

Psoriasis

Psoriasis is linked to a rapid growth of cells in the skin's outer layer. Whereas a normal healthy skin cell matures and moves from the bottom layer of the skin to the top layer, called the epidermis, cells that form psoriasis growths on the epidermis never mature. A healthy skin cell has a life of about 28 days, and psoriatic cells form in about 8 days. The result is that the body produces excessive numbers of skin cells in a very short time, resulting in the scaly patches that are typical of psoriasis.

The underlying cause is not known. However, it is often hereditary, and one theory is that it is the result of the body's inability to utilize fat properly. Current research also shows that a malfunctioning immune system also plays a role. The buildup of toxins in the colon has also been linked to the development of psoriasis, as has certain mineral deficiencies such as iodine, sulphur, selenium, zinc, calcium, magnesium and copper.

Body Balance is a highly bioavailable source of minerals and other nutrients. It also contains aloe vera which is renowned for tissue healing.

Colon Cleanse Program will help clear out unwanted build-up in the colon and allow greater absorption and bio-availability of nutrients.

OsteOmegaCare contains essential fatty acids that are "essential" for this kind of skin disorder. Vitamin D is essential for producing healthy skin cells and the other minerals would also be highly beneficial.

Osteoprocure contains chondroitin which comes from shark cartilage. This has been shown to inhibit the growth of blood vessels to stop the spread of psoriasis. Itching and scaling stop first and then the redness gradually disappears.

One of the main ingredients of **Flexioplus** is MSM, and organic form of sulphur. This is one mineral that is severely deficient in people with this condition, and is vital for tissue repair and skin cell health.

True Greens contains enzymes that stimulate protein synthesis and cell repair, as well as being a great source of chlorophyll. The body uses chlorophyll to detoxify and cleanse the blood.

Vitali-C Plus would be highly recommended. Vitamin C and bioflavonoids are important for formation of collagen and skin tissue, as well as for the immune system. The pinecone extract and cassis berry are powerful immune regulators.

Other things to look at.....

Do not consume citrus fruits, processed or fried foods, saturated fats, especially red meats and dairy products, sugar or white flour products.

Use some good quality fish oil every day. Can also use evening primrose oil or flaxseed oil. These oils contain compound that interfere with the production of arachidonic acid. This is a natural substance that promotes the inflammatory response and makes the psoriasis turn red and grow. Red meat and dairy products contain arachidonic acid, so these should be avoided.

Make sure to get plenty of fiber daily to maintain a healthy colon. Ideally raw fruits and vegetables.