How to control your psoriasis through diet and supplements in 60 days
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Introduction

My story started as a 14-year-old when I first developed psoriasis and lead me to this point in my life where I am now the proud founder of SmartPsoriasisDiet.com website. My story is long, but I’m sure it will resonate with many psoriasis sufferers out there.

What was initially one spot of guttate psoriasis, eventually went on to cover up to 95% of my body at different stages of my life. To say psoriasis had an impact on my life is a massive understatement. Not one part of my body was spared from psoriasis, from toes to my scalp.

It had a huge effect on how I lived my life through the tough teenage years when every night I would think to myself “Why me?” and then the progression into a stressful working environment as I got older. Every year it would get worse with less frequent remission times. It seemed like the more stresses in my life as I got older manifested itself through psoriasis on my skin.

Below I will list all the medically prescribed treatments and also alternative therapies I have tried over the years to try and get my psoriasis under control. I fully understand there is no cure for psoriasis, but all psoriasis sufferers (and any other chronic skin condition sufferers) want above anything else is a way to control it.

Whether that means, taking a tablet, injections, applying cream or ointments, lifestyle changes or UV treatments, it doesn’t matter; we just want to be able to have something on hand that we know will work when an outbreak occurs.
A List Of My Trials And Tribulations To Control My Psoriasis

Coal Tar, Dovonex, Betnovate and Hydrocortisone
Intermittently between the ages of 14-22, I used these four. Coal Tar all over my body at night-time(I HATED this) and Dovonex on my body twice daily and a light Hydrocortisone ointment on my face. Dovonex was rotated with Betnovate. They didn’t work. What did work during those years was the sunshine during the summer where it would fully clear for three months and return in the Autumn

Bioenergy Therapy
Bioenergy was my first venture into alternative methods. I freely admit I tried this in desperation. I’m still not sure what went on, but it consisted of 4 sessions in one week where a bioenergy practitioner waved his hands over me replacing negative energy with positive energy. It was very relaxing but unfortunately did not work and to this day don’t know if I would have been better off burning money instead!

Acupuncture and Herbs
When I was 22, I had my worst outbreak so far in my psoriasis life. It was so bad that I was in pain sleeping and having showers because my skin was so badly dry and cracked up. The steroid creams were having no positive effect what so ever and I had noticed the skin on my forehead was thinning badly from using the steroid creams. The waiting time to see a dermatologist was six weeks so while waiting I went to a local herbalist who also had just recruited an acupuncturist who dealt specifically with skin conditions.

He told me that my psoriasis had a very bad infection and that explained the aggressiveness of the outbreak. I had three acupuncture sessions in 6 weeks while using a herbal spray four times a day and along with a course of herbs during this time. By week seven my psoriasis was fully cleared.

Up until I moved to Australia, I would continue to go to this acupuncturist who I am still good friends with today, whenever my psoriasis was very bad. However, the whole process of applying a spray 3-4 times a day was very hard to keep up each time I had an outbreak, and this resulted in never getting the same effect. I was reaching a point that as long as it wasn’t on my hands or face, I would tolerate it and to hell with the rest of my body. However, it did spark my interest in using herbs either as a drink or topically as a way to successfully control psoriasis.

UV treatment
I never had the official UV treatment, but I did fully clear my psoriasis when I travelled around Asia for five months. I think this can be attributed to all the sunshine I was getting and the
radically different eastern style diet. It was exhilarating wearing t-shirts and shorts for the first time since I was 14 and going swimming in the sea without any psoriasis lesions.

**Prescribed Oral Medication (Neotigason aka acitretin)**

I moved to Australia when I was 27, and after six months working in a stressful job, I suffered a very bad outbreak and a dermatologist prescribed Neotigason as he classed my case as severe. I was worried as it can have very harmful side effects like liver damage, hair loss and it’s so strong you are not allowed to donate blood until one year after you stop taking it.

My psoriasis did improve, but I think this was a result of leaving the stressful job and not the medication. Therefore after six months, I stopped taking the drug (and I was very happy to do so) after consultation with my GP.

**Dovobet Ointment**

After a very bad flu, I suffered another bad outbreak of psoriasis. I had moved back to Ireland from Australia at this time, and my local doctor prescribed Dovobet ointment. I thought I had found the miracle cream. 4 or 5 days after using it, my psoriasis had cleared, but once I stopped, it would come right back out again.

After using it for probably too long (3 months) it stopped working, and my psoriasis came back with a vengeance. My psoriasis lesions had now turned into massive plaques on my torso and my arms, and it came out all over my body again. At this stage, I had just completely given up on conventional medicine.

This ointment which I initially thought was a miracle cream had turned into a nightmare experience. Luckily I was able to go back to my acupuncturist friend, who explained this time I now had a yeast infection in my psoriasis, probably from the overuse of such a strong steroid cream and through the seven weeks intensive four times daily herbal spray and herbal drinks was again able to fully clear my psoriasis.

**Internet Purchased Magicream**

I was introduced to this cream by a family friend who said she knew someone that was selling a cream that cleared psoriasis and eczema lesions. I was going through a rough time with my psoriasis, so I decided to try it.

The cream was amazing and cleared up my psoriasis within eight days. I continued to use this cream for months, and I was able to live a normal life again, socialising, meeting girls, confident at work, etc. However, I then started to notice that this cream was bleaching my skin. Also at the same time, the supplier had informed me that he had gotten the cream un-officially tested and the results showed 0.5% levels of hydrocortisone which is usually ok for application on your main bodily areas but not on your face like I had been using it. This cream had passed no FDA requirements and been touted as 100% natural herbal cream by the manufacturers (based in China).
I noticed that I could now see evidence of extreme thinning of the skin on my forehead (veins now showing) from using such a strong cream, so at that point, I decided to discontinue use of the cream. Once I stopped using it, I had a severe reaction to the withdrawal of steroids especially on my torso as this was where I applied the cream the most.

**A Journey Of Discovery Begins**

It was at this point I decided I would no longer be a slave to artificial and synthetic creams and ointments and totally change the way I would live my life forever.

The following eBook describes the changes I made to my lifestyle and the trial and error personal experiments I performed until I found the correct formula to control my psoriasis naturally. If you follow this psoriasis diet plan, I can’t guarantee that your psoriasis will clear completely, but I can assure you that you will feel physically and mentally better which in turn will improve your psoriasis.
The Psoriasis And Diet Connection

It is quite hard to fathom how a psoriasis dot suddenly appears on your skin for the very first time. As in my case, I was 14, so why did it happen and can we blame our diet at that age for the onset of psoriasis? In all honesty, I do not know, but I have formed an opinion which you will read about later that finally pinpoints the reason.

A lot of things took place in my life when I was 14. I started smoking at 14, I experienced a death of a close relative at 14, I suffered bad bouts of tonsillitis at 14, I started chasing after, and stressing about girls at 14! I think all of these had a factor in my psoriasis development which I detail in the following chapters.

For the next eight years of my life, I could see a direct correlation between my stress levels and my psoriasis. I would get a flare up at exam time, and I would get full remission during the summer holidays and usually all the way up until winter. I was very active in sports up until age 22, and I contribute this a lot to remissions during the spring and summer months also.

After graduating college and starting a full-time profession in a stressful environment, the remissions periods got shorter and shorter until I never had any more remissions and my psoriasis got worse, changed from guttate to guttate and plaque and had a more aggressive appearance.

During my twenties, I hated myself because of the skin condition, and I turned to alcohol, nicotine and drugs to forget about my woes. As you can imagine this, in turn, did nothing for my skin and only made it worse.

There were two episodes during my 20’s where I saw a direct link to how diet affected psoriasis. I was unlucky enough to fracture my jaw in two places when I was 26 from a sporting incident. As it was a public holiday weekend, I had to spend longer waiting for my scheduled operation to insert a plate and wire my jaw to fix the fracture.

This meant I was on an IV drip for five days. During those five days no food passed my lips, and I could see huge improvements in my psoriasis in those days. Once I left the hospital and began eating my regular food (albeit blended!), my psoriasis returned worse than ever. I was taking strong medication, so this also did not help my condition.

The other episode that occurred to me was when I was 27 I decided to travel through South East Asia for three months backpacking before travelling down to Australia for a year. After a month, my psoriasis was the best it had been in years, more or less disappeared. I believe it was a combination of daily sunshine, no stress, a minimal amount of doughy food (i.e. bread, pizzas, etc.), a minimal amount of caffeine, litres of water consumed every day and constant sweating.
My psoriasis itself stayed in remission for about four months and the next bad flare up was caused as earlier referenced when I was very extremely stressed out in a job in Sydney, plus I had introduced my old western style diet into my system.

The above two events stayed in my mind and at the age of 30 I decided enough was enough, I could not go on living like this, so I gave up alcohol and started to dedicate my life to finding a way to control my psoriasis through a healthy diet and balanced lifestyle.

The Cause Of Psoriasis – My View

Psoriasis is an autoimmune disorder. Therefore to understand the cause of psoriasis we need to understand what an autoimmune disorder is.

What is an autoimmune disease and how it relates to psoriasis?

Researchers agree that psoriatic disease is an autoimmune disease. That means that psoriasis and psoriatic arthritis are caused by an overactive immune system.

Your immune system is supposed to keep you healthy, but for some people, autoimmunity happens when your immune system automatically launches an inflammatory response against your body.

What your immune system should do?

When the immune system functions properly, it protects the body against any “invaders” that might make you sick, such as bacteria, viruses or other pathogens. But in people with psoriasis and psoriatic arthritis, the immune system goes into action even without these invaders. Instead, the immune system fights the body’s tissues. In psoriatic disease, this battle is waged in the skin and joints.

Researchers are finally getting closer to the cause of psoriasis. For instance, streptococcal infection can lead to the onset of guttate psoriasis. Another possible antigen (toxin or foreign particle that causes an immune response) could be a naturally occurring antimicrobial peptide (molecules which should act as the body’s natural antibiotics).

LL37 is an antimicrobial peptide which in a non-psoriasis sufferer plays a key role in protecting your skin, but for psoriasis sufferers with moderate to severe lesions, it causes the immune system to recognize it as a foreign invader and the immune system begins to wage war on itself.

The type of immune cells triggered by LL37 produces key cytokines, or proinflammatory proteins, involved in psoriasis, such as interleukin-17. The levels of interleukin-17 are 30 times higher for someone suffering from psoriasis. By reducing these pro – inflammatory proteins, we reduce psoriasis.
Is there a natural way to control our immune system and therefore reduce the number of inflammatory responses?

While scientists continue to research safer and more effective ways to targets cytokines or other parts of the immune system, there are a large and growing number of people who are starting to understand how diet/lifestyle choices are affecting not only their psoriasis but their general health.

The problem is that there are lots of different theories out there with only anecdotal evidence and not cold hard facts derived from randomised, double-blind clinical trials.

I have proven time and again that my Smart Psoriasis Diet Plan works for me. This is anecdotal, but I am not going to apologise for that. I not only know my triggers, but I know how to control and reduce my psoriasis to under 5% in 60 days or less once a flare-up begins.

If you search online for psoriasis diet success stories, you will find thousands of other personal stories of overcoming psoriasis naturally. I have also received many emails from readers here who have seen huge improvements in their psoriasis by following the general guidelines in the Smart Psoriasis Diet Plan.

You need to ask yourself the following three questions to determine what is causing your psoriasis flare up or the current severity of it.

1. Is your body even capable of having a healthy immune system (SUPPLEMENTS)
2. Are you exasperating the condition by what you put into your body (DIET)
3. Do you even realise how your mental state can make your psoriasis worse (STRESS)

By focusing on areas that have been medically proven to affect the immune system we are giving ourselves the best possible chance to control your psoriasis.

The Smart Psoriasis Diet Plan identified three key areas as they are known to reduce inflammation in your body and boost your immune system. Not only that but it’s not hard to follow and should be achievable by any psoriasis sufferer on any budget.

Here they are…

- The easiest win for a psoriasis sufferer is to ensure that you are not vitamin d deficient. Fix this, and you will see less severe bouts of psoriasis as well as longer remission times
- Change to an anti-inflammatory diet and add some key supplements to your daily routine. This will lead to a balanced nutritional intake where you are receiving all the recommended daily vitamins and minerals
- The final key of the psoriasis jigsaw is your mental health. Chronic stress not just affects your immune system, but it rocks it to its core. It is the leading cause of illness in the modern world, and no matter how good your vitamin levels are or how healthy a diet you eat, if you are stressed, you WILL suffer a psoriasis flare up.

If you can get all three in balance, you will see a massive improvement in your psoriasis.
Even when you have two under control, you will see a big improvement, but my personal experiments have proven time and time again that Vitamin D, Diet & Stress are inexplicably linked to psoriasis remission.

I call it the “Beating Psoriasis Trifecta”. In the next chapter, you will see a summary of my Beating Psoriasis Trifecta case study which I hope will illustrate this point better.
Beating Psoriasis Trifecta Case Study

Here is my personal case study which proves it works. Below I documented the times in my adult life where I saw big changes in my psoriasis (listed in chronological order). You will notice a pattern in my psoriasis.

<table>
<thead>
<tr>
<th></th>
<th>New York</th>
<th>Dublin 1</th>
<th>South East Asia</th>
<th>Sydney</th>
<th>Dublin 2</th>
<th>Malta Year 1</th>
<th>Malta Year 2+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VITAMIN D</strong></td>
<td>Daily</td>
<td>Minimal</td>
<td>Daily</td>
<td>Daily</td>
<td>Minimal</td>
<td>Daily</td>
<td>Daily</td>
</tr>
<tr>
<td><strong>DIET</strong></td>
<td>Bad</td>
<td>Bad</td>
<td>Good</td>
<td>Bad</td>
<td>Good</td>
<td>Bad</td>
<td>Good</td>
</tr>
<tr>
<td><strong>STRESS</strong></td>
<td>Low</td>
<td>High</td>
<td>Low</td>
<td>High</td>
<td>Medium</td>
<td>High</td>
<td>Medium</td>
</tr>
<tr>
<td><strong>Psoriasis Coverage</strong></td>
<td>5%</td>
<td>95%</td>
<td>1%</td>
<td>60%</td>
<td>25%</td>
<td>50%</td>
<td>5%</td>
</tr>
</tbody>
</table>

So if I group the times where I have 5% or less psoriasis coverage, I get the following results:

<table>
<thead>
<tr>
<th></th>
<th>New York</th>
<th>South East Asia</th>
<th>Malta Year 2+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VITAMIN D</strong></td>
<td>Daily</td>
<td>Daily</td>
<td>Daily</td>
</tr>
<tr>
<td><strong>DIET</strong></td>
<td>Bad</td>
<td>Good</td>
<td>Good</td>
</tr>
<tr>
<td><strong>STRESS</strong></td>
<td>Low</td>
<td>Low</td>
<td>Medium</td>
</tr>
<tr>
<td><strong>Psoriasis Coverage</strong></td>
<td>5%</td>
<td>1%</td>
<td>5%</td>
</tr>
</tbody>
</table>

From the above, you can see that the beating psoriasis trifecta is to have

- Good diet
- As low a level of stress as possible
- Adequate Vitamin D Levels/Daily controlled exposure to the sun

The conclusion of my history shows that having two out of the three above factors in good order means a massive reduction in my psoriasis. Having 3 out of 3 in good order means psoriasis is more or less eliminated.

I want to make a special mention to my second time in Dublin where I went out of my way to reduce stress and have a better diet.
This was a period in my life where I was in a stressful job, and I knew from my time in Sydney it could also mean a psoriasis flare up. This time, however, I decided to take control of my stress levels through exercise (jogging 5-10km 3 times a week). I also gave up alcohol and cigarettes for seven months and introduced raw vegetable juicing for the first time.

I felt great mentally, but I just couldn’t get my psoriasis to improve better than 75% clearance. I am almost certain if I had added some vitamin D3 supplements to my diet and cut out all gluten, I would have seen a massive improvement at that time.

In the next section, I will explain how Vitamin D, diet and stress affects psoriasis and detail the six essential steps required to get your psoriasis under control once and for all. I call this the Smart Psoriasis Diet Plan.
Step 1 – Get Tested For Psoriasis & Vitamin D Deficiency

The Science behind Vitamin D Deficiency and Psoriasis

Vitamin D is associated with the improvement of different health alterations of the body by working on the regulation of cellular growth and immune response empowerment.

Since psoriasis is mainly characterized by the abnormal growth of skin cells, researchers conducted studies to find out if Vitamin D supplementation does affect psoriasis.

In Japan (British Journal of Dermatology, Oct. 1986), researchers conducted a Vitamin D and Psoriasis trial to 19 affected individuals. The results yielded that within three weeks, 16 out of 19 or about 85% of the subject reported significant improvement in their condition.

The psoriatic plaques dramatically loosened up, became thinner and less scaly. The reason for this, as explained by medical experts:

- Vitamin D is scientifically considered to affect cell growth. With the right level of this vitamin, cellular growth is controlled causing the abnormal speed of cellular growth of psoriatic patient to stabilize.
- Vitamin D is known to affect the immune system, and because psoriasis is an act of imbalanced immune system function, it could be that vitamin D is shifting the balance in a good way.
How to Test Psoriasis and Vitamin D Deficiency

Vitamin D levels can only be accurately measured by drawing your blood by you (In-home test kit) or a health care practitioner in a medical testing facility. The blood examination that you need is called a 25-hydroxy vitamin D test.

Ways to get your Vitamin D levels checked

1. At your doctor’s clinic – you can directly ask your doctor to order a laboratory evaluation to assess your levels. There is another type of test to measure your vitamin D (1,25 (OH) 2D), but the recommended and accurate one that will tell you if your level is adequate is 25-hydroxy vitamin D test.
2. Online laboratory website – In the United Kingdom and the United States, websites offer diagnostic examinations where you can have the procedure straight in a laboratory clinic without requiring your doctor’s order. You can sign-up through their sites and be scheduled on when to go to their testing facility.
3. In-home test kits – these kits are ordered online or on other accredited medical facility, and are sent to your doorsteps. In this way, you will take your blood by pricking on your fingers and placing drops of blood on a blotter paper; then you’ll send the paper to a laboratory to be tested.

Understanding your Vitamin D test results to treat your psoriasis

Understanding the results of your vitamin D level test is important to know whether you’re getting too little or too much, and what action you might need to take. When you get your test results, you will see units of ng/ml that is used universally around the world.

Results and Interpretation (Vitamin D Council)

**Your level is between 0 – 10ng/ml – Severely Deficient**
This means that your levels are way too low and needs immediate supplementation. In this range, you may experience a decrease in mobility and muscle strength. Your health is at risk and needs immediate medical attention.

**Your level is between 10 – 20ng/ml – Mildly Deficient / Insufficient**
This means that in these levels you’re more likely to develop bone problems like fractures and osteoporosis because calcium absorption is affected by vitamin D deficiency.

**Your level is between 20-30ng/ml – Deficient**
In these levels, experts say that it is less likely to have health problems associated with Vitamin D. Research shows that a level of 30ng/ml can prevent bone problems such as fractures.

**Your level is between 30 – 40 ng/ml – Quite Sufficient**
In these levels, vitamin D is absorbing calcium efficiently. Also, researchers found that this range of vitamin D levels may reduce your risk of developing cancer and improve your immune response against infection.

**Your level is between 40 – 50 ng/ml – Sufficient**
These levels suggest that vitamin D is working well to control your bodily functions. This range is linked to reduced risk of some cancers, better heart health and blood circulation.

**Your level is between 50 – 60 ng/ml – Standard levels**
These levels are the best to aim for people without autoimmune disorders like psoriasis.

**Your level is between 60 – 80 ng/ml – High – Normal**
These levels are considered as healthy and natural levels. There is no known risk in keeping your levels within this range.

**Your level is between 80 -100 ng/ml – High**
These levels are above the levels that you can achieve naturally. You can only achieve this range by taking dietary supplements.
How much Vitamin D3 to take for psoriasis once results known

Once you know your Vitamin D level, you can now take Vitamin D3 supplements to cope with your deficiency. As I am not a qualified medical professional, I would strongly advise you to talk to your most trusted medical practitioner before proceeding on a course of supplementation.

Please note that Vitamin D can be classified into two forms, D2 and D3.

Vitamin D3 (cholecalciferol) is the recommended and natural form of Vitamin D that your body produces out of the sunlight, and can also be obtained from animal tissue (sheep’s’ wool).

While Vitamin D2 (ergocalciferol) “plant-based Vitamin D” are derived from mushrooms cured with ultraviolet light. However, nutritionists recommend using D3 because of its potency.

Once they see your results, they will be able to look over your overall general medical history and see what the best course of action is.

As detailed below, the recommended range of vitamin D level to heal psoriatic plaques is between 70 – 100 ng/ml.

According to Grassroots Health (a public health organization), 4000 IU of vitamin D3 for three months can increase your levels from 20 ng/ml to 50 ng/ml.

Furthermore, irrespective of your existing vitamin D levels, consuming 2000 IU for two months theoretically would not induce harm to your health.

Recommended range of vitamin D levels to heal psoriatic plaques

- Deficient Vitamin D Level: <30 ng/ml
- Normal Vitamin D Level: 30-50 ng/ml
- Optimal Vitamin D Level: 50-70 ng/ml
- **Psoriasis Healing Level: 70-100 ng/ml**
- Excess Levels: >100 ng/ml
What Medical Professionals say about psoriasis and Vitamin D Deficiency?

Vitamin D is commonly associated mainly with the strengthening of your bones, but, more important, it plays a role in autoimmune conditions like psoriasis, vitiligo and respiratory problems like pneumonia.

In the Journal Science Translational Medicine, medical scientists concluded that Vitamin D helps counteract the body’s immune response to inflammation (one of the major problems of psoriatic patients) that is associated with red, scaly patches (plaques).

The finding—based on analysis of genetic material in skin biopsies from psoriasis patients and healthy volunteers—could lead to new therapies, report the team of researchers from the U.S. and Germany.

Dr Richard Gallo also states “One of the effects of vitamin D is changing the way cells grow. Since the symptoms of psoriasis on the skin include an increase of the skin’s cells, if you put something on the skin that slows growth, (it) may cause the plaques to become thinner and less scaly”.

As you can see, having a vitamin D deficiency will ensure that outbreaks will occur more often and when they do flare up, they will last longer.

If you just take one thing from this ebook, then please go and get your Vitamin D levels checked.
Step 2 – Remove The Bad Foods From Your Diet

Once you have fixed your Vitamin D levels which ensure your immune system is ready to operate at its most effective capacity, you need to implement some changes to your diet.

The reason for this is to fix the Leaky Gut issue that prevails in the majority of psoriasis sufferers, and in my opinion, is the cause of your psoriasis lesions.

Leaky Gut Syndrome

Here is how Leaky Gut Syndrome occurs:

1. Candida albicans yeast* overgrowth in your large intestines which is caused by antibiotics
2. A diet high in saturated fats, sugar and yeast feed the mass overgrowth of these Candida Albicans in your large intestines (colon)
3. This overgrowth weakens your intestinal walls causing what is commonly known as leaky gut syndrome whereby your gut can release bacteria, toxins and undigested food particles. Your liver becomes overworked trying to eliminate these substances and therefore eliminates through the skin causing psoriasis lesions. Not only that but it can wreak havoc on your overall health.

*Candida Albicans yeast, it is a part of the gut flora, a group of microorganisms that live in your mouth and intestine. When the Candida Albicans population starts getting out of control, it weakens the intestinal wall, penetrating through into the bloodstream and releasing its toxic by-products throughout the body.

If we look back at my story, you will remember that I suffered bad bouts of tonsillitis when I was 14. I remember taking numerous courses of antibiotics when I was younger and especially around the time of tonsillitis. I believe this was the foundation for a life filled with psoriasis.

My diet when I was younger did consist of a lot of white bread, biscuits, sweets, processed meat. This did not help my condition and just fed the continued growth of my Candida Albicans yeast in my gut. As I got older and left home, my diet got worse and my stress levels increased, both of which adding more toxins into my system and naturally my condition got worse as a result.
Therefore, in my opinion, the way to control your psoriasis is to eliminate the leaky gut problem. We do this by:

1. Removing the substances that fuel the growth of Candida Albicans yeast
2. Replace with foods that aid the rebuild the gut lining
3. Introduce friendly bacteria to the colon which returns it to a natural balance and therefore fixing the leaky gut.

This stops all the unwanted substances from leaving your colon, entering your bloodstream and being pushed to the skin by your liver. Once this occurs, the lesions that you currently have will fade with time, and your psoriasis problem will be controlled once and for all.

Therefore in this step, we must eliminate the bad foods to allow our gut a chance to repair.

Foods To Avoid For Psoriasis

Here are a list of the foods you must avoid as a first step in fixing your leaky gut. They are all highly inflammatory and feed the Candida Albicans yeast.

- Refined Sugar (E.g. Sweets, candy bars, biscuits, etc.)
- All Processed Foods (E.g. Sandwich meats, frozen pastries, chips, etc.)
- No refined grains or gluten products
- Nightshade vegetables

You should eat the following sparingly

- Dairy, eliminate if possible or else use low-fat products very sparingly
- Fruit (and honey), as this can fuel your candida as fruit is a natural source of sugar.
- Caffeine (1 to 2 cups a day)

Nightshades

Avoid nightshade vegetables such as potatoes, tomatoes, bell peppers, hot peppers, eggplants, pimentos, huckleberries, tomatillos, paprika, ground cayenne pepper and hot sauce. Nightshades or their correct scientific name, Solanaceae species are often rich in alkaloids whose toxicity to humans and animals ranges from mildly irritating to fatal in small quantities. Tobacco also includes these harmful alkaloids.

Natural Health practitioners tend to advise total avoidance of the nightshade family if you suffer from chronic inflammatory diseases such as arthritis and psoriasis. In fact, one in three people with arthritis reacts badly to nightshades. While this is no way conclusive that it affects your
psoriasis condition, I tend to avoid this group as a precaution, but I do have some from time to time.

Because of the yeast overgrowth connection with psoriasis some psoriasis sufferers like to advise to avoid starchy vegetables such as yams, corn, all winter squash, beets, peas and all beans except green beans.

However, I tend to disagree, and I find no reaction to eating these vegetables in moderation. If your Doctor has informed you that you are suffering from a yeast infection then just cut out these vegetables from your diet for 4-6 weeks and reintroduce slowly and note any reactions.

If you can stick to the above, you will see improvements in your skin. However please note that everyone is different and what works for me may not work for you. I do believe the above to be a good baseline for others to follow and add or take away food from the food to avoid list dependant on your reactions.

Once your psoriasis is under control, you can start to reintroduce some foods into your diet, starting with nightshades and gluten. If you see a reaction then simply add it to your foods that you should never touch list!

Detox

There is much discussion lately about the words “Detox” and “Toxins”. Many supplement creators have used these words in their packaging and marketing to sell their products.

Edzard Ernst professor of complementary medicine at Exeter University states “there are two types of detox: one is respectable, and the other isn’t.” The respectable one, he says, is the medical treatment of people with life-threatening drug addictions. “The other is the word being hijacked by entrepreneurs, quacks and charlatans to sell a bogus treatment that allegedly detoxifies your body of toxins you’re supposed to have accumulated.”

If toxins did build up in a way your body couldn’t excrete, he says, you’d likely be dead or in need of serious medical intervention. “The healthy body has kidneys, a liver, skin, even lungs that are detoxifying as we speak,” he says. “There is no known way – certainly not through detox treatments – to make something that works perfectly well in a healthy body work better.”

You may be asking why I bring this up?

In my previous edition of the Smart Psoriasis Diet, I documented my success story using Liquid Bentonite Clay mixed with Whole Psyllium Husk as a way to cleanse my colon of “toxins”. I
found great results after three weeks as it helped eliminate psoriasis on my back which had been present for five years straight.

I also consumed anti-fungal supplements as I wanted to rid myself of internal candida yeast infections. That combined with the Liquid Bentonite Clay + Whole Psyllium Husk drink ensured that I had regular bowel movements and that the die off from destroyed candida yeast infections was absorbed into the bentonite clay and eliminated from my body quicker though the high fibre Psyllium Husk.

I am not a medical doctor, but I believe this drink can help very stubborn cases of the leaky gut syndrome and therefore your psoriasis.

To read the benefits of Bentonite Clay, Whole Psyllium Husk and anti-fungal tablets, I would recommend that you check out the following page on the Smart Psoriasis Diet Website.


However I believe this is now optional to take, as I have cleared psoriasis flare-ups without taking these supplements but that was when I was living a smart psoriasis diet style lifestyle, getting vitamin D daily, not smoking, exercising and enjoying a healthy balanced psoriasis-friendly diet.

I still cannot deny the benefits I got from those supplements when I first experimented with it, and it helped my psoriasis then when first starting out on my journey of self-discovery.

Bottom Line – If you still cannot noticeably improve your psoriasis following this 6 step plan within two months, then you should consider the liquid bentonite clay and psyllium husk “detox” regime.
Step 3 - Add The Following Foods To Your Diet

Here is a list of other foods that will help your psoriasis. As you can see the list is massive so you should have no problem making delicious daily meals with the added benefit that they are helping you heal your leaky gut issue and in turn your psoriasis.

Please note that you should stick to 80% plant based diet and 20% meat protein that is derived from grass fed and humanely treated animals.

Food Allowed List

Vegetables
Artichokes
Asparagus
Avocado
Beet greens
Broccoli
Brussel sprouts
Cabbage
Cauliflower
Celery
Collard greens
Cucumber
Dandelion greens
Endive
Garlic (raw)
Green beans
Kale
Kim Chi
Leeks
Lettuce (all types)
Okra
Olives
Onions
Parsnips
Pumpkin
Radish
Rutabaga
Sauerkraut (raw)
Seaweed
Snow pea pods
Spaghetti squash
Spinach
Summer squash
Sweet Potatoes
Swiss chard
Turnip
Zucchini

Live Yogurt Cultures
Plain yogurt
Probiotics

Meat

Please eat meat sparingly
Chicken (organic)
Turkey (organic)
Beef (Grass fed, fresh cuts only)
Wild Game
Eggs (3/4 times a week max)

Fish
Anchovies
Herring
Sardines
Salmon
Tuna
Notes: Can fish is ok to use in my opinion but preferably if stored in olive oil, however sometimes I buy the cheaper ones to cut down on costs.

Nuts And Seeds
Almonds
Almond milk (unsweetened)
Coconut Cream
Coconut milk (unsweetened)
Flax Seed
Hazelnuts
Hemp Seeds
Macadamia Nuts
Pecans
Pine Seeds
Pumpkin Seeds
Sunflower Seeds
Walnuts

Notes: Nuts get mouldy very quickly which is very bad for Candida so ensure nuts are freshly cracked or whole. Otherwise, you will have to manually remove mould from the nuts by washing them in water and fresh lemon juice and letting dry naturally or if in a rush can stick them in an oven on low heat.

Also nuts are the one food where people tend to have many reactions. If you find yourself having some reactions, please use common sense and refrain from taking them and try some other ones.

Wholegrains
Amaranth
Buckwheat
Millet
Oat Bran
Quinoa
Wild and brown rice

Notes: Try and buy oat bran instead of Oatmeal or rolled oats as even though the soluble fibre figures are about the same, oat bran contains more nutritional value.

Herbs, Spices & Seasoning
Basil
Black Pepper
Cilantro
Cinnamon
Cloves
Cumin
Curry
Dill
Garlic
Ginger
Nutmeg
Oregano
Rosemary
Tarragon
Thyme
Turmeric
Sea Salt
Lemon Juice
Coconut Aminos
Apple Cider Vinegar (Organic, Raw, Unfiltered)
Mustard Powder
Mustard made with apple cider vinegar

Oils
Virgin Coconut Oil
Olive Oil
Sesame Oil
Pumpkin seed oil
Macadamia Oil
Almond Oil
Flax Oil
Safflower
Sunflower
Coconut oil
Coconut butter
Ghee
Organic butter

Note: Heating will destroy many of the oils' nutrients.

Hot Beverages
Chicory root coffee
Cinnamon Tea
Clove Tea
Chamomile Tea
Pau D'arco Tea
Peppermint Tea
Ginger Tea
Licorice Tea
Lemongrass Tea
Coffee (1-2 cups a day)

Artificial Sweeteners
Use sparingly
Simple Cheat To Get All The Daily Alkaline Boosting Requirements Into Your Diet

There are certain foods that will be very beneficial to your diet. These include all food that is alkaline in nature. These food types help reduce the high acidity level of psoriasis sufferers as well as provide all the natural fibre required to eliminate waste from your body in an efficient and safe way.

These type of foods include lots of green leafy vegetables like lettuce, kale and all other green type vegetables like broccoli, green beans, brussel sprouts, cabbage, spinach, cucumber, etc.

It can be hard to try and fit all of these types of vegetables into your daily meals so as a way to start the fightback against your leaky gut I advise using the new craze... Vegetable Juicing!

As I have a busy schedule, I tend to eat only three meals a day. All of my meals are pretty basic.

However, I do not get enough proper fresh vegetables into my system which will ensure that my body will start the repair process quicker.

The vegetables mentioned above not only add more natural fibre to my diet but a lot of this vegetables have anticancer properties and provide essential minerals to help out the embattled immune system.

So along with my three regular meals, I make a raw vegetable shake per day in a strong blender, and I store it in the fridge and drink this three times a day. Please note the longer you store, the less potent they become from a nutritional viewpoint, but they will still provide you with the fibre intake you need to get your digestive system working like a well-oiled machine.

Simple Raw Vegetable Shake Recipe

Firstly you will need a decent blender. You must realise that if you are serious about controlling your psoriasis, you will be using a blender every evening to make your daily raw vegetable shakes. Because you will be using not only fresh vegetables but also frozen vegetables you must ensure that your blender is powerful enough to handle frozen foodstuffs, otherwise you will
have to defrost first or even cut into small pieces, which gets annoying if you are blending every day

I recommend buying the best you can afford to buy. Here are the best two high-end blenders on the market

Blendtec Total Blender (currently $395.48 on Amazon)
Vitamix Professional Series (currently $598.95 on Amazon)

If you just want to start off vegetable juicing to see how much it will benefit you without having to break the bank, then try getting one which has at least 500 watts power and can hold around 50 oz (1500 ml). Be warned though, these lesser models will probably start giving some trouble after about 12 months, but if you have been using it daily, then I think you will have got value. Here is a good low-cost entry item.

Oster Counterforms Blender - Stainless or Black - $59.99

To be upfront with my fellow psoriasis sufferers, the links above are affiliate links to Amazon, if you click on those links and buy the product within 24 hours, I will receive a tiny commission.

A Simple Raw Vegetable Shake Recipe

(Please be aware that this does not taste very satisfying, but I see it as medicine for the body)

- Half a head of lettuce (It's good to vary your lettuce types)
- Handful of broccoli
- Handful of celery
- Handful of spinach
- Handful of cucumber
- Two tablespoons of extra virgin olive oil
- Pint of still mineral water
- Add cinnamon for taste

Instructions
Fill blender to about 40% level with lettuce, then add the rest on top. Finally, add the extra virgin olive oil and add water. You can add as much water as you so choose, I usually add water until you see it rise to about the 80% level of the blender.

Blend for 1 minute. If you find it a bit too lumpy, simply blend for a bit longer until it is fine.

I store the mix in glass jars and put straight into the fridge if I am not consuming straight away. The mix should fill approximately four jars. Please use up within 24 hours of making.
I try to drink three jars per day. The best thing about these shakes is you can take with you to work to store in the work fridge and have them at lunch time. If people ask what it is, just say it’s a homemade smoothie.

Now please be adventurous and add more alkaline vegetables to the mix. I try to ensure that I have five varieties of vegetable in each mix, and I always include lettuce, broccoli and celery as my base and then substitute two other vegetables into the mix. After taking these drinks for a while, your body starts to crave them. Also if you have a tight budget and can’t afford to buy organic vegetables every day then try buying frozen vegetables and add to the mix.

If you can afford organic vegetables, but you don’t want to be constantly chopping vegetables every night then just do one big shop and chop as I call it and store the chopped fresh vegetables in the freezer.

**Simple Raw Vegetable Shake Benefits**

The first benefits you will see from the vegetable shakes will be an improvement in your nail psoriasis. In my case, the pitted and fungus like nails grow out and are replaced by healthy pink nail beds. You will feel pretty darn good after all the shakes, added to the daily supplements you are taking, expect to feel a lot of extra energy, and you will notice your brain power improving. You will feel like working harder and will be stressed less. Even if my psoriasis disappeared, I would still continue to drink these shakes as I honestly love the texture and taste.

Another good factor is that following a psoriasis diet does entail avoiding a lot of foods so it is refreshing and mentally uplifting when you can actually prepare and ingest food that will actively help your skin get better and also improve your mindset.
Step 4 - Add The Essential Supplements For Psoriasis

The following are my list of essential supplements that anyone with psoriasis should be taking. I have refined the list over time after plenty of trial and errors and have reduced it down to the following 4.

Probiotics

Probiotics are used to aid the immune system and also to reduce inflammation while at the same time controlling the number of unfriendly bacteria in your colon; This will, in turn, allow the thin porous walls of your colon to repair itself. Once the colon is repaired, then you have your psoriasis under control from the inside out.

This ProBiota 12 brand probiotic is the best product on the market to help fix your leaky gut and control your psoriasis. It is dairy free and has an Amazon review score of 4.9 out of 5. You can find out more details about ProBiota 12 here.

Multivitamin

You will require a strong multivitamin to fill the nutrient gap in your diet and ensure that you correct the deficiencies that all psoriasis sufferers have.

If you are not eating a healthy diet or about to change to a healthy diet that includes all the nutritious foods as detailed in the previous chapter, then you must take a daily multivitamin to cover all those essential vitamins and minerals that are missing from your diet.

Also, note that both sexes require different levels of vitamins and minerals so choose a high-quality daily multivitamin that meets your needs.

Here are the top 5 rated multivitamins as advised by Labdoor who test 100’s of brands to ensure what is on the label is actually in the supplement. I recommend purchasing one of these. Click on any of the links below to find more details of these products.

1. Garden of Life Vitamin Code For Men
2. Garden of Life Vitamin Code Perfect Weight
4. Rainbow Light Men's One
5. Garden of Life Vitamin Code For Women
Omega 3 Fish Oils

Omega-3s help psoriasis symptoms by reducing inflammation. When they enter the bloodstream, they lubricate the cells of the body. This lubrication can have a healing effect on cells that are particularly in need of it, such as brain cells and cells that make up your joints. This lubrication can also reduce inflammation.

Many of American’s’ health problems can be traced back to having an imbalance of omega-3 and omega-6 fats. Omega-6 fats aren’t necessarily bad for you but if omega-6 fats are consumed in large amounts without omega-3’s they cause inflammation which leads to chronic illness.

Today, the average American has a 20:1 ratio of omega-6 to omega-3 fats, when a healthy ratio is more ideally around 2:1. This statistic shows just how deficient most of us are and why supplementing with fish oil is so beneficial.

The biggest cause of omega-3 deficiency is the overconsumption of fried foods, fast foods and boxed foods that contain vegetable oils like soybean oil, canola oil, cottonseed oil and corn oil.

Here is one I use, and it is also in the top 10 of the Labdoor fish oils product test

Viva Labs Ultra Strength Omega-3 Fish Oil

Digestive Enzymes

It is believed that people with psoriasis are unable to digest proteins efficiently. This lack of proper protein digestion has the very harmful effect of creating excess toxicity in the bowel which weakens the gut lining and therefore over time gives a free pass to toxins to invade the rest of the body.

This leads to inflammation and for people with psoriasis genes, triggers the skin to become inflamed and therefore create the psoriasis lesions.

What enzyme supplements should I take to help my psoriasis?

These are the two I am familiar with;
1. **Multi-digestive Enzyme with Bethaine HCL** - contains all the different enzymes required for perfect digestive health
2. **Bromelain** – pineapple extract which contains protease enzymes to aid the breakdown of protein (not as potent as the previous one)

You must ensure that you are taking the right dosage. Start with one, that you take DURING the beginning of your meal. If you do not suffer any GI discomfort, up the dose to two tablets on Day 3, and keep upping the dose until you feel a slight discomfort. When this happens, you know that the optimal amount to take is one less than that.

Ensure to lower your dose if your meals contain little protein amounts. If you are just snacking on fruit, then do not take any supplement.

**Side Effects of enzyme supplements for people with psoriasis**

After a certain time, your body should have increased intake of nutrients, therefore, correcting its digestion problem. At this stage, you can stop taking the supplements. I would estimate that four weeks of supplements should be enough to see great improvement. Please note this estimate is taken from my personal experiments only. Please consult a doctor before taking multi-digestive enzymes.

**Success Stories**

On a personal level, I have taken bromelain and Multi-digestive enzymes with Betaine HCL and I saw the best results after taking the latter. I had a stubborn spot on my hip that would not disappear, and after four weeks, it was totally clear.
Step 5 - Ditch Steroid Creams & Use Coconut Oil

I still have steroid creams somewhere in my medicine cabinet, but I have not used them in over three years. Instead, I use extra virgin coconut oil, and I wrote a comprehensive blog post called “How to treat psoriasis using coconut oil” and here is an extract from it explaining how to apply it.

It is pretty simple really:

1. Buy a good quality extra virgin coconut oil brand. It usually comes in a glass jar, but it’s also OK to buy it in a strong plastic jar. I like the glass jar more as you will find out in point 2.
2. I prefer to heat the coconut oil a small bit by placing the glass jar in a bathroom sink filled with hot water for 1 minute or so. You will see part of the solid coconut oil starting to melt.
3. Some people say a small bit goes a long way, but I will apply liberal amounts on my skin or scalp especially in the really bad plaque psoriasis spots.
4. I proceed to throw on an old t-shirt for 10 minutes in the morning time (by the way this is all after my morning shower) and dab off any excess with the old t-shirt. I will remove the old t-shirt and then change into my work clothes.

I aim to apply the extra virgin coconut oil at least three times a day, but if I can, I will apply four times a day or if I feel my skin tightening.

However, the best thing about coconut oil compared to any other moisturizer on the market is the amount of time you can go without the skin getting very tight and dry. Even on my worse plaque psoriasis days on my torso, the coconut oil would keep my skin nice and supple for 8 hours while at work. It was a godsend.

As I mentioned earlier for best results;

1. Follow a psoriasis-friendly diet such as detailed in this ebook
2. Take the essential psoriasis supplements
3. Keep the stress levels to an absolute minimum
4. Try and get some sun on the skin

The last time I had an outbreak of psoriasis, I started to see a change from red to pink skin within three weeks but please note that I was putting coconut oil on four times a day and I was following the four steps above.
Step 6 - Reduce Stress, Reduce Your Psoriasis

Managing your stress levels is vitally important to controlling your psoriasis. I would even go as far as saying that you can relax your dietary restrictions if you live a 100% stress-free life and get sunshine or take vitamin d3 supplement daily.

Unfortunately, a 100% stress-free life can only be achieved if

1. You have enough money in the bank that you never have to work again
2. You have fantastic relationships with your family and friends
3. Nothing bad ever happens in your life!

Unless you inherited a few million dollars, you can forget never having to work!

No matter how much you may love your family and friends, there will always be times when your relationships are tested.

No one goes through life without anything bad happening, so you will encounter stress at some stage not matter how hard you try to avoid it.

How To Combat Stress

Here are some strategies to use when trying to lower your stress levels. I cannot emphasise enough how important this chapter is.

Exercise for a minimum of 30 minutes at least three times a week

I believe exercise to be one of the most underrated activities when trying to control psoriasis. I played team sports up until my mid-twenties and I always saw a big decrease in my psoriasis when I was fully fit.

When I suffer a psoriasis flare up, the quickest way to clear it is to go for long runs three times a week and stick to the smart psoriasis diet. This usually gets it under control in 4-6 weeks, dependant on the severity of the outbreak.

Also, the endorphins released from running ensures my mindset is clear and positive. This positive outlook will ensure that the diet is easier to stick to and I believe a faster recovery for the skin condition. So while you are young and able, get out there and exercise at least three times a week. You can usually run 5km at a moderate speed in 30 minutes.
For those who have not exercised in a while, it is always best to start slowly and worth considering the couch to 5km training plan at www.coolrunnings.com.

Back away from fight or flight situations, rest and digest instead

Have you ever heard of the “fight or flight” response? It is how our body reacts to dangerous situations. But you might not have heard of the rest and digest response, which is the polar opposite and helps the body maintain a long-term healthy balance.

Both these responses are part of a system called the autonomic nervous system which alters how our internal organs operate.

If you are suffering from a psoriasis outbreak even though your vitamin d levels are in check and your diet is in good order, the chances are that your “fight or flight” response has been activated far too often in the recent past. These kinds of stressors prompt the body to release large amounts of stress hormones like cortisol.

The two parts of the Autonomic Nervous System

The sympathetic nervous system, or the “fight or flight” response, prepares our body for action. All of the organs involved in getting ready for a physical challenge (“Fight”) or preparing for a retreat (“Flight”) are activated through this system. The parasympathetic nervous system (“rest and digest”) helps produce a state of equilibrium in the body. Both are part of the greater Autonomic Nervous System, responsible for involuntary and reflexive functions in the body.

The Sympathetic Nervous System

When we are in fight or flight mode, functions that are not deemed immediately essential for the body to operate and shut down, such as your immune system to a certain extent. As psoriasis is an autoimmune disorder, too much of being in this state can exasperate your condition or cause an outbreak.

The Parasympathetic Nervous System

When you are in rest and digest mode, your system is operating at a much slower pace, and your body is in a state of balance, allowing it to repair and maintain itself. In this state, your body increase more digestive enzymes, which we know are essential for psoriasis sufferers, as we have problems digesting proteins!
Even though the sympathetic nervous system originally was meant to protect us in times of physical dangers from people and animals, the world has now evolved to a state where this can be triggered by ordinary daily stressors like work, financial or relationship issues.

We all know that many diseases and illnesses are caused by chronic stress such as cardiovascular issues, high blood pressure, and immune system suppression are classic symptoms. Other symptoms include constipation and digestive issues, cold sores, jitteriness, sweats and anxiety.

We can take influence the fight or flight or rest and digest states quite easily. If we think of being forced to do a sky-dive, it could trigger a fight or flight response however doing activities such as reading an entertaining book, watching a light hearted tv show, soaking in a bath, getting a massage, playing with your pet dog or cat, breathing exercises, light forms of exercise such as walking, yoga or tai chi are great relaxation strategies.

The main takeaway from all of this is that you need to find areas in your life that allow you to relax. Make a list now of your top 5 relaxation activities and make sure to do one or two of them every day and especially if you have had a busy day at work or with the kids.

Talk About It

I am a big advocate for talking about your skin condition to friends and family. For years I bottled up all the emotions caused by psoriasis, and this did not help me from a mental side of things. I suffered depression when it was bad and elation when it was good. It probably equates more to someone with bipolar disorder.

One of the things I use to do was lie to people about not going out, making up excuses to avoid social situations and this affected me mentally. Instead, it took me years to realise that all I had to do was say to my friends “Look I suffer from this skin condition called psoriasis. Alcohol has an adverse effect on it, so I need to take a break from drinking for a while”.

You will be surprised how your friends react. One of the most common responses I got from my friends or work colleagues was, “Oh my cousin has that” or “Oh my girlfriend has that” etc. So it’s no big deal. Plus everyone has their own problems, so what ever you think is your big problem, other people do not care about it. They like you for your personality not for your skin’s appearance.
Join Support Groups

It is now easier than ever to find people in similar situation as you. There are so many forums and Facebook groups for psoriasis sufferers. Sometimes it just makes more sense to talk to people who will fully understand what you are going though. Search out these groups and contribute when you can.

I also urge you to forward this e-book to anyone if you find it has helped you control your psoriasis and spread the good news.

If you have any questions, feel free to contact me at the following email address

Info@smartpsoriasisdiet.com

Take control of your skin and your life today!

John Redfern

Founder, www.smartpsoriasisdiet.com