

## Psoriasis and the Immune system .

Psoriasis is a tissue specific autoimmune system disorder .In the case of psoriasis the tissue that is specifically targeted by the immune system is your skin .

The immune systems job is to protect the body from anything that is non self. It fights of bacteria, viruses fungi and other harmful substances. The immune fights and keeps on fighting till another part of the immune system tells it to stop. This is called immune self regulation.

How your immune system works is determined by your genes. Your genes are responsible for your height, bone structure, body type, eye colour and in your case for your skin condition.

There is no way to cure psoriasis just as there is not a cure for shortness etc. However what you can do is to be aware of substances that the immune systems will see as a threat and avoid these. These are called triggers and are unique to each individual . A few major triggers that generally trigger off everybody with psoriasis are eliminated for 2 weeks .If you start to notice improvements in this time we have found one or all of your triggers. After 2 week if no improvement has been noticed or there is only minor improvement the next set of minor triggers are eliminated from the diet .

Other factors that can trigger psoriasis are exposure to bacteria /viruses that cause the immune system to start fighting .The problem is that the immune system just does not stop fighting and long after the battle with the bugs has finished your skin is still looking like the battle has only just begun. And that is exactly what has happened, the immune system has targeted your skin and is fighting it .

**Why do you get thick white scale ?** Skin cells are shed so fast that they build up. What is normally shed in 28 days is shed within 4 days . Firstly if scale is present we will need a product to shed the excess scale .

**Which cream is best for you ?** Your skin is as individual as you are .Thus there is no guarantee that any one product will suit everyone .It is for this reason I have developed the introductory sampler pack .This way you try a small amount to road test the best product for you .

The descaler—This is Dermatological cream .

If scale is minor we use a product to sooth nourish protect and repair .This is the C cream .

M cream is another cream that is used for skin that has an underlying infection and also moisturises .

If infection is present other products to clear the infection must be used first.

**Our treatment** is to

1. Isolate what is your dietary trigger /s?
2. Protect, sooth and heal the skin
3. Help you to stabilise your immune system by knowing what triggers you .Whether it is seasonal etc and to teach you how to maintain yourself .

**Ongoing support .**

Everybody response differently .So no two people can be treated exactly the same.

Stress is a trigger Environment is a trigger Foods can be a trigger

Patience is required .If you are not willing to find out what your triggers are this system will not benefit you.

However if you are willing to put up with a little inconvenience initially you will get management of your condition by knowing your triggers - avoidance or compensate to achieve maintenance .

**Reactive skin condition—** You can have an **unidentified allergy or intolerance to any known substance .**

Please be aware that this cannot be predicted as not even you are aware of it or you would avoid it. If you have any reaction to any product discontinue immediately. **Patch testing** is a good idea even though it is time consuming. If the reaction is severe I suggest that you use a cortisone cream that you can get from a GP to calm it down .Above all do not give up you will just have identified a substance trigger that you can now avoid.

\*(TH1 are your fighter immune cells) these are the cells that attack you skin tissue.