

PSORIASIS

BY
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Psoriasis is a skin disease in which new skin grows faster than old skin can be shed. As a result itchy plaques develop on the body, particularly over the elbows, knees, and scalp. The plaque has a silvery appearance. The patient with psoriasis also may experience pitting in the fingernails and pain and inflammation in the joints.

The cause of psoriasis is not well understood by Medical Science. The tendency to get psoriasis is inherited. It is thought that lymphocytes called T cells in the skin secrete growth factors which stimulate the rapid growth of the skin cells.

The patient with psoriasis may have a worsening of symptoms in response to stress, infections, and certain drugs such as lithium and Inderal. Smoking tobacco and drinking alcohol also may make psoriasis worse.

Traditional treatment includes topical glucocorticoid ("steroid") creams and ointments, coal tar, and ultraviolet light. A drug called methotrexate which suppresses the immune system is also used. Antihistamine medications are also used to control the itching. Modern Medicine aims to "control" psoriasis, not cure it,

Now let us approach psoriasis from an Ehret viewpoint. Why is the body overproducing skin cells? What is the body trying to eliminate?

When the body produces tissue cells like skin it uses a large amount of protein. Perhaps the person with psoriasis has an overload of protein in his system. In the transition diet he should reduce the amount of dietary protein and increase the amount of fruits and vegetables.

What is the amount of waste in the system? What is the person's vitality? He takes a one or two-day fast on water alone or just fruits and vegetables. How does the body react? Does the tongue become coated? How are the bowels affected? How does the skin respond?

Fasting may be beneficial in calming down the immune system. Of course a patient who wants to use Ehret's Mucusless diet would make every effort to eliminate tobacco, alcohol, and junk food. I recall a patient with chronic psoriasis and alcoholism. His psoriasis greatly improved when he stopped drinking,

The effect of the Mucusless diet would be to help the body eliminate waste through the kidneys and bowel and relieve the burden of waste coming through the skin.

Arnold Ehret recommended sun bathing as part of the healing process. One begins slowly by exposing he body to air and sunlight 20 minutes a day (pp. 186, 187). As ultraviolet light is a known treatment for psoriasis, careful sunbathing should be beneficial.

A psoriatic patient following the Ehret diet may need to continue traditional medications prescribed by his doctor. As the cleansing occurs and the psoriasis improves the need for medication may be reduced.

Even though Arnold Ehret did not discuss the diagnosis of psoriasis specifically, he has given us a frame of reference to analyze chronic illness and directs us in the healing process. It is up to apply these principles and document the results.

Get the Book!
Mucusless Diet Healing System

Mucusless Diet Healing System is available from Ehret Literature Publishing for \$4.95 (US) online. [Click here to purchase the 75th anniversary edition of Professor Arnold Ehret's Mucusless Diet Healing System.](#)

The Arnold Ehret Health Club

Professor Arnold Ehret founded The Club at the turn of the century. Today the goal of The Club is to assist people in their quest for better health through Professor Ehret's teachings. The Club is where Ehretists and people interested in their health can work with other similarly motivated people to gain that edge. You are all welcomed to be a part of this exciting club that was designed by Ehret to unlock the healthfulness in all of us.

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