My husband used to have really bad psoriasis for a long time. He is doing a lot better now, thanks to his healthy lifestyle. He attributes it to having done the ReJUVAnate cleanse to get rid of the toxins, and then simply staying away from as many toxins as possible. We are very particular as to what products we use on ourselves and to clean our home, so YL products have had a lot to do with his getting better... all the products, not just the oils. We also stay away from processed foods and try to eat lots of organic foods, which don't have pesticides and have more nutrients in the soil, when they were growing. And one more thing..... sunlight, as someone mentioned. It's definitely good to get as much sunlight as possible, without spreading on toxic sunscreen. What works well for us as a sun protector is the V-6 oil complex, which works great on its own, but is even more powerful when you add about 10 drops of lavender oil to the small bottle of it.

Hope these tips will help you as well
Mirdza
Encouraging people to live a healthy lifestyle

Hi Shayla

I've had GREAT success with using lavender oil neet on my psoriasis.
It's taken 2 months of using it daily; the psoriasis IS going away.
I'm also using the YL soap that has geranium and melaluca in it.

I make sure to stay away from any and all sulfates in soaps and
shampoos. They make my psoriasis worse and make it spread. Since
the YL soap has geranium in it I have also started using geranium oil
on it. I haven't noticed any difference yet, though. The biggest
difference I've seen on me has been with the lavender.

Oh, I'm also using Rose ointment to keep the plaques from drying out.
Helps a LOT.

Kirsten in Utah
Hi Herb -
Best I can tell from some intense research on the subject for a close
friend one time, and good success with the recommendations and herbal
formulae we personalized, you will find some similar input from both
the Edgar Cayce foundation (they sell a book written by a Doc who
studied with him, I've lost track of the name but found it in the
Boulder, Co Unity Church bookstore) - and Ayurvedic medicine. It
appears it is less directly genetic, more cultivated genetics from
family common lifestyles (esp diet) probably.

Lots of foods like chiles, tomatoes, raw spicy onions/garlic/arugula
that kind of thing, acidic foods like red meat, eggs, hard cheeses,
alchohol...some list they have are all aggravators.

By Ayurvedic medicine, one of the keys is to avoid "pitta" increasing
foods, or minimize (such as above and others). Liver is quite
involved with skin problems and psoriasis in particular. It needs
some layers of cleansing (which of course needs a well moving bowel
before beginning). Except one can simultaneously start the blood
cleansing bitters even dandelion or burdock probably good, check the
herbals. Internal essential oils would have to be also the bitter/cooling
liver specifics after 2-3 weeks started with the Cleansing trio
process/ongoing.

I have found mention and used successfully an ayurvedic herb called
manjista most specific for the blood/lymph/liver cleansing and not
really harsh (surprising red color doesn't heat, and effects are given
without much obvious bitter taste). But herbs are rarely used alone,
should be balanced. Cayce doc used slippery elm tea in am and
American saffron in drinking water at night, not together he said, to
help repair intestinal lining which apparently is involved/leaking.

I've had clients respond well short term with ylang ylang topically,
for relief only not at all curative of course. Self care on this kind
of chronic/long time accumulating problem is not wise and often
ineffective unless under skilled health practitioner's guidance.

I'd be really cautious for a while with the master cleanse, esp with
summer coming on. The lemon, cayenne, and as many use, agave, all
create heat in the body and can aggravate his condition. I'd sub at
least part fresh lime (cooling), easy on the cayenne, and the
traditional maple syrup if doing it in hot weather or the early fall.

Best -
Ysha

Hi Herb, I agree with the cleansing, cleansing, cleansing. I
 personally think it is the best way to get to bottom of skin

 Herb wrote:
 Does anyone have a good solution for psoriasis?
 Our 19 year old son has a bad case of it. It has affected his
self esteem. A number of his relatives have it also so there must be

I used the essential beauty serum (dry) in conjunction with meleluca
on my 13 year old daughters psoriasis and she has not had so much as
a dry patch since , it healed right up:)
Sarah

I've been using lavender on my psoriasis for the past two months.
One area of psoriasis is almost gone! A few other areas are being
stubborn but I'm not giving up. The smell of the lavender is too
much for me, so I put a couple drops of lavender oil on each area
of psoriasis, wait a few minutes then take my morning shower.
Sometimes I put Rose Ointment on after my shower. I go through a lot of
 lavender oil this way but it's working for me.

Good luck to your son. Psoriasis is not fun. I have some on my
 face, behind my ears, both hands, both elbows, one knee (it has
been on both knees in the past), various spots on my legs, and a few
other places.

 Apple cider vinegar has also helped. I put it on straight from the
 bottle.
Kirsten

Hello Herb
Skin conditions (psorasis included) need to be dealt with internally. The
body needs to be cleansed. I suggest increasing water, shifting the diet &
cleanse. I guess this could be considered genetic if the family isn't taking care
of themselves & passing that way of life down to their children....
namaste
Annette

Psoriasis indicates excessive acidic pH in the body. The more acid in the
blood and skin, the less therapeutic effect the oils will have. AlkaLime
and MultiGreens are both helpful for balancing this. Use JuvaTone at least
120 days. To soften cracking skin, cover with Rose Ointment.

David himself battled 4 years of agonizing psoriasis. Like David there are
millions of people around the world that have psoriasis, a chronic disease
characterized by red, thickened patches of skin covered by scales or flakes.
Psoriasis is an autoimmune disorder that results when the body's immune
system attacks its own tissue. Scientists now target the infection fighting
T cells as the trigger in this process of mistaken identity.

When David went to Doctor Mantell he was told about the Miracle 2 products.
David later went back and got his order and immediately began his soaking
bath in the soap. We have shared the story before but David at first got in
a few days 80% relief and later his 20%. And it wasn't SNAKE OIL that cured
it. It was that David learned to clean out the 7 million pores in the body.
But again he warns us not to detox the body too fast because you can easily
get a set back to where you'll feel either over energized, or not enough.
And in David's case his flesh peeled several times in various areas. We
have shared his story with you before, so no need to repeat again.

Hi Karla

A lady at my recent Bible Oils class put the Cedarwood on the psoriasis on
her face and it cleared up immediately. Her case was not near as severe as
your lady's, but the oil definitely worked! Carole Miller

Heidi

My mother has had psoriasis on the inside of both arms off and on for the
past couple of years. We have tried many oils, Regenolone, etc. and nothing
helped much. The only thing that clears it up when it starts is applying
apple cider vinegar. She has found that lotions other than YL are one the
things that bring it on. She is now working on a liver cleanse to try to
keep it from returning. Linda