



PSORIASIS BREAKTHROUGHS

PROVEN NATURAL WAYS TO BEAT PSORIASIS

Copyright 2016 | Adam Jackson

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Introduction

Why this e-book? I have been a Psoriasis sufferer since age 8. It first affected me shortly after my parents separated. Guttate Psoriasis appeared all over my body and the plethora of small red patches soon joined to form large plaques (plaque psoriasis) up and down my arms and legs, across my torso and back, and severe plaques on my scalp. At the age 14 the condition became so bad that I had to be hospitalised and it continued to plague me during my teenage and adult years.

Throughout that time, I searched for ways to beat psoriasis. It became an obsession. I studied numerous forms of alternative and complementary therapies including Naturopathy, Nutritional Therapy, Herbal Medicine, Shiatsu (Acupressure), Reflexology, Iridology and a range of Physical Therapies.

Ultimately my quest became an obsession; I left my job as a solicitor, set up a small private clinic on North London and not long after, I became a regular columnist with the Nursing Times and Health Guardian reporting on published research conducted at hospitals and universities around the world relating to alternative & complementary medicines.

One day, whilst scouring the medical databases in Geneva & California for my column, I came across information that was to change my life. Reading through scientific articles and clinical studies, I discovered a unique herbal extract that was reportedly helping over 81% of psoriasis sufferers. According to the research the herbal extract in a base ointment was found to either completely clear or significantly clear psoriasis lesions within just 12 weeks!

I wrote a report about this in my column and was later amazed to find out that, despite this herbal extract having been proven to be effective for over 4 out of 5 psoriasis sufferers, the remedy was not available in chemists or even health food stores. The reason? Pharmaceutical Companies do not invest in natural products because natural products are not patentable. In essence, natural products don't lead to huge profits because they can't be protected. I discovered that, instead, the Drug Companies were working on identifying the active agents within the plant extract with a view to creating a synthetic version that could be patented and sold.

To date, they have been unable to do so. As the ancient healers warned over thousands of years, Nature works best if left to its own devices. But, the pure herbal extract has been proven to work for over 4 out of 5 people, most notably for mild-chronic psoriasis. For some reason, it does not work as well in the acute (flare up) stage.

For more information about that research, visit:

<http://taylor-jackson.com/the-m-folia-story/psoriasis-research-m-folia/>

In this short e-book, I'll be covering a range of issues and reporting on numerous tried and tested ways (many of which have been proven in controlled clinical studies) which reveal proven ways through which we can change our skin, improve our overall health and well-being and... beat Psoriasis!

Chapter 1 | Psoriasis – The Good News!



When I was first told that I had Psoriasis, I was devastated. I can still remember as if it was yesterday. I was eight years old and my parents had recently separated. I awoke one morning to find small red spots on the sides of my abdomen and these quickly spread across my back and down my arms and legs.

Our family doctor was called and nonchalantly told my Aunt with whom I was staying at the time, that it was a severe case of Psoriasis. 'It's not life-threatening' he said to my aunt, and then the words that have stayed with me ever since, 'but there is no cure... I'm afraid that he'll have it for the rest of his life.'

I lay in bed in shock and disbelief. With one sentence, I felt that my life, as I knew it, was over. I was going to look like a leper for the rest of my life.

Today, some forty years later, I feel differently. Psoriasis changed my life, but it didn't ruin it. In fact, it brought many positive changes. I refused to accept the doctor's prognosis and set about learning everything I could about psoriasis – the known causes, the available treatments and the side effects of the treatments. But it became apparent that I was asking the wrong questions; I had been focusing exclusively on psoriasis rather than looking at what created healthy skin.

Conventional medicine focusses exclusively on pathology (disease) and the symptoms related to a specific disease. Patients are quickly classified according to their illness and treatment is aimed at alleviating their symptoms. I was more interested in the possible causes for my ill-health and the factors that could contribute to better health. This is what motivated me to change my career as a lawyer and re-train in alternative and complementary therapies.

There may well be no known 'cure' for psoriasis. There's no magic tablet that I know of which, if taken, will eliminate psoriasis forever. But, if we are speaking in terms of a one-off magic tablet, there is no cure for anything! There's not even a cure for the common cold or for a migraine, but that doesn't mean that you have to spend your life suffering with a runny nose or a pounding headache! If you look to the known causes and, more importantly, focus on improving your overall health and well-being, you'll find that whatever your ailment, it will ALWAYS improve.

Why Conventional treatments are not the answer

Conventional medicine focusses on controlling symptoms rather than dealing with underlying causes. When I was a boy, I was given coal tar ointment, car tar baths and coal tar shampoo. I used corticosteroid applications such as betnovate & dermovate, and dithranol paste. I was wrapped in cling-film, covered in bandages and soaked in baths.

Some of the treatments worked so long as I kept using them, but after seven years of using corticosteroids I was forced to stop everything. I was experiencing a range of side effects (including thinning of the skin) and it was apparent, even to me as a teenager, that the treatments I had been given were not long-term solutions for my skin. Even after being hospitalised for 5 weeks where I was given daily baths, covered in paste covered in cling film, I knew there had to be safer, more effective ways of dealing with this problem.

It is a little known fact that Psoriasis patients have the lowest satisfaction rate with their doctor's treatment programs, even lower than cancer patients! Over 95% are dissatisfied with the treatment they receive and the results they achieve!

And, in addition to the fact that many conventional Psoriasis treatments do not produce the results that patients are hoping for, they also tend to carry with them potentially serious adverse side effects.

For a full list of the side effects of commonly prescribed treatments for Psoriasis go to:

<http://taylor-jackson.com/psoriasisresearch/why-risk-the-side-effects-of-steroids/>

Fortunately, there are drug-free, non-toxic, effective, natural solutions that can result in massive improvement in most cases of Psoriasis and these solutions will not only transform your skin, they will also promote improvements in your overall health & wellbeing.

Cause & effect

When someone - even a doctor - says to you, 'Learn to live with it', just remember that EVERYTHING in life operates through cause and effect. There was a time when you didn't have Psoriasis, a time before the cause. All that you need to do is find out the causes that are relevant to you. This may be easier said than done, but in this e-book we will

explore the issues and I guarantee that you will start to feel changes in yourself and your skin, as well as your general health and well-being.

Whenever something goes wrong in our bodies, we suffer symptoms - the secret is to (a) identify what can trigger the symptoms and (b) use ONLY safe, non-toxic treatments to help alleviate the symptoms whilst we work on the underlying causes and triggers.

For example: it is known that the principal body systems related to and known to trigger Psoriasis include:

- a: the Nervous system
- b: the Hormonal system
- c: the Immune system and
- d: the Digestive system.

This means that those things that we do that affect those body systems will likely have an impact on our skin. For example; many Psoriasis sufferers experience a worsening of their symptoms when

- a: they feel stressed - the Nervous system
- b: following hormonal changes (e.g. pregnancy) - the Hormonal system
- c: following an infection (e.g. a throat infection) - the Immune system and
- d: following digestive disturbances (e.g. colitis) the Digestive system.

So, let's start by exploring these issues and discussing simple, practical steps that you can take TODAY that will enable you to start to take control of your skin and your life!

Chapter 2 | Psoriasis – The Food Factor



One of my most vivid memories was a time when I had been hospitalised in Queen Mary Hospital Chiswick, London due to a severe outbreak of Psoriasis when I was 14 years old. Over 85% of my body was covered with plaque psoriasis. One day during my stay in hospital, there was an incident involving a Malaysian lady in the room next to mine.

The Dermatologist visited her one lunchtime and noticed that she had left food on her plate. It was lamb casserole. He asked her why she had left her lunch. She explained that, in her experience, every time she ate lamb her Psoriasis flared up. The Consultant became angry and told her that she should be grateful for the food she was given and that what she ate did NOT affect her skin.

Even though I was just 14 years old, I sensed something didn't add up. In basic biochemistry, we were taught that what we eat becomes part of us. Years later, whilst researching for my columns in the Nursing Times & Health Guardian, I came across studies that showed

that what the Malaysian lady had instinctively known all those years ago was indeed correct. Studies revealed that Psoriasis sufferers have difficulty metabolising saturated fats and that this can trigger or aggravate the condition. Saturated fats are found in animal products - especially red meats...and lamb is particularly fatty.

I have listed below details of some of the research and information that connects certain foods to Psoriasis.

Essential Fatty Acids (EFAs) - there are numerous studies indicating that Omega 3 & 6 Essential Fatty Acids can lead to mild-moderate improvements in Psoriasis (although evidence for the improvements it brings to eczema is much stronger).

Fasting, low-carbohydrate diets and vegetarian diets have all been shown to improve psoriasis symptoms in some studies, and diets rich in n-3 polyunsaturated fatty acids from fish oil also showed beneficial effects. The common denominator in all of these diets is 'polyunsaturated fatty acid metabolism'. This is known to suppress inflammatory processes in the body.

One of the first studies indicating the relationship of essential fatty acids with psoriasis was an eight-week pilot study conducted at the Department of Dermatology, School of Medicine, University of California, USA in 1986 (2). Results showed that eight of the patients (61%) experienced mild to moderate improvement in their psoriatic lesions.

Clinical evaluations showed that eight of the patients (61%) experienced mild to moderate improvement in their psoriatic lesions

However, it should be noted that some studies involving EFAs and the treatment of Psoriasis have not shown any significant beneficial results.

Selenium - is just one micro-nutrient, a trace element, for which there are numerous studies showing how important it is for our skin. In one epidemiological study conducted

in the USA, researchers found that there was a very strong correlation between low levels of selenium and skin cancer. However, bear in mind that all trace elements work synergistically and so it is better to take a complete ionic liquid mineral supplement that contains generous levels of the minerals.

Cigarette smoking - smoking impairs our general and peripheral circulation and thereby hinders nutrients reaching the skin. Several studies have demonstrated that smoking can aggravate Psoriasis to the point that the researchers concluded that Psoriasis patients should avoid smoking altogether.

Gluten - psoriasis has been associated with gluten intolerance. Numerous people told me how - simply by cutting out glutenous foods (bread, cakes, biscuits, etc) - they experienced a dramatic improvement in their skin. Numerous published studies have confirmed that there is, indeed, a strong association between gluten intolerance and Psoriasis.

There is a strong association between gluten intolerance and Psoriasis

For more information, visit:

<http://taylor-jackson.com/psoriasis-treatments/gluten-could-it-be-causing-your-psoriasis/>

Alcohol - Research has also linked alcohol with exacerbating psoriasis. In one study, Women who drank more than 2.3 alcoholic drinks per week had 72% increased risk of psoriasis compared with non-drinkers!

Women who drank five glasses of beer per week, their risk of developing psoriasis was 1.8 times higher.

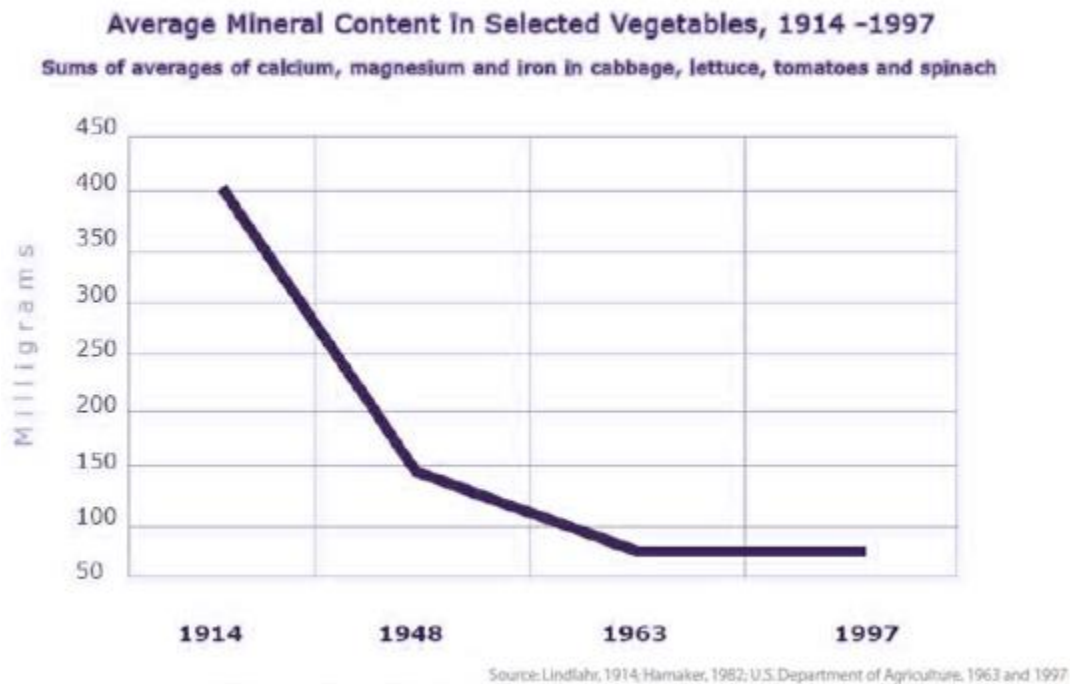
In one study, women who drank more than 2.3 alcoholic drinks per week had 72% increased risk of psoriasis compared with non-drinkers!

Anti-oxidants - Psoriasis is acknowledged to be an immune-related disorder. The immune system misfires causing the skin cells to multiply too fast. In very severe cases, treatment can include immuno-suppressive drugs to completely suppress the immune system.

The problem, of course, is that patients are then vulnerable to infections and viruses and all manner of illness, and as a result, they need to be carefully monitored. The holistic approach is NOT to block the immune system but to BOOST it and try and restore balance. In order for the immune system to work well, it needs vital nutrients including trace elements and minerals (mentioned above) and a broad spectrum of antioxidants.

We need a lot more of these nutrients to cope with a modern lifestyle as well as the pollution all around us. Modern farming practises have led to a critical depletion of vital minerals and in the soil and this has led to a massive depletion of mineral content in our food. Consequently, mineral content in food has become severely depleted.

Research showing five decades of falling nutritional levels in our food



This chart shows how the mineral content in foods has been in decline over the past century. That means that we are not getting the minerals that our ancestors were getting in their food! This lack of minerals in our diet is thought to be very important in relation to our health and wellbeing. Dr. Linus Pauling, renowned scientist and two time Nobel Prize Winner said:

“You can trace every ailment, every disease, every sickness to a mineral deficiency”

Phillip Day – internationally renowned author and medical researcher. Director of Credence Publications, an independent UK research and publishing organisation that reports on contentious public issues.

“If you start looking at the main killers in our society today, coronary heart disease, cancer, diabetes, and osteoporosis – these diseases are all linked to inadequate nutrition. I defy any properly trained doctor or nutritionist to go against that and to deny it.”

Add to this the fact that refined foods in our diets lead to a further depletion of key

nutrients and it is clear that nutrition is an area we cannot afford to ignore.

"99% of American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease."

U.S.-Senate Document #264

Sugar - refined sugar has a very negative effect on our immune system and should be avoided as much as possible. Just six teaspoons of white sugar is enough to reduce the number of white blood cells in the body by 25 percent! You can replace refined sugar with organic honey, molasses, stevia or fructose.

Meat - meat contains arachidonic acid which aggravates ANY systemic inflammatory condition. It is also very high in uric acid, saturated fat and hormones. It is known that psoriasis sufferers tend to have difficulty metabolising saturated fats. It is therefore advisable to avoid meat (especially red meats) and replace with alternative sources of protein (soya, quorn, nuts, pulses, etc).

Chapter 3 | Psoriasis – The Stress Factor



It is well known that stress - emotional, mental and physical (such as pain) can trigger and exacerbate Psoriasis. Doctors have recognized the link between stress and psoriasis for centuries. The connection has also been proven in clinical studies.

I know that my Psoriasis first erupted following my parents' separation, and it often followed that when my stress levels were high, my skin usually got worse. The problem with psoriasis is that stress can become a vicious circle because the symptoms of psoriasis itself creates additional emotional stress.

In some cases, a highly stressful experience can trigger rampant Psoriasis; one lady told me how her Psoriasis first occurred the day after she had witnessed her brother dying from a bomb blast. And, a man told me that his first outbreak of psoriasis came the day after a near-death experience in an airplane.

One publication reported that 'research findings suggest that the mind and body act on each other in often remarkable ways [and that] investigators are demonstrating that emotional states can translate into altered responses in the immune system.' Since psoriasis is also a disease of the immune system, it is not surprising that emotional and stress factors play an important role.

Why does the skin respond to stress? Scientists found that people with psoriasis (compared to other people) have a greater number of nerves in their skin that release substances called 'neuropeptides.' These are chemical messengers that help transmit nerve impulses.

The neuropeptides found in psoriasis lesions are similar to the neuropeptides in the brain that are altered by stress. Researchers believe that these stress-altered neuropeptides may trigger or aggravate psoriasis.

Clinical studies vary regarding the percentage of people with psoriasis whose symptoms are affected by stress. Findings range from 40% to 80%. One study found that 39% of patients recalled a specific stress occurring within 1 month of their first attack of symptoms. Research also suggests that children are even more susceptible. Stress is thought to be a primary factor in as many as 90% of the children who have psoriasis. The kind of stress that triggers or makes symptoms worse differs from person to person. For example, family problems, financial worries, or even a positive event like the birth of a new child may affect the course of psoriasis.

Stress is thought to be a primary factor in as many as 90% of the children who have psoriasis.

So, if we are to get control over our skin, it really is absolutely critical that we get

control over our emotions and stress. This does not mean that we should try and avoid stressful situations, just that we need to learn ways of managing stress levels.

Chapter 4 | Psoriasis – The Herbal Factor



M-FOLIA (MAHONIA AQUIFOLIUM)

There are many herbal remedies that claim to help Psoriasis, but only a few that have been PROVEN to offer significant benefits. Some people have benefited from using Aloe Vera, others report that Sarsaparilla has helped, but the ONLY herbal remedy that has consistently been shown to be effective in the treatment of Psoriasis - in numerous independent clinical trials all over the world - is a plant called Mahonia aquifolium.

This unique plant contains powerful alkaloids that have been shown to be effective for 81% of Psoriasis sufferers. Studies show that topical treatment leads to complete clearance or significant alleviation of symptoms within 12 weeks!

Grape cream that healed my psoriasis

PAULA SULLIVAN, a 76-year-old retired legal secretary from Worthing, West Sussex, was 17 when she developed psoriasis. The condition gradually worsened, eventually leaving Paula almost completely covered in patches of red, scaly skin.

For almost 60 years, Paula searched for something that would alleviate her problem, but with little success. Earlier



by
**Dr John
Briffa**

this year, however, she heard about a new herbal cream formulated specifically for the treatment of psoriasis. Within a month of using the cream, Paula's condition cleared completely — and it has not returned, even though she stopped using the cream some months ago.

Psoriasis is a chronic condition in which skin cells multiply much more quickly than normal, leading to the development of thickened, red lesions. The condition often starts between the ages of ten and 30, and most commonly affects the knees, elbows, scalp and ears.

Psoriasis affects about 2pc of the population, and while what triggers it is not known for sure, genetic factors seem to play some part in determining who develops it.

Psoriasis often improves on exposure to sunlight, and ultraviolet light therapy is one of the recognised medical treatments for the condition. Sometimes light therapy is combined with drugs to improve the effectiveness of the treatment.

But Paula had tried this, along with other orthodox treatments, including coal-tar preparations and steroid-based creams. Yet her condition failed to improve significantly.

'The more treatments I tried, the more I lost hope,' she says.

In April, Paula read about a range of skin products based on the herb mahonia aquifolium, also known as Oregon grape.



Paula Sullivan: A cure for psoriasis after nearly 60 years

Extracts of this plant have traditionally been used by herbalists to treat a variety of conditions, including psoriasis.

One study showed that application of mahonia aquifolium ointment led to an improvement in about 80pc of sufferers within 12 weeks of treatment.

Paula bought the cream and began applying it two or three

times a day. The results were near miraculous.

'Quite literally, within days my skin was very improved,' she says. 'Within a month, my skin was completely clear of all traces of psoriasis.'

'I stopped using the cream about six months ago, and there has been no return of the original problem.'

'Getting rid of my psoriasis has really given me a whole new lease of life.'

■ **MAHONIA aquifolium** products are available on order, tel: 01923 853111. Lic. extracts of the herb for internal use (recommended to enhance the effectiveness of treatment).

■ **HAVE you discovered a natural remedy that works for you? Write to: Dr John Briffa, c/o Femal, Daily Mail, 2 Darnley Street, London W8 5TT. regret Dr Briffa cannot guarantee a personal reply.**

I discovered Mahonia aquifolium over 20 years ago whilst doing research for a monthly column for The Nursing Times. Several published research trials, one involving over 400 psoriasis patients, confirmed that Mahonia aquifolium works for over 80% of psoriasis sufferers. That's 4 out

of 5 people who have mild-chronic psoriasis reported that their skin was either completely clear or significantly clear after just 12 weeks!

For details of the clinical research please visit:

<http://taylor-jackson.com/the-m-folia-story/psoriasis-news-reports-m-folia/>

M-Folia is a range of skincare products developed using Mahonia aquifolium. There is cream and Ointment to be applied topically and there is also a special herbal extract and potentised tablets both of which can be taken orally.

One interesting point about herbal remedies is that its efficacy can vary tremendously, depending upon a number of factors:

- i. where the plant is grown and the quality of the soil
- ii. when and how it is harvested
- iii. How it is stored
- iv. How it is extracted (e.g. temperature used and level of alcohol used)

In fact, the quality of a herbal extract can vary by over 1,000 percent. The amount and quality of the alkaloids and beneficial agents in a plant extract can vary according to where the plant is grown, how it is harvested and stored, and the extraction method used. This is why it is critical ONLY to use the very best quality extract of ANY natural remedy. If low grade extract is used it simply won't work because it won't contain the requisite biochemical agents in sufficient concentrations necessary to have the desired effect.

The original and only recommended brand of Mahonia aquifolium is called 'M-Folia'. M-folia contains only the finest grade extracts and, more importantly, each and every batch is carefully monitored and batch tested to ensure that the extract meets the required standards in terms of alkaloids, pH and compound activities.

A REMEDY devised by American Indian medicine men from the bark of a thorn tree could be a new, effective treatment for the incurable skin condition, psoriasis.

Clinical trials have shown that a homeopathic ointment derived from the Mahonia aquifolium tree has alleviated symptoms in four out of five patients.

For many of Britain's 1.5 million psoriasis sufferers, treatments such as coal tar-based lotions and steroid creams might control their condition but they often have side effects.

Now, creams, ointments and bath oils derived from the Mahonia aquifolium tree may mean some sufferers can opt for a natural, herbal treatment.

In a study published in the Journal Of Dermatological Treatment, German researchers found symptoms improved or disappeared in 81 per cent of patients treated with the Mahonia aquifolium (M-Folia, also known as Rubisan) ointment, an experience which was confirmed by 79 pc of the patients.

Even more dramatic was the finding that while at the start of the study almost 50 pc had significant or severe symptoms, after 12 weeks of treatment, this had dropped to just over 5 pc.

So far, no side effects have been reported and the researchers have concluded that Mahonia aquifolium is 'a well-tolerated preparation which should find a place in the treatment of psoriasis'.

For most of the 375 patients, it significantly improved their quality of life. That has been Sharon Dixon's experience.

She first developed psoriasis six years ago, as a result of a throat infection. 'I was covered in it from my neck to my ankles and it was red and sore. I was in hospital for three or four weeks while they tried to find out what it was and what caused it.'

The hospital prescribed steroid creams which cleared the psoriasis over much of her body, although her arms and legs remained covered. Sharon, an accounts administrator from Barrow-in-Furness, was reluctant to use steroid creams long term because side effects include thinning of the skin.

SINCE then, like many sufferers, she has run the gamut of treatments and when they didn't work, covered up instead.

'I had tried everything: steroid creams, changing my diet, shiatsu massage in case it was caused by stress, aromatherapy, homeopathy and sunlamps. I tried a tar-based bath oil which meant I had a bath at night and had to shower the next morning to get rid of the smell.'

When Sharon began using M-Folia in March, she noticed a difference in her psoriasis, which ran from below her wrist to her elbows, within a week.

She uses the ointment at night, the cream during the day and the bath oil. 'Within a month you

How the medicine man gave my skin a new lease of life . . .

By NICKI POPE

could see it shrink and now there is nothing there other than the odd mark. I am still putting it on my arms to get rid of the remaining discoloration but I am wearing T-shirts which I never would have done before.'

Psoriasis is a chronic, genetic condition with several possible triggers, including stress, sore throats, ear infections, sunburn and skin injuries.

Cells from the upper layer of the skin are produced too quickly — four days compared to 28 days in normal skin — and accumulate with dead cells on the skin surface in visible layers.

This results in the characteristic thick, heavily scaled, red, raised patches forming on the skin. German researchers believe that alongside its anti-inflammatory properties M-Folia may help inhibit that cell growth.

The tree, which is part of the sour thorn family, is widespread on the North American Pacific coast, but is grown as a garden plant in Europe.

It was first mentioned in Western medical literature in homeopathic textbooks in the Fifties but its therapeutic properties for skin disease have long been known in American folk medicine, where the plant was also used to treat fever, diarrhoea, dyspepsia and gout.

The active ingredient in M-Folia is from dried bark of the branches, which have alkaloids — the nitrogen-containing substances in plants. In particular,

the researchers believe it may be the alkaloid berberine, which is responsible for its effect.

Dr Rino Cerio, clinical director of dermatology at the Royal London and St Bartholomew's Hospitals, hints that the placebo effect of herbal treatments may help patients as much as any active ingredient. Providing they do no harm, some of the alternative herbal medicines probably can be beneficial for those people with faith in them.

DR CERIO cautions that some of the Chinese herbs available are toxic, especially to the liver. While they have proved successful in treating eczema, they have had disappointing results in psoriasis.

A survey for the Psoriasis Association for the current National Psoriasis Week shows that almost half of people who had the condition as a child experienced bullying and were lonely.

Most dreaded swimming or PE because it meant exposing their skin. Sharon, who is one of 4,000 now using M-Folia in Britain, says: 'Your confidence takes such a hammering. My friends were great but it can still be embarrassing.'

'My hope is that I will be able to wear shorts this summer for the first time in years.'

M-FOLIA comes in a range of products from Taylor Jackson Health Products, Orchard Villa, Porters Park Drive, Shenley, Herts WD7 9DS.



Sharon Dixon's psoriasis started to clear within a week

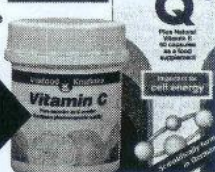
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Plastic fantastic to end pain



AN INJECTION of plastic that makes cartilage grow back could ease the pain of osteoarthritis and save people from being crippled by sports injuries. The special plastic is injected as a fluid beneath the cartilage. It hardens and cartilage cells in the damaged joint 'stick' to it. These cells are then prompted to grow back and produce protective collagen tissue.

The plastic is not rejected as a foreign invader because it absorbs

inflamed and loses its function. People with severe sports injuries to the knee or hip and osteoarthritis sufferers often need major surgery. If large sections of cartilage are lost, the joint may be replaced.

The new plastic, however, could reduce the need for more than 50,000 hip and 40,000 knee replacements that are performed in Britain each year. So far, the technique, developed by Professor Sandra Downes at

Tip: For optimum performance, apply M-Folia Ointment after a hot bath or shower. it will go a lot further as it spreads more easily when the skin is warm and it will also be more effective as extract penetrates deeper.

For more details on M-Folia - research with Psoriasis - visit:

<http://taylor-jackson.com>

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Please note that this code works for single item products NOT for multipacks or group discounts which are already heavily discounted.

CAYENNE (CAPSAICIN)



Capsaicin, the substance that gives cayenne pepper its heat, helps alleviate pain and itching by blocking the communication system of sensory nerves. However, researchers have discovered that capsaicin *can help relieve itching and eliminate psoriasis plaques*. Creams should contain .025 to .075 percent capsaicin -- any more than that and you'll risk burning your skin. It can take a few weeks for this to work and it may cause an initial, brief burning sensation when applied to plaques.

Researchers demonstrated that capsaicin can '*significantly improve*' psoriasis lesions leading "greater reductions in scaling and erythema", and whilst some patients experienced burning, stinging, itching, and redness of the skin when first using Capsaicin, this diminished or vanished with continued use. The results were positive enough for the researchers to recommend topical application of capsaicin as a useful new approach in the treatment of psoriasis.

Sources:

- <http://www.ncbi.nlm.nih.gov/pubmed/3760276>
- <http://www.ncbi.nlm.nih.gov/pubmed/7688774>

If you try Capsaicin, just apply it to a very small psoriasis plaque first to see how it reacts. Make sure you keep it away from the eyes and mucous membranes because it can produce an intense burning sensation.

IMPORTANT:

Wash your hands thoroughly after use. You could also take capsicum internally which is advocated by many naturopaths. You could add it to your food but it is best to take it in water. If you decide this option, consult a practitioner first. the standard practice is to start with a very small amount in glass of water, mix well and drink. Work up to one level teaspoon. Drink it down and you'll probably need to follow it with another glass of water! If you have any medical conditions or are taking any medications, consult your GP before taking ANY supplements or undertaking ANY dietary regimes.

Chapter 5 | Psoriasis – Alternative Therapies



Complementary & Alternative medicines and therapies (CAM) have gained popularity in the last few decades and surveys have shown that over 80 per cent of Psoriasis sufferers have tried one therapy or another.

Nutritional Therapy, Naturopathy, Homeopathy, Medical Herbalism, Hypnotherapy & Meditation all have something to offer. Practitioners tend to treat 'holistically' meaning that they look at the whole person rather than simply labelling everyone as a 'Psoriasis' sufferer. This approach is always helpful because there may be many different triggers and causes for Psoriasis just as there are many causes for virtually any other medical condition you care to mention.

Any therapy that can help 'balance' the immune, nervous, hormonal & digestive systems is worth exploring. However, the following therapies have had some interesting research undertaken specifically in relation to Psoriasis:

ACUPUNCTURE

Acupuncture has traditionally been successfully employed in China to treat most illnesses. There is little doubt that acupuncture is an excellent therapy for people suffering with this condition as it works through the nervous system and energy channels in the body. Treatment has been shown to cause the brain to release endorphines and encephalins (natural pain killers), boost the immune system and calm the nervous system.

There are several studies suggesting that acupuncture can be very helpful in the treatment of Psoriasis. One study in New York, USA revealed that within an average of nine treatments, 50% of patients had complete or almost complete clearance of skin lesions and a further 25% experienced two-thirds clearance of skin lesions!

Acupuncture treatment is therefore a treatment worth considering to help beat psoriasis but make sure that you see a qualified acupuncturist I would recommend contacting The Association of Traditional Chinese Medicine (<http://www.atcm.co.uk>) or The Acupuncture Society (<http://www.acupuncturesociety.org.uk>). The British Acupuncture Council is made of GPs who have done an acupuncture course and it is questionable as to whether their approach is in line with traditional Chinese medicine.

PSYCHOTHERAPY

Although it has been widely acknowledged for some time that psoriasis is stress-related, stress management and relaxation techniques (e.g. meditation, biofeedback, visualisation, etc) are still not generally utilised in conventional treatment

programmes. Conventional treatment tends to focus on topical applications (hydrocortisone, vitamin D and others). However, researchers in Denmark recently investigated the role of psychotherapies (including stress management, guided imagery and relaxation) in helping psoriasis sufferers.

Fifty-one patients with psoriasis vulgaris were randomly assigned to either a treatment group involving seven individual psychotherapy sessions over a period of 12 weeks, or to a control group. The researchers took a number of measures to determine the changes in the patients' conditions including Psoriasis Severity Index (PASI), Total Sign Score (TSS) and Laser Doppler Skin Blood Flow (LDSBF) of a selected area of affected skin. Scores were taken at the beginning of the study and then again at 4, 8 and 12 weeks.

The results revealed that improvements in three measures were found in the treatment group which were not seen in the control group. Whilst these improvements were generally considered to be modest, they were found to be statistically significant. The researchers concluded that their preliminary study suggests that psychological interventions have beneficial effects on psoriasis sufferers and should be considered as a valuable adjunct to existing treatments.

As a pilot study, this research paper confirms that psychotherapies may play an important role in the treatment of psoriasis and one cannot help wondering why dermatologists have ignored the psychological approach for so long. Hopefully, this study will inspire further investigations into specific treatment modalities so that they can assess which forms of psychotherapy may be more or less appropriate for psoriasis sufferers.

Chapter 6 | Psoriasis – The Ph Factor?

One interesting - relatively new and very exciting - theory about Psoriasis is that it is associated with the pH in your body. pH means Hydrogen potential and essentially this refers to how acid or alkaline the body is at any particular time. We know that, in a clinical setting, disease thrives in an acid environment but cannot survive in an alkaline environment. (e.g. viruses, germs, bacteria cannot live in an alkaline environment)

There seems little doubt that balancing your body's pH is a significant factor in most health problems and it can make a huge difference to your overall health & wellbeing. It also appears that this could be a vital factor in relation to the health of our skin.

In Chinese medicine the skin is referred to as a third kidney because it is so heavily influenced by excess acidity. Interestingly, a recent study reported by the UK's National Health Service found that alkalising the body does have a demonstrable, significant and highly beneficial effect on patient suffering from kidney disease.

Patients were given just sodium bicarbonate in water as a supplement and the results were astounding! People given sodium bicarbonate supplements had significantly higher blood bicarbonate levels than those given standard care. Blood pressure control was similar between the groups even though those receiving supplements were also taking in more sodium (which could increase blood pressure).

Chronic kidney disease progressed rapidly in 9% of patients in the bicarbonate group compared to 45% in the usual care group. Significantly fewer patients who were taking the bicarbonate developed end-stage renal failure (requiring dialysis) compared to the usual care group: 6.5% versus 33% of patients. This means that alkalising the body can reduce the need for dialysis in people suffering from chronic kidney disease by as much

as 500%!

Age and gender also affected the rate of decline of creatinine clearance, but when these were taken into account, supplementation still had a significant effect. Adverse events were similar in both groups. Supplementation was also associated with better nutritional status, including improved protein intake and more normal protein metabolism.

What interpretations did the researchers draw from these results? The researchers concluded that supplementation with oral bicarbonate in patients with chronic kidney disease and low plasma bicarbonate (metabolic acidosis) slows the rate of decline in kidney function and lowers the chances of developing end-stage renal disease. In addition, they said that this cheap, simple strategy also improves the nutritional status of patients and has the potential to translate into significant economic and quality of life gains, as well as clinical benefits.

(<http://www.nhs.uk/news/2009/07July/Pages/Bakingsodaforkidneypatients.aspx>)

For a full report about pH and more information, including how to help alkalise your body through diet and supplements, visit:

<http://taylor-jackson.com/psoriasistreatments/psoriasis-and-eczema-missing-link/>

Chapter 7 | Psoriasis – The Bathroom Factor

Many people are completely unaware that the most dangerous room in their house is...the bathroom. Why? Because it often contains potentially toxic chemicals, many of which are actually KNOWN to cause skin irritation and many of these chemicals can trigger skin conditions such as dermatitis, eczema and psoriasis. According to a Daily Mail report 20% of ALL childhood eczemas have been attributed to chemicals in bathroom products!

Such innocuous items as commercial toothpastes, shampoos, deodorant, bubble bath, make-up often contain chemical irritants that not only affect our skin - they can cause MANY serious health problems.



THE NO. 1 CAUSE OF DEATH BY POISON
COSMETICS AND PERSONAL CARE PRODUCTS

In America more children are poisoned to death by Personal Care products and other chemicals than are accidentally killed playing with guns. In one year 38,000 people required medical treatment for cosmetic related injuries. Every 30 seconds a child is poisoned, 60% of which are under the age of six. The most common products involved in poisonings are Cosmetic and Personal Care Products then followed by Prescription drugs & Cleaning agents.

SCIENTIFIC RESEARCH UNCOVERS HARMFUL INGREDIENTS

Scientific research is discovering that many ingredients in Personal Care Products and Household Cleaning Products (including Sodium Laurel Sulfate, Propylene Glycol, and others) may pose potentially serious long-term health threats when used over an extended period of time. These toxins can build up in your liver, kidneys and other in vital organs and tissues, and they could cause cancer.

Many experts believe this is the major reason why cancer rates have sky rocketed in the same period that the Personal Care and Household Cleaning Products industries have been in existence.

One of the world's leading experts Cancer prevention, Dr Samuel Epstein M.D., D Path, DTM&H * said ,

“the public at large has been, and continues to be, unknowingly and involuntarily exposed to avoidable carcinogens, and other health risk chemicals in their bathrooms and kitchens from conception to death.”

* Dr Samuel Epstein is Professor of Environmental & occupational medicine at the School of Public Health, University of Illinois Medical center, Chicago. He is also founder of the Cancer prevention Coalition.

CHECK THE PRODUCTS IN YOUR BATHROOM FOR ANY OF THESE HARMFUL INGREDIENTS!

PROPYLENE GLYCOL

Called a humectant in cosmetics, it is a mineral oil used in “hydraulic fluid” and industrial anti-freeze. A strong skin irritant it can also cause liver abnormalities and kidney damage.

SODIUM LAURYL SULFATE / SODIUM LAURETH SULPHATE

Industrial uses include – garage floor cleaners, engine de-greasers and car cleaning products. Used in laboratories as a standard skin irritant. Potentially the most harmful ingredients used in personal care products.

MINERAL OIL

A derivative of crude oil [petroleum] used industrially as a metal cutting fluid [lubricant] Forms an oily film over the skin to lock in moisture, toxins and wastes, and hinders normal skin respiration.

DIOXINS

A potentially carcinogenic by-product that results from the process used to bleach paper. Dioxin treated containers can transfer dioxins to the product in the container.

FORMALDEHYDE

A toxic, colourless gas that is an irritant and a carcinogen. When combined with water, formaldehyde is used as a disinfectant, fixative or preservative. Found in many cosmetic products and conventional nail care systems.

ALPHA HYDROXY ACID

An organic acid produced by anaerobic respiration. Skin care products containing AHA exfoliate not only damaged skin cells, but the skin’s protective barrier as well.

Long term skin damage may result from its use.

ALUMINIUM

A metallic element used extensively in the manufacture of aircraft components is an ingredient in anti-perspirants, antacids and antiseptics. Associated with Alzheimer's disease.

FLUOROCARBONS

A colourless , non-flammable gas or liquid that can produce mild upper respiratory tract irritation. Fluorocarbons are commonly used as a propellant in hairsprays.

LANOLIN

A fatty substance extracted from wool, which is frequently found in cosmetics and lotions. Lanolin is a common skin sensitiser that can cause allergic reactions, such as skin rashes.

TALC

Routine application of talc in the genital area is associated with 3-4 times increased risk of ovarian cancer.

Chapter 8 | Psoriasis – The Sun Factor

Phototherapy (otherwise known as light therapy), involves exposing the skin to ultraviolet light rays and is commonly used to treat a range of skin conditions including Psoriasis, Vitiligo and Acne. Light Therapy is usually administered on a regular basis either using a home unit or, in some cases, using large clinical units which are only used under medical supervision.

Treatments are usually done at hospital, in a doctor's office or psoriasis clinic. However, for mild-moderate cases of Psoriasis and Vitiligo, UVB treatment is increasingly being done at home using handheld units. The key to success with phototherapy is consistency of treatment. There are two forms of light therapy: Ultraviolet light B (UVB) and Ultraviolet light A (UVA) Treatments.

UVB PHOTOTHERAPY (LIGHT THERAPY)

UVB rays are present in natural sunlight. UVB phototherapy has been shown to be a very effective treatment for psoriasis. Researchers have demonstrated that the quality of life in psoriasis improves after standardized administration of narrowband UVB phototherapy (*). UVB rays penetrate the skin and slows the growth of the skin cells. (Skin cells multiply too rapidly in cases of psoriasis and UVB phototherapy treatment slows that rate to the point where the skin appears normal. UVB phototherapy treatment involves exposing the skin to an artificial UVB light source for a set length of time on a regular schedule. This treatment is commonly administered at home although in severe cases, it may be administered in a medical setting.

During treatment, your psoriasis may worsen (although this will be temporary) before it improves. The skin may redden and itch from exposure to the UVB light rays. If the skin becomes too irritated, the amount of UVB administered may need to be reduced. In

some instances, temporary flares ups occur with low-level doses of UVB although these reactions tend to resolve themselves as the treatment continues.

HOME UVB PHOTOTHERAPY

Treating psoriasis with a UVB light therapy unit at home is one of the most economical and convenient treatment choices. Just as phototherapy treatment for Psoriasis administered in a clinic requires a consistent treatment schedule. Individuals using home phototherapy treatment for psoriasis and vitiligo should follow manufacturer's instructions regarding usage and exposure times and should not increase recommended UVB Phototherapy treatment exposures.

Like UVB, ultraviolet light A rays (UVA) is present in sunlight. however, unlike UVB, UVA is relatively ineffective unless used with a light-sensitizing medication psoralen, which is administered topically or orally. This process, called PUVA, slows down excessive skin cell growth and can clear psoriasis symptoms for varying periods of time. Stable plaque psoriasis, guttate psoriasis, and psoriasis of the palms and soles are most responsive to PUVA treatment.

UVA Light Therapy is only administered under hospital supervision as it is associated with a number of adverse side effects including nausea, itching and redness of the skin. Drinking milk or ginger ale, taking ginger supplements or eating while taking oral psoralen may prevent nausea. Similarly, antihistamines, baths with oatmeal products or application of topical products with capsaicin may help relieve itching.

SUNLIGHT

Although both UVB and ultraviolet light A (UVA) are found in sunlight, UVB works much better for psoriasis. UVB phototherapy treatment units work in exactly the same way as

natural sunlight. Short, multiple exposures to sunlight are recommended. Start with five to 10 minutes of noontime sun daily. Gradually increase exposure time by 30 seconds if the skin tolerates it. To get the most from the sun, all affected areas should receive equal and adequate exposure. Remember to wear sunscreen on areas of your skin unaffected by psoriasis.

Avoid overexposure and sunburn. It can take several weeks to see improvement. It is also advisable to visit your doctor or dermatologist to check regularly for sun damage.

Important note: some topical medications can increase the risk of sunburn. These include tazarotene, coal tar, Elidel (pimecrolimus) and Protopic (tacrolimus). Individuals using these products should consult with their doctor before going in the sun.

People who are using PUVA or other forms of light therapy should limit or avoid exposure to natural sunlight unless directed by a doctor.

Tanning beds – should you use them to treat psoriasis?

Contrary to popular belief, tanning beds are not an effective alternative to natural sunlight. This is because tanning beds in commercial salons emit mostly UVA light, not UVB. The beneficial effect for psoriasis is attributed primarily to UVB light. The National Psoriasis Foundation does not support the use of tanning beds as a treatment option for psoriasis.

[CLICK HERE TO BUY UVB DEVICES ON AMAZON](#)



Most psoriasis organisations – the American Academy of Dermatology, the FDA and the Centers for Disease Control and Prevention and UK Psoriasis Association – all discourage

the use of tanning beds and sun lamps for the treatment of Psoriasis. The ultraviolet radiation from these devices can damage the skin, cause premature aging and increase the risk of skin cancer.

Most practicing dermatologists also discourage psoriasis patients from using tanning beds. Consult with your dermatologist before going to a tanning bed to treat your psoriasis.

Disclaimer: This information is given for informational purposes ONLY. Please consult your GP or dermatologist before using any form of phototherapy.

Chapter 9 | Conclusion

In this brief e-book, we've covered some of the ways through which psoriasis can be improved without drugs, and without toxic chemicals. If you only take one thing with you from reading this short e-book, it is that there is plenty you can do TODAY that can have a significant effect on your skin and on your general health and wellbeing.

If it is psoriasis that motivates you to adopt a healthier lifestyle, make changes to your diet and incorporate stress-management techniques (as it did me), then you may find that there is a huge flipside to having had psoriasis. These positive lifestyle changes - changes that many people never make because they've never had a reason to make them - will be the foundation for a longer and far better quality life than you might otherwise have known. These changes could well end up saving your life, as I believe they did mine.

In summary:

1. There are simple, inexpensive things we can all do at home that can help improve our skin and our general health. Changing our diet - avoiding refined sugars, glutenous foods (e.g. wheat, rye, barley), alcohol, red meat and saturated fats, and known allergens like peanuts and oranges can make a massive difference.
2. There are a few tried & tested, clinically-proven herbal remedies like m-folia. M-folia works for 4 out of 5 psoriasis sufferers resulting in significant improvement to complete clearance within just 12 weeks!

In addition, consider nutritional supplements such as minerals and trace elements. Make sure to include selenium, broad spectrum anti-oxidants, and Omega 3 & 6 essential fatty acids (EFAs obtained from fish oil, flaxseed oil, Nigella Sativa & Evening Primrose Oil).

3. Remember to drink plenty of water through the day (and consider alkalising it - either

with Sodium Bicarbonate or X_2O (which also contains vital minerals and trace elements). This is particularly important where the condition is widespread, acute or chronic.

4. Try to find ways to relieve stress and help you to relax. This can include regular physical exercise, meditation, yoga, and, if necessary, some herbal calmatives.

Decreasing stress hormones, decreases psoriasis!

5. Clear out all bathroom products that contain Sodium Lauryl Sulfate and other harmful chemicals and replace them with brands that are free of any harmful chemicals.

6. If you have acute, stubborn Psoriasis, consider consult a health practitioner. There are several alternative and complementary treatments that have been shown to offer valuable help and support including UVB treatment, Acupuncture and Hypnotherapy. One of the side benefits of seeking additional therapy or treatment is that you'll have support from a practitioner. Unfortunately, many GPs simply don't have the time to spend to sit down and really listen to what is going on in your life and, as we have discussed, to beat psoriasis, it is important to explore all of the known triggers.

7. If your psoriasis was triggered or affected by an infection or is thought to be immune related, consider taking a good ionic mineral supplement, broad spectrum anti-oxidants, M-folia Herbal extract and Nigella sativa oil.

PSORIASIS – BE PART OF THE SOLUTION!

Finally, thank you for downloading this e-book. I hope you have found it interesting and, more importantly, helpful in your quest to beat Psoriasis. We're learning of new breakthroughs all the time. However, we can do better – if we work together! That's why I'd like to invite you to download the Medipolls Psoriasis App. It's FREE to download and use, and it collates data in real time from users' experiences.



The more people who participate, the more we will learn. It is completely confidential – no personal data is stored. The aim of the app is to enable psoriasis sufferers to share their experiences and participate in simple 30 day trials relating to natural remedies and treatments, and lifestyle choices.

[CLICK THE LINKS BELOW TO DOWNLOAD MEDIPOLLS PSORIASIS RESEARCHER](#)

