

## **PSORIASIS**

Psoriasis is a common skin disorder. Scaly flakes of skin flake off prematurely to leave a reddened patchy map like rash underneath. Favoured sites are the hair-line, knees and elbows. The nails can be pitted and in 1 in 15 cases Psoriatic Arthritis develops.

Certain foods should be avoided. Meat, sugar, dairy products and trans fats exacerbate the condition. Grapefruit should be limited to twice a week. Avoid spirits and limit alcohol consumption.

The most helpful supplements are zinc and Omega 3 Fish Oils (vegetarians can take flax/linseed oils). Patients with psoriasis are usually short of both zinc and Omega 3 fatty acids. Do not take fish oils if on blood thinners (Warfarin etc).

The liver should be cleansed using milk thistle capsules.

Celadrin, a new patented oil, promises to be a major new treatment for psoriasis. Its fatty acids easily enter cell membranes.

Some cases of psoriasis clear up dramatically quickly on this programme. For resistant cases Chinese herbal medicine is often helpful.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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