



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PSORIASIS DIET FOODS TO EAT	THINGS TO AVOID (MINIMIZE)	SUPPLEMENTS	TOPICALS	HERBAL TEAS						
<p>1.) Eat organic if possible when you consume the skin, leaves or stems. Soak non-organic for 10-15 minutes in water, vinegar &amp; non-toxic dish soap. I also soak organics most times as well.</p> <p>2.) Eat raw plant foods &amp; a well-balanced diet. I'm not telling you to avoid any foods completely. Practice moderation and eat mindfully.</p> <p>3.) If foods are not on this list, they are simply not priority healing foods. You can eat meat. Focus on ADDITION over SUBTRACTION which empowers you.</p> <p><b>Apples (organic if possible, wash and rinse well, red are best, all varieties good)</b></p> <p>Wild Blueberries (frozen)</p> <p>Turmeric (I sprinkle the organic powder on foods and in coffee/tea)</p> <p>Sweet Potato</p> <p>Leafy Greens (Spinach, Red Leaf, Green Leaf, Romaine, Spring Mix)</p> <p>Garlic</p> <p>Ginger root</p> <p>Papaya</p> <p>Avocado</p> <p>Black Grapes, then Red Grapes, then Green Grapes</p> <p>Sprouts &amp; Microgreens</p> <p>Cilantro (coriander)</p> <p>Rosemary, Thyme, Sage, Oregano, Basil</p> <p>Cucumber</p> <p><b>Nettle Leaf tea</b></p> <p><b>Burdock Root tea</b></p> <p>Lemons/Limes</p> <p>Blackberries</p> <p>Raspberries</p> <p>Parsley</p> <p>Melons (Cantaloupe, Watermelon, Honeydew)</p> <p>Brussel Sprouts</p> <p><b>Atlantic Dulse seaweed flakes (iodine, selenium, zinc) - add to meals, smoothies, anything</b></p> <p>Oranges / Tangerines</p> <p>Grapefruit</p> <p>Figs</p> <p>Pears</p> <p>Bananas</p> <p>Cranberries</p> <p>Dates</p> <p>Onions</p> <p>Cruciferous Veggies</p> <p>Broccoli</p> <p>Cabbage</p> <p>Kale</p> <p>Coconut (raw water, pulp, flakes, cold pressed oil)</p> <p>Honey (raw &amp; unfiltered)</p> <p>Aloe Vera</p> <p>Cherries</p> <p><b>Lemon Balm tea</b></p> <p>Apricots</p> <p>Asparagus</p> <p>Bragg Apple Cider Vinegar</p> <p>Chaga Mushrooms</p> <p>Mangoes</p> <p><b>Raspberry Leaf tea</b></p> <p>Pomegranates</p> <p>Artichokes</p> <p>Butternut Squash</p> <p>Beets</p> <p>Quinoa</p> <p>Flax seeds</p> <p>Hemp Seeds</p> <p>Pumpkin Seeds</p> <p>Himalayan Pink Salt</p> <p><b>Celtic Sea Salt</b></p> <p>Olive Oil cold-pressed</p> <p>Avocado Oil cold-pressed</p> <p>Hummus (NO canola oil)</p> <p>Fermented foods</p> <p>Bone broth</p> <p>---- <b>Psoriatic Arthritis</b> ----</p> <p>Ginger root</p> <p>Garlic</p> <p>Sweet Potato</p> <p><b>Cat's Claw</b></p> <p>Rosemary, Thyme, Sage, Oregano, Basil (italian seasonings)</p> <p>Wild Blueberries from Maine (frozen)</p> <p>Radishes</p> <p>Kiwis</p>	<p>heavy metals (copper i.e. old water pipes, mercury i.e. amalgam "silver" fillings, lead, cadmium, aluminum which is in many household items etc)</p> <p>radiation</p> <p>conventional pesticides ("Organophosphates"), herbicides, glyphosate ("Roundup"). Eating organics, and non-GMO foods helps a lot.</p> <p>white refined sugars, corn syrups, agave syrups, sugar-free substitutes, refined honey</p> <p>GMO products</p> <p>canola oil (check ingredients on bags, boxes, cans and ask at restaurants)</p> <p>dairy products (try ghee, coconut milk or almond milk, use goat or low-fat feta cheeses)</p> <p>alcohol</p> <p>conventional wheat products (get organic and ancient grains, study the ingredients list)</p> <p>antibiotics (unless emergency situation of course, be sure to use probiotics during and after done)</p> <p>conventional corn &amp; soy products</p> <p>"natural flavors" you don't know source of</p> <p>conventional household chemicals (especially OLD, unused oxidizing, rotting bug and weed killers)</p> <p>fluoride, bromide, chlorine</p> <p>immunosuppressants</p> <p>antihistamines</p> <p>OTC painkillers</p> <p>antacids</p> <p>Junk, processed, fast, fried foods</p> <p>conventional pork</p> <p>eggs (go cage-free if you eat them)</p> <p>conventional red meat products (NO antibiotics, go organic or grass fed)</p> <p>canned tuna or other canned meats</p> <p>use of aluminum foil for storing and cooking foods</p> <p>tobacco</p> <p>electromagnetic toxins (don't charge your cellphone or other devices right next to your body get all conventional household chemicals you don't use out of your house)</p> <p><i>Be sure to check your house for black mold. You can use cedar oil and borax mixtures to kill mold back. Do NOT use antifungals</i></p> <p>plastics (slowly use more glass storage and less plastic. Don't microwave in plastic)</p>	<p>1.) <b>Zinc (liquid zinc sulfate) - add to daily water</b></p> <p>2.) <b>Liquid Chlorophyll (paraben free) - add to daily water</b></p> <p>3.) <b>Magnesium (glycinate) - chloride is also a good type</b></p> <p>4.) <b>Atlantic Dulse seaweed flakes (iodine, selenium, zinc) - add to meals, smoothies, anything</b></p> <p>5.) <b>B12 (adenosylcobalamin with methylcobalamin) under the tongue when waking</b></p> <p>6.) <b>Hemp CBD (full spectrum) Supplements &amp; Topicals</b></p> <p>7.) <b>Wild Greens powder (2 scoops in cup of water)</b></p> <p><b>POWDERS FOR PHW SMOOTHIE</b></p> <p><b>Barley grass powder</b></p> <p><b>Chaga mushroom powder</b></p> <p><b>Spirulina powder</b></p> <p><b>Cacao powder</b></p> <p><b>PROBIOTICS</b></p> <p><b>Saccharomyces Boulardii</b></p> <p><b>Dr Ohhira's Professional Formula</b></p> <p><b>Ozono Organics' Liquid Plant &amp; Soil Probiotics</b></p> <p><b>JUICERS &amp; BLENDER</b></p> <p><b>Angel Pro Juicer</b></p> <p><i>My Angel Juicer an incredible machine. It's very expensive but is in a league of its own and will last forever. I got one as a gift, which is the only reason I have one. This is a worthy investment.</i></p> <p><b>Omega Slow Revolving Juicer - great for celery</b></p> <p><b>Hamilton Beach Juicer - very affordable to start</b></p> <p><b>Nutribullet Blender for Smoothies - easy and fast</b></p>	<p><b>NOTE: Any of the blue product titles are active links to the product. Click on the product, then click on the link dialog that displays above to view.</b></p> <p><b>Castor Oil - The most powerful healing &amp; soothing oil available</b></p> <p><i>Castor oil heals and soothes the skindeeply. I wrap my lower legs in castor oil for awhile before bathing. It is saving my skin from scarring.</i></p> <p><b>Organic Lotion - The best lotion I've ever used. It soothes and lasts all day</b></p> <p><b>Coconut Oil - add to bath water and skin as needed, good for cooking and recipes too</b></p> <p><b>RenPure Shampoo with Collagen</b></p> <p><b>Seaweed Body Wash</b></p> <p><b>Essential Oil Blend 1 (rub a drop into bottom of toes, thumbpads, earlobes</b></p> <p><b>Essential Oil Blend 2 (you can also add to bath water and a diffuser)</b></p> <p><b>CLICK HERE FOR MY TOPICAL NATURAL PSORIASIS TREATMENT</b></p>	<p><b>Burdock Root</b></p> <p><b>Dandelion Root</b></p> <p><b>Nettle Leaf</b></p> <p><b>Lemon Balm</b></p> <p><b>Rose Hips</b></p> <p><b>Hibiscus</b></p> <p><b>Ginger</b></p> <p><b>Raspberry Leaf</b></p> <p><i>(click name then click link to buy)</i></p> <p><b>HERBAL TINCTURES</b></p> <p><b>Cat's Claw - most important herbal</b></p> <p><b>Burdock Root</b></p> <p><b>Dandelion Root</b></p> <p><b>Licorice Root</b></p> <p><b>Nettle Leaf</b></p> <p><b>Lemon Balm</b></p> <p><b>Red Clover</b></p> <p><b>Milk Thistle</b></p> <p><b>Skull Cap (in water)</b></p> <p><i>(click name then click link to buy)</i></p> <p><b>Top 10 POWER HERBS (add to foods and cooking as you can)</b></p> <p>Cilantro</p> <p>Garlic</p> <p>Turmeric</p> <p>Parsley</p> <p>Thyme</p> <p>Rosemary</p> <p>Basil</p> <p>Sage</p> <p>Ginger</p> <p>Cinnamon</p>						
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		<p><b>MASTER THESE 3 ADVANCED SKILLS AND YOU WILL HEAL YOUR PSORIASIS NATURALLY</b></p> <table border="1"> <thead> <tr> <th>1.) ALKALINE WATER</th> <th>2.) CELERY JUICING</th> <th>3.) PHW SMOOTHIE</th> </tr> </thead> <tbody> <tr> <td> <p>In the morning drink 1 liter (32 ounces) of pure water with a lemon or lime squeezed in, upon waking up FIRST THINGS. This is a powerful tonic, be prepared for symptoms at first, this will pass, push through. This cleanses the Liver. Do this again 1 hr before bed for more cleansing.</p> <p>Correcting chronic dehydration is the first step in natural healing. It must be weight, no questions asked. A good goal is 1/2 your body weight (in lbs) in fluid ounces of water every 24 hours. Water is now your most important asset in your life. Treat it with respect and source it well.</p> <p>Get a water container, preferably glass or stainless steel, feel naked without it. Add electrolytes from lemon, lime, zinc, chlorophyll, watermelon, thin cucumber slices and drink raw coconut water. Raw coconut water from 16 oz steel cans, no added sugars are typically the best to grab. This brings the water to life as you drink it. This is what makes "Alkaline Water". The most crucial skill.</p> </td> <td> <p>Organic celery if possible, conventional ok - soak in non-toxic dish soap and cool water for 15 minutes, rub, wash, rinse, and it's ready.</p> <p>Juice 16-32 ounces fresh and drink on empty stomach within 10-15 minutes. I drink the celery juice as I clean the juicer parts. By the time I'm done cleaning I'm done drinking and on with my day.</p> <p>If needed, you can store for up to 24 hrs. Make 2 batches at once for 2 mornings. It is much better to drink it fresh.</p> <p>If you don't have time to juice at home, look for a place that makes fresh juices and request celery juice or get their "green juice" combo. This is pricey in the long-run but does get the job done for those who can't juice at home.</p> </td> <td> <p>The smoothie is very tasty and very important to help the body eliminate heavy metals and pathogens causing psoriasis.</p> <p>The ingredients are: Wild Blueberries (frozen) Cilantro (coriander) Banana Watermelon or Cantaloupe Bone broth Ginger root Kale or Spinach Atlantic Dulse flakes (in column C above) Chaga mushroom powder (in column C above) Spirulina powder (in column C above) Barley grass powder (in column C above) Cacao powder (in column C above) Filtered water or raw coconut water</p> </td> </tr> </tbody> </table>			1.) ALKALINE WATER	2.) CELERY JUICING	3.) PHW SMOOTHIE	<p>In the morning drink 1 liter (32 ounces) of pure water with a lemon or lime squeezed in, upon waking up FIRST THINGS. This is a powerful tonic, be prepared for symptoms at first, this will pass, push through. This cleanses the Liver. Do this again 1 hr before bed for more cleansing.</p> <p>Correcting chronic dehydration is the first step in natural healing. It must be weight, no questions asked. A good goal is 1/2 your body weight (in lbs) in fluid ounces of water every 24 hours. Water is now your most important asset in your life. Treat it with respect and source it well.</p> <p>Get a water container, preferably glass or stainless steel, feel naked without it. Add electrolytes from lemon, lime, zinc, chlorophyll, watermelon, thin cucumber slices and drink raw coconut water. Raw coconut water from 16 oz steel cans, no added sugars are typically the best to grab. This brings the water to life as you drink it. This is what makes "Alkaline Water". The most crucial skill.</p>	<p>Organic celery if possible, conventional ok - soak in non-toxic dish soap and cool water for 15 minutes, rub, wash, rinse, and it's ready.</p> <p>Juice 16-32 ounces fresh and drink on empty stomach within 10-15 minutes. I drink the celery juice as I clean the juicer parts. By the time I'm done cleaning I'm done drinking and on with my day.</p> <p>If needed, you can store for up to 24 hrs. Make 2 batches at once for 2 mornings. It is much better to drink it fresh.</p> <p>If you don't have time to juice at home, look for a place that makes fresh juices and request celery juice or get their "green juice" combo. This is pricey in the long-run but does get the job done for those who can't juice at home.</p>	<p>The smoothie is very tasty and very important to help the body eliminate heavy metals and pathogens causing psoriasis.</p> <p>The ingredients are: Wild Blueberries (frozen) Cilantro (coriander) Banana Watermelon or Cantaloupe Bone broth Ginger root Kale or Spinach Atlantic Dulse flakes (in column C above) Chaga mushroom powder (in column C above) Spirulina powder (in column C above) Barley grass powder (in column C above) Cacao powder (in column C above) Filtered water or raw coconut water</p>
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		<p>FIND YOUR VIBRATION AND STAY IN IT: THIS IS HOW YOU WILL SUSTAIN PROGRESS:</p> <p>Take it slow, master one thing at a time, be easy on yourself, love your body. This is a marathon, it will take months, maybe years to heal, settle in.</p> <p><b>FLUIDS FLUIDS FLUIDS, ALKALINE WATER, JUICING, RAW COCONUT WATER, HERBAL TEAS &amp; SMOOTHIES ARE GOING TO HEAL YOU.</b></p> <p><b>FRUIT IS THE MOST POWERFUL FOOD CATEGORY YOU CAN EAT TO HEAL DEEPLY. GRAZE ON A SERVING OF FRUIT EVERY 2 HRS ALL DAY.</b></p> <p>This is not permanent, just temporary as is all in life, as your gut strengthens, you can add more of your desired treats back in, stay pragmatic and compassionate.</p> <p>Wash all fruits and veggies good, I use a spray of vinegar, seventh generation dish soap and filtered water. Soak non-organic produce longer and rinse well. Be easy-going, kind, loving, and compassionate with yourself. Send quieter, loving thoughts from the mind into the body. Speak affirmations that heal your life.</p>								
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