container as it may dissolve the container!
- Keep out of reach of (very young) children.

References

1. Bittiner SB, Tucker WFG, Cartwright I, Bleehen SS. A double-blind, randomised, placebo-controlled trial of fish oil in psoriasis. *Lancet* 1988;i:378-80.
2. Dewsbury CE, Graham P, Darley CR. Topical eicosapentaenoic acid (EPA) in the treatment of psoriasis. *Br J Dermatol* 1989;120:581-4.
3. Mayser P, Mrowietz U, Arenberger P, et al. W-3 Fatty acid-based lipid infusion in patients with chronic plaque psoriasis: results of a double-blind, randomized, placebo-controlled, multicenter trial. *J Am Acad Dermatol* 1998;38:539-47.
4. Annals of The New York Academy of Sciences, December 2004.
5. Nutrition; 2009 Mar, Vol. 25, No. 3
6. Li Y, Innocentin S, Withers DR, Roberts NA, Gallagher AR, Grigorieva EF, Wilhelm C, Veldhoen M. Green vegetables directly influence immune defences and help maintain intestinal health. BBSRC. 2011 Oct 13.
7. Haddox, M., et al. Vitamin A may inhibit one of the rate limiting steps (ornithine decarboxylase induction) in the manifestation of psoriasis. Full text of this study can be viewed at: <http://cancerres.aacrjournals.org/cgi/reprint/39/12/4930>
8. Juhlin, L., et al. Blood glutathione peroxidase levels in skin diseases: Effect of selenium and vitamin E treatment. *Acta Dermat Vener (Stockholm)*. 62(3):211-214, 1982.
9. Murray, Michael T. *The Encyclopedia of Nutritional Supplements: the essential guide for improving your health naturally*. Prima Publishing, Rocklin, California, USA. 1996:48. Vitamin E supplementation is commonly employed for the treatment of autoimmune diseases.
10. Pearson, D. & Shaw, S. *The Life Extension Companion*. Warner Books, New York, USA, 1984:88-89.
11. Leung, L. H. A stone that kills two birds: Pantothenic acid in the treatment of acne vulgaris and obesity. *Journal of Orthomolecular Medicine*. 12(2), 1997.
12. Stucker M, Memmel U, Hoffmann M et al. Vitamin B12 cream containing avocado oil in the therapy of plaque psoriasis. *Dermatology* 2001; 203:141-7.
13. Carlesimo, M., et al. Safety and efficacy of calcium folinate in psoriasis: an observational study. *Int J Immunopathol Pharmacol*. 23(2):649-653, 2010.
14. *British Journal of Dermatology*. 1977 Nov;97(5):561-6. A double-blind study of the effect of zinc and oxytetracycline in acne vulgaris.
15. Hoffer and Walker, *Orthomolecular Nutrition*, p 156-157).
16. Agren M. S. Studies on zinc in wound healing. *Acta Derm Venereol Suppl Stockh*. 154:1-36, 1990.
Department of Pathology II, Faculty of Health Sciences, Linköping, Sweden.
17. Hinks, L. J. Trace element status in eczema and psoriasis. *Clin Exp Dermatol*. 12:93-97, 1982.
18. Leslie, K. S., et al. Sulphur and skin: from Satan to Saddam! *J Cosmet Dermatol*. 3(2):94-98, 2004.
Norfolk & Norwich University Hospital, Norwich, UK.

19. Microb Ecol Health Dis. 2009 Apr;21(1):1-27. Epub 2009 Mar 16. Lactobacillus fermentum ME-3 - an antimicrobial and antioxidative probiotic. Mikelsaar M, Zilmer M.
20. Pubmed.gov, "Which plant for which skin disease? Part 1: Atopic dermatitis, psoriasis, acne, condyloma and herpes simplex," by J. Reuter, et al. *Journal of the German Society of Dermatology*. 2010 Oct;8(10):788-96.
<http://www.ncbi.nlm.nih.gov/pubmed/20707875>
21. Pubmed.gov, "From medical herbalism to phytotherapy in dermatology: back to the future," by A.M. Dattner, et al. *Dermatologic Therapy*. 2003; 16(2): 106-13.
<http://www.ncbi.nlm.nih.gov/pubmed/12919112>
22. Allison JR. The relation of hydrochloric acid and vitamin B complex deficiency in certain chronic skin diseases. *South Med. J* 1945; 38:235-241.