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Naturopathic Treatment for Psoriasis

Goals of treatment:

- Cleanse the liver and blood
- Reduce inflammation
- Psoriasis treatment takes time and patience

Diet:

- Eat plenty of grains, fruit, vegetables and fish
- Avoid sugar, refined flours, high fat foods, alcohol, caffeine
- Include: flax or fish oils (anti-inflammatory)
- Include: ground flax or psyllium seeds for fiber
- Avoid: meat and dairy (pro-inflammatory)
- Avoid food allergies
- Treat any underlying yeast imbalance
- Engage a systematic, supervised cleansing program or modified fast

Herbs:

- Coleus forskolin to reduce the rate of cellular replication in the skin.
- Milk thistle to cleanse the liver

Supplements:

- Multi-vitamins
- Anti-oxidant nutrients
- Zinc
- Beta-carotene and / or Vitamin A
- Fumeric Acid

Topical Considerations:

- Solinex
- Dovinex (Rx) for people whose skin is better with UV light
- Keep skin hydrated. Some people do well to wrap affected parts in cellophane overnight with cream under.

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