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AUTO IMMUNE PROTOCOL FOR PSORIASIS

Allopathic physicians consider psoriasis an autoimmune disease. Their way of ‘treating’ this disease is to suppress the body’s immune function and use steroids to treat inflammation. With Naturopathic Medicine we believe: ‘first do no harm’. That means, if there is something that we are doing to cause the disease in the first place then we should modify that behavior or diet, heal the organs that are damaged and work on building good health with a supportive diet, lifestyle and nutritional supplementation when necessary.

Psoriasis is an inflammatory of the skin. The skin is the largest eliminatory organ. This condition starts with a dysbiotic condition of the gut or leaky gut. Lectins in the diet are the #1 cause of leaky gut. Additionally a diet with inorganic foods can also cause the lining of the small intestines to deteriorate. While many parts of plants contain lectins, the seed is the part that people eat most often. Lectins may impact health in multiple ways, ranging from digestive disturbances or a dysbiotic condition of the gut to chronic disease risk such as inflammation and autoimmune disease including: celiac disease, psoriasis, diabetes, rheumatoid arthritis, MS and Parkinson's Disease to name a few. Lectins have also been shown to cause red blood cells to cluster together thus being able to carrying the nutrients and oxygen to our cells. This can causes malnutrition although the diet is varied and plentiful. Lectins are categorized as anti-nutrients since they block the absorption of some nutrients.

Lectins Free Diet:

Pasture-raised meats, A2 milk, cooked sweet potatoes and yams, leafy, green vegetables Bok Choy, Napa Cabbage, kale, chard, spinach, cruciferous vegetables, such as broccoli, cauliflower, cabbage and Brussels sprouts, asparagus, garlic and onion, celery, mushrooms, avocado, artichoke, okra, carrots, olives or extra virgin olive oil.

Foods to Avoid or Eat Less and Prepared Properly:

Foods such as beans, peas, lentils, and peanuts are laden heavy with lectins and need to be consumed in moderation and with special preparation as described here. The nightshade vegetables such as: eggplant, peppers, potatoes, and tomatoes should be avoided completely. Fruit, although in-season fruit is allowed in moderation low glacemic index fruits such as berries, kiwi, lemons, grapefruit and limes are preferred. All gluten grains including wheat, oats, barley, rye and corn should be avoided completely but rice, millet and quinoa as well as some beans and legumes that is preparation properly to help significantly reduce the lectins makes are acceptable but certainly not lectins free. Instruction soak for 8 hours until sprouted, pour off the water and cook with fresh water at high temperature. Meat from corn-fed animals, A1 milk are also on the avoid list.

Rebuild Gut Integrity:

- a. A good digestive enzyme such as *BV Simalace*(1) at each meal so that everything that goes into your mouth is digested properly.
- b. A broad-spectrum friendly bacteria such as *Pro-Biotic Pearls* (1) that is intera-coated to make it past the stomach acids so as to colonize the small intestines. It is important to know that 1/3 of the volume of your stool is pro-biotic that you should reproduce on your own. This condition in itself is evidence that the Ph is off and a supplement will aid in regenerating gut integrity, bowel function as well as digestion and absorption of essential nutrients.

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Heal Adrenals:

Adrenal glands produce cortisol which is your body's own natural anti-inflammatory. Having an inflammatory condition such as Psoriasis is a strong indication of long term adrenal exhaustion. To heal the adrenals the herb Ashwaganda, which you can purchase at most health food stores is helpful as are organic glandulars for the adrenal glands, however if any adrenal support product reacts in your body like a stimulant then avoid taking it in the late afternoon or evening so it doesn't disrupt your sleep. Eight hours of deep restful sleep every night is essential for healing the adrenal glands. If sleep is an issue then Cortisol Manager (1) at bedtime can reset your circadian rhythms for a solid good nights sleep. See articles: *Healing Adrenals* and *Seven Steps to Curing Insomnia*.

Natural Anti-Inflammatory:

Over the counter anti-inflammatory drugs damage the liver and the adrenal glands. They are both needed in good condition in order to restore your health. MSM is a natural sulfur-based anti-inflammatory to relieve but not cure inflammation. If you do buy it at a health food store or drug store make sure it is pure and not containing titanium dioxide which is an unnecessary additive that can damage the gut. Pure MSM can be taken as long as you are not allergic to sulfur, dosage 1,000mg 3X a day morning mid-day and before bed to span its effectiveness throughout a 24 hour period. you should notice relief in 3 or 4 days. If you are sensitive to sulfur then the other option is Theracurmin HP(1). This is also a natural anti-inflammatory that is patented to have a better delivery system. It is also very therapeutic for the liver, kidneys/adrenal and the gut. Dosage 2 tablets 3x daily.

Topical Treatment for Skin Inflammation:

Aloe Vera from the cactus is a natural anti-inflammatory, anti-fungal and anti-bacterial. Fresh raw is best blend the gel only until liquid, refrigerate the remaining liquid until you need it, spread it on the inflamed areas of the skin to relieve the inflammation and itch. If it tends to dry the skin out after it has dried apply calendula ointment (petro-chemical free). If you have it on the scalp look for shampoo without sodium lauryl sulfate or any derivative of that ingredient and with MSM if you find it helpful orally.

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After Studying to be a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She has been offering classes on the prevention of disease at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo for the last 15 years. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for the last 25 years.

(1) To purchase these products from Integrative Therapeutics call: (877) 628-3477 Pin# iti5568