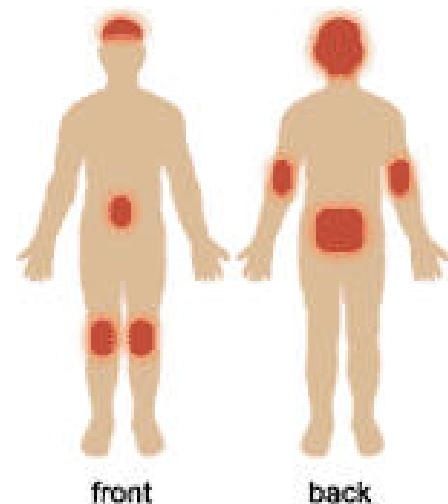


psoriasis

Psoriasis is a skin condition that occurs due to an overproduction of skin cells in certain areas caused by a problem in the immune system. This causes raised, red and scaly, even flaky patches of skin to appear. These patches of skin are very itchy, red, sore, cracked and tender. Psoriasis usually affects the scalp, stomach, knees, feet and elbows. Occasionally sufferers of psoriasis will develop a type of arthritis and it can be linked to dandruff.

Areas typically affected by psoriasis



It is thought to be a genetic condition and that certain elements are more likely to trigger the illness in those with this predisposition. For example, alcohol, certain medications, also poor diet and stress can play a part. Psoriasis is not contagious.

Treatment may be through creams, injections or oral medications. Keeping the skin well moisturised will help to improve the appearance of the skin. The effect of natural sunlight is said to improve the condition.

Changes in diet such as drinking two litres water daily and increasing the intake of green leafy vegetables will help those with psoriasis and can help to improve the severity of psoriasis.

The following foods are definitely those to avoid as they can trigger or worsen an individual's psoriasis; Coke, red wine, red meat, MSG, chilli, hot spices, junk

foods, oily foods, berries (strawberries), tomato, most acidic foods and vitamin C.
Those with poor diets will often have worse psoriasis.

Following the above advice and taking a multivitamin and zinc tablets can help to reduce psoriasis but it is not a treatment, or a cure.

On the program

Clients who suffer from Psoriasis will have citrus fruits deleted from their program.

Consultants please note: we do not remove other foods as listed above, as each client with Psoriasis will react differently to certain foods. Please ensure that you ask these clients to list the particular foods they cannot tolerate so their program will be accurate.

References:

<http://health.ninemsn.com.au/article.aspx?id=20886&print=true>

<http://www.beatpsoriasis.com.au/psoriasis.htm>