

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 298th Newsletter, I want to talk to you about **Psoriasis** and their impact on our lives and well-being.

In order to put the rest of the **news-letter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

Psoriasis is not FAR AWAY from Us, any of Us can DEVELOP it and here is how to PREVENT it and help HEAL it!!!

You may **think** that psoriasis is only a hereditary condition. **Not so**. You may think, like I did, you will never get it nor anyone close to you, not so. Information is power, please **gift yourself** with this power and gift it to those around you that you care about.

Over **125 Million people** worldwide have psoriasis, many of which have no psoriasis in their family medical history. Both males and females get psoriasis in equal numbers. It is a **disease** that any of us can get at any stage in our lives (early or late or any part) and **WE can get it EVEN if we THINK we are EATING super HEALTHY and living a RELATIVELY HEALTHY Life STYLE.**

It can **strike** at any age, but most often in adults between 15 and 35 years. Psoriasis is **not contagious** and even though it is normally re-

lated to as a skin condition it is actually an immune related disease that happens to impact the skin. **Anyone** can develop psoriasis ... that includes you and any of the people you love. Please keep reading this Newsletter, as it will have you be aware of the **causes** of psoriasis, help you make sure that you are optimally healthy to reduce your risk of developing psoriasis and also help you manage the psoriasis if you already suffer from it so that it improves and does not get worse, since so far it seems that it **DOES NOT HEAL.**

There are **specific** genes associated with psoriasis but many people with the genes never develop psoriasis and many people who do not have the genes do **develop** psoriasis. Psoriasis is considered by many to be an inflammatory immune disorder in which the body's immune cells attack normal skin cells. The cells that are targeted are **formed** and grow below the skin, and normally rise to the skin's surface over the course of a month.

In normal skin, there is a **balance** of skin cells that form and skin cells that die – it takes about 28 days for skin cells to fully form. However, when the skin is **damaged**, there are more skin cells formed, which also draws more blood into the area causing redness and swelling (inflammation). Similarly, in psoriasis, this **process** also occurs, although the process of skin cell development is accelerated to take only 4 days, with thirty times more new skin cells. This accelerated growth results in more dead skin build up on the surface of the skin.



CAROLINA ARAMBURO

Psoriasis causes discomfort and pain in the skin. It may appear anywhere in the body, but most commonly in the **surfaces** of scalp, the backs of wrists, the buttocks, the elbows and the knees. Sometimes, the nails are also affected with Psoriasis. There may be seen thickened areas with **silvery scales**, often in the scalps, elbows, knees and lower back. There are 5 specific types of psoriasis, which you can read in detail about in the research sources we have included in this Newsletter.

Even though conventional medicine says there is no known cause of psoriasis, most **holistic** and naturopathic doctors point to underlying factors that tend to fall in four categories – nutrition, toxicity, digestion (gut health), and stress and lifestyle. **Natural** or holistic methods to treat psoriasis (and any diseases or condition) are accomplished by looking at health and well (Cont. on next page)



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Psoriasis is not FAR AWAY from Us, any of Us can DEVELOP it and here is how to PREVENT it and help HEAL it!!! (Cont.)

being as a whole which allows for not just **eliminating** the symptoms but also getting to the root of well-being imbalances to eradicate the root cause and bring about health and wellbeing in the body, mind and spirit. In the case of psoriasis this allows for **various** natural methods that work with the body and not against it to enable the body to start to self-heal and get rid of psoriasis naturally.

Many **factors** appear to trigger episodes of psoriasis, making anyone capable of being triggered, such as:

- **Infections**, such as sore throat, strep throat, viruses, or yeast
- Anything that can affect the **immune** system (which is tons of varieties of common foods, improper sleep, stress, etc.)
- Skin **conditions** – boils, dermatitis, herpes blisters, vitiligo, skin parasites (scabies)
- Injury, or **trauma** to the skin such as vaccinations, sunburn, cuts, burns, chemical irritations, shaving, adhesive taping or scrapes
- Pregnancy
- **Stress**
- Obesity
- An **emotional crisis**, small over time or big or any size
- Animal fats, dairy products, gluten, and processed foods in the diet
- Nutritional **deficiencies**
- Parasites
- A **liver** overwhelmed with toxins (including ingested chemicals and incompletely digested proteins from animal products and dairy products)
- **Bowel** toxemia
- **Digestive tract** conditions - imbalanced intestinal bacteria and yeast, poor protein digestion and absorption, lack of enzymes, acidic stomach, Candida
- Lack of **sunlight**
- Lack of sufficient **oxygen** in the

blood

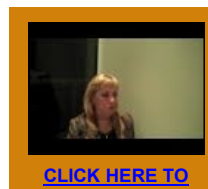
- **Hormonal** changes
- Smoking
- Heavy alcohol consumption
- Certain **medications**, including Lithium, Anti-malarials, Inderal, Quinidine, Indomethacin and other beta blockers
- **Environmental** factors – such as dry or cold air and chemical pollutants
- Chemicals and **toxins** in foods and products including heavy metals

Dr. John A. Pagano, a leading holistic psoriasis researcher, points to **toxic build-up** in the body, from various sources, as the cause of psoriasis. In addition to all the other toxins we encounter in our environment and **products** we use one of the most toxic things we encounter is the food we consume. Stress, which is incredibly toxic to our bodies, is another of the biggest **triggers** for psoriasis flares.

About our diets Pagano states, "due to the toxic nature of many of foods commonly consumed and a weak **intestinal** lining, the individual's blood contains a build-up of poisons." In this process the kidneys and liver cannot perform the necessary **filtration** needed to move these toxins from the body. Then the unprocessed toxins spill into the circulation system, which affects the immune balance in the skin and other organs.

Psoriasis is not a **single disease**. In many cases psoriasis is concurrent with many other health conditions. Often, the correction of one will result in the **correction** of the other. In addition Psoriasis put you at risk for other much more complicated conditions and diseases.

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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

Psoriasis is not FAR AWAY from Us, any of Us can DEVELOP it and here is how to PREVENT it and help HEAL it!!! (Cont.)

Psoriasis **increases** your risk of psoriatic **arthritis** (30% of people with psoriasis develop this), certain cancers (such as lymphoma and non-melanoma skin cancer), cardiovascular diseases (people with severe psoriasis are 58 percent more likely to have a major **cardiac** event and 43 percent more likely to have a stroke), depression, Type 2 Diabetes (30% more likely), metabolic syndrome (40% of people with metabolic syndrome have psoriasis), **obesity**, osteoporosis (60% of people with psoriasis have osteopenia, an early form of osteoporosis), eye disorders such as conjunctivitis, blepharitis and uveitis, high blood **cholesterol** and lipids, Crohn's disease, Celiac Disease, Sclerosis, Parkinson's Disease, kidney disease and liver disease.

Conventional pharmaceutical medications can cause **severe** side effects and because each of these drugs works to suppress your immune system, you may become more **susceptible** to other forms of illness when undergoing treatment for longer periods of time.

In my Life I met many people that have Psoriasis and I always felt so bad for them that it seemed to only

get worse and **worse**, I ignorantly believed that it was **genetic** and that I or my family could not get it any more given they did not have it. But all the sudden one of my very close loved ones, in a matter of few months, went from having what it seemed like 'little skin **irritations**' to a full blown Psoriasis attack that is now spreading and spreading. **Thankfully** we are doing all the right NATURAL Things to help the HEALING Process, like 80% Raw Vegan Diet, no sugar, no gluten, no process foods, supplements, etc. but it is really CHALLENGING to speed up the **healing** process. The condition seems very very stubborn and its worrisome to watch it spread and spread, so I have a NEW **sense** of URGENCY to help people prevent it, because this family member is super young and could have prevented it, by simple Life Style Changes earlier in his Childhood and teen years.

A Raw VEGAN Living Foods DIET including plenty of **Leafy** GREENs tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is

the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out, not just and INCLUDING psoriasis conditions. I **invite** you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

Research Sources:

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<http://www.healthline.com/health/psoriasis/causes> - Psoriasis Causes

<http://www.webmd.com/skin-problems-and-treatments/psoriasis/understanding-psoriasis-basics?page=2> - What Causes Psoriasis?

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<http://www.livescience.com/42285-psoriasis-skin-treatment-cure.html> - Is There A Cure for Psoriasis?

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There are PROVEN Natural ways to PREVENT and help HEAL Psoriasis!!!!

From the naturopathic and **holistic** perspective, some of the important basics to prevent psoriasis and to ensure positive results with psoriasis are to improve the diet, **detoxify**, improve digestive health, and balance stress. Natural, organic, chemical free topical treatments can help, but full resolution will only come from the **inside out**. Many studies have shown that the type of diet that is recommended to for psoriasis is aimed at eliminating food allergens and foods with chemicals or toxins, decreasing **inflammation**, alkalizing the body, building the immune system, healing the gut and

normalize weight.

Recognized Steps for Preventing, Treating & Managing the Symptoms of Psoriasis:

#1: **Remove** or significantly decrease all known food allergens or chemical/toxin filled foods. Most people cannot properly digest **wheat or dairy**, even if not lactose intolerant or celiac. When someone with intolerance eats these foods, undigested particles remain in the gut and scratch along the surface of the intestinal lining, causing inflammation and the opening of intestinal

pores. Dairy and red meat also contain arachidonic acid, which promotes an inflammatory response in the body. Eliminate sugar, processed food, white car (Cont. on next page)

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There are PROVEN Natural ways to PREVENT and help HEAL Psoriasis!!!! (Cont.)

bohydrate products (including flour, potatoes and white rice with whole grains and starchy vegetables), fried food, "**bad**" **fats**, meat, coffee, spicy food, monosodium glutamate, wheat, fast foods, hydrogenated oils and alcohol. Some people benefit from cutting out **night-shades** (like eggplant, tomatoes, peppers, white potatoes and paprika), while others are fine with them. Avoid shellfish, which contains high amounts of purines which your body breaks down to **uric acid**, a compound that can promote inflammation can also trigger an allergic-like response in psoriasis patients. Eliminate all products that contain casein (Including dairy, soy and eggs).

Keep in mind that **allergens** vary according to the condition and the individual. Listen to your body and experiment with an **elimination** diet to find out which foods are best for you. "I always say to patients that if you notice that your skin condition worsens after you eat certain foods, then stop eating those foods and see what happens," says Bruce E. Strober, MD, PhD, co-director of the Psoriasis and Psoriatic Arthritis Center at New York University.

#2: Eat **plant based, organic vegetables and fruit**. Some naturopaths recommend that you eat 3 vegetables that grow above the ground and 1 vegetable that grows below the ground each day. A raw diet may significantly **diminish** psoriasis and psoriatic arthritis symptoms as cooked foods diminish the abundance of nutrients, antioxidants, fiber, enzymes and phytochemicals that fight inflammation, builds the **immune** system, alkalizes the body and heals digestive system conditions.

If you cannot go **completely** raw then at least one meal a day, usually lunch, should consist of raw vegetables only. There is no better way to introduce essential vitamins

and nutrients than fresh green juice. Drinking the juice takes all **digestive** pressure off the body, so it can focus only on assimilation of the fuel it needs and apply it directly to where it needs to go!

Great **vegetables** for psoriasis are: Asparagus, Beets, Broccoli, Brussel Sprouts, Carrots*, Celery*, Chicory Greens, Cilantro, Collard Greens, Cucumbers, Garlic*, Ginger, Kale, **Lettuce*** (Romaine in particular), Onions*, Parsnips, Scallions, Soybeans, Spinach*, Sprouts*, String beans, Squash, Sweet Potatoes, Turnip Greens, and Watercress* and **Wheat-grass***. Great fruits for psoriasis are: Apples, Apricots, Most Berries (not strawberries), Cherries, Dates, Figs, Grapes, Grapefruit, Lemons*, Limes, Mango, Nectarines, Oranges, Papaya, Peaches, Pears, Pineapple, Small Fruits, Watermelon. The ones marked with (*) are particularly important.

#3: Eat **Vitamin C** and bioflavonoid-rich foods because they are anti-inflammatory, anti-allergy, anti-oxidant, tissue healing and support the adrenal glands. These include: **berries**, blackcurrant, citrus, pineapple, red, yellow and orange vegetables, dark green leafy vegetables, buckwheat, garlic, onions, parsley and aloe vera juice.

#4: Eat **cabbage-family** and dark green foods because they are liver detoxifying, decrease allergic reactions and healing to gut tissue (anti-inflammatory). These include: cabbages, cauliflower, Brussels sprouts, broccoli, broccolini, kale, kohlrabi, radish, rocket and watercress.

#5: Eat "**Good fats**" because they are nourishing to the skin, support central nervous system and regulate hormonal activity (some may find flare-ups occur at hormonally active times). These include: raw,

soaked almonds, brazil nuts and walnuts, **flaxseeds**, chia seeds, sesame seeds, pepitas, sunflower seeds, cold pressed oils. Stay away from saturated fats and trans fats, which may increase inflammation in the body.

#6: **Omega 3 fatty acids** help to reduce inflammation and the absorption of nutrients. They promote strong cell membranes in your gastrointestinal tract – **boosts** the immune system and helps slow the aging process. They can be found in flax seeds, pumpkin seeds, olive oil, evening primrose oil, borage, blackcurrant seed oil avocados, walnuts and omega 3 oils.

#7: Some common nutritional **deficiencies** amongst people with psoriasis include vitamins A, D, E, B₁₂ and folic acid, selenium, zinc, chromium, selenium, glutathione. Patients with widespread psoriasis were found to have very low levels of vitamin D. All of these can be found in abundance in vegetables, **sprouts**, wheatgrass and blue green algae. Avoid excess Iron as it can aggravate inflammation and increase free radicals.

Add **Calcium/Magnesium** Foods because they support the central nervous system (anxiety, worry, stress, decrease energy), restore bone mineral nutrients lost to pro-inflammatory diets and inflammation processes, and calcium works with **Vitamin D** (another fat-soluble nutrient indicated in the treatment of psoriasis). The absence of enough magnesium allows calcium to run amok. Dermatological evidence of this process is **excessive** skin production in psoriasis. These foods include: raw, unsalted nuts, seeds, nut and seed pastes and oils, dark green leafy vegetables and figs.

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There are PROVEN Natural ways to PREVENT and help HEAL Psoriasis!!!! (Cont.)

#8: It is critical to regain proper pH or **Acid/Alkaline balance** for psoriatic conditions. The blood should be slightly alkaline. When diet pH is slightly alkaline there is proper absorption of nutrients from the body, increased immunity, and optimal health. Alkalinity also helps increase the **oxygen** supply in the body that is important for the proper functioning fluids in the bloodstream, prevents the build-up of lactic acid that detracts one's health and renews and restores the proper **functions** of different vital organs including the skin. Psoriasis is distinguished by overly acidic body chemistry that is the result of over consumption of **acid forming** foods and the re-circulation of toxins from the intestinal tract. Probiotics and **probiotic**-rich foods such as fermented foods, sauerkraut, sugar free kombucha help restore good bacteria in your digestive tract. Digestive Enzymes - help leave proteins more completely, allowing better uptake and utilization - great sources are green foods such as wheatgrass, spirulina and **chlorella**.

#9: Once the diet has been implemented it becomes necessary to begin the process of **detoxification**. Systemic detoxification must begin in the intestines. Studies have shown that a number of intestinal toxins have been recognized in psoriasis sufferers. Some of these toxins include **putrefied** proteins, rancid fats, byproducts of pathologic bacteria, Candida and other fungi, yeast compounds, and immune complexes. Detoxing must focus on cleansing and then repairing the bowel. **High colonic** irrigation is the fastest and most efficient way of cleaning the bowel of the psoriasis patient. Combining the high fiber diet with a course of colonic **irritations** will eliminate the intestinal endotoxins, and provide an environment that will allow the beneficial probiotic bacteria to thrive.

#10: One of the long-term side effects of intestinal toxicity is decreased **liver function**. Psoriasis patients consistently show abnormal liver function on functional laboratory assessments, and benefit greatly through correction of liver function. Beware of alcohol it is known to significantly worsen psoriasis. **Alcohol** increases the absorption of toxins from the gut and impairs liver function.

There is a wide array of oils and **herbs** that have been reported helpful for psoriasis. We have included tons of articles in our research sources for you. A few of the most widely used ones are:

- **Milk thistle** (*Silybummarianum*) (in tea or extract) - to protect the liver and regulate immune function
- **Turmeric** is extremely anti-inflammatory. It also has shown the characteristic of inhibiting T-Cell activation.
- **Tea tree oil** - This psoriasis remedy can be said to greatly help remove dry, lifeless cells, when used on your skin. Although it is highly toxic when ingested, tea tree oil has a **surprising** number of topical uses, including the treatment of psoriasis. When applied to the skin, tea tree oil helps to **loosen** scale and prevent infection of damaged tissue. This essential oil is a powerful antiseptic, which contains many compounds that can prevent the growth of certain infection causing fungi and bacteria. The oil should be **cold pressed** and organic and not include other ingredients. Use tea tree oil externally only.
- **Apple cider vinegar** is alkaline and will help reduce the inflammation when taken internally. Externally the acidic nature of apple cider vinegar may explain its effectiveness against psoriasis as well as many other diseases and conditions. This

acidic nature is also antibacterial, antifungal as well as antiviral.

- **Coconut oil** is a potent antibacterial, anti-fungal, anti-viral and anti-inflammatory food. It can be consumed internally and applied externally.
- **Cayenne pepper** contains capsaicin which when topically applied, stimulates and then blocks small-diameter pain fibers by depleting pain neurotransmitter substance P, which is **elevated** in the skin of psoriasis and activates inflammatory mediators in psoriasis. Topical capsaicin is effective in reducing scaling and redness, burning, stinging and itching.
- **Oregon Grape** has proven it to be an effective natural remedy for controlling the immune response, which causes psoriasis flare-ups.
- **Epsom salts and Dead Sea Salts** - Add a handful of these healing salts to your bath. They'll keep swelling down and bring healing to your psoriasis.
- **Neem oil** is a complex natural oil that contains over 140 active ingredients. It is an anti-fungal and anti-bacterial emollient that soothes the redness and irritation directly healing lesions through the steroid like effect of some of its ingredients without all the side effects. It also cleans up any skin infections and stimulates the immune system. For internal usage, **do not** consume neem oil because it is toxic! Use products that contain the extracts from the leaves or bark such as neem tea.

Before starting any nutritional or herbal remedies to treat psoriasis, we highly **recommend** that you discuss these options with your healthcare professional, nutritionist or health coach. When treating psoriasis, keep in mind that consistency is important. Make your psoriasis treatments part of your daily (Cont. on next page)

There are PROVEN Natural ways to PREVENT and help HEAL Psoriasis!!!! (Cont.)

routine and stick to them.

Stay Hydrated. To help reduce the severity of psoriasis flare-ups, make sure you're staying well-hydrated. The average recommended intake of water is around 64 ounces per 24-hour period, however there are quite a few factors that can influence this number. Make sure you are drinking **100% filtered LIVING** water. In addition to consuming water, Hydrotherapy or Water therapy for Psoriasis can supply heat, moisture, and minute amounts of key minerals to the skin. Some types of **hydrotherapy** that offer relief from psoriasis include: bathing in warm water, which stimulates blood circulation, using a room humidifier, which eliminates dry air that can aggravate lesions, bathing in water high in minerals (especially sulfur) that may seep through the skin and aid in healing.

Get enough sleep. Sleep is essential to reducing stress and inflammation and giving your body time to regenerate each and every night. Take steps to improve your sleep and you'll improve your overall health and psoriasis.

Exercise - Physical activity is important for your overall health and especially so if you have psoriasis or psoriatic arthritis. Exercise is anti-inflammatory and can help you maintain a healthy weight, increase joint **flexibility**, strengthens cartilage and muscles around the joint, increases blood circulation that carries healing **oxygen** to the joints, slows the rate of bone loss and lower your risk of heart disease and type 2 diabetes. However, exercise that causes friction and abrades your skin may make psoriasis worse. So take special **precautions**.

Yoga - Yoga combines controlled breathing, stretching and strengthening exercises, and meditation to help control **stress** and improve

blood flow to areas affected by psoriasis. Yoga can also **enhance** sleep and improve your mood. Yoga can improve internal-organ function including that of liver and endocrine glands, Improve digestion, eliminate constipation, Improve **blood** circulation and liver function. Yoga is recommended for people with psoriatic arthritis as it can help ease joint pain and improve range of motion.

Know What's in Your Soap, Skin Care Products and Clothing -

Soaps and skin care products filled with chemicals and toxins can irritate and dry skin, increasing itchiness, so choose a light 100% natural and organic soap instead. Eliminate **chemical** shampoos, shaving creams, hair colorings, perms, straighteners and perfumes. Wear cotton clothing, other fabrics may irritate your skin.

Get Some Sun - Most holistic and naturopathic experts advise brief spans of exposure to sunlight's ultraviolet radiation. But don't **overdo** it. Sunburn can make patches worse. Depending on the time of year, 30 minutes to an hour of uninterrupted sun exposure every day is all that is needed (you definitely don't want to burn). One important caveat on this one... do not use any chemical sunscreens. These creams make skin conditions such as psoriasis **much worse** and actually **give** you skin cancer, not stop it!

There are many other healing modalities that people with psoriasis have had great success with. A few of those are:

- **Chiropractic** - A method of treating pain, which includes realigning the joints. A highly skilled person must do manipulation of the joints in order to avoid any risk of harming the inflamed joints rather than helping them.
- **Acupressure** - Acupressure

practitioners apply gentle pressure to key points on the body to achieve specific results, such as reducing pain, alleviating stress, or providing a boost to the immune system.

- **Acupuncture** - As with acupressure, this might either release the flow of energy or endorphins into the body and helps to manage chronic pain. It will also **balance** out organs such as the stomach, liver, lungs, gall bladder and spleen all of which are associated with our skin in Traditional Chinese Medicine. The skin, is the **body of the soul** according to Traditional Chinese Medicine which refers to the skin as the 'third lung' and the skin's condition is seen as a reflection of the health of the lungs.
- **Massage** - Massage therapists use their hands and instruments to manipulate, rub, and knead your muscles and connective tissues. Studies have found that massage therapy can decrease stress, **anxiety**, and pain as it releases endorphins into the body and flushes lactic acid from muscles and improves lymphatic circulation.
- **Reiki** - The hands-on therapy delivered by a Reiki practitioner is said to promote a sense of relaxation and wellbeing while decreasing stress and anxiety, making it a potentially beneficial psoriasis treatment.

Ultimately each body is **unique** and I recommend that you both find a holistic natural healthcare professional (doctor, nutritionist and/or health coach) and listen carefully to your body and find your own prevention and unique healing methods. In the Research Sources below you can find many articles that detail exact diets and processes.
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There are PROVEN Natural ways to PREVENT and help HEAL Psoriasis!!!! (Cont.)

Research Sources:

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Psoriasis, as most HEALTH issues, is a reflection of our physical, mental, emotional and spiritual WELLNESS!!!

We are **holistic** beings. Spirit, mind, emotions, and body are one holistic unit and each aspect influences skin, skin disorders, and healing. When **preventing** or treating psoriasis, as in any other seemingly physical health condition it is important that we look to the emotional, mental and spiritual components sources. Likewise psoriasis creates an **impact** on people that are emotional, mental and spiritual.

Mental Health must be **considered** when talking about treating psoriasis, as it can lead to **depression**. But the real cycle created is that depression can actually make your psoriasis worse. Those with psoriasis may experience feelings ranging from stress and worry to despair and **resentment** due to the appearance of the psoriasis lesions, the

onset of limited **mobility**, and their perceived disfigurement. The resulting lack of self-esteem can have a powerfully negative effect on overall mental health. **Commitment** by those with psoriasis and their loved ones to continue activity or try new activities is important to maintain mental health.

One of the leading scientifically acknowledged factors in psoriasis is stress. **Stress increases** the risk of developing psoriasis and the severity of the disease. That stress can have physical, mental or emotional sources. Stress can be the cause as well as out come of disease like psoriasis. It is a well-known fact that there is inseparable bond between mind and body and psyche plays vital role in maintaining health or causing diseases. It is a common

experience in practice of patient reporting the onset of psoriasis following **major stress** like divorce, death of close relatives, change of job, unhealthy family relationships, etc. and this perception of patients that psychological stress can worsen psoriasis has been supported in clinical studies.

Stress makes your psoriasis worse by **depleting** vitamins and minerals that are essential to your health. It weakens your digestive system by reducing the amount of digestive enzymes you make, making it harder for your stomach and **intestines** to properly digest the food you eat. Stress also weakens your adrenal glands, (Cont. on next page)

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which among other duties, control inflammation. Long-term stress overworks the **adrenals** until they shut you down from exhaustion. Stress also impacts both serotonin and norepinephrine, which are important chemicals that affect our moods and mental well-being.

It is important for our overall stress and particularly for psoriasis to do **everything** you can to better manage the stress in your life—both the stress that affects you on a daily basis, and the stress that comes specifically from your psoriasis. Here are some tips for how to do that:

1. **Accept yourself and be kind to yourself – practice compassion.** Do not turn any anger or frustration back on yourself. Your body is not betraying you. Also resist the urge to stuff your feelings down or ignore them. Instead, honor them and learn how to effectively process and release them. Try **coping** techniques like journaling, music therapy, and coaching. Psoriasis is not a result of something wrong with you and you did nothing to cause the condition, and you are not at fault. Instead, it's simply a malfunction in the immune system. In truth, your body is trying to cope as best it can. Try to treat yourself with **loving** kindness. Decide that from now on, you will be only kind and supportive to yourself and your skin.
2. **Meditate:** There are numerous studies about the benefits of meditation, but it can be difficult to begin. If you have never meditated allow it to be easy and develop what works for you. Simply find time every day to sit quietly for **10-15 minutes**. Try during that time to focus on one thing, like a candle flame, a light, or an image of your favorite place or find a guided meditation to listen

to. Let the thoughts come and go and simply **observe** them vs. trying to stop them. Don't respond to them just watch them. If you find your thoughts wandering, bring them gently back to your **chosen** focal point. In this way, you train your brain to calm down when you want it to. You can later use these skills when you feel your stress levels rising.

3. **Talk about it.** Talk to a trusted friend, therapist or a coach. Thousands of people with psoriasis have benefitted from joining support groups. Don't feel you have to deal with this all by yourself. You're **not alone**, and when you connect with others going through the same thing, it can feel like such a relief! Find a group in your local area, or try an online forum. There's no substitute for talking about your feelings with others who understand where you're coming from.
4. **Use stress-relieving techniques you enjoy.** Try Yoga, Tai Chi and/or deep breathing exercises. Find something you 1. enjoy that you can get lost in. Something that helps you get your mind off of the psoriasis. For you, that may be being in **nature**, playing music, painting, photography, gardening, reading, or a number of other activities. It's not selfish to make time to enjoy yourself—it's critical to your health!
5. **Be willing to try new things.** If one treatment, tried over time, doesn't help your psoriasis, don't give up. There are a number of potential natural treatments, which may reduce your flare-ups. Realize that every time you improve your condition just a little bit, you will feel better.
6. **Don't let it stop you.** The worst thing you can do is let psoriasis start to control your life. If you find yourself avoiding public outings or reducing your activities

because of your skin lesions, consider **talking** to a therapist or coach. Your life is far too valuable and you have too much to offer to let a skin condition stop you.

7. **If and when people react, explain your condition.** A lot of people are poorly educated about psoriasis. Try not to take it personally. Explain that the condition is **not contagious**, and be willing to answer questions. If people find you open and willing to talk, they're more likely to be willing to understand.

Skin is **soft tissue**, reflecting our attitudes, behaviors, experiences and hidden thoughts; it has to do with—how we think others see us, and—how we see ourselves. From a metaphysical perspective according to Louise Hay, psoriasis indicates a chronic fear of being hurt. Other **metaphysical** causes, noted by healers, are the unwillingness to face something, believing you are not worthy of loving or living, wanting to please a parent unsuccessfully and feelings of deep shame or guilt about an issue, so **covering** up the skin as a mask. Psoriasis and other skin problems can become something to hide behind when painful and difficult situations arise that you don't want or don't know how to meet head-on.

Remember that when you suppress your feelings of sadness, (Cont. on next page)

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grief, anger and pain, you also suppress the love and joy along with them. The skin is **associated** with subtle energies, electrical charges, auras, energy meridians and points, and other features often less detected and described in Western culture. In addition, sometimes when on our **spiritual** journeys we feel an inner restlessness arising – as if it wants to burst free from our bodies. Our bodies on the other hand might want to protect that which is **struggling** and fight hard to adjust to this awakening spirit. Psoriasis has been noted by some healers as a way for the body to protect itself due to the over production of skin cells through scales. **Physical attributes** of one's own skin can contribute to the spiritual core concept of self and others. The skin is both the separator and the **connector** between self and others, and can affect spiritual intimacy with another or even a higher power.

Gift **yourself** with Holistic WELLNESS, remember our Body is our only HOME and also a reflection of our Mental, Emotional, Spiritual Balance, I invite YOU to join me in

taking the JOURNEY to Holistic Wellness and do everything You can DO to **restore**, create and expand Wellness in every way possible; Through Health STRESS MANAGEMENT, through Healthiest Nutrition, sufficient and quality SLEEP, Water, Excise and following all your **intuitive** guidance to create Wellness!!!

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SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiri-**

tual growth and we can all together empower our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergis-**

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