

Natural Help 4...

Psoriasis



What is Psoriasis?

Psoriasis is a skin disorder that is characterized by **thick, red swollen patches covered with silvery white scales**. These patches may often be found **on the scalp, face, lower back, elbows, knees, hands, fingernails, toenails and soles of the feet**. They may even develop in the inside of the mouth or on the genitals.

This condition causes the skin to itch and may be painful. **Psoriasis** is a debilitating, chronic disorder that affects the quality of life. There is no cure and **people often experience flare-ups** and remissions throughout their life. It often also leads to depression, stress and anxiety. **Psoriasis** affects men and women equally but may be more common amongst Caucasians.

There are different types of psoriasis including:

Plaque psoriasis may be distinguished by raised, red patches covered with silvery white scales. These scales are caused by a buildup of dead scales. This is the most common type of psoriasis and may occur on the scalp, elbows, knees or any other skin surface.

Guttate psoriasis appears as tiny, red dots and the lesions may have some scaling. Guttate psoriasis may occur after a bacterial or viral infection, or certain medications such as salicylic acid has been administered.

Inverse psoriasis is characterized by smooth, red patches without scaling. The affected area becomes irritated because of sweating and rubbing of the skin. This type of psoriasis occurs in the folds of the skin, specifically in the armpits, under the breast or groin.

Pustular psoriasis appears as blisters filled with pus on the skin. These blisters are not infectious and may be found on the hands and feet or may be spread all over the body.

Psoriatic arthritis approximately 10% of patients with psoriasis may develop a form of arthritis called psoriatic arthritis. Redness and swelling may be caused on the elbows, hands, knees, feet, hips and spine. It may result joint pain and stiffness.

Nail psoriasis affects the fingernails and toes causing pits of various size, shape and depth. The nails may turn thick and yellow and crumble easily.

The most common symptoms of psoriasis include:

- Dry, red raised skin patches (plaques) covered with silvery scales usually occurring on the scalp, knees, elbows, hands, nails, feet or lower back

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Formation of pustules (skin lesions) causing the skin to crack and become red
- Bleeding in tiny areas of the skin when the scales are picked or scraped off
- Itching
- Nail abnormalities such as yellowish discoloration of fingernails and toenails, tiny pits found in the nails, separation of the end of the nail from the nail bed or a buildup of skin debris under the nails
- Joint pain or aches

Sometimes, burning, itching or discharge from the eyes may occur as well as lesions found on the genitalia.

What Causes Psoriasis?

The exact [cause of psoriasis](#) is not known but there are certain factors that may contribute to the development of this condition. It is believed that **genetic factors may play a role** because about one-third of people who develop [psoriasis](#) have one or more family members with this condition. A faulty immune system is also associated with [psoriasis](#) because an increased number of white cells are present between the abnormal layers of skin.

Other factors that may worsen psoriasis include:

- Changes in the climate – cold, dry weather makes symptoms worse
- Infections such as strep throat
- Skin injuries
- Stress and anxiety
- Certain medications such as NSAIDs, beta-blockers and lithium

Diagnosing Psoriasis

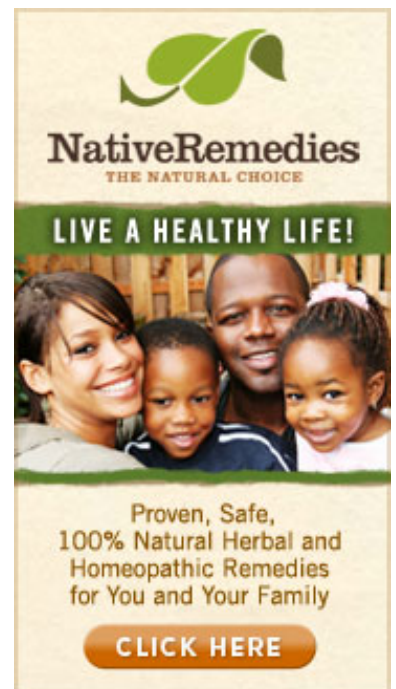
The [diagnosis of psoriasis](#) is based on the appearance of the skin – the thick, **red flaky patches characteristic of this condition**. Very often doctors find it difficult to diagnose [psoriasis](#) because it can look like other skin disorders. To confirm the diagnosis, a skin biopsy or a culture of skin patches may have to be performed.

Help for Psoriasis

Treatment generally depends on the type of [psoriasis](#), age, sex and lifestyle of the person, the **severity of the condition and how the person reacts to certain treatments**. There are three steps to [treating psoriasis](#) and include topical therapy (medications applied to the skin), phototherapy (light therapy) and systemic therapy (medications given as a pill or injection).

Topical treatments are most effective for treating mild to moderate [psoriasis](#) and are aimed at **reducing swelling and skin cell turnover, helping the skin to peel**, unclogging pores and suppressing the immune system. Phototherapy involves the use of natural ultraviolet light and artificial ultraviolet light – it reduces redness and slows the overproduction of skin cells that causes scaling.

If [psoriasis](#) is severe, medication in the form of an injection or pill is administered



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

– this is called systemic treatment. These **treatment options may be combined** to achieve the best results. Through constant trial and error, the [psoriasis](#) sufferer needs to discover the most effective treatment.

Natural remedies

The use of natural and alternative treatments has become increasingly popular among people suffering with psoriasis. Natural treatments such as herbal and homeopathic remedies are a safe and effective alternative to use especially when traditional therapy has failed to produce the desired results. Carefully selected ingredients have been chosen to **support skin health and promote healthy cell renewal** and routine shedding of old skin cells.

Herbs such as Galium aperine (Cleavers) and Trifolium pratense (red clover) have a wide of therapeutic benefits which include acting as a **cleansing tonic, blood purifier as well as lymphatic cleanser**. Tissue salts such as Natrium muriaticum, Kalium sulphate and Kalium muriaticum are excellent for maintaining skin health and supporting the natural healing and regenerative processes of the skin.

Follow these useful tips to help you cope with and manage psoriasis flare-ups

- Eat a well balanced diet which includes fresh fruit and vegetables
- Exercise regularly
- Get enough sleep to allow your body to recuperate
- Keep a diary so that you can track when flare-ups occur and record potential triggers
- Bathe or shower in lukewarm water daily to help your body shed the excess skin accumulating at the psoriatic patches
- Add oatmeal to your bath to soothe and loosen the scales
- Keep your skin moisturized and moist to reduce symptoms of psoriasis and heal inflamed skin
- Reduce stress by practicing relaxation techniques such as yoga, meditation or deep breathing exercises
- Join a support group to seek support and discuss your concerns and issues with other psoriasis sufferers
- Reduce your intake of alcohol as this will help to minimize the symptoms of psoriasis
- Stop smoking because smoking worsens psoriasis

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and

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freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving



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natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Itch Dr.: Natural soothing cream to promote healthy skin all over

Itch Dr. is a 100% natural herbal cream for soothing common itching skin and may be used all over the body, wherever there is a need.

This topical remedy contains Vitamin E, well known for its soothing and healing properties related to skin health, as well as carefully selected **herbs with properties to support the skin** and the immune system – helping to maintain the correct pH and balance of bacteria, yeast, and fungi within normal levels.

Combined in a Vitamin E base, these ingredients are soothing, gentle, and delicate enough for the most sensitive of skin. Itch Dr. is gentle enough to be used on the **anus, genital and jock areas.**

[Learn more about Itch Dr.](#)

Skin Dr.: Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Skin Dr.](#)

ClearSkin-E Cream: Natural remedy supports healthy sleep patterns and sustained peaceful, restful nights

ClearSkin-E Cream has been especially formulated using natural ingredients especially chosen to **soothe the skin and support skin health**. Regular use of ClearSkin-E Cream will help to **maintain healthy, trouble-free skin** all over – the natural way. This gentle, yet effective formulation is safe to use for all ages, including babies.

It is recommended that ClearSkin-E Cream be used together with our Skin Dr to **promote skin health** from the inside as well as the outside. Using these two remedies together gives you the best chance of success and **helps to ensure long-term results**

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