

PSORIASIS

Psoriasis is an autoimmune type of illness in which the immune system causes cells called keratinocytes to overproduce new skin cells resulting in dry scaly skin patches almost anywhere on the body.

POSSIBLE CONTRIBUTING FACTORS



- High lipopolysaccharide (LPS)-driven inflammation from bacterial byproducts in the gut via enhanced intestinal permeability (i.e. leaky gut). Contributors of 'leaky gut' include:
 - Low vitamin D
 - NSAIDs and other drugs: birth control, hormones, SSRIs, chemotherapy
 - Gut microbial imbalances and overgrowths (ex. candida) and pathogenic microbes
 - Antibiotics
 - Gluten (via increased zonulin)
 - Stress (mental/emotional, physical, bio-chemical)
 - Highly processed foods
 - Toxins, chemicals
- Food sensitivities: dairy, grains/gluten, and alcohol most prominent
- Bile acid insufficiency: no gallbladder, history of gallstones, high alkaline phosphatase, high fecal fats on stool test or lighter-colored stools which consistently float
- Adrenal hypofunction (low cortisol)
- Fatty acid imbalance (too many pro-inflammatory fats vs anti-inflammatory fats)
- Nutrient deficiencies that impair the immune system or detoxification (e.g. vitamin D, zinc, copper, Vitamin A, folate (B9), B12)

LIFESTYLE & DIETARY RECOMMENDATIONS



- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate fried foods, vegetable oils, hydrogenated oils. Consume more omega-3 rich foods.
- Eliminate gluten, dairy and alcohol 100% for at least 4-6 months while repairing the gut lining
- Consider an elimination diet removing other common offenders for a minimum of 30 days followed by a re-introduction: eggs, nuts, yeast, soy, corn, peas
- Consider drinking dandelion root tea for gallbladder support
- Consider castor oil packs over the liver/gallbladder 3-5 x per week
- Stress reduction measures: grounding, meditation, journalling, Epsom salt bath, saying 'no' more often
- Focus on sleep hygiene

SUPPLEMENT CONSIDERATIONS



- Gut healing: l-glutamine, Vitamin D, glycine, quercetin, and/or mucilaginous herbs (e.g. slippery elm, okra, marshmallow)
- Liver/gallbladder support formula
- Immune support: vitamin D, A, zinc
- Omega-3
- Methylated B complex for detox support