

## Helpful Hints for Living with Psoriasis

Psoriasis is essentially an inflammatory disease of the skin. The immune system attacks skin cells and causes inflammation and proliferation and loss of moisture balance in the skin cells affected. Certain foods, drugs, bacterial antibodies and viruses can exacerbate these effects.

### **FOODS**

Allergy to certain foods can exacerbate Psoriasis. It requires a good deal of patience and experimentation to find these foods and eliminate them.

### **Known Things To Avoid or Reduce**

At a biochemical level, nicotine, chocolate, tea, coffee and drinks containing caffeine (cola), saturated fats and foods containing Gluten (Wheat, Rye and Barley products) are known to exacerbate the symptoms of Psoriasis. A number of **drugs** are known to exacerbate Psoriasis. Peak has a guide (Dermatology, 7623, Vol 16, Iss 3 (333-351)) to known drugs causing or exacerbating Psoriasis contact us for further information.

### **Beneficial Things for Psoriasis**

Low calorie diets, high fish oil intake (around 20 grams per day) and or oily fish, Vitamin B12, Vitamin D and sunlight, B group Vitamins and lots of fruit and vegetables. Apply fish oil to patches of Psoriasis (yes it smells a bit but yes it is effective for certain forms of psoriasis). Anything that reduces stress levels.

### **BACTERIA, FUNGI AND VIRUSES**

For a number of years a wide range of research has been carried out investigating the role of common bacteria, antibodies and lymphocytes in Psoriasis. Certain Streptococcal and staphylococcal antigens have been shown to exacerbate Psoriasis. (Example is found in British Journal of Dermatology 1988: 229-235) Considering the nature of the immune response in Psoriasis it is likely that a range of common bacteria, fungi and viruses will exacerbate Psoriasis symptoms. For people living with uncontrollable Psoriasis it is worth being checked for chronic underlying infection and it is worth considering several courses of an appropriate antibiotic. For viral infections and for people opposed to taking antibiotics our product [PNP 12](#) is worth trying.

### **LIVING WITH PSORIASIS.**

There is no substitute for healthy eating and a stress free life style if you are living with psoriasis. If you are experiencing a flare up in your Psoriasis you should examine your life to see what has changed. Recognized factors are stress, diet, exposure to allergens or drugs and illness. If you can recognize the factors that have changed or reduce the influence of these factors it is highly likely that your Psoriasis symptoms will be reduced.

### **NEW RESEARCH**

Recent research suggests that a TB vaccination may be helpful in controlling Psoriasis. The mechanism is not known but it is worth a try. A new treatment involving a particular type of Mycobacterium is currently undergoing trials and should be available within two to three years.

**Latest research** indicates that Psoriasis sufferers should be monitored for Diabetes and Heart disease as they have much higher risks than general population.