

Psoriasis Healing Diet

- Organic whenever possible
- Non-GMO (genetically-modified organisms)
- All animal products need to be at a minimum organic (ideally 100% pasture-raised, grass-fed) and wild-caught fish
- High vegetable, high healthy fat, moderate protein, extremely low grain diet in order to help the wall of the intestine heal properly and stop leaking toxins into the rest of the body. Skin lesions are a manifestation of “leaky gut syndrome” where the body is trying to rid itself of toxins via the skin.

Water- Drink at least ½ your body weight in ounces of filtered or pure spring water every day. This in addition to all other liquids consumed.

Fruits- Fresh, frozen, or stewed

- Apples (stewed)
- Apricots
- Berries
- Cherries
- Dates
- Figs (unsulphured)
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Limes
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Prunes (small)

Fruits- permitted in lesser quantities

- Avocados
- Cranberries
- Currants
- Plums
- Prunes (large)
- Raw apples, bananas, melons (should be eaten sparingly and eaten alone)

-No strawberries at all!

-No citrus fruits with eczema or psoriatic arthritis

Vegetables- Daily intake should be a 3:1 ratio of vegetables that grow above ground to those that grow below ground. Fresh is preferred, frozen is permitted. Foods marked with an asterisk are especially important to consume.

- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots*
- Celery*
- Cucumbers
- Garlic*
- Lettuce- all lettuce varieties (Romaine in particular)*
- Onions*
- Olives
- Parsnips
- Pumpkin
- Scallions
- Spinach*
- Sprouts*
- String beans
- Squash
- Sweet potatoes
- Watercress*

Vegetables permitted in a lesser quantity

- Corn
- Dried beans
- Lentils
- Mushrooms
- Peas
- Rhubarb

Juicing

- Daily intake of fresh vegetable and fruit juice is highly recommended. Highly recommended recipe is freshly juiced carrots, celery, and romaine lettuce.

Meats

- Fish- wild-caught, preferably dark and oily (higher fat content) 3-4x/week
- Poultry- chicken, turkey, wild fowl 2-3x/week
- Lamb- 4-6 oz. serving 1x/week
- No red meat!

Dairy- not all will tolerate dairy well. Use in very small quantities at first.

- Milk, butter, cheese, yogurt. Raw/unpasteurized is the best choice.

Eggs- 2-4 per week, prepared any way but fried.

Oils

- Coconut- great for cooking or any use.
- Olive- do not cook, take 1tbsp 3x/day for adults.
- Sesame- do not cook
- Grapeseed- good for cooking at low-moderate heat
- Flaxseed- do not cook

Teas- asterisk refers to most beneficial teas for psoriasis, but not permitted in pregnancy.

- Slippery elm bark powder (am)*
- American yellow saffron (evening)*
- Chamomile
- Green
- Mullein
- Oolong
- Watermelon seed tea

Grains- kept to a minimum

- No white flour products
- Millet
- Rice- brown or wild

Foods to avoid

- **Meats-** such as beef, veal, pork, and all processed meats (bologna, pepperoni, hot dogs, salami, sausage)
- **Hydrogenated products-** margarine and shortening
- **Nightshade vegetables-** eggplant, paprika, peppers (all types except black pepper), tomatoes (and tomato products), tobacco, white potatoes (and all potatoes except sweet potatoes and yams).
- **Shellfish-** clams, crabs, lobster, shrimp, and sauces made with shellfish
- **Junk food-** candy, pastries, chocolate, French fries, potato chips, soda, and sweets.
- **Coffee-** if strongly desired a maximum of 2 cups/day of black, swiss-process decaffeinated coffee may be consumed.
- **Gluten-** wheat, barley, oats, and rye if gluten intolerance is suspected.
- **Miscellaneous-** all fried foods, pizza, alcohol, sugary cereals, vinegar, pickled or smoked foods, hot spices, gravies, strawberries, peanut butter, and too many starches.