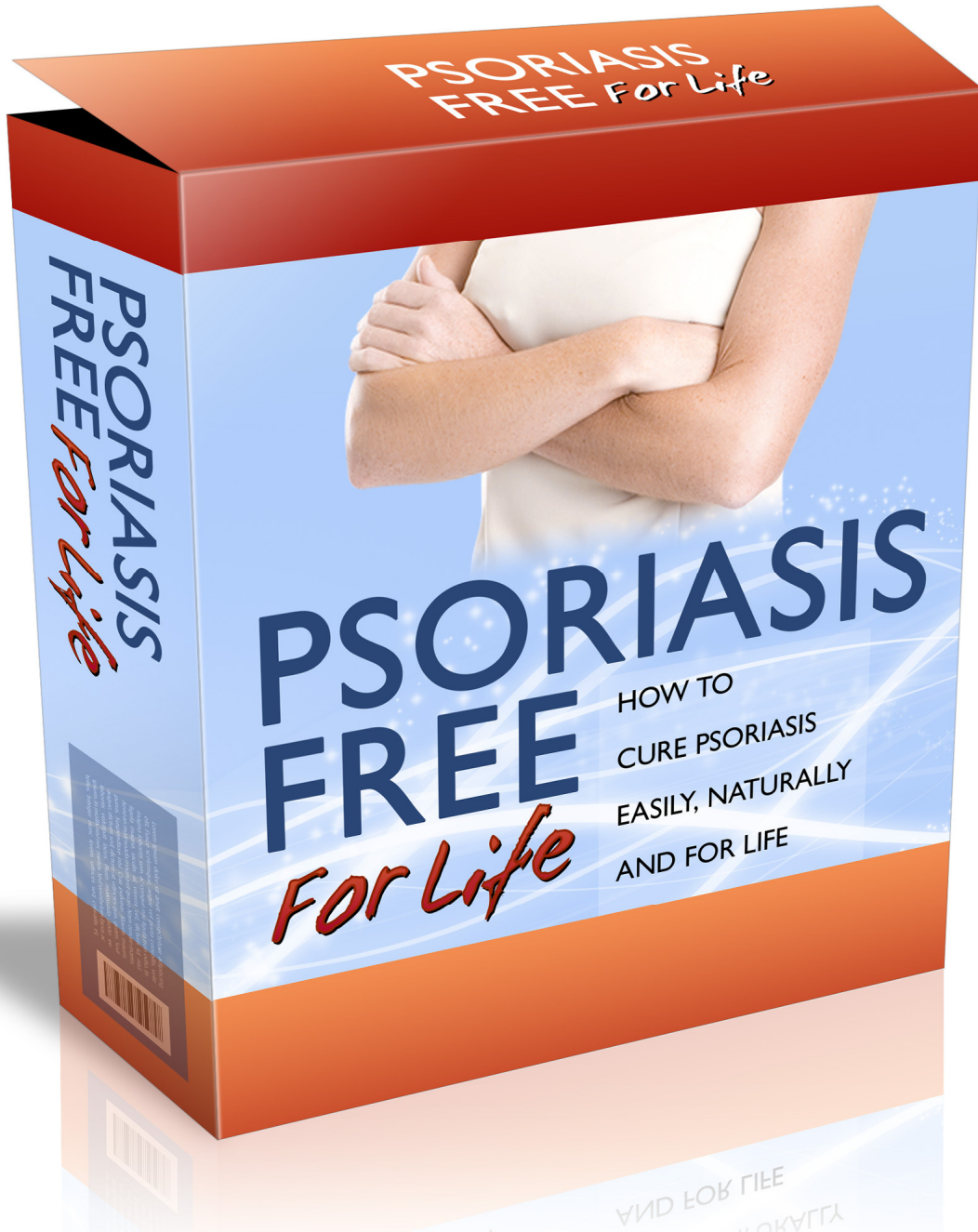


# PSORIASIS FREE *For Life*



Psoriasis Free For Life™

Katy Wilson

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# ***Introduction***

# **Introduction**

Everything in life happens for a reason. There's a reason why you get up in the morning, a reason why you watch certain programs on TV instead of others, a reason why you drink coffee instead of tea and there's a reason why you picked up this book.

Psoriasis is a condition that affects every part of your life. Whether it's the itching that pushes you to what seems like insanity or the look in someone's eyes when you hand them something and they can see the visible marks of your condition. Mentally you know that you're not contagious, but that doesn't stop the pull on your heart as you sense rather than see them draw away from you.

Well don't despair. Read through this book and find out how you can soon improve your condition. You may have let this condition have control of your life too long - now it's time to take charge. Put some of the practices in this book into use and see how much better you feel and your skin looks.

We love hearing how our "Psoriasis Free for Life" book has helped people, so if you'd like to send us an email about your experience, we'd be extremely delighted.

# ***What You Need to Know About Psoriasis***

**Chapter 1**

# **What You Need to Know About Psoriasis**

## **So let's start with the basics. What is psoriasis?**

Well, to put it clinically, it's an auto-immune disease. Genetic in nature, it manifests itself in the joints and the skin.

When skin cells reproduce too quickly it creates the most common type of psoriasis, plaque psoriasis. Anyone with normal skin will find it has two layers: skin cells are made in the dermis layer, and they transfer to the surface of the skin through the epidermis. It's a constant cycle of renewal where mature skin cells die and replaced with new ones. The process takes about a month. If someone has psoriasis however the skin takes a different amount of time to renew.

Psoriasis means that there's an imbalance created in the skin renewal system. The new cells are replicated at a rate 10 times more quickly than they do in someone who doesn't have the disease. The skin on the surface doesn't have the same increased rate of shedding the dead skin, so new skin cells with nowhere else to go stay beneath the surface creating thick red patches that are visible. The plaques



are the light colored scales that cover the red patches. The increase in blood supply needed by the skin cells is what causes the red color.

You may feel that you're alone with your psoriasis problem, but you're not. In fact the NIH (National Institute of Health) states that there could be up to 7.5 million people in the US who have psoriasis. This is certainly not something that you're suffering with on your own!

### **How many types of psoriasis are there?**

There are mainly three types; Guttate Psoriasis, Plaque Psoriasis and Psoriasis of Special Skin sites.

Plaque Psoriasis is the most common of these. It varies in severity from person to person but it always appears as patches of flaky thick patches of skin that itches when it becomes inflamed. Because of its appearance Plaque Psoriasis can be extremely destructive on self esteem. Should the skin sustain injury or trauma, it may become infected (also known as the Koebner phenomenon).

Children and young people make up the biggest group of people who suffer from Guttate Psoriasis. It can be the result of any kind of infection such as strep, and the signature red bumps cleared up with anti-biotics. The good thing about Guttate Psoriasis is that once it's cleared up, it may never reappear. If your child has this, you may not even be told as it is often diagnosed as an allergic reaction rash.

The scalp is the target of Seborrheic Psoriasis and is easily mistaken for a severe case of dandruff! It usually affects not only the scalp, but also the ears, hairline and forehead. Another area targeted by Seborrheic Psoriasis is the nails where the first signs are dark circles and pitting on the nails. It's also possible that the nails will break away from some fingers.

**Psoriasis has some main characteristics, do you know them?**

- Erythrodermic: extreme skin redness and shedding.
- Inverse: major inflammation.
- Pustular: Lesions that weep, plus extreme scaling.

### **Now, do you know what causes psoriasis?**

The origin of psoriasis is debatable but it is believed that psoriasis is largely a genetic disease. Therefore it may have a hereditary element.

### **Does the severity of the disease vary from person to person?**

Yes, it does. Psoriasis can be diagnosed as mild, moderate or severe. This depends mainly on the amount of body area affected, the severity of the manifestations and the general impact on the life of the individual.

### **Do you know there are things that can make your psoriasis worse?**

Well there are! In fact there are several things which can be responsible for you having "flare ups" where your psoriasis is even more uncomfortable than it usually is. For example:

- Allergies
- Drugs (side effects to medicines/pills)
- Infection
- Injury (where the skin is affected)

- Scratches (breaks in the skin surface)
- Stress (especially emotional)
- Sunburn

Keep in mind that not everyone with psoriasis will be affected by all of these triggers. You may find, for example, that your psoriasis is worse if you sit out in the sun too long, but never have any negative psoriasis reaction to a cat scratch. It is good to keep this list in mind however so that if your psoriasis does flare up, you can connect the flare up to any of the possibilities on it.

### **You've seen the looks from other people, but is Psoriasis contagious?**

Of course it's not! We know that. If you weren't sure, now you know! You cannot, now or ever, pass on psoriasis to someone else. Just because it doesn't look "nice" doesn't mean it's contagious!

### **Do you know you can develop psoriasis at any age?**

Generally speaking most people develop psoriasis when they're between 15 and 35 years old. Less than 15% of psoriasis sufferers develop the disease under the age of 10.

### **Which areas of the body are most affected?**

Most commonly psoriasis is visible on the elbows, knees, scalp and torso. It doesn't end there however. It's also possible for it to appear in other body areas to such as the genitals, nails and the soles of your feet and other areas.

### **Do you know there's a connection between psoriasis and other diseases?**

It's true. About a fifth of psoriasis sufferers have a specific kind of arthritis similar to rheumatoid arthritis but known as psoriasis arthritis. It attacks the joints in particular toes and fingers, but also ankles, knees, lower back and the neck.

### **What effect does psoriasis have on your body?**

Having visible psoriasis on your skin can be emotionally and physically challenging. For the most part the actual psoriasis doesn't prevent you from living a full life, but self confidence issues can hold you back. You may feel a sense of inferiority because of the disease. Further more some people, because of their ignorance of the disease may respond in certain ways. Some may wrongly think that psoriasis is contagious.

### **What about a cure?**

Psoriasis is a chronic disease. Therefore there is no cure for such a disease. There are however many ways that can help the sufferer to reduce the effects of the disease. Further more by being informed about what 'flares up' your condition can highly help you to manage your condition in an effective way.

Having said that there are however a number of people that claim to have managed to be cured from the disease or highly reduced its severity, by following certain methods.

## Photos of Areas Affected by Psoriasis



**Guttate Psoriasis**



**Plaque Psoriasis**



**Psoriasis of Special Skin Sites**



# ***Auto-Immune Diseases***

**Chapter 2**

# **Auto-Immune Diseases**

The immune system is what stops the human body from getting sick.

The immune system attacks and defends the body from any bacteria or viruses that enter the body.

If you have an auto-immune disease your immune system may not be working correctly. In this case there may be an over reaction of the immune system. The body may attack its own cells.

There are a number of diseases that are considered auto-immune diseases:

- Auto-Immune hepatitis
- Celiac disease,
- Chronic fatigue syndrome
- Crohn's disease
- Erythematosus
- Graves disease
- Juvenile diabetes
- Multiple sclerosis

- Psoriasis
- Rheumatoid (and other forms of) arthritis
- Systemic lupus

There are many other diseases which are considered auto-immune diseases but these are some of the main ones.

There were parallels to be drawn between these different diseases. Possible causes include the environmental pollution and our exposure to such pollution. Environmental pollution includes that of the land, sea and the air we breathe. For example many large cities have huge problems in the form of smog. Where there is air pollution one can also find an increase in the occurrences of many diseases.

But one has to be cautious, since there are many products that can 'flare up' psoriasis.

It seems that psoriasis and sugar are not the best of partners. In fact there is strong evidence that sugar can make psoriasis worse.

The consumption of sugar has greatly increased during the last two decades. The effects of sugar on the human body are well known. Excess sugar may upset the body's blood-sugar balance. It is also responsible for many adverse health conditions in today's society such as diabetes, heart diseases, impairment of the immune system and many others.

People may be born with a tendency to develop psoriasis and the condition may be 'flared up' by some type of allergic reaction. The allergic reaction is the effect of the excessive response of the immune system. Sugar impairs the immune system and so may have an adverse effect on psoriasis.

It is not only the consumption of sugar that can make psoriasis worse but for some even the handling of sugar may have an adverse effect on your condition.

Care should be taken in the consumption of hidden sugars. Many products such as chocolates, cakes, soft drinks and many others are made of sugar.

A good habit to develop is to read the labels of the products. The labels give a lot of information of the constituents of the products you intend to buy.

Further more it is a good idea to substitute more natural products for products with high sugar content.

There are however some foods that can boost your immune system. Avoiding certain situations may also help.

When you don't know something is making that much of a difference on your health, you keep on doing it. When you do know, and you are making the choice to do something so bad, you do think twice and usually on the second thought, you choose something else. This is where the changes in your health are going to begin!

# ***Help Yourself***

## **Chapter 3**

## **Help Yourself**

It is important to be able to help yourself! You may have spent many years dealing with negativity to your psoriasis and now you need to turn that negativity around so that you will be able to take control of the situation.

Every process we undertake, in order to be successful, must be fuelled by desire. A strong desire is very important because it will help you to focus on your problems. Saturate your mind with a strong desire to heal yourself! Off course a strong desire is not sufficient, it should be fuelled by action.

Getting yourself on the road to recovery means that you start by shifting your mind away from those who have convinced you of all the negative things about you and your health problems, and instead, replace them with positive thoughts backed by a strong desire. This is the first step one may take in every situation he or she is in and wishes to improve.

You may have been hurt emotionally. All of us have been. Some may have been hurt more than others. And still some may have been so strongly hurt that they may find it difficult to come in terms with their feelings. Do not however suppress your feelings. Instead help yourself to come in terms with your feelings. This may not always be easy. Far from it! It may be, and many times it is a difficult process.

You have also to forgive others that may have hurt you. Many individuals hurt us because of their ignorance of the disease. For example some may wrongly think that the disease is contagious and they may be afraid for their own health. By forgiving others you may feel much better and this will help you to more easily come in terms with your feelings and heal your emotional aspect. After you have come in touch with your feelings you have to look forward to improve your situation backed by a strong desire for healing.

Discipline is also a very important aspect. If you want to achieve something in your life you should do all the things necessary for attaining that goal. Try not to shift to other things that are not important and focus instead on your goal. This is easier said than



done. However by persistence and determination one can achieve his or her goals. Do not be afraid and give up if you fall the first time, the second or many other times. Everyone is faced with failure some time or another. It is important not to consider 'failure' as final but consider it as temporarily failure. It is said that the difference between winners and losers is that losers give up when they are faced with the first failures, while winners consider failures as 'temporarily failures' and keep going until they succeed. Try to learn something from your 'temporarily failures' in order to be more equipped for the next challenge the next time.

Discipline has not only to do with physical things such as following a diet, it has also to do with the thoughts we have. Try to instill in yourself positive thoughts and refrain from pertaining negative thoughts. When you have a negative thought try to ignore it and instead saturate your mind with positive thoughts. Some negative thoughts may keep coming and coming. Do not try to resist them but ignore them and instead of them pertain a positive thought that is opposite to that negative thought. For example if you have thoughts of fear, pertain in your mind thoughts of courage.

# ***Do You Have Allergies?***

**Chapter 4**

## Do You Have Allergies?

Many of us face life with allergies dogging our footsteps. While these allergies may be quite annoying for people who don't suffer from psoriasis, sufferers from this condition will find it more aggravating. When you first become aware of this problem you may end up taking numerous allergy tests to prove whether you are in fact suffering from this problem. While taking these tests is all good, they may not always help to pin point what you are allergic to.

There are various procedures that can be done to help pin point allergies. A type of procedure is called the Pulse test and is given below.

It is important to be aware that everyone reacts differently to allergies and certain allergies may be severe. Because of this any procedure used to pin point any allergy (including the one mentioned below) should be done under the supervision of a qualified physician.

The Pulse test can be used to identify allergies to pollen, chemicals, food, and cigarette smoke.

The Pulse test may preferably be done as soon as you wake up in the morning. First your pulse rate is measured up and written down.

Next choose some food or drink which is a possible allergen and eat/drink it. After you have consumed this item check your pulse rate. Write the rate down. Check your pulse once more after 15 minutes.

After this 15 minute period you will need to check and see whether there are any changes to your pulse rate. Depending on the results you will be able to see if there is an increase in your base pulse rate. An increased pulse rate by 10 points may mean that you are allergic to the food or drink that you took. Once you have identified this fact you can make a note of this food or drink item and avoid it. Once you have calmed down take the pulse test or some other allergy test to identify what triggers your allergies.

By the time you have finished this test you should have at hand a helpful list of items to avoid aggravating your allergies. This knowledge should be of some help for in planning how to live without

the added problems allergies can cause you. You should keep in mind that it will take some time for your psoriasis to improve and therefore you should try to cultivate a lifestyle which avoids or minimizes contact with any possible allergens.

### **How they can affect your psoriasis**

Once you know what you are allergic to – be it pollen, animal dander, milk, nuts, shellfish, or other foods like wheat – you can make the changes needed to insure that you do not take or come into contact with these triggers.

While you can't insulate yourself from everything in life, knowing what causes an allergy attack may help you to see the best ways of providing relief to your skin and body from psoriasis flare-ups. Since living a healthy life is one way to build up your immune system, you should see about using some natural remedies to help with improving your psoriasis as excess medications may exacerbate your condition.

To summarize how allergies and psoriasis are connected remember:

- Sometimes allergies can cause a flare-up of psoriasis.
- To determine what you are allergic to you may take the pulse test or any other test prescribed by your physician
- Keep this list in an easy to find place.
- Avoid food and drinks which can trigger an allergy reaction
- Make positive changes to your lifestyle and health.

# ***How Food Affects Your Psoriasis***

**Chapter 5**

## **How Food Affects Your Psoriasis**

As psoriasis is a disease which can affect your entire life, choosing to eat foods which are healthy for you is one option that may help with your psoriasis symptoms and pain. The foods that you choose to eat need not only to provide your body with the fuel that it needs but also provides you with a way of getting healthy nutrients into your system.

While there is a wide selection of foods which can tempt your palette you should think about eating foods which are full of healthy minerals, nutrients and vitamins. Additionally, choosing foods which are grown organically is one of the best ways that you can prevent toxic chemicals from entering your body.

Of the various foods you will plan for your daily meals try to include lots of organic fresh fruits, vegetables, whole grains, heart healthy oils and meats. You should also remember that while take-outs might taste delicious they will contain lots of ingredients which are not healthy and which might aggravate your psoriasis even more.



When you are preparing your meals you should wash and clean any fruits and vegetables you will be using. This cleansing step should remove any chemicals which may be on these foods

For any person who suffers from psoriasis they will find that eating vegetables and fruits raw is the best choice to make. When you eat these foods raw you are not adding anything extra to alter the taste or the nutrients of the foods. You will also find that your intake of fiber is increased as the raw state of vegetables has a higher level of fiber content in them. The fiber in the foods will also aid your digestive system to function at the optimum level.

From all of the foods you have a choice of eating there are some which may be excellent for your immune system. These food types may include:

- Brewers yeast
- Beans
- Fresh Fruits

- Fresh, Green, leafy vegetables – like cabbage, spinach, collards etc.
- Nuts
- Seafood

Eating these types of foods can help your body in numerous ways. The first way is by increasing your body's natural immune system's defenses. Next by providing your body with the needed minerals and vitamins required to function properly. And finally you will be less prone to developing various allergies by eating a variety of healthy and organic fruits and vegetables.

**End of Free Chapters...**

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