



“I need help for Psoriasis”

We put this issue to three alternative health practitioners to see what advice they could offer

Q I suffer with psoriasis on my back and arms, which makes me feel very self conscious. Do you have any suggestions for how I can reduce this problem?

The nutritionist

Alex Shalet says: “Natural medicines and diet can have a huge impact on a condition like this. A high fibre diet, containing plenty of vegetables, fruit, wholegrains, beans, pulses, nuts and seeds is important as psoriasis is linked to bowel toxicity, so regular bowel movements are important. Foods to which people are commonly allergic – such as dairy and gluten-containing grains – may also be a problem, so get guidance from a nutritionist about taking a food intolerance test.



You should eat oily fish two or three times per week because the EPA-rich oil it provides slows down cell replication in this condition. Without sufficient EPA you get increased levels of inflammation which increase the unwelcome excessive cell replication. Orange-flavoured MorEPA Smart Fats is a highly concentrated EPA food supplement (minimum 580 mg EPA), which is supplemented with lipid-stabilising antioxidants, priced £19.60 for 60 capsules.

Another way to reduce inflammation is to use Celadrin, a well researched ingredient that is a patented formulation of essential fatty acids that are commonly used by sufferers of inflammatory conditions such as arthritis.

It is available in both oral supplements and creams for direct topical application and can help to reduce the inflammation that makes psoriasis worse.”

Alex Shalet is a senior nutritionist at The Nutri Centre. All products are available from nutricentre.com or by phone on 020 7436 5122, where qualified nutritionists are available to answer questions.

The hypnotherapist

Victoria Wills says: “Some therapists believe that psoriasis is a manifestation of a suppressed emotion or an event from the past. If you believe that this may be true for you then a visit to a qualified hypnotherapist could resolve those issues.”



On a more general level there is a strong correlation between stress and skin conditions. Once you are able to reduce your stress levels you will find your episodes of psoriasis will become fewer and fewer until they disappear entirely. Reduce your stress levels by using this simple breathing exercise.

Find a comfortable place to sit or lie down. Take a long, deep breath, hold it for a few seconds and when you breathe out say the word ‘relax’ to yourself. Take another deep breath, hold it and again relax on the out breath. Focus on the muscles at the top of your head and allow them to relax. Move down to relax the muscles in your face, neck and shoulders, moving all the way down your body. Slowly relax your muscles until your entire body is completely relaxed.

See yourself with completely clear and healthy skin over your entire body. Enjoy feeling comfortable and confident. Notice how wonderful your clothes feel on your cool, calm skin and enjoy it. See yourself going out feeling confident and self assured.”

Victoria Wills is the Head of Hypnotherapy at the acclaimed boutique weightloss bootcamp NuBeginnings. For more information, dates and prices visit nubeginnings.co.uk.

The homeopath

Vicky Ewbank says: “When treating psoriasis homeopathically it is important to find the symptoms that individualise your case, e.g. rather than looking at the common symptoms such as redness and itching, we look for the symptoms that are peculiar only to you such as ‘itching accompanied by anxiety.’ Through detailed consultation the origin of your psoriasis will become apparent.



Psoriasis is certainly aggravated by diet and lifestyle. Before homeopathic treatment commences it is important to follow a few simple dietary guidelines such as eating fresh fruit and vegetables and avoiding coffee, alcohol and acid-forming foods that encourage inflammation. Many times this alone will provide huge relief. Taking one dose of Nux vom 6 in the morning and one of Sulphur 6 in the evening can aid this cleansing and detoxifying stage of treatment. Take for one week, but if detox symptoms become too uncomfortable stop for a few days before continuing once again.

Consider what you put on your skin at this time. If you use creams containing steroids or mineral oils they may suppress your psoriasis only to have it flare up at a later date. Try creams made from virgin coconut oil, aloe vera and crude shea butter, all of which are known to soothe itching and reduce inflammation.”

Vicky Ewbank MA ECH, is a homeopath, nutritional advisor and Living Foods coach as well as co-director of Live Native handmade organic skin food. Visit livenative.co.uk or call 01470 521 504.

If you have a health question that you would like answered by our holistic clinic experts, please send an email to liz@aceville.co.uk or write to: Holistic Clinic, Natural Health magazine, 25 Phoenix Court, Hawkins Road, Colchester, Essex CO2 8JY.