

THE DOCTOR IN THIS OFFICE IS AUTHORIZED TO GIVE YOU A COPY OF THIS SECTION TO USE AT YOUR HOME.

## SO YOU HAVE PSORIASIS? THERE ARE TREATMENT ALTERNATIVES...



**Psoriasis** is a skin disorder that is thought to afflict about 6 million people in this country alone! **Psoriasis** is also thought to be an auto immune condition, although the jury is still out on that allegation. Psoriasis is characterized by patches of brilliant red skin on particular body parts such as elbows, the scalp and knees. It may cover the whole body. The skin areas also may appear as small, white flecks of skin that

resemble fish scales superimposed on red patches.

If psoriasis affects the joints, as it does on some afflicted persons, it is referred to as **psoriatic arthritis**.

Psoriasis is not contagious, but may affect the person's self image, and may become a constant source of concern and embarrassment, especially if the psoriatic areas are visible. Medications and creams may be helpful, rarely *curative*, and may have unpleasant side-effects, such as internal absorption of prescribed steroids, which may damage internal organs. These creams and topical medications may also cause skin damage, redness, bruising, pigmentation and dilated blood vessels that are close to the skin surface. Stopping steroid creams sometimes causes a flare-up of the condition. These creams can cause eye damage such as cataracts and glaucoma, if some of the cream gets into the eyes. Some psoriasis medications warn against possible **death** as a side effect.

To understand the best curative procedures for psoriasis, it is helpful to look at the skin surface of the human body as a major organ of

**elimination**, along with the bowels and kidneys. *Best results in healing this problem is to enhance elimination of toxins from the system, so as to not use the skin for elimination, and to aid restoration of a weakened colon-an effective "leaky gut syndrome."* In a leaky gut syndrome, toxins from the large intestines (colon) are allowed to penetrate the lining of the colon- a "leaky gut" causing small openings between the cells- resulting in a toxic or poisonous reaction throughout the system. Much of this recommended therapy for psoriasis centers around healing the colon, and detoxifying the entire system. **(See Leaky Gut Syndrome in this text).**

This "leaky gut" ailment, has likely been caused by antibiotics, toxins, known or unknown, poor diet, parasites, or some type of infection.

Evidence also suggests that psoriasis is the result of an **excessive accumulation** of the mineral copper in the body. The excess or **non-usable** copper may be eliminated through the skin surface, and the resulting irritation causes the red, inflamed patches of skin. Most psoriasis patients exhibit a deficiency of the mineral zinc, which again results in an excessive amount of copper.

Detoxifying the system also means modifying the diet, and eliminating certain foods that add a toxic substance to the colon. Thus, the dietary recommendations that are made in this text.

## Here is what has been found effective with many persons suffering with psoriasis:

### REQUIRED

#### SPINAL ADJUSTMENTS TO RELIEVE "PINCHED OR IMPAIRED NERVES" IN THE SPINE

We strongly urge you seek out a chiropractic doctor; discuss your situation, and adhere to this care provider's recommendation. Ordinary chiropractic spinal adjustments alone, commonly resolve most health problems, and always enhance health and well-being. Sometimes other treatments are necessary, but this first step is the most effective approach to most health problems.

Spinal adjustments are done to make sure the nerves from the brain and spinal cord are clear of any interference that might result in less nerve control going to parts of your body. Even without back or neck pain, you may have significant impairment to proper nerve functioning.

Please be aware, that others in your life, including your regular medical physician, may attempt to discourage you from seeking this kind of care. Their intentions may be sincere, but they are likely mis-informed. There are rarely any reasons for not having spinal adjustments, and any potential side effect is extremely rare, compared to the side effects so common with medicine and surgery.

Allow chiropractic care a reasonable time period for correction of your ailment. This may require weeks of care. It may pay dividends in health.

If you have not been rendered free of the condition or cured, it is in your best interest to seek help elsewhere. Remember however, relying on daily use of potentially harmful drugs to maintain relief of symptoms, is not the same as a "cure." ***If your regular physician has cured your psoriasis, you should stay with him.*** If not, look for help elsewhere, and this book may provide some more effective answers.

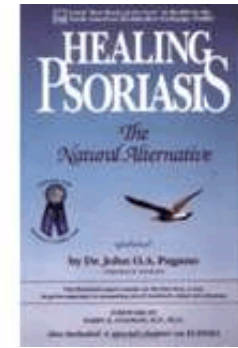
**ASK YOUR DOCTOR IN THIS OFFICE IF HE/SHE WOULD RECOMMEND THESE ADDITIONAL SUGGESTED THERAPIES.**

One of the more definitive texts on healing psoriasis, is authored by Dr. John Pagano.

### **Healing Psoriasis: *The Natural Alternative***

by Dr. John Pagano

Available on Amazon.com



Let's worry about fixing the malfunction in your body, and in this author's opinion, these recommendations, followed diligently, can offer significant relief and alleviation of multiple health problems, including psoriasis and skin- eczema- problems, of all types, versus just covering the pain and discomfort with drugs. We refer to this as alternative healing- *an alternative to drug therapy.*

## THE CASTOR OIL PACK

The use of the "Castor Oil Pack" is helpful in most health problems. It is easy to use, comfortable, and without side-effects. It should be used at about the same time on each day of usage and is often most convenient to use it at bedtime. The "pack" is used to aid the lymphatic system in the body, to detoxify the liver, aid the bowels in elimination of toxins, and strengthen the immune system. It has been particularly helpful to those people who will use it diligently and with a healing attitude.

If you wish to learn more about this remarkable health-aid, you may order a textbook by Wm. McGarey, M.D., entitled "**The Oil That Heals.**" Many health food stores carry this book, or you may order it from **AMAZON.com**

### **Here is how you use the Castor Oil Pack:**

You should purchase castor oil and a piece of flannel, (wool flannel is preferred). Many health food stores stock the actual castor oil pack, along with the oil. Castor oil that you buy locally should be unadulterated - no coloring agents, deodorants, etc. Your best bet and highly recommended, is to purchase *Organic Castor Oil* from **www.IodineSource.com, 1 (407) 965-9903** Many castor oil products contain pesticides, and are less effective. This company can also supply the actual oil pack as well.

The pack is used over and over, just adding oil each time it is used. It should be large enough to be folded several times to about 1 foot by 1 foot square. It should only be used by you.

1. Simply pour a liberal amount of Organic Castor Oil onto the flannel, saturating it thoroughly.
2. Place this wet cloth (several folds to about 1 foot square) on your right abdomen, below the ribs, extending out to the navel (belly button) and down to the right front hip bone, while reclining.
3. A **water proof heating pad** is then placed on the pack, as warm as you can tolerate. Be very careful not to burn the skin. If there is a known inflammation occurring in your abdomen, do not use a heating pad, **and be especially careful with children.**
4. Lay a towel over the heating pad (plastic in between the towel and the heating pad if you wish).



5. Maintain the pack and heating pad over the covered area for 1 hour, and do so three (3) days in a row, per week. Plan on several months using the pack, at a minimum, for the best results.

6. After three (3) days using the “pack,” take one (1) teaspoonful of olive oil by mouth. It is more tolerable in cold tomato juice. Adults may take as much as ½ cup of this, but gall bladder problems sometimes flare-up. Check with this doctor!

## DETOXIFIED IODINE

Have the doctor in this office obtain a product called **“Detoxified Iodine,”** an **iodine** solution. It is available from two sources as noted in this text. The usual recommended procedure is:

Take drops only of this product in ½ glass of water, on an empty stomach! Mornings are best, ½ hour before eating, or 1 hour after eating. Use the following schedule:

Take 1 drop in a glass of water, on an empty stomach, each day, for 5 days.

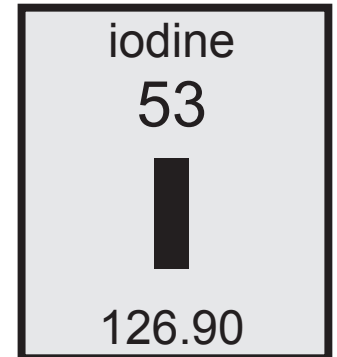
Then take 2 drops of the iodine substance in a glass of water, for 5 days,

Then 3 drops for 5 days, 4 drops for 5 days, working your way up to 5 drops in a glass of water, for 5 days.

**Then stop for 5 days.**

Repeat the cycle as above for another time period of days as described.

**This cycle 4 - 5 times per year would be very helpful.**



Symptoms you may have which will suggest **your cutting down** the dosage, would include low physical energy or even too much energy; your mind may be “racing,” or perhaps you have some headaches. Your appetite may be increased dramatically! **When the thyroid is energized adequately, you may experience a tendency to be somewhat “overcharged” in energy, at which time you should reduce your number of drops per day until you feel more stable!**

You should not indefinitely use this product, as it is designed to “recharge” the thyroid, so that it can work better on its own. It also balances other endocrine glands in the body. Should you experience a slowdown in your energy, you can repeat the dosage for other periods of time as **recommended above. A common sign which will suggest stopping for a period of weeks, is noticing much less need of sleep.**

For children and pregnant women, the best use is to massage 1 or 2 drops daily, on the skin at the back of the patient’s hand. Two or three weeks in a row is best, stopping for the same time period.

Your doctor in this office can order this product from:

**[www.lodinesource.com](http://www.lodinesource.com)**

**1 (407) 965-9903**

## THE APPLE DIET

A major consideration in use of the pack is detoxifying the body, including removing excess levels of the mineral copper.

As a secondary option, in addition to the Castor Oil Pack, you may wish to follow a special diet for three (3) days. This is referred to as the "apple diet." Apples are very high in a substance called pectin, and pectin has been shown to eliminate excess metals/minerals such as copper from the body. The diet is simple, and requires your eating only apples of any variety, with water to drink as needed, for three days. It is not uncommon to lose several pounds in the process. You should follow this diet with a teaspoon of olive oil, after the third day. It is easier to take the olive oil in cold tomato juice.

Normal precautions should be taken with diabetics and their blood sugar who use the apple diet as well as those who may have a colitis condition or hemorrhoids, since apples may temporarily irritate those parts of the body. You should use this dietary approach occasionally over the possible months of treatment.



## ADDITIONAL COMMENTS ON COPPER...

Addressing the mineral copper and its connection to psoriasis is somewhat more involved, in addition to the spinal adjustment and other recommendations. The mineral copper is found in a very small quantity in the body, and the amount is measured in milligrams. For comparison, calcium is estimated to be found in the body at a level of about 1½ pounds, whereas copper approximates 150 milligrams. (A penny weighs 4.85 grams-50 times the amount of copper found in the human body)

Even though copper is a trace mineral-just "**trace amounts**" are needed or found-its function is indeed critical. Insufficient copper has been shown to be associated with heart problems, gall bladder disease, spinal curvatures, blood vessel weakness, aneurysms (ballooning of arteries) insomnia, some **ADD-H**, anorexia, **PMS** (pre-menstrual syndrome), menopause, osteoporosis, and it even has been implicated in mental illness (Pfeiffer). Patients with obsessive/compulsive tendencies or clinical depression frequently display evidence of copper abnormalities.

Copper is a critical mineral for the use of the female hormone estrogen. Any estrogen therapy tends to raise copper in the bloodstream, and in fact, taking the birth control pill will also elevate the amount of copper **retained** in the blood. Women who are migraine headache sufferers commonly experience these headaches about the time of ovulation or during pre-menstrual times. It is at this time that copper levels are the highest, and when the mineral is not properly "handled," it tends to irritate nerves in the brain, may cause blood vessel narrowing, and may trigger the onset of a typical migraine headache. The need for copper that can be used pre-menstrually, is the primary reason for many women craving chocolate, avocados and nuts. Copper is usually very plentiful in these foods. The connection between the mineral copper and estrogen constitutes the best reason more women have migraines than men. It is of course, a major factor in psoriasis as well.

Copper must be eliminated through the gallbladder, and may often cause inflammation of that organ, resulting in it's surgical removal. That may also explain why more women than men have gall bladder surgery.

copper
29
<b>Cu</b>
63.546

It has been said that copper *“must be carried through the body in the same way that we carry money to a bank.. in an armored car.”* All minerals must be carried in the bloodstream combined with an “amino acid” or protein molecule. Since copper is such a “volatile” mineral, compared to the mineral calcium that tends to slow down actions in the body, copper that is not properly combined or “bound” to a protein molecule tends to wreak havoc with the nerves in the system.

In order to properly “handle” the mineral copper, strongly functioning adrenal glands must be available for the patient’s use. The adrenal glands sit upon the kidneys, and produce many hormones including adrenalin, and cortico-steroid hormones such as cortisone. Weak adrenal glands allow much of the body’s copper to be “unbound in that armored car,” and capable of causing serious health conditions from migraines to psoriasis.

Further therapy is designed to solve this problem of copper and psoriasis by strengthening your immune system and adrenal glands.

*It is potentially harmful to take the mineral copper or attempt to regulate the use and intake of copper without competent guidance.* To that end, the most effective assessment of your body’s need for copper, or toxicity to copper, is to obtain a hair mineral analysis, as described below.

The most efficient means of assessing your copper burden is through the recommended hair mineral analysis. If your hair test reveals high levels of the mineral copper, the recommended treatment is designed to eliminate the mineral from your body. \*Sometimes that process can result in a flare-up of symptoms for a short period of time. See the list of possible copper symptoms below. If the symptoms become too bothersome, you should take the mineral *molybdenum*, listed below:

estrogen imbalance	anxiety	hyperactivity	headaches	depression	acne
fears	insomnia	mind racing	mood swings	“spaciness”	

## MOLYBDENUM AND COPPER SYMPTOMS

Many doctors suggest that you take a minimum dose of a mineral called **molybdenum** at this time. Molybdenum, as an “amino acid chelate,” can be obtained at many health food stores, or by having the doctor in this office contact the:

**Endo-Met Company**  
**2225 West Alice Ave**  
**Phoenix, Arizona 85021**  
**Department R**  
**1-800-528-4067.**

and requesting a product called “**Moly-cu.**” Take three tablets per day.

Please be aware that your hair test may not show high copper, but you may have very high levels, based upon other indicators that the laboratory has recognized as proving high levels. Your body will “hide away” high levels of copper to avoid more damage, and certain other signs will demonstrate that. The report from the laboratory will tell you if you have high copper that may be hidden away in your tissues. (See the hair analysis recommendations below and Copper Toxicity in the Appendix).

# HAIR MINERAL ANALYSIS

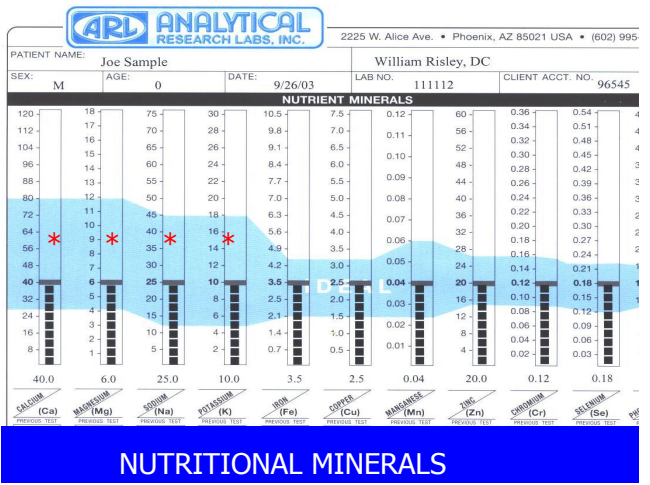
One of the most effective, non-invasive tests, to assess your health is a mineral analysis of your hair. Head hair is preferred, but bleached hair is not acceptable until enough new growth is available. A "hair analysis" is non-invasive, does not hurt, is inexpensive, and provides an accurate picture of nutritional minerals in your body as well as toxic or poisonous minerals such as lead, mercury, arsenic, cadmium, aluminum, etc. The analysis can be very revealing and helpful in regaining your health.

You must obtain this test through a licensed physician. Ask the doctor in this office to procure the necessary materials to perform this important test. A specialist in alternative healing is your best possible choice, including chiropractic and naturopathic physicians. You must insist that he/she obtain your test from only one laboratory. Many laboratories treat the hair with an extensive "pre-wash," and this has been shown to seriously affect certain nutritional minerals, such as magnesium, calcium, sodium and potassium. A test by any other laboratory will be of little or no value **IN THIS TREATMENT PROGRAM**, and specific nutritional recommendations will not be provided. The recommended laboratory is:

**Analytical Research Laboratories**  
 P.O. BOX 37964  
 Phoenix, Arizona 85069-7964

Your doctor in this office may call the laboratory at 1- 800-528-4067, and ask for "Department R" for additional information or a personal consultation. The author of this text is a consultant to this laboratory. (This test is not available in New York.)

An extensive, multi-page report will be completed and sent to this physician, with advice on mineral findings, and nutritional recommendations for your health concern.



# COLON IRRIGATIONS

Another option in cleansing/detoxifying your body, especially if your hair analysis reveals toxic metals, is to have a number of colon irrigations. Colonics, as they are called, are painless, comforting, and when done by a professional are discreet and non-embarrassing. The benefit of the procedure outweighs any other concerns you may have.

Colon irrigations or colonics, are many times more effective than enemas, and are designed to cleanse the colon, and aid in detoxifying the body. They are very effective, as an adjunct when used during the times you are using the castor oil pack. They can result in many improvements in your well-being and general health. It is suggested to get at least two to four per month for a period of six months.

More frequent colonics may be recommended by the therapist. Ask your colonic technician to add 1/2 teaspoon of table salt and 1/2 teaspoon of baking soda to the final rinse water. You should order Glyco-thymoline from [www.IodineSource.com](http://www.IodineSource.com). Some pharmacies and health food stores carry this product as well.


Have the colonic irrigation technician add 1 tablespoon in the final rinse water of your colonic. Adding salt and baking soda tends to prevent reabsorption of toxins in the colon. Glycothymoline is helpful as an intestinal antiseptic.

## DO PROPER FOOD COMBINING AS BELOW:


Proper food combining principles enhance digestion times significantly. Studies suggest that improperly combined food in the stomach markedly slows and impairs digestion. This results in significant delay to the food breakdown, which then becomes a toxic burden to the remainder of the intestinal tract. We urge that you adopt this preferred way of eating!

### FOOD COMBINING PRINCIPLES


**Column 1**  
**PROTEINS**  
Meat, cheese, eggs, fish, shrimp, poultry, milk, butter and yogurt



**Column 2**  
**VEGETABLES**  
Salads of lettuce, spinach and vegetables of most kinds



**Column 3**  
**REFINED CARBOHYDRATES**  
Flour products, breads, pasta, cereal, grains, plus rice, croutons, and even potatoes.



**GENERAL RULES: Never mix Column 1 with Column 3**  
Column 1 (proteins) *OR* Column 3 (carbohydrates) can be mixed with Column 2. (vegetables-neutral)  
If you eat proteins *or* starches, wait at least 3 hours before you switch food "types."  
Sandwiches, (bread with meat) should not be eaten.

## ADDITIONAL DIETARY RECOMMENDATIONS

**We suggest eliminating these items from your cooking or eating.**

Eliminate white sugar and white flour, as much as is possible. Cut out sodas, potato and corn chips!

Eliminate fried foods (high temperatures destroy vitamins and alter cooking oils, which is potentially harmful to your body).

Eliminate pork from your diet, other than *occasional* crisp bacon

Eliminate margarine from your diet and *aspartame*!

Avoid micro-waved food.

Avoid Teflon™, aluminum & copper pots and pans (Porcelain, glass or stainless steel are best)

**Slow oxidizers** should eat less fat. (See your hair analysis report)  
We do not recommend soybeans or soybean products, because of copper content.

### Follow these additional recommendations:

You should not use cream/milk in coffee. No citrus with milk or cereals.  
Eat fruit alone. Eat melons alone. Eat apples alone.

Do not eat fruit with vegetables!

Eat roughly three above ground vegetables to each vegetable  
that grows below ground.

Raw vegetables are best. Carrots should be cut up fine or cooked slightly

**Fast oxidizers** should eat more good fats (See your hair analysis report)

Nuts of all kinds, **dry roasted or raw (no additives)** are good food sources.

Raw almonds are special foods and are *said to prevent cancer, eaten every day!*

Good fats include olive oil, flaxseed oil and fish oils.

Protein meals with vegetables, maintain good levels of blood sugar, since the digestion time is longer, *vs rapid absorption and use of blood sugar*, with sweets and carbohydrates. This may cause a blood sugar **"drop."** (See Hypoglycemia in this text)



The purpose of this section is to minimize any foods that may negatively affect your body's healthy functioning. Energy saved by eating properly, is energy that can be used to heal other ailments in the system.

Accordingly, eliminating **"nightshade vegetables,"** such as potatoes, tomatoes, eggplant, peppers and paprika is also appropriate. Tobacco is also of the nightshade family, and should be eliminated or markedly curtailed in your use. Tomatoes include sauces and ketchup. Green tomatoes-picked before ripening, can be very hard on your well-being!. **This is a "must" in cases of psoriasis.**

## DRINKING WATER INTAKE

Drinking water of quality is difficult to obtain. Bottled water purchased in grocery stores is often labeled **PWS**, which is a cleverly disguised statement that the water is obtained from **"Public Water Supply,"** the same as you are drinking from your tap water at home. It is convenient, but expensive, and is unethical. Much of the water we consume today is polluted with many, many chemicals and drugs. Reverse osmosis water (R/O) is an improvement, but the process removes most minerals that are important for health, such as calcium and magnesium, plus others. Distilled water generally has most of the minerals removed.

R/O water is probably a good choice, providing you have had a hair mineral analysis performed as recommended, so that you can monitor your calcium and magnesium status, along with other minerals. Most of our water comes to us through copper water pipes, and if the water tends to be less alkaline, (as in artificially softened water) copper is leached from the pipes and is then taken into your body. It tends to have negative effects for your health.

Lacking a guarantee of high quality water, obtaining spring-fed-water from a reliable distributor is your best bet, with reverse



osmosis water being next in line. Do not ever drink artificially softened water, because of the sodium content. The manufacturers of the equipment will deny that sodium laced water is a health hazard, but their job is to sell water processors, not promote health. Do not accept these comments from soft water equipment companies that use sodium for the chemical process.

Potassium-fed water softeners can be just as harmful to drink from! Having decided on the safest, healthiest supply available, increase your intake to at least 6 to 7 glasses per day. It is an aid at detoxifying the body. Caffeinated coffee or tea should not be considered water intake to reach your 6 to 7 glasses per day.

You should not presume that your ordinary water intake per day matches the recommended 6 to 7 glasses. You should pointedly schedule times each day to consume extra water, endeavoring to meet the daily intake requirements as suggested.

## RECOMMENDED OPTION

You should consider eliminating **gluten** from your diet. See the section on **gluten** in the Appendix. Gluten is becoming more and more of a probable threat to good health, through negative effects on the digestive system, and this is consistent with psoriasis. The dietary recommendations in this section tend to eliminate gluten, by concentrating on fruit, vegetables, less beef, and of course no sugar, refined carbohydrates, etc. Additional elimination of gluten food products will be an asset.

Psoriasis sufferers commonly have a tendency to a Leaky Gut Syndrome. Accordingly, gluten should be eliminated from their diet. See **Leaky Gut Syndrome** and **Celiac Disease** elsewhere in this textbook.

Have the doctor in this office obtain a laxative product called "**Sulphur Salts.**" The product can be obtained from [www.lodineSource.com](http://www.lodineSource.com), at the address listed above under Castor Oil Packs. Sulphur aids in eliminating **non-usable** copper from the body. Follow the manufacturer's directions.

**Your doctor should obtain two herbal products from the distributor listed below:**

Slippery Elm Bark Tea, ...and American Yellow Saffron Tea  
[www.lodineSource.com](http://www.lodineSource.com) 1(407) 965-9903

These herbal teas are believed to heal the area of the digestive tract where toxins are able to penetrate into the blood and lymphatic systems, causing the lesions in **psoriasis** patients. Follow the directions on the product as sent from the distributor.

## CONSIDER VITAMIN C AS AN ADDITIONAL HEALTH AID

There is significant evidence developing about the use of Vitamin C (*ascorbic acid*) in large quantities, for many infectious disease and viral problems. Vitamin C in appropriate quantities has been shown to aid in many other conditions as well, **such as allergies**. The quantity of this vitamin seems to be the key. Vitamin C also is known to eliminate copper from the body.

Whenever the body gets enough Vitamin C to make the necessary repairs regarding the health of the person, *diarrhea begins*. Therefore, you then know how much you should take to begin to solve your current ailment. When diarrhea occurs, you need to reduce your intake until the

diarrhea no longer occurs. Then you should maintain this lower level until you begin to experience diarrhea again, reducing it further. Stopping an antibiotic will often allow a return of the illness, and the same thing happens with Vitamin C. **You must continue taking it until you are totally clear of the ailment.**

Robert Cathcart, M.D., states that if you “take 10,000 mgs of Vitamin C (10 - 1000 mg capsules) and *do not get diarrhea*, something is wrong, **and you better find out what it is.”** ([www.Orthomed.com](http://www.Orthomed.com)) In other words, something is causing potential or actual harm, and your body is using up the Vitamin C so fast, diarrhea cannot occur. When it does occur, you now know that you taken enough of the vitamin **to begin** to overcome the disease/ailment that is threatening your well-being. Tom Levy, M.D., states that “there is no virus infection that will exist when you are taking enough Vitamin C.” Enough is the key, as your dosage may run into over 100,000mg per day to destroy the virus! (**Tom Levy, M.D. “Vitamin C, Infectious Disease And Other Toxins.” Amazon.com**)



Consensus of many authorities is that there are *no known side effects* in using very large amounts of *plain* Vitamin C. Any health food store can provide the amount that you can use, but you should try to buy the type of Vitamin C that contains what are called bioflavonoids, such as rutin, *if you are taking less than 5,000 mg per day.*

These “bioflavonoids” (rutin, quercetin, hesperidin, etc ) come with a natural Vitamin C in nature, and the synthetic Vitamin C that is mostly sold today, is *ascorbic acid*. It is not as effective as a natural Vitamin C, but it is much easier to take in large enough quantities. There are no studies of the effect of large amounts of these bioflavonoids, so only take Vitamin C products with those factors included, **if you are taking less than 5,000mg per day.**

Many doctors suggest that you take at least 10,000 mgs (10 Grams) of Vitamin C per day, increasing 5,000 mg per day until the stage of diarrhea as described, and reducing the amount per day when you develop diarrhea. This will aid in reducing copper levels that are so common today, and this therapy has been shown to be helpful in many conditions, in large quantities. As you reduce your intake, maintain the last amount *that does not cause diarrhea*. You should remember that when large amounts of harmful copper are eliminated from the system, you may experience symptoms very similar to the list of copper symptoms below.

### ***In short...***

The amount of Vitamin C (ascorbic acid) you should take as a patient, has been described as occurring when you reach the “**sub-laxative**” effect. When you are faced with an illness, you should take an unlimited amount (perhaps 5,000 mg per hour)-*spaced throughout the day-until* the stage of diarrhea is reached; then reduce your intake until you do **not** experience diarrhea. Continue taking that amount, until you again reach a diarrhea stage, and then reduce your intake further.

You should eventually reach a level of 5,000 mg per day, without diarrhea, and you should continue using that amount of the vitamin indefinitely. You should then switch to a natural Vitamin C product, complete with bioflavonoids as mentioned, for optimal maintenance of good health. If you again become ill, increase your Vitamin C (ascorbic acid) intake.

When Vitamin C begins to rid your system of copper, you may have a temporary flare-up of symptoms. This is a good sign, but it can be quite uncomfortable. This occurrence generally goes away quickly. Cutting down on your Vitamin C dosage is usually helpful at this time. Vitamin C enhances iron “uptake” from meat that you consume. It is better to take your Vitamin C between meals during which you eat meat. **Meat contains iron.**

## Symptoms you may experience as un-usable copper is eliminated from your body:

estrogen imbalance      anxiety      hyperactivity      headaches      depression      acne  
fears      insomnia      mind racing      mood swings      "spaciness"

Remember again, if you take large amounts for the flu, colds, pneumonia, etc., gradually reduce your amounts after you have recovered. Stopping the Vitamin C intake sometimes causes a negative reaction, much like stopping an antibiotic too soon. Additional valuable information is available from the textbook by **Tom Levy, M.D. "Vitamin C, Infectious Disease And Other Toxins." Amazon.com or Livonlabs.com.**

**Children generally require much less Vitamin C.** Less than 5,000 mg per day is a good rule to follow, reducing with the onset of diarrhea.

## EXERCISE

Physical exercise is desirable for maintaining physical and emotional well-being and may be helpful for most ailments. Most diseases affecting the human body result when the immune system and general metabolism are stressed to the point of severe energy depletion. An appropriate response requires energy, and in fact may be energizing in itself. Frequently, the patient lacks the strength or desire to perform any type of treatment and any exercise that overworks or over stresses the body, especially the adrenal glands, can impair the patient's recovery. Moderation is the key when planning and carrying out an exercise regimen.

The term "runner's high" is fairly well known, and when the runner pushes himself, the adrenal glands respond to help the situation. The runner has a sensation of being "high." Such a procedure, unfortunately, affects the well being of the patient in a very negative manner. It is akin to the other old saying such as "whipping a dying horse." One more burst of energy, but the horse may die, or the patient may worsen from the effort.

Walking, *for the pleasure of walking*, is one of the most effective exercises that you can perform. The key is to enjoy the outdoor exposure, mentally and physically, You should not "race" with anybody, and again, *remembering to avoid over stressing your system.* Being persistent in any walking, each day, gradually increasing the length of time, offers the most effective and all around benefit to enhance your recovery.



## USE THE PLACEBO OR "EXPECTANCY EFFECT" TO YOUR ADVANTAGE.

The "placebo effect" suggests that a belief in the proposed effectiveness of treatment can result in positive changes, even if the applied treatment is **"fake" or a "placebo."** Science has shown that such an occurrence can happen. Accordingly, using a positive attitude about your treatment, or perhaps using prayer, meditation, or yoga, etc., may markedly enhance your recovery! (Please see the *Meditation* section in the Appendix.)

A commitment to carefully and diligently follow these recommendations in co-ordination with the doctor in this office, may assist you in getting and staying well. You should remember that there are no short-cuts to healing your body.

## EXPECT TO GET WELL

## SUMMARY FOR THE PSORIASIS PATIENT

1. Get spinal adjustments from a chiropractic physician.
2. Use the Castor Oil Pack, without fail! It is critical in Psoriasis conditions.
3. Obtain and follow a hair mineral analysis report through the mentioned laboratory. Look for zinc and copper problems from the laboratory report.
4. Make the necessary dietary changes. Stop smoking or markedly reduce it. Avoid foods described as "nightshades."
5. Obtain the product called "Sulphur Salts." Use as directed.
6. Get the recommended colonic irrigations for detoxification. Many cases of psoriasis have been known to be cured with colonics alone!
7. Consider the 3 day apple diet on a monthly basis, noting precautions as mentioned.
8. Order the herbal teas from [www.IodineSource.com](http://www.IodineSource.com) 1(407) 965-9903 as noted.
9. Add moderate exercise -walking as noted- and be sure to increase an intake of healthy water to 6 or 7 glasses per day.
10. Have this doctor order the "Detoxified Iodine" and follow the directions above.
11. Check the "zinc deficiency signs and symptoms" in the Appendix.
12. Be consistent and be patient.

## A HEALTHY TIP...

When a fruit or vegetable is picked, it begins to lose its vitamin/nutritional value, depending upon how long it is shipped or delayed to getting into your food supply. Accordingly, it is always best to buy home grown, organic food, and eat it timely, to maximize your nutritional intake.

See [logoscenter.org](http://logoscenter.org) for further health tips.

