How Functional Diagnostic Nutrition Can Help With

PSORIASIS

WHAT IS PSORIASIS?

Psoriasis is the external manifestation of the body's attempt to "throw off" internal toxins.

In other words, to put it more succinctly, the skin is doing what the bowels and kidneys should be doing.

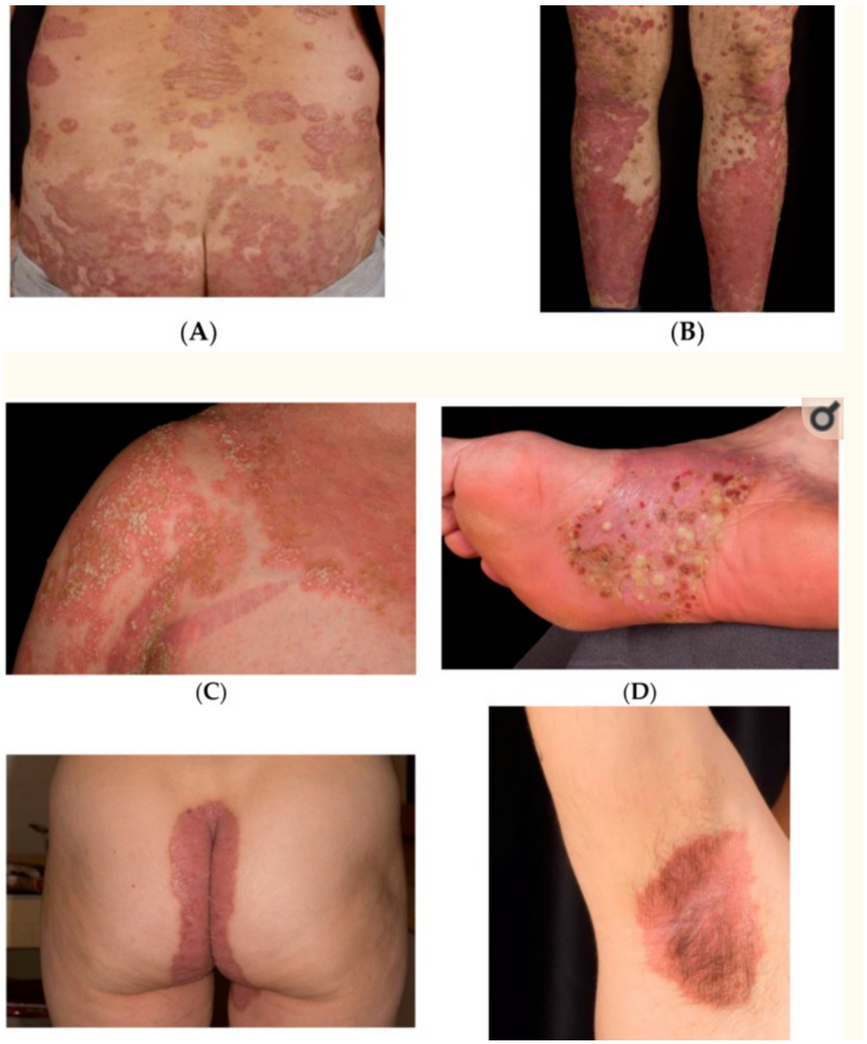
The skin is not ordinarily designed to remove waste matter to any great extent, but due to the toxic overload produced by a leaky gut, it acts as a back up system and takes on the task of removing toxins, hence the rash, irritations, and lesions.

-John Pagano, *Healing Psoriasis*

Psoriasis is a chronic inflammatory skin disease with a strong genetic predisposition and autoimmune pathogenic traits. The worldwide prevalence is about 2%, but varies according to regions.

About 90% of psoriasis cases correspond to chronic plaque-type psoriasis. Common locations include the trunk, the extensor surfaces of the limbs, and the scalp.

It has been postulated that psoriasis is a systemic entity...psoriasis patients exhibit increased hyperlipidemia, hypertension, CAD, type 2 diabetes, and increased BMI.. Metabolic syndrome (is) two times more frequent in psoriasis patients.."



https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6471628/

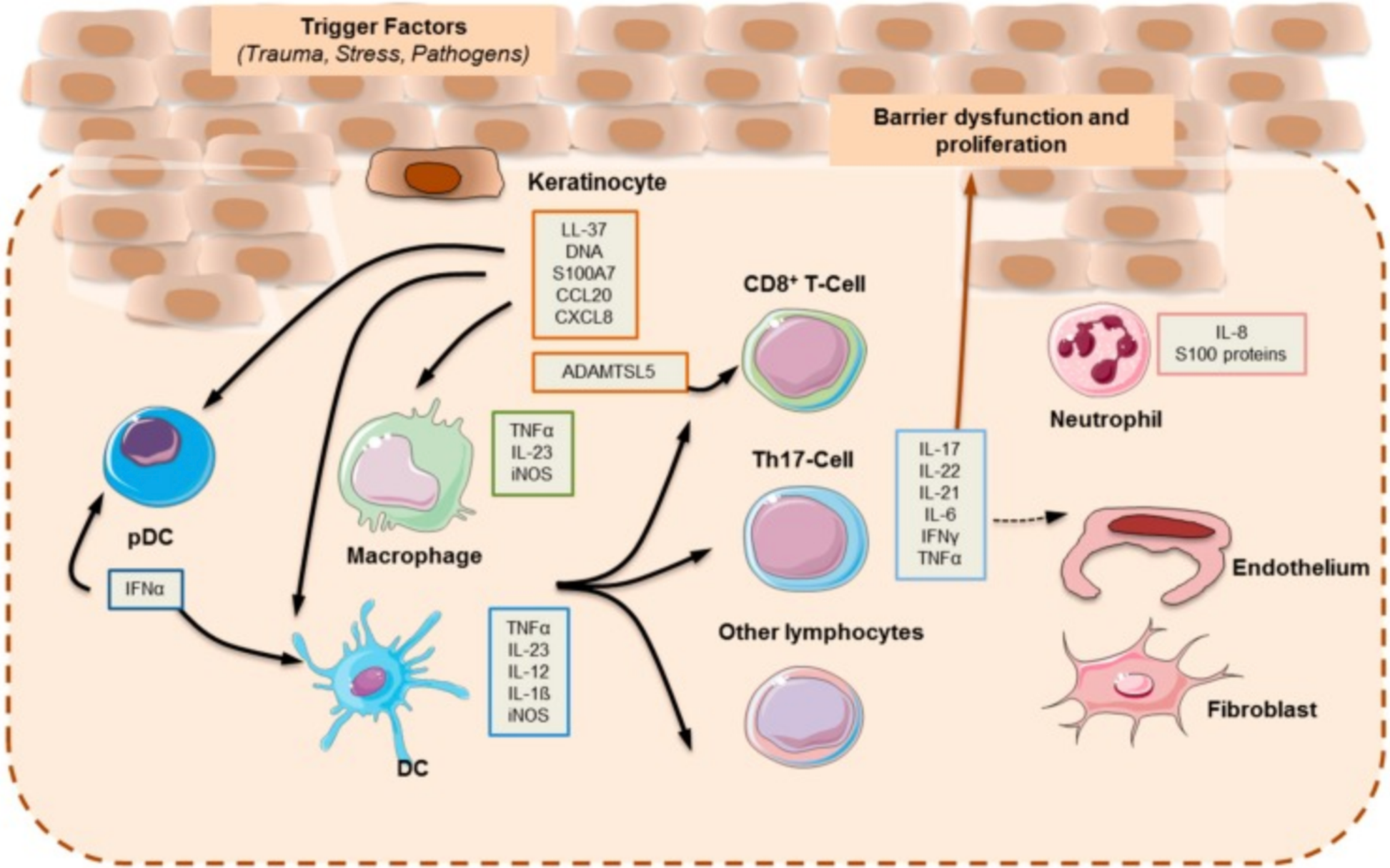
THE ORIGIN

- intestinal tract walls become thin and porous
- toxins go through the wall, enter the lymphatic system, and invade the bloodstream
- liver and kidney try to detoxify but get overburdened
- skin becomes the back-up organ of detoxification

"The hallmark of psoriasis is sustained inflammation that leads to uncontrolled keratinocyte proliferation and dysfunctional differentiation. The histology of the psoriatic plaque shows acanthosis (epidermal hyperplasia), which overlies inflammatory infiltrates composed of dermal dendritic cells, macrophages, T cells, and neutrophils (Figure 4). Neovascularization is also a prominent feature."

In addition to an increased risk for cardiometabolic disease, psoriasis has been associated with a higher prevalence of gastrointestinal and chronic kidney disease.

Susceptibility loci shared between psoriasis and inflammatory bowel disease support this association in particular with regard to Crohn’s disease [45,46].



An activation of the innate immune system driven by endogenous danger signals and cytokines characteristically coexists with an autoinflammatory perpetuation in some patients, and T cell-driven autoimmune reactions in others. Thus, psoriasis shows traits of an autoimmune disease on an (auto)inflammatory background

THE MICROBIOME

The overall microbial diversity is increased in the psoriatic plaque [151]. However, an increase in Firmicutes and Actinobacteria phyla were found in psoriatic plaques (Table 2) [153]. Proteobacteria were found to be higher in healthy skin when compared to psoriatic patients [153,154]

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LEAKY GUT

not just the usual suspects when it comes to psoriasis

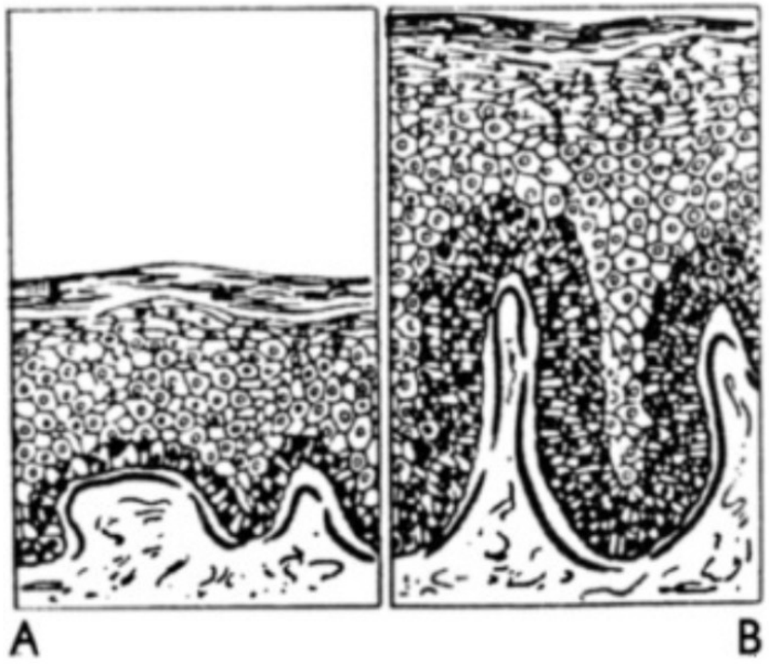
- chronic constipation
- insufficient water
- high saturated fat
- nightshades
- depression
- negativity

John Pagano, Healing Psoriasis

EPIDERMAL LAYERS

The turnover of the epidermal layer usually happens every 28 Days but with psoriasis, this happens every 3-4 days. A psoriatic can form a scale so deep that peeling it off causes bleeding underneath- the *Auspitz Sign*

John Pagano, Healing Psoriasis

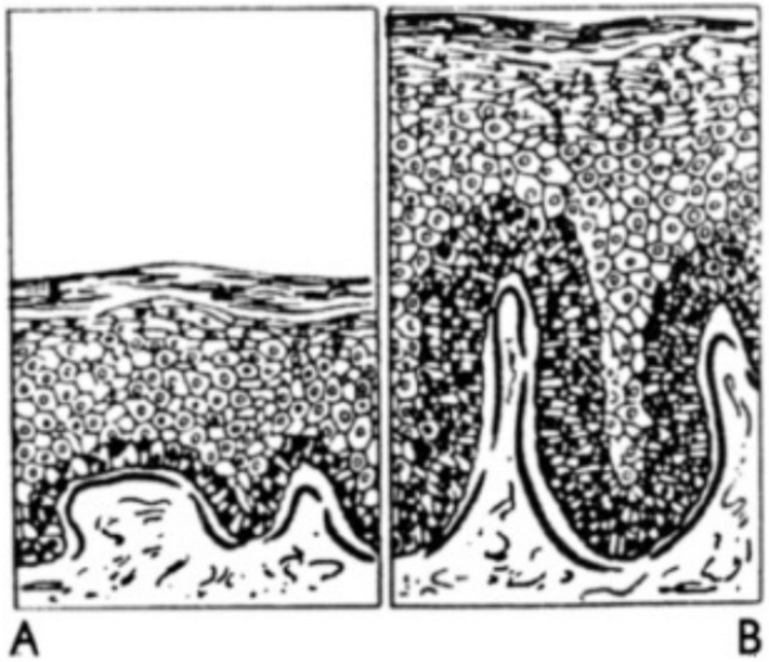


A schematic comparison of normal epidermis (A) and epider psoriasis (B).

1/8 INCH SQUARE SKIN SEGMENT

(In a)...1/8 inch square segment of skin there are not only one hundred sweat glands, but also twelve feet of nerves, hundreds of nerve endings, ten hair follicles, fifteen sebaceous glands, and three feet of blood vessels.."

John Pagano, Healing Psoriasis



A schematic comparison of normal epidermis (A) and epider psoriasis (B).

Protocol

D.R.E.S.S

- INTERNAL CLEANSING
- A HIGH ALKALINE DIET
- SPECIFIC HERBAL TEAS
- ADJUSTMENTS OF THE SPINE
- EXTERNAL APPLICATIONS
- RIGHT THINKING

"WHEN CAYCE WAS ASKED IF THERE WAS AN ABSOLUTE CURE FOR PSORIASIS, HIS ANSWER WAS STRAIGHT AND TO THE POINT: MOST OF THIS IS FOUND IN DIET."

-Dr. John Pagano

DIET: STEP 1

3 day apple diet

- hot water with lemon in the morning
- 1 gallon of water
- 6-8 apples a day for three days
- high colonic
- evening: 1 tbsp olive oil
- day 3: high colonic or enema
- add probiotics
- *alternative: other fruits per Edgar Cayce*
- *1/2* cup to 1 cup of stewed figs, apples, raisins, apricots, pears, peaches, prunes twice a day until complete evacuation takes place
- I advise my patients to take 1/2 tsp of olive oild 3-4 times a day until it prodices a good bowel movement.

DIET: STEP 2

The Deadly Seven

- Saturated fats like red and processed meat
- Nightshades, esp. tomatoes, peppers, spices
- Sweets
- Smoking
- Alcohol
- Junk Foods
- Fried Foods

DIET: STEP 2.5

The Glorius Seven

- Fresh water (with lemon or lime)
- Leafy green vegetables and tubers
- Fresh Fruit
- Fish, fowl, and lamb
- probiotics
- Olive oil, garlic, and lemon juice, esp- candida
- Whole grain breads (Acid) **

DIET: STEP 3

Teas

- Saffron tea- cleansing
- Slippery Elm Bark- demulcant, anti-inflammatory
- Chamomile Tea- tonic for the body
- Mullein Tea
- Watermelon Seed Tea- diuretic, bladder issues

"WHAT IS YOUR NORMAL DIET?" I ASKED.

"RARE ROAST BEEF AND TOMATOES," HE REPLIED.

"I EAT TOMATOES BY THE BUSHEL!"

-Dr. John Pagano

THOSE WHO SAY THAT THEY WILL TRY TO GO ON THE DIET FOR A FEW WEEKS ARE RARELY SUCCESSFUL. MOST SEEM TO FORGET THAT IT TOOK CONSIDERABLE TIME TO POLLUTE EVERY CELL OF THEIR BODY'S TISSUE BEFORE THE POISONS BULGED THROUGH THEIR SKIN IN THE FORM OF PSORIASIS.

-Dr. John Pagano

EXERCISE

"It stimulates the internal structures of the body, increases circulation, activates the glands, oxygenates the blood, opens the pores, pumps the lymph, and filters the blood through the liver and kidneys.

Exercising, especially in the open air, provides untold benefits. I encourage my patients to participate in noncontact sports such as tennis, badminton, golf, jogging (moderately), walking, and swimming.

-Dr. John Pagano

STRESS MANAGEMENT

steam baths or saunas
saffron tea before the bath to detoxify

SUPPLEMENTS

- 1000 mg **fish oil** 3x/ day and 1 tbsp **flax oil** every morning
- 100 mg **grape seed extract** 2x/day
- 150 mg **ALA** every morning
- 25,000 IU **Vitamin A** for 30 days, 10,000 IU after
- 30 mg **zinc** and 2 mg **copper** each day
- 150 mg **milk thistle** 2x/ day

TOPICALS

- Castor oil
- Vitamin E
- Epsom Salts
- Sunlight or UV light
- Witch Hazel
- Olive Oil + Myrhh
- Olive Oil + Peanut Oil
- Coconut Oil

A NOTE ON THE D

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jeff...@gmail.com Jun 15, 2012, 7:24:47 PM

to

Here is Donn's review about his accidental discovery!!!

2 of 2 people found the following review helpful
5.0 out of 5 stars Cured My Incurable Psoriasis with 50,000/day in 2 months!!, June 12, 2012
By Don Carroll (Mossyrock, WA USA) - See all my reviews
(REAL NAME)
Amazon Verified Purchase(What's this?)
This review is from: THE MIRACULOUS RESULTS OF EXTREMELY HIGH DOSES OF THE SUNSHINE HORMONE VITAMIN D3 MY EXPERIMENT WITH HUGE DOSES OF D3 FROM 25,000 to 50,000 to 100,000 IU A Day OVER A 1 YEAR PERIOD (Kindle Edition)
This is the most helpful book of the century. Jeff is a genius out of the box thinker to come up with an epic tome like this. He researches thousands of studies on D3 to find out the great benefits with almost zero side effects. Then he uses himself as an experiment to find the right dosage. The studies show almost every disease is eliminated with large dose D3 because it is a hormone naturally made in the body from the sun.
I just got back my lab results from using 50,000 units of D-3 with Vitamin K-2 MenaQ7 (Metabolic Maintenance) daily for 2 months. My test showed 150 ng/mL, this is in the high range of what most authorities say it should be but I hate to reduce it. Just four months ago I had the worst Psoriasis you could imagine covering my body. I could only sleep on my stomach I felt like Job from the Bible. My research found almost nothing that would help it. I started on a mostly raw vegan, gluten free diet with super foods and super herbs and no sugar and some cultured vegetables. I then began to take the D-3. I now feel so good and have had so many good results besides the disappearance of the Psoriasis. I sleep like a baby my ganglion cysts are disappearing, my previously injured thumb is remodeling, my skin is not as dry, my prostate healed, restless leg gone and I could go on and on. I feel totally on top of the world.
If you have an ailment especially an incurable read this book. By the way I am taking Russell James TheRawChefAcademy.com internet course for the best raw food without sugar you could imagine.

- https://www.greenmedinfo.com/blog/high-dose-vitamin-d-dramatically-improves-psoriasis-and-vitiligo
- https://jefftbowles.com/vitamin-d3-deficiency-causes-most-human-disease/