



Back To School!

It's hard to believe that summer break is coming to an end! As I write this during the last few days in July, I am just hoping that August brings in some cooler weather! I know, I know... not that long ago I was wishing for summer! I just like those perfect days - you know - high 70s to low 80s with a slight breeze, no bugs, & a nice glass of wine in my hand, as I am sitting outside my camper! Those are my favorite days! Happy Back To School Shopping!

~ amber

Did you know that August is Psoriasis Awareness Month?



Psoriasis Is The Most Prevalent Autoimmune Disease In The United States

7.5 Million Americans Have Psoriasis



2-3% Of The World Population Have Psoriasis

10-30% Of Psoriasis Sufferers Also Develop Psoriatic Arthritis



60% Of People Having Psoriasis Reported That It Significantly Affects Their Quality Of Life

Psoriasis Usually Appears Between The Ages Of 15-25



Psoriatic Arthritis Usually Appears Between The Ages Of 30-50

Direct & Indirect Health Care Costs Are Calculated At 11.25 Billion Annually



60% Of Psoriasis Sufferers Missed An Average of 26 Work Days Annually

1 Parent Has Psoriasis - Child Has 10% Chance Of Having It



Child Has 50% Chance Of Having Psoriasis If Both Parents Suffer From It

Mild Case - Covers Less Than 3% Of The Body (IE: Covers Your Hand - Considered About 1%)



Moderate Case - Covers 3 - 10% Of The Body

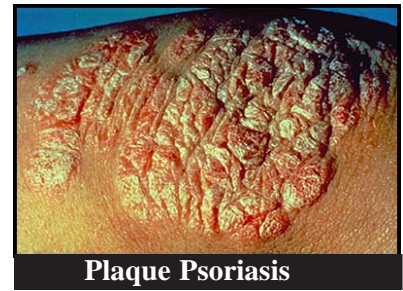
~ National Psoriasis Foundation

A simple definition of Psoriasis is... “a common skin disease characterized by external local irritations, disorders of the body & allergies.” There are approximately 150,000 new Psoriasis cases diagnosed each year. Most often, it is found in Caucasians & it does affect both men & women equally. There are five different types of Psoriasis: Plaque, Guttate, Pustular, Inverse, & Erythrodermic.

Plaque Psoriasis

Plaque Psoriasis is the most common type of the five. The skin will have raised, inflamed, red lesions that are covered with silvery white scales. The silvery white scales are actually dead skin cells. The lesions may have dot-like spots, that at first are very small & slowly grow bigger, becoming scaly. Scales will fall off easily, & often times visible tiny bleeding points will appear.

The tiny bleeding points are also known as the “Auspitz Sign.” Plaque Psoriasis may cover large areas of skin & the plaques may merge into each other. The plaques most often appear on the scalp, knees, & elbows, but can be anywhere on your body. Plus, the plaques may be in the same places on both the right & left sides of the body.



Plaque Psoriasis

Guttate Psoriasis

This type of Psoriasis will appear in small red dots on the trunk, arms, & legs. There may be some scales on the lesions. Guttate Psoriasis often flares up after some type of viral upper respiratory infection or streptococcal infection.



Pustular Psoriasis

Pustular Psoriasis

Pustular Psoriasis causes pus-filled blisters to form on your skin. The blisters are called “pustules” & are filled with white blood cells. Most of the time, it affects your hands & feet, but can occur all over your body.

Inverse Psoriasis

Inverse Psoriasis appears as smooth, inflamed lesions that do not scale. These lesions become irritated by rubbing or sweating & usually appear on the groin area, under the breast area, &/or in other skin folds.

Erythrodermic Psoriasis

This type of Psoriasis affects the whole body. The skin is painful, red in color, itches severely, & affected areas may experience swelling. Fine scales will also appear & will fall off. Erythrodermic Psoriasis will cause fluid, protein, & electrolyte loss, often times leading to severe illness. Edema may develop, followed by infection. Furthermore, the body’s temperature regulation will be disrupted, which can cause an irregular heartbeat in people with pre-existing cardiovascular issues. This type of Psoriasis has the potential to be the most deadly, causing infection, pneumonia, &/or congestive heart failure.

What Causes Psoriasis?

First of all, recall that hereditary does play a role in who does or does not suffer from Psoriasis. Secondly, other factors can initiate the first break out &/or continued breakouts & the worsening of symptoms. These factors include: stress, imbalance in hormones, allergic reactions, toxic substances, &/or vitamin, mineral, & nutrient deficiencies.

When the body is under stress, this stresses the body’s systems, which compromises overall health. For instance, stress can weaken the adrenal gland. The adrenal gland plays a role in controlling inflammation. Inflamed lesions are just one of the symptoms of Psoriasis. Stress can also lead to fatigue, a poor functioning thymus gland, a weakened immune system &/or low blood sugar. All of which are causative factors in Psoriasis.

Understanding how hormones affect Psoriasis is a little more complex. Steroid hormones are produced by the adrenal gland, which are a natural version of the cortisone cream that may be prescribed to stop the inflammation of Psoriasis. However, if the body is under stress for long periods of time, the adrenal glands will become exhausted & cease producing all-natural cortisone. Lack of cortisone may trigger a Psoriasis outbreak.

The pancreas has many functions, one in particular is the production of the hormone insulin. Insulin helps to keep proper blood sugar balance. Too much sugar in the blood is know as “hyperglycemia” & too little sugar in the blood is known as “hypoglycemia.” A common problem for people who are suffering from Psoriasis is hypoglycemia.

The thymus gland also plays a role in Psoriasis. This gland is part of the Immune System & secretes a hormone called “thymosis.” Thymosis regulates the production & maturation of T Lymphocytes (*aka: white blood cells*), which are responsible for cell-mediated immunity. If Thymosis levels are low, chances are the body’s Immune System is also functioning at a low level. This leaves the body open to frequent infections, headaches, arthritis, & seems to be a causative factor in Psoriasis.

Other factors that seem to encourage Psoriasis are allergies, toxic substances, &/or vitamin & mineral deficiencies. Sometimes the immune system thinks a “harmless substance” is an invader & attacks, causing an allergic reaction. Characteristics of an allergic reaction are swelling & inflammation. Some Psoriasis cases appear to be the result of an allergic reaction.

Toxic substances can overwhelm your body, causing your skin to become inflamed. This may cause our skin cells to reproduce too fast, which causes the Psoriasis characteristic - silvery scales. Furthermore, toxic substances can impair your liver function. If your liver function is compromised, the trickle down effect occurs. The GI System will be unable to do its job properly & therefore the bowels will suffer too. Polyamines (*aka: toxic compounds in your bowels*) will keep your body from making cyclic AMP (*aka: regulators of cellular metabolism*). There is a connection between lack of cycle AMP & Psoriasis characteristic - silvery scales that accumulate on the skin.

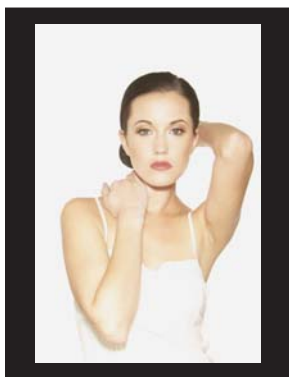
Vitamin & mineral deficiencies also play a role in healthy skin. Many Psoriasis sufferers are deficient in Vitamin A, Vitamin E, B Vitamins, the minerals Selenium & Zinc.

In addition to vitamins & minerals, Linolenic Acid also seems to play an important role in supporting healthy skin. Linolenic Acid is an Essential Fatty Acid (*aka: EFA*) & is used by the body to produce hormone-like substances called prostaglandins. There are two type of prostaglandins, Type 1 & Type 2. Breaking down stored fat & decreasing swelling are the responsibilities of Type 1. Type 2 prostaglandins are involved in allergies, autoimmune reactions & promote swelling. All things that can cause Psoriasis lesions.

Now What?

Allopathic medicine offers many different ways to approach Psoriatic conditions. It is important to discuss with your doctor the different approaches & the side effects that come along with these type of treatments.

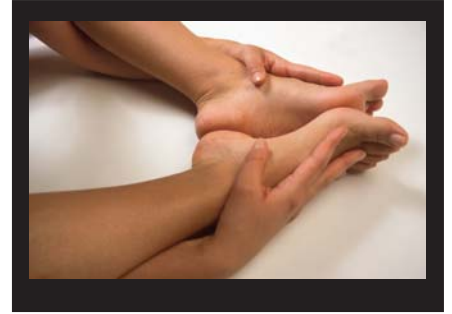
In the meantime, you may also consider using alternative medicine to promote healthy skin, a healthy immune system & healthy hormone balance. Plus, take steps to handle stress, eat a healthy diet, & don’t drink alcohol. (*Alcohol adds more stress to the liver. Psoriasis is a sign that your liver is already sick.*) As always, discuss these options with your health care professional.



Evening Primrose Oil	High Amount Of GLA - Excellent EFA To Promote Healthy Skin*
Vitamin A	Skin Utilizes Vitamin A For Healthy Maintenance & Repair*
Vitamin B Complex	B Vitamins Support Your Body’s Ability To Handle Stress*
Vitamin C	Supports A Healthy Immune System*
Zinc	Supports Healthy Oil Gland Activity*
Milk Thistle	Supports A Healthy Liver*
CoQ10	Promotes Cellular Energy*

Support Healthy Skin!

Bill's Back Page *"My Page ~ My Domain"*



NC114 **Psoriasis HP ~ 1 Ounce Homeopathic**

Arsenicum Alb 30C, Graphites 30C

Relieves Dry, Rough Skin

Arsenicum Iod 30C, Borax 30C,
Calc Carb 30C, Thyroidinum 30C

Relieves Psoriasis

Mezereum 30C, Morgan B 30C,
Phytolacca 30C, Sepia 30C, Sulphur 30C

Relieves Itchy Skin

Nat Mur 30C

Relieves Dry Eruptions

Silicea 30C

Relieves Rose-Colored Blotches

NC14 **Psoriasis Gel ~ 2 Ounce Topical Homeopathic**

A combination of homeopathics in gel form to be applied topically to Psoriasis breakouts.



NC576 **Psoriasis Shampoo ~ 8 Ounce Topical Homeopathic**

Fucus MT, Arsenicum Alb 12X
Mezereum 12X, Sulphur 12X

Relieves Burning Sensation

Juglans Reg MT< Urtica Ur MT,
Phytolacca 12X

Relieves Itchy Scalp

Lappa MT, Merc Solub 12X

Relieves Eruptions On Scalp

Arsenicum Iod 12X

Relieves Dry Scalp

Borax 12X, Iris Vers 12X

Relieves Psoriasis