

Psoriasis natural treatments

- Fill your diet with an abundance of fresh and cooked vegetables and fresh fruit along with natural grains.
- Enjoy more time outdoors. Psoriasis can be helped through intelligent sunbathing, since it usually appears on areas protected from the sun. Also, it seems to get worse in the winter.
- Many psoriasis sufferers have very high cholesterol and can help the condition by eating sunflower oil containing lecithin, which helps emulsify fat in the body.
- Increase your general vitality to help your body's own efforts to combat psoriasis and other conditions. Nutrients are lost because your skin constantly has to renew itself, so taking extra vitamins, especially vitamin A, C, and the Bs, folic acid as well as kelp.
- Take evening primrose oil and apply it topically.

sunflower

Excerpts from Lily's book, *Beauty, Health and Happiness – A way of life.*

More recipes available at
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