

PROGRAM SKIN HEALTH

ACNE AND PSORIASIS

Breakfast

Organic oatmeal, soy milk, 3 Tbsp. fresh ground flaxmeal

2 soft boiled eggs, 1 slice whole grain toast, 3 tablespoons freshly ground flaxmeal

Hot brown rice cereal w/cinnamon, ½ cup fruit, 2 Tbsp. flax oil

Smoked salmon, sweet potatoes with rosemary

2-3 egg omelet with spinach and chopped green pepper

Beverages: iced herbal teas, green tea, water with lemons or limes added

Lunch and Dinner

Season sardines in water (green and white label), green salad

Swordfish steak, grilled onions, green salad with flax oil dressing

Large green salad with grilled chicken or tuna and dressing

Lean hamburger (4-6 ounce) with tomato, lettuce and onion and grilled vegetables

Large mixed green salad w/ oil and lemon juice, small can of tuna, chopped yellow and sweet red pepper

Beef, lentil and vegetable soup, (celery, carrots, onion, cabbage)

Chicken salad made with sugar-free mayonnaise, roasted vegetables, spinach salad.

1 chicken breast with rosemary, ½ cup black eyed peas, roasted onions or garlic, spinach salad

Salmon burger patties made with 6 oz. Chopped salmon, onions, dill, an egg, and ¼ cup ground sesame seeds, and sautéed in skillet with 1 Tbsp. butter

Beverages: chamomile tea, iced herbal teas, water with lemon or lime, Green Magma and/or Kyogreen

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Snacks

Small handful of any nuts and seeds (preferably raw and organic), almond butter on a cracker or celery stick, a piece of fruit, or plenty of water, Kyogreen, fresh green vegetable juice or iced herbal tea.

Avoid

Fried foods, hydrogenated oils, safflower, sunflower, corn oils, soft drinks, alcohol, processed meats. Avoiding dairy products (esp. Milk, butter, cheese) may be necessary to eliminate acne.

Limit

All refined and concentrated simple sugars, and refined carbohydrates

Suggestions And Goals

Skin problems can have many causes:

- Inadequate Bowel And Liver Detoxification and/or Dysbiosis
- Missing/Imbalanced Nutrients
- Hormonal Imbalances
- A Lack of Skin Hygiene
- Food Allergies and Intolerances

Nutritional therapy for acne and psoriasis may take up to six months to work. Sometimes, however, results appear in as little as two weeks. This will vary from person to person.

Eliminating any possible food allergies are important. Milk and wheat are common culprits, especially in acne. Avoid processed and refined foods (junk food in particular). Drink at least 6 cups of quality water per day. This is crucial for skin health. Aerobic exercise is also helpful to optimize the detoxification pathways.