

Detox & Psoriasis

There are many different kinds of psoriasis and a multitude of ways it can affect people's lives. For some people it just causes minor discomfort, whilst for others it can affect them quite seriously, especially their self-confidence.

Psoriasis tends to be 'triggered' by something; for example it can arise when the body's toxic load becomes too great and the skin becomes overloaded and struggles to eliminate effectively. It is also linked to the immune system becoming over-active and is often described as an auto-immune disease. Our experience with detox and psoriasis is that it responds very well to the juice fasting process. This is because all of the body's routes of elimination are opened up and decongested, which ultimately reduces the amount of toxins which need to be eliminated through the skin.

It may surprise you to know that skin complaints are often related to the state of health of the gut. If your digestive system, bowel and liver are not working properly this causes greater eliminative pressure on the skin as a route of elimination. Constipation, IBS, allergies, candida and yeast infections can all underpin skin complaints. However, a comprehensive detox programme can restore bowel health and rebalance the intestinal flora and optimize digestion and elimination.

Skin health comes from within and much can be done to support healthy skin with a good diet along with efficient elimination of toxins and positive lifestyle changes.

In our experience emotional and mental attitudes also play a huge and intricate part in the 'triggering' of psoriasis to develop. We have witnessed time and again cases of psoriasis turning round once the root cause of the problem has been addressed – often a long standing sadness, a sudden shock or negative belief pattern. For anyone who saw the TV series 'Spa of Embarrassing Illnesses' you will have seen several cases of psoriasis being linked back to a sudden shock or emotional trigger. During the detox process it was clear to see how quickly each individual's skin started to change and in each case of psoriasis an emotional trigger factor was clearly identified.

How much each individual's condition improves depends on many things – such as the depth of the condition, how long you have had it; underlying factors of age, predisposition / inherited factors and many more that are unseen.

Our detox retreats give people the ideal environment to allow the process of healing to happen. We take a holistic view of healing, and combine the strength of the physical detox process with therapeutic help on the emotional / mental and spiritual levels, so that each individual will get the best out of their week. Nature is a most powerful force, and much can be achieved in just one week. Whether your condition is purely on a physical level, or has underlying and deeper causes, the retreat usually provides a way forward towards greater health, often in a completely transformational way.

Tips for a healthy skin

Eat plenty of good quality vegetable oils e.g. linseed / flax oil, seeds & nuts.

Take fish oils for omega 3 fatty acids or Evening Primrose oil.

Make sure you eat plenty of Vitamin E, found in avocados, nuts and seeds, fish, wheat germ.

Zinc is important for a healthy immune system as well as healthy skin and a good complexion. Food sources include: organic liver, oysters, shellfish, meat, hard cheese, eggs, pulses, brown rice, and green leafy vegetables.

Drink plenty of filtered water.