

# Psoriasis

## What Is Psoriasis?

Psoriasis is a skin disorder that results in dryness and scaly skin.

## What Causes Psoriasis?

It's thought to be caused by the immune system being triggered unnecessarily, causing skin cells to be produced too quickly. Skin cells usually take around 21-28 days to replace themselves, but in patients who have psoriasis, this takes about 2-6 days. Psoriasis is thought to affect around 3% of people globally and is most commonly developed between ages 11-45.

Psoriasis is not a contagious disorder, but severe psoriasis sufferers can sometimes experience social discrimination and even exclusion.

## Psoriasis FAQ

**Q: Having been an enthusiastic evangelist for Serrapeptase and cured several conditions with it, I take a tablet every day for my osteoarthritis and wish to continue. However, I have now developed psoriasis, probably due to stress. Is there any information about psoriasis and Serrapeptase?**

A: Psoriasis is digestive problem, and Serrapeptase usually clears it within a few weeks.

- Take 2 capsules of CurcuminX4000, 3 times per day, 30 minutes before eating a meal (at the same time as any Serrapeptase).
- Take 2 capsules of Prescript-Assist, 3 times per day, just before food.

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**“Hi Robert, I have been taking Ancient Minerals Magnesium Oil and Curcuminx4000 for about 3 weeks now, and I’m seeing a difference in my psoriasis which is great. Thank you again for your time.”**

**- Louise G**

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*Follow the Health Plan as recommended for the best results:*

## PSORIASIS HEALTH PLAN

The following health plan is designed to provide relief for psoriasis. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve psoriasis and to achieve overall good health in the long-term.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support healthy skin - in order of priority:*

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vit D3. Take 2 caps x 3 times per day, 30 mins before eating a meal, with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Ancient Minerals Magnesium Oil Ultra** - Increases absorption of magnesium and reduces pain. Massage into psoriasis, tummy and chest muscles daily.
- **D.I.P. Daily Immune Protection** - Take 2 capsules, twice daily. Protects against infection and balances the immune system.
- **Prescript-Assist - 29 Strain Super Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)**