



## Psoriasis Elimination Protocol

Allopathic physicians consider psoriasis an autoimmune disease. Their way of ‘treating’ this disease is to suppress the body’s immune function. With Naturopathic Medicine we believe: ‘first do no harm’. That means, if there is something that we are doing to cause the disease in the first place then we should modify that behavior or diet then work on building good health with a supportive diet, lifestyle and nutritional supplementation when necessary.

In Naturopathic Medicine Psoriasis is an inflammatory process of the skin and it being the largest eliminatory organ the following protocol is recommended:

1. Temporarily decrease animal protein consumption or eliminate it entirely for 21 days to get faster results.
2. Clean out the gut from the residual effect of decomposing fecal matter that releases histamines into the blood stream by taking an intestinal cleansing product and doing colon hydrotherapy to expedite this process.
3. Add lots of fresh vegetables to the diet up to 6 servings (1 cup) per day and 2 pieces of fruit.
4. Eliminate all foods that you are allergic or sensitive too including: Gluten (wheat, corn & oats), dairy, eggs, meat especially pork and shellfish, and the nightshade family of foods (potatoes, tomatoes, eggplant, & peppers).
5. Rebuild gut integrity with:
  - a. A good digestive enzyme so that everything that goes into your mouth is digested properly.
  - b. A broad-spectrum friendly bacteria that is intera-coated to make it past the stomach acids.
  - c. Permeability Factors to rebuild the intestinal tract and keep toxins from leaking into the bloodstream.
  - d. Chlorophyll or green algae - green drink!

Within a short period of time the inflammatory process will reverse meaning your symptoms will subside and the inflammation will reduce if not disappear completely. Then if you add back one or more of the eliminated foods an immediate reaction will show you what one is the cause of the problem by increasing the inflammation again.