

Psoriasis is a chronic, inflammatory disease associated with a hyperproliferation of the skin. It may also affect some joints. Psoriasis can affect anyone at any age, but it is usually seen in patients between the ages of 20 to 60 years.

It has been shown that psoriatic cells grow sevenfold faster than normal skin cells. The duration of the cell in psoriasis is 36 hours compared to 311 hours as seen in the normal cell. The result is increased epidermal cell production and growth with new cells forming faster than old cell can be sloughed off.

Some psoriatic lesions contain 30 times the normal levels of arachidonic acid and Prostaglandin E2 levels are 50% higher than normal. There are eight types of psoriasis. Plaque Psoriasis, Guttate Psoriasis, Erythrodermic Psoriasis, Inverse Psoriasis, Postular Psoriasis, Scalp and Face Psoriasis, Nail Psoriasis and Psoriatic Arthritis.

Treatment of Psoriasis

Consult with a dermatologist. Topical glucocorticoids tend to stabilize levels of arachidonic acid and prostaglandins.

Suggested further protocol

To reduce arachidonic acid take two **FISHOL E.C.** four times daily and eliminate all vegetable oils and hydrogenated fats. Use only virgin olive oil.

Take one capsule of **Slow Release Zinc-n-Tin** every 8 hours

Apply **Sunshine Vitamin D Cream** twice daily

Mega-Vitamin Kit one of each daily

Fumaric Acid Cream apply twice daily

Some practical tips: Do not rub, scratch, pick, exfoliate or irritate your psoriasis. Use steroid medication sparingly. Do not rub in medication vigorously – gently dab in on. Sunshine Vitamin D Cream is also a moisturizing cream – a good time to apply is after bathing while your skin is still wet.