

Alternative Treatment For Psoriasis: Detoxification

An alternative treatment for psoriasis is detoxification. This treatment may just be the solution that you need to keep your skin disorder under control. According to naturopathic doctors, treating psoriasis helps by treating your liver. Psoriasis has been linked to the presence of several microbial byproducts in the blood. These signs point to an abnormal function of the liver. Your liver is supposed to be responsible for filtering and detoxifying the blood. With microbial byproducts found in the blood, it is an indication that your liver is either overloaded with excessive levels of these toxins or that there is a reduction in its detoxification abilities. Psoriasis, which means "to itch" in greek, is a chronic ailment whereby your skin forms red lesions that develop into scales or patches all over. These red eruptions make the skin itch leaving marks. The intensity of your skin disorder is likely to differ from that of another person. Intensity levels range from a massive outbreak to as mild as just a few patches. Psoriasis is an autoimmune disorder. It is usually genetic but is not infectious or contagious. Although it appears that there is no particular cure for this disease, there are some things that you can do to reduce the level of your itch. Naturopathic doctors say that the inflammation of the skin, red eruptions, scales and flakes on the skin which cause itching are clear signs of toxins. An alternative treatment for psoriasis namely detoxification, should help to remove harmful toxins and poisons from your liver and body. There are in fact many ways to detoxify for psoriasis and you may wish to adopt a combination where appropriate:

- **Detox diet.** To detoxify for psoriasis, a dedicated detox diet program that helps you to cleanse your liver will help. Consult a naturopathic doctor for this. He should be able to advise you on how to go about with a liver and a body cleanse. Do take note that women who are pregnant should not go on a detox diet nor consider any form of detoxification during their pregnancy. Also, if you are taking any conventional medications, get your doctor's advice before going on a detox diet. In all situations, a healthy and balanced diet is a must. You should not consume food or drinks that will aggravate your disease. Avoid caffeine, such as coffee or strong tea. Herbal tea is also recommended for psoriasis. Spicy food and alcohol should be restricted. Refrain from red meat, shellfish and tropical fruits.
- **Herbal supplements.** There are many types of herbal supplements for detoxification of your liver. These herbal supplements help enhance your immunity system and can prevent the psoriasis from recurring. Peony Red, Moutan, Lithospermum, Millettia, Salvia, Carthamus, Sophora (root), Rehmannia Raw, Gardenia, Isatis Root, and Smilax are some of the herbs used in psoriasis tablets.
- **Homeopathy.** Homeopathy is an alternative treatment that has been effective for many types of diseases. For a homeopathic remedy for detoxification, you will need to consult a practitioner who has specialised knowledge.
- **Hydra detox system.** Hydra detox system is a machine by which you soak or immerse your feet, for approximately half an hour, in water. The machine helps to remove the harmful toxins through the pores of your feet. It is a new age method for detoxification of psoriasis and can be included as part of your overall treatment plan to become well.
- **Reduce stress levels.** Psoriasis like most other diseases is worsened by stress. Stress increases the toxins in your body, thus resulting in negative effects on your health and skin. You should try these suggestions for alleviating stress levels: meditation, yoga and sleeping well. Getting rid of stress helps to rebalance your system to a healthier and stronger state.

About the Author

Yet, today, the commercially prepared dog foods made from a fixed formula of ingredients and preparation methods provides Buster with a balanced.

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