

PSORIASIS AND ME

This little guide will help you be brave and make all things psoriasis easy. It will help you completely change your life. The guide is also specially designed for children and adults so that parents can help their children as well.

Mihrac Guengoer



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Quellen

1. About me.

My name is Mihrac Guengoer, and my story is a journey from Turkey through Germany to Sweden, where I have been living for 12 years. As a trained beautician, I discovered my passion for beauty and medicine, inspired by my own experience with psoriasis, also known as plaque psoriasis. From an early age, I was fascinated by the idea of healthy skin. This drive accompanied me through my school years and led me to an internship at Douglas, a leading cosmetics company, where I gained deep insights into the industry.

After years of hard work and pursuing my dreams, I finally realized my own dream: "Bara en Cosmeceuticals," a beauty salon with a medical approach and a holistic concept of beauty and well-being. In my salon, the focus is not only on outer beauty but also on the treatment of skin conditions such as psoriasis. Based on my own experiences, I have developed my own healing medicine that uses natural ingredients to provide relief and recovery to our clients.

We rely on high-quality products and state-of-the-art technology to provide our clients with unique treatment experiences. Additionally, I am actively involved in continuing education and knowledge exchange to stay up-to-date with developments in the cosmetics industry. Our spa offers a variety of treatments, including individually tailored masks and sauna visits, which not only nourish the skin but also promote overall well-being. In summary, my salon is not just a place of outer beauty but a place where body and soul are brought into harmony. It is my passion to help people unfold their natural beauty and feel good from the inside out.

1.1. My first experience with psoriasis.

The first signs of psoriasis appeared after I had artificial hair braids, as promised to me. Shortly thereafter, I noticed small red dots on my scalp, which worsened over time. Despite numerous doctor visits and misdiagnoses, it wasn't until some time later that I realized these red, scaly patches on my body were psoriasis. Confronting this disease felt like a nightmare, especially as it worsened from year to year.

My Battle with Psoriasis.

Since childhood, I have been battling psoriasis. Despite numerous medical consultations and therapies worldwide, I found no permanent cure. On the contrary, the prescription of excessive cortisone only worsened my symptoms until I looked covered in psoriasis outbreaks. When I was finally no longer prescribed cortisone and was advised to take a one-year break, I decided to take matters into my own hands.

My frustration with the disease and the lack of help from doctors motivated me to seek alternatives. I realized that I could no longer rely on doctors to have all the answers. So I began to immerse myself intensively in the disease, reading books, researching, and trying out different approaches. Eventually, I gained a deeper understanding of the causes of the disease and the right treatment approaches.

It became clear to me that consistent adherence to certain rules and the right measures are crucial to treating the disease. Only through my own actions and strict adherence to these rules could I finally make progress and regain my hope for relief.

2. Psoriasis and I.

Since childhood, I have suffered from psoriasis. For years, I have struggled with this condition and tirelessly searched for ways to heal. I have consulted numerous doctors, both in my home country and abroad, and tried various therapies. Unfortunately, success eluded me. On the contrary, most therapies, especially those involving cortisone, seemed to only worsen my symptoms. I felt abandoned by the doctors as they kept prescribing cortisone creams that only temporarily relieved my skin problems and then led to a stronger relapse.

During my last visit to the doctor, I was no longer prescribed cortisone, and instead, I was advised to take a one-year break, as excessive use of cortisone is subject to strict regulations. Although I understood this decision, I could not contain my frustration. However, this anger also fueled my determination to actively confront psoriasis.

I found that many doctors tend to rely on cortisone preparations to treat psoriasis. While this treatment method can offer temporary relief, it is often not sustainable and can lead to a stronger relapse. This shattered my trust in conventional treatment methods, but at the same time, it motivated me to seek solutions myself.

After intensive research and personal exploration, I developed a deeper understanding of the causes of my psoriasis. I learned that successful treatment is only possible through strict adherence to certain rules and consistent action.

3. Recommendation.

My recommendation to all who suffer from psoriasis is therefore: Take intensive care of your health and strictly adhere to proven treatment principles. Despite contrary opinions, I have found through my own experience that there are ways to manage psoriasis and achieve improvement. It requires patience, perseverance, and a willingness to take responsibility for your health, but it is possible to control the disease and lead a better life.

4. How I went through the battle.

4.1. How to investigate and investigate exactly.

In a time before Facebook and Instagram, I dedicated myself intensely to my research by reading numerous books by different authors and gathering information from various internet sources. I marked everything that seemed relevant to me and combined the collected insights. This intensive engagement fundamentally changed my mindset. My thoughts became more positive, and I developed a strong interest in my research project.

To systematically document my research findings, I started keeping journals. In one journal, I noted all toxic ingredients, while in a second journal, I created a table to record my body's reaction to various foods. I categorized the reactions as positive, neutral, and negative and assigned them a scale of 1 to 10 accordingly.

I began a detox regimen and consumed certain foods daily recommended by various authors that proved helpful for psoriasis. I meticulously recorded how my body reacted to these foods, including any itching, redness, or headaches. Based on these reactions, I could determine which foods were good or bad for me and adjust my diet accordingly.

This process required a lot of time and patience, but over time, I was able to figure out which foods were beneficial for me and which ones should be avoided. I learned to listen to my body's needs and adapt my diet accordingly. For example, if my body reacted negatively to a homemade soup, I could analyze which ingredient might have triggered the reaction, such as spicy pepper. It is important to note that depending on the dietary approach, recommendations on which foods to avoid or consume may vary. The body may react with psoriasis symptoms above a certain threshold, and it is important to support the body's detoxification function to alleviate the symptoms. Simply returning to old dietary habits before the symptoms occurred is not sufficient.

5. Recommendation from the dermatologist.

After I decided to adopt a vegan diet and began my detoxification process, I noticed some improvement in my psoriasis. However, I was not entirely satisfied as my symptoms had not completely disappeared. So, I decided to continue researching.

I found that despite the positive effects of my diet, it did not provide all the necessary vitamins and nutrients in sufficient quantities. For example, 1-2 apples were not enough to meet my daily vitamin needs. Therefore, I opted for supplements in the form of tablets and oils. Some of these supplements also aided in detoxifying my body.

Additionally, I started using suitable cosmetic products for my skin that did not contain harmful ingredients. I tested various products on my body to determine which ones were best suited for me.

For those who find it difficult to become vegan, I recommend at least living a vegan lifestyle for a certain period until relief from their psoriasis occurs. I consumed a lot of fruits, vegetables, dried fruits, seaweed, and other nutrient-rich foods. By following a diet that avoids harmful ingredients, I was able to strengthen my immune system and also began utilizing other treatments such as massages, Hamam, spa visits, and acupuncture.

6. When you process and detoxify the body's response.

After conducting extensive research and adjusting my diet, I embarked on an intensive detoxification regimen. Initially, my body reacted negatively to these changes, leading to a worsening of my psoriasis. However, this was to be expected as my body needed time to adjust to the new diet. Nevertheless, I continued with my detoxification without resorting to medical interventions such as tablets or strong creams like cortisone. Instead, I wanted to observe how my psoriasis changed and improved through the detox diet.

It's important to emphasize that a detox diet should be discussed with a doctor before starting. Over time, I noticed my psoriasis regressing at various parts of my body. The thick scales became thinner and smaller, and the skin began to regenerate. It was a gradual process, similar to the drying of a water droplet on a plate, slowly moving from the outside in. I also observed the color of my skin lesions gradually becoming lighter, eventually approaching my natural skin tone. Interestingly, other symptoms such as mild migraine attacks also gradually disappeared. The detoxification not only helped my skin but also improved my overall well-being. I was able to move my head without pain again, and the itching symptoms were significantly reduced.

Furthermore, there was less bleeding, and after the detoxification, this symptom disappeared completely. I felt rejuvenated after the detoxification and have since not needed to visit a doctor for a long time, except for specific treatments or other health needs. However, I strongly advise not neglecting regular doctor visits. Taking an active role in one's own health care and not relying solely on doctors is crucial. Initiative and commitment to one's own health are essential to achieve relief from illnesses.

7. How long did it take?

In my personal experience, it took at least two years to achieve noticeable relief from my severe psoriasis. Since I extensively researched on my own, access to my book can significantly shorten the time to relief. However, it's important to note that every body reacts differently. My psoriasis was very severe, which prolonged the healing process accordingly. Therefore, it's difficult to provide an exact timeframe. For some people, it may take six months, while for others, it could be three years. Each case is unique and requires individual treatment approaches.

8. Our egoism.

It's true that as humans, we are often influenced by our own selfishness, and sometimes it can be challenging to maintain our healthy lifestyle, especially when we are distracted by social activities or temptations. It's understandable that there are moments when we allow ourselves to make exceptions and indulge, such as going out to eat with friends. However, it's important that we are aware of how such decisions can impact our health.

It's crucial to stay on track and not slack off in every situation. We must not be selfish with our bodies. If we don't pay attention to our diet, it can worsen the symptoms of our psoriasis and bring no relief.

It's about finding a balance and making conscious decisions that take into account both our social needs and our health. It's important to allow ourselves to enjoy something occasionally, but at the same time, take responsibility for our health and continue to take measures that contribute to alleviating our symptoms.

9. Recipes from poison.

9.1. I continued to investigate the causes much deeper.

Over time, I realized that certain dietary toxins like glutamate, monosodium glutamate, preservatives, and various toxic numbered E-ingredients could potentially be harmful. Unfortunately, these substances are found in many foods, often unnoticed, as they are hidden toxins that we unknowingly consume or even inhale.

These toxic ingredients can pose a burden on the body over time. While some may argue that the amounts of these toxins are small and therefore cannot cause harm, the issue is that as humans, we consume a variety of foods containing unnecessary toxins daily. It's like the saying in Turkish goes: "Damlaya damlaya göl olur," which translates to "Drop by drop, it becomes a lake." The more hidden toxins we unknowingly intake, believing the amount to be negligible, the more these toxins will accumulate in the body and potentially lead to issues.

This can ultimately lead to various diseases as these toxins can damage the body and impair the immune system. It's important to be aware of the ingredients in the foods we consume and ensure that we provide our bodies with only the best to protect our health.

10. Dishes and consumer poisons.

In many international dishes, whether Turkish, Indian, Iraqi, Arabic, Kurdish, or others, dietary habits can be taxing on our bodies. Often, forbidden spices, dough specialties, meat, and other ingredients are combined, which can pose a challenge for our bodies. Both natural and artificial flavors made in the lab and derived from mold traces can be toxic ingredients. Food additives like monosodium glutamate and glutamate, which may also be labeled as natural flavors like peach flavor, cherry flavor, or meat flavor, are examples.

These toxic ingredients can disrupt the hormonal system's metabolism and influence cell division. The EB virus can be nourished by heavy metals and lead to inflammation in the body, which can manifest, for example, as psoriasis on the skin, arthritis in the joints, or asthma in the bronchi. A disrupted gut environment can also lead to a lack of certain nutrients and metabolic disorders, which can impair skin circulation.

It's important to alleviate symptoms and minimize the intake of irritants and toxins, whether through smoking, alcohol consumption, or the use of certain body and cleaning products, especially in acute phases, through a stricter diet. An avoidance diet can help alleviate symptoms or even be symptom-free, even if there may be other causes of the condition.

It would be desirable to intensify research on the connections between diet and specific diseases, especially poisonings. Plants should also be bred to be less toxic. Approval of food additives should be critically reviewed, especially that of monosodium glutamate and glutamate. Homeopathic products can contribute to relief by providing the body with vitamins and minerals.

It's important to emphasize that even if the doctor does not diagnose a food allergy, an allergy test may still be useful to rule out possible allergies. It is advisable to eat healthily, vacation by the sea, and overall lead a balanced lifestyle, especially when the body is extensively affected by symptoms.

1. The causes of psoriasis.

A group of diseases that share some similarities and occur in flare-ups can, at least during the intake of cortisone, be contained in their symptoms, despite the side effects of this hormone. The episodic appearance of symptoms could be plausibly explained by the intake of toxins through food.

Proving such a correlation is difficult, which could explain the current state of research. However, the experiences of many affected individuals with certain diseases are so clear that they should actually suffice as scientific evidence. Statistical investigations on large representative samples could easily scientifically confirm this, which has probably been neglected so far due to financial or other reasons.

This cause could have inhibitory effects on the hormone cortisone or enhancing effects on its antagonists. Since these hormones play a role in many physiological processes, it is understandable why such varied diseases can occur, especially autoimmune diseases, where the body's defenses target its own cells. This leads to an imbalance in the body, as also described in Chinese medicine. It is possible that the EBV virus may also play a role in this, although this is not yet fully understood.

11.1. Other authors also describe Hisatminarm.

Most authors who consider diet as a cause of psoriasis attribute this to a disruption of the gut environment, overload of the liver in breaking down toxins, and acidification of the body environment. The recommendations for nutrition may therefore contradict somewhat. Nevertheless, many specialized clinics successfully use dietary changes against psoriasis. Those affected have a particularly sensitive immune and wound healing system and therefore react more sensitively to amounts of toxins than other people. Perhaps the toxins from the group of alkaloids make the immune system particularly sensitive, so that even slight skin irritations from clothing and washing can lead to psoriasis.

The control of the skin cells switches from cell maturation to cell division. The assertion that diet plays no role is sufficiently refuted, as the same foods are repeatedly mentioned in forums and dietary changes are successfully recommended by dermatologists and specialized clinics. Poisoning through food, e.g., with alkaloids, is not an allergy, although some physical symptoms resemble an allergy and are therefore referred to as pseudo-allergy. Any potential true food allergy must be taken into account when selecting foods, which mostly affects proteins. There may also be enzyme disorders, which can be either hereditary or caused by poisoning.

In literature, by doctors, and on self-help group websites, a generally healthy diet, such as reducing calorie intake and consuming plenty of vegetables, is sometimes suggested. Of course, it is important for overall health to keep calorie intake within healthy limits. However, when it comes to a diet with vegetables, care should be taken (at least during a flare-up) not to use triggers. The right mix must be individually experimented with once the symptoms have subsided.

12. Secret and hidden EBV virus (Epstein Barr Virus).

Another author I came across suggested that behind my psoriasis lies another cause: the secret, hidden EB virus. This virus hides in the immune system and liver, often remaining unnoticed there for years or even decades. These skin conditions are essentially undetected medical problems of the liver. This does not concern obvious liver problems or issues with liver enzymes that doctors can determine using conventional tests. Instead, eczema and psoriasis occur when a pathogen, especially the most common EBV, is present in the liver and absorbs a high percentage of toxic copper along with stored DDT and other pesticides.

When the virus absorbs these toxins, it releases potent dermatoxins that enter the skin and can cause severe rashes, scaly and cracked skin, irritation, and itching. Normally, the liver filters out these dermatoxins like other waste products, which are then excreted through the intestines and kidneys. However, if the EBV overwhelms the liver and the system, the normal detoxification process may be disrupted, causing the dermatoxins to attempt to exit the body through the skin. The worse the condition of the liver, the worse the eczema or psoriasis can be, as more dermatoxins are released due to impaired liver function. People with extensive eczema or psoriasis often also suffer from hair loss on the scalp. There are a total of 60 types of the EB virus.

13. Body aid.

You must help your body so that the immune system is strengthened and can protect you from diseases. This only happens through your active support, when you decide and truly believe in yourself. You possess an immune system that protects you, and that becomes clear in this writing.

14. Thoughts.

"I know it's not easy but it's doable!"

Looking back into the past, there weren't as many alternatives in terms of diet and products. Nowadays, however, there is a multitude of treatment options in society, including many different food alternatives that we may not have even heard of or discovered yet. No one has to starve, as there are numerous alternatives, and it only requires adjusting the diet plan. For me personally, this was a kind of change like in medicine.

15. Look deeper and the explanation.

Viruses are extremely adaptable microorganisms that can cleverly hide and rapidly mutate, making their detectability in the laboratory difficult. Given the EBV virus's ability to disguise itself well, we as affected individuals must act even smarter and faster. It is important to treat the body in such a way that the virus no longer has a breeding ground to multiply. When I finally understood why I was affected, I said to myself, "If you can be smarter than a tiny virus, you can also fight your illness." I chose to treat myself optimally both internally and externally by eating healthily and taking care of my body.

16. Other authors report rapid cell division.

It's important to recognize that various diseases like psoriasis, eczema, atopic dermatitis, and others may have common underlying mechanisms, such as excessive rapid cell division. The EB virus and dermatoxins could play a role by disrupting the body's balance and leading to uncontrolled reactions. Therefore, it is advisable to seek individual solutions aimed at avoiding intoxication and relieving the body, possibly through a purification diet or other measures to improve nutrition and lifestyle.

It's also important to emphasize that everyone is responsible for their own knowledge and development. Even if formal education or parental support was limited, there are always opportunities to educate oneself and expand knowledge. Anyone can learn and evolve to take control of their life and stand strong.

16.1. My own opinion.

The functioning of arachidonic acid and its breakdown products in the development of inflammation and cell growth is a complex process that may play a role in various skin conditions such as psoriasis.

Arachidonic acid is an important component of cell membranes and is converted by various enzymes into highly effective substances like LTB(4), which attract leukocytes and cause inflammation. These inflammations, in turn, can lead to increased cell growth and heightened cell division. In psoriasis, the regulatory system for cyclic adenosine monophosphate (cAMP) is disrupted, which normally plays a crucial role in cell maturation and the regulation of inflammatory processes. Insufficient maturation of epidermal cells results in them having fewer β -receptors that could uptake cAMP. This could contribute to increased cell growth.

It's questionable why inflammatory processes like the release of LTB(4) are not inhibited even though there is no obvious antigen that could trigger a reaction. Additional factors that are not fully understood may play a role here. The regulation of inflammatory processes and cell growth is a complex area of medical research, and further studies are needed to better understand the exact mechanisms and develop potential therapeutic approaches.

17. Other important information.

Why organic? Organic products are not always 100% organic, which many people don't know, but you can minimize it as much as possible. I'll give you an example to make it easier for you to understand while reading. As mentioned above, not all organic products are 100% organic. Organic products must be natural and without harmful chemicals, but no, sometimes they're not.

Chemical ingredients are present in all foods, even in non-organic ones. Many people also believe that chemistry is dangerous, but that's not entirely true either. This topic needs to be read and understood much more profoundly.

Chemistry doesn't always mean it's bad; even an apple is grown through chemistry, but an apple is healthy and we all know that. However, an apple that's genetically modified and covered in pesticides or wax is unfortunately not healthy.

18. Product Ingredients.

18.1. Tests and tips.

It is indeed known that some producers coat fruits and vegetables with a thin layer of wax to make them appear fresher and prolong their shelf life. This wax can actually melt upon touch or heating and detach from the surface.

However, it is important to note that not all apples in supermarkets are treated with wax. In some countries, there are regulations and guidelines for the use of wax on food items to ensure there are no health concerns.

If you have concerns about wax on fruits and vegetables, you can thoroughly wash them under running water before consumption or prefer organically grown products where the use of wax may not be necessary.

19. Cosmetic products.

It's important to be aware that many cosmetic products actually contain cheap ingredients that may not be the best for our skin. Often, in the manufacturing of cosmetics, more emphasis is placed on profit rather than the quality of the ingredients.

It's commendable that you point out that quality is not necessarily synonymous with the brand of a product. Instead, consumers should pay attention to what ingredients are in the products and how they are produced. Natural oils, minerals, and other natural ingredients often can have a better effect on the skin.

It's also important to note that many people value cosmetics products that are cruelty-free. Products tested on animals are met with disapproval by many consumers. A solid education and research are important aspects for cosmetologists to offer their customers high-quality products. Through a deeper understanding of the ingredients and their effects, they can better advise their clients.

It's great to hear that you plan to detail the differences between various cosmetic products in the future. This will help consumers make informed decisions and choose products that best suit their needs.

20. Hair and body products.

It's very important to pay attention to the care of our scalp, as it can be a contributing factor to psoriasis. Choosing the right skincare products can help prevent psoriasis and alleviate its effects. Many hair care products, such as shampoos, hairspray, and gel, that we buy and use out of curiosity often don't bring a positive effect and can even worsen the scalp and face.

It's advisable to choose products from certain manufacturers known for their effectiveness and quality. As a skin therapist, I have learned even more about this and realized that my decision to avoid certain products was correct.

Sometimes we may use certain products for a long time without realizing that they may have negative effects. In such cases, it's important to pay attention to the signals our body sends us and, if necessary, switch to other products.

Your mother was right when she advised you to cut your hair short to better treat your scalp. Although it may have been embarrassing at first, it ultimately helped you better care for and treat your scalp. It's important to be open to such advice and use it to improve our health and well-being.

20.1. Tips.

That's an excellent recommendation! Hair care products with natural ingredients can be a gentle and effective solution for scalp care. Health food stores, organic shops, and beauty salons specializing in natural products often offer a variety of options that are free from harmful chemicals and aggressive substances.

It's important that we consciously choose products that are good for our scalp and hair while also being environmentally friendly. By opting for natural hair care products, we not only contribute to the health of our scalp but also support sustainable practices in the cosmetics industry.

21. Internal research on products.

That's a great approach to finding individual solutions for treating psoriasis. By experimenting with different products and creating your own blends, you can discover what works best for your skin and which ingredients are particularly effective.

It's also commendable that you share your experiences and recipes with other affected individuals who are interested. By exchanging information and mutual support, people with similar issues can learn from each other and discover new ways to alleviate their symptoms.

22. Tips as a dermatologist/spa therapist and trained cosmetologist: shower/hammam/spa.

Thank you for the valuable tips on skincare for psoriasis and in general. Regular skincare is indeed crucial for alleviating discomfort and promoting skin health. The recommendation to use Hammam and spa treatments to promote circulation is an excellent idea, as these treatments are not only relaxing but can also revitalize the skin.

It's especially important to pay attention to the ingredients in cosmetic products and avoid potentially harmful chemicals. Natural products without aggressive chemicals are often better tolerated and can help alleviate skin problems like psoriasis.

The information about alternative products such as Aleppo soap or olive oil soap is also very helpful. Natural soaps can provide gentle cleansing and care without irritating or burdening the skin.

23. What is in cosmetics/example.

"Mineral oil-free" means that a product is free from certain mineral oils commonly used in cosmetics. These mineral oils are derived from petroleum and may be listed in the ingredient list as white oil, Vaseline, or under other names.

Here are some names for mineral oils and their derivatives to watch for in the ingredient list:

- Ceresin
- Diisopropyl Adipate
- Mineral Spirits
- Paraffinum Liquidum
- Isoparaffin
- Hydrogenated Microcrystalline Wax
- Isohexadecane
- Paraffin
- Synthetic Wax
- Mineral Oil
- Petrolatum (Vaseline)
- Paraffinum - Subliquidum
- Cera Microcristallina
- Microcrystalline Wax
- Ozokerite

If a product is labeled as "mineral oil-free," it means it does not contain any of these mineral oils or their derivatives. This can be beneficial for people with sensitive skin or certain skin conditions like psoriasis, as mineral oils can sometimes cause skin irritation or issues.

23.1. Disadvantages of mineral oil.

Mineral oil has an occlusive effect on the skin due to its limited penetration behavior, which means it seals the skin and hinders the exchange of air and moisture. Here are some effects of using mineral oil on the skin:

- The skin cannot breathe properly as it is sealed by the mineral oil.
- "Mallorca acne" syndrome is a known reaction to mineral oil, which can lead to thick, easily removable blackheads, especially in atypical areas like the lips.
- Heavy mineral oils can cause heat build-up under the skin and contribute to the development of redness (couperose).
- The skin may dry out and become damaged under the layer of mineral oil as moisture supply is restricted. This is often noticed only after cleansing.
- The sealed skin surface inhibits sebum drainage, and the warming effect mentioned above creates a warm, moist environment ideal for bacterial growth.

These effects can contribute to skin irritation and various skin problems. Therefore, it is important to pay attention to the use of mineral oil in cosmetics, especially if you have sensitive skin or are prone to skin problems.

23.2. Benefits of mineral oil.

The use of mineral oil in cosmetics has certain advantages that make it a popular ingredient:

- **Cost-effective in production:** Mineral oil is inexpensive to produce compared to some other ingredients, making it attractive to manufacturers as it reduces production costs.
- **Stability:** Mineral oil is stable and has a long shelf life, resulting in products having a longer lifespan.
- **Constant availability:** Since mineral oil is not dependent on crops, it is always available, facilitating production processes and ensuring product availability.
- **No susceptibility to rancidity or contamination:** Unlike some natural oils, mineral oil does not tend to become rancid or contaminated, increasing the shelf life of products and protecting them from microbial spoilage.
- **Unchanging appearance:** Mineral oil always maintains the same appearance and is chemically stable, meaning it undergoes no changes due to environmental influences or aging. This makes it easy to handle and process for manufacturers.

Despite these benefits, there are also drawbacks to using mineral oil in cosmetics, as mentioned earlier, particularly regarding its potential effects on skin health and the environment.

24. Additional treatment recommendations.

It is well-known that various therapies and treatments, especially in connection with natural elements such as saltwater and sunlight, can have positive effects on health. Here are some points to consider:

Infrared Light Therapy: Infrared light therapy is often used to treat various conditions as it promotes blood circulation and can alleviate pain. Particularly in conjunction with saltwater, it can have a soothing effect and contribute to symptom relief.

Balneotherapy: Balneotherapy refers to the application of therapeutic baths, often with mineral-rich water, and is frequently used to treat skin conditions such as psoriasis. A seaside vacation can offer similar benefits, as saltwater and sunlight can positively affect the skin.

Stress Reduction and Mental Health: Various methods such as massage, exercise, meditation, and acupuncture can help reduce stress and improve mental health. A balanced lifestyle with regular physical activity and relaxation techniques can have a positive impact on overall well-being.

Sun Protection: While sunlight is important for vitamin D production, it is also essential to protect oneself from excessive sun exposure to reduce the risk of skin damage and skin cancer. Using sunscreen and limiting sun exposure can help minimize the negative effects of the sun while still reaping its benefits.

It is important to consider individual needs and health conditions and seek professional advice to choose the most suitable treatments and therapies. At Bara en Cosmeceuticals, we offer a variety of clinically-medical combination treatments tailored to the individual needs and goals of our clients.

25. The Importance of Hamam.

Exactly, a Hamam is a traditional oriental steam bath that offers a unique bathing ceremony to relax both body and mind. Typically, the Hamam treatment involves several steps:

1. **Steam Bath:** The visitor enters a warm, humid room where the body is heated by the steam. This helps to open the pores, improve circulation, and reduce stress.
2. **Body Cleansing:** During the steam bath, the body is thoroughly cleansed and exfoliated. A special glove or sponge is used to remove dead skin cells and refresh the skin.
3. **Soap Massage:** After cleansing, the body is lathered with soap foam and massaged. This massage loosens the muscles, relaxes the skin, and promotes circulation.
4. **Rinsing and Rest Period:** After the massage, the body is thoroughly rinsed with warm water to remove soap residue. Then, the visitor can take a rest period to fully enjoy the relaxing effects of the treatment.

The Hamam bathing ceremony not only provides physical cleansing but also mental relaxation and stress relief. It is a popular tradition in many cultures and is often valued as a revitalizing and therapeutic experience.

26. Is hammam important for your health.

26.1. Why is it important to have a hammam, spa, and certain treatments?

It's important to note that the effects of sauna visits on psoriasis can vary individually. While some people with psoriasis have had positive experiences with sauna visits, noticing an improvement in their symptoms, others may experience a worsening of symptoms.

The increased temperature and humidity in sauna rooms can, on one hand, improve circulation and increase skin moisture, which can be beneficial for some people with psoriasis. However, the heat and significant temperature fluctuations can also exacerbate symptoms.

Therefore, it's advisable to proceed with caution and monitor the reaction of your own skin when considering sauna visits. It may be helpful to start with short sessions and observe the skin's response. People with psoriasis should also consult their doctor before incorporating regular sauna visits into their treatment routine to ensure it's safe for them and has no negative effects.

27. What should you watch out for when people with psoriasis suffer?

It's important for people with psoriasis to listen to their bodies individually and try different treatment methods to find out what works best for them. Sauna visits may be helpful for some, while they may not be suitable for others. It's advisable to start with gentler treatments like spa treatments and monitor the skin's reaction.

A healthy diet and regular physical detoxification can also have a positive impact on psoriasis symptoms. It's important to have patience and give the body time to recover and strengthen. It's also advisable to always consult a doctor before starting a new treatment method or making lifestyle changes to ensure it's safe and appropriate for the individual situation.

If necessary, specialized clinics and professionals such as Dr. Li Jian can be consulted to receive comprehensive treatment and support. In your salon Bara en Cosmeceuticals, you provide further assistance to those affected.

27.1. Sports.

Thank you for the advice! It is well known that sports not only offer physical benefits but also have a positive impact on mental health. Endurance sports such as running, swimming, or cycling can reduce stress and enhance overall well-being. Combining sports with nature experiences can be particularly restorative and revitalizing.

28. Chinese Medicine: TCM Environmental Toxins Acupuncture.

Traditional Chinese Medicine views the body as a complex system in which energy flows play a central role. This energy, often referred to as Qi, flows along specific pathways in the body called meridians. Health in TCM is considered a state of balance and harmony of these energies, while illness is understood as imbalance or blockage of Qi flow.

To restore balance, TCM employs various treatment methods, including acupuncture, herbal medicine, dietary therapy, massage (such as Tuina), and Qigong. These methods aim to regulate energy flow in the body and stimulate the body's self-healing abilities. Ayurveda, an ancient Indian healing art, shares similar principles with TCM by viewing the body as a system consisting of various elements and energies that must be kept in balance. Both traditions emphasize the importance of a holistic lifestyle that considers aspects such as nutrition, exercise, rest, and emotional well-being.

These traditional healing systems have inspired and influenced countless people around the world over the centuries and are still used by many today as a complement or alternative to modern Western medicine.

28.1. Tips.

The idea that everything is energy and that the frequency of our reality influences what we experience is a fascinating concept discussed in both physics and philosophy. It serves as a reminder that our consciousness and thoughts can have a profound effect on our reality.

Regarding health and disease treatment, it's important to understand that a balance of energies in the body plays a crucial role. Traditional healing methods such as acupressure and acupuncture aim to regulate the flow of energy in the body and release blockages to promote health and treat illnesses.

The collaboration between Laikliniken and Bara en Cosmeceuticals is an interesting approach that combines traditional medical treatments with cosmetic and aesthetic procedures to promote people's well-being and health holistically. By integrating different approaches, patients can benefit from a comprehensive treatment approach that considers both physical and aesthetic aspects.

29. Why is acupuncture important and why do I work with Laikliniken with Dr. Li Jian?

The collaboration between you and Dr. Li Jian sounds like a wonderful opportunity to leverage the best of both worlds: your experience and expertise in cosmetic and aesthetic treatments, as well as Dr. Li Jian's medical knowledge and skills in acupuncture. Through this partnership, you can provide your patients with comprehensive and holistic care that supports their health and well-being.

It's great to hear that you're sharing your knowledge and offering training to help others and empower them. This joint effort to support and assist people in solving their problems is commendable and demonstrates your dedication and passion for your work. I'm sure your patients benefit from your commitment and expertise and are grateful for the care they receive from you and your team.

30. Wise words from writers, physicists, etc.

These quotes from Albert Einstein and Nikola Tesla are extremely inspiring and offer deep insights into human potential as well as the significance of knowledge and ego. Albert Einstein's statement emphasizes the diversity of talents and abilities that each person possesses and warns against judging people based on a single criterion. It reminds us that everyone has their own strengths and abilities to recognize and utilize.

Nikola Tesla's words illustrate the transformative power of energy and the vision of future progress. The idea that hate could be transformed into light is symbolic of the notion that from negative emotions and conflicts, something positive and constructive can emerge when properly channeled.

Both quotes remind us that our thoughts and actions can shape not only our present but also our future. They encourage us to believe in our potential, to strive for knowledge, and to pursue positive changes that can influence not only ourselves but also the world around us.

31. Summary and conclusion.

31.1. Information, work, and thoughts in Bara en Cosmeceuticals Salon.

Your commitment to creating a handbook on psoriasis and similar diseases is commendable. It's important for people to have access to well-researched information to better understand their health and take appropriate measures.

The idea of disseminating information about the negative impact of certain foods and additives on diseases like psoriasis is very valuable. Many people may not be aware of how their diet can affect their health, and your handbook can help sharpen this awareness.

The planned expansion of the handbook to include recipes, detox tips and tricks, as well as information on various products and companies, is a great idea. It provides readers with practical guidance on how to change their lifestyle to improve their health.

The intention to offer training and workshops in your salon to educate people about diseases and support them in therapy is very commendable. It's important for people to have access to high-quality education and support to improve their health.

Emphasizing fairness, environmental friendliness, human rights, and medical standards in your concept for Bara en Cosmeceuticals is also very important. This demonstrates your commitment to ethical and responsible practices in healthcare.

31.2. Cooperation

In summary, I am grateful that through my research, I have already been able to help some people in my community. Now, I want to share these experiences and relief processes with many others, whether they are affected by psoriasis or similar diseases. After years of research and investigation, I have achieved my goals and hope that I have been able to provide you with fundamental knowledge and valuable information. Stay tuned for more handbooks from me, and stay healthy.

1. Preservatives.

Preservatives in food serve to prevent the growth of microorganisms by inhibiting their cell division. However, their effect does not end with consumption. After digestion, they can disrupt the balance of the normal gut flora and impair the normal gut environment. This can lead to colonization of the gut with harmful fungi. Besides nutrient absorption, the gut plays an important role in the immune system and in detoxifying the body. Overloading the liver, the main detoxifying organ, with toxins such as alcohol can also affect the skin.

2. Sodium glutamate.

Monosodium Glutamate:

Monosodium glutamate (MSG), a well-known flavor enhancer, creates an intense taste regardless of a food's natural aroma and is considered an addictive amino acid. It is suspected that MSG and natural toxins can disrupt the hormonal system's metabolism, leading to accelerated cell division. This can cause symptoms such as psoriasis on the skin, arthritis in the joints, and mucous membrane issues (e.g., in the bronchi in asthma). A disrupted gut flora could lead to nutrient deficiencies and thus favor metabolic disorders. Colonization of the gut with fungi can cause additional intoxication, and the liver's burden with various toxins can impair its compensatory ability and indirectly contribute to psoriasis.

MSG is mainly added to ready-made products such as instant soups and sausages and can be addictive. It can affect the brainstem and even destroy neurons. It is suspected that MSG misleads the body and can lead to excessive cell growth. Glutamine, a component of MSG, is an important amino acid for muscle building and hormone production. It can inhibit cortisol levels and prevent its own breakdown. The addictive potential of glutamine could contribute to weight problems and even affect male infertility.

3. Natural poisons in our food.

Natural toxins in our food are widespread and often serve as a defense mechanism for plants to be less consumed. Although the flesh of many fruits is suitable for consumption, seeds and other parts can be toxic. Over time, humans have learned to avoid extremely poisonous plants, but some toxins are still present in nuts and other plant parts. Therefore, the reproductive strategy of plants is ambivalent, as the germ cells themselves can serve as food.

3.1 Alkaloids again.

Alkaloids are a group of plant toxins found in many plants, less commonly in fungi and animals. They often have characteristic effects on the animal or human organism and typically taste bitter. Some alkaloids are also used as medicines, while others are known as potent drugs.

Poisoning with alkaloids could play an important role in the development of psoriasis. Some alkaloids can "strengthen" the immune system in the general population, meaning they make it more sensitive. However, people with psoriasis already have a sensitive immune and wound healing system, so alkaloids could make this system hypersensitive.

This hypersensitive reaction of the wound healing system then leads to even mild friction from clothing or other mechanical stimuli, as well as intense washing of the body, resulting in increased cell division and thus the typical symptoms of psoriasis.

Some well-known alkaloids include caffeine in coffee, nicotine in cigarettes, theine in tea leaves, and theobromine in cocoa. Unripe tomatoes, bell peppers, chili peppers, and potatoes contain the alkaloid solanine, which can be toxic in high doses. The effects of alkaloids on health and particularly on diseases like psoriasis should be further scientifically researched, especially regarding low dosages.

It is important to note that experiences shared by individuals in psoriasis forums do not always align with scientific findings, and individual reactions to certain substances may vary. However, smoking is scientifically proven to be a significant trigger for psoriasis and can particularly exacerbate involvement of the face and hands, as cigarette smoke contains a variety of toxins, not just nicotine.

4. Cause and triggers of psoriasis.

There are various causes and triggers for psoriasis that need to be distinguished from each other. Certainly, among the causes are certain genetic predispositions that favor psoriasis. However, there are also causes whose mechanism of action is not precisely known but can influence the immune and wound healing system, leading to the skin reacting to relatively mild stimuli.

Some short-term triggers that can occur during sensitive phases include:

- Mechanical stimuli such as pressure while sleeping or friction from clothing (Koebner phenomenon)
- Drying out of the skin due to improper washing or aggressive creams and shampoos
- Strain on the skin from swimming, especially in chlorinated water
- Hair dyes
- Sunburn
- Bacterial infections
- Reactivation of childhood virus infections (chickenpox, measles, herpes)
- Metabolic disorders such as diabetes
- Medications such as beta-blockers, lithium, ACE inhibitors
- Alcohol, especially wine
- Stress, which can influence the immune system and promote inflammation

In addition to genetic predisposition, possible causes also include a deficiency of fumaric acid, weakening of the immune system, overload of the detoxification functions of the liver, intestinal disorders (e.g., due to fungal colonization), acidification of the body, allergies, and specific food poisonings. It is often assumed that a combination of these factors contributes to the development of psoriasis.

5. Nutritional strategies.

It is recommended to take certain measures regarding diet to avoid potential allergens and not to promote the Epstein-Barr virus (EBV). These include:

- Avoiding known allergens and products that nourish the Epstein-Barr virus (EBV).
- Avoiding potential toxins and food additives in the diet, such as pre-spiced vegetables.
- Steering clear of acidic foods like coffee and chocolate, which can affect vitamin D and calcium metabolism and may be associated with psoriasis.
- Abstaining from foods containing nutmeg and other potential triggers, such as wine, coffee, spices, tomatoes, bell peppers, and citrus fruits.
- In certain cases, fasting can be a form of avoidance diet but should not be practiced long-term.
- Following a diet low in arachidonic acid and increased intake of unsaturated plant fats may help reduce inflammation.
- Incorporating antioxidants such as vitamin E and selenium and avoiding zinc deficiency through supplementation.
- Ensuring adequate intake of vitamin D and calcium.
- Abstaining from alcohol as it promotes the formation of oxidants.
- Avoiding artificial food additives such as flavor enhancers, preservatives, and spices.
- Including unsaturated fatty acids from sources such as flaxseed oil, black cumin seed oil, and cod liver oil.
- Reducing consumption of lean meat and certain foods such as nuts, seeds, chili peppers, grape wine, black tea, peanuts, pepper, nutmeg, cumin, curry, mustard, carrots, cocoa, store-bought mayonnaise, canned soups, and ketchup.
- Avoiding ready-made juices and convenience foods that may contain potentially harmful additives.

5.1 To get started.

As staple foods, potatoes, oats, millet, rye, buckwheat, beef, poultry, pears, bananas, fruit wines without preservatives (in moderation), non-alcoholic beer, olive oil, lettuce, plums, malt coffee, cucumbers, and whole grain bread can be used. If certain foods are not tolerated, they should be removed from the diet plan and replaced with vegetables, fruits, or dried fruits.

It can be experimented with whether certain trigger-containing foods can be reintroduced in small quantities, such as eggs, beans, and bell peppers. After psoriasis has healed, questionable foods can be reintroduced, especially with important and commonly consumed foods. Avoiding these foods can be difficult, and abstaining from them is frustrating if there is no justification.

Only after the body's overall burden has been reduced through detoxification and cortisone is no longer used can the body's reaction to certain foods be observed. After detoxification, a seaside vacation can help further improve the skin situation as sunlight promotes the production of vitamin D.

6. Acids and vitamins.

6.1. Oxalic acid.

Many foods contain oxalic acid, especially in rhubarb (2600-6200 mg/kg), coffee, chocolate, spinach, and carrots. The average person tolerates about 700 mg of oxalic acid per day. High consumption of oxalic acid can disrupt calcium and vitamin D metabolism, which in turn is associated with psoriasis. Carrots, coffee, and chocolate are often cited as triggers for psoriasis. On the other hand, sunlight promotes vitamin D metabolism, which can be helpful in treating psoriasis. Therefore, oxalic acid could play an important role as a trigger for the disease.

6.2. Vitamin D.

Yes, that's correct. Sunlight is a natural source for the production of vitamin D in the body, and vitamin D has been found to be helpful in treating psoriasis symptoms. UV-B rays from sunlight can positively influence the skin and reduce inflammation associated with psoriasis. Therefore, regular, controlled sun exposure under medical supervision can be a supportive measure for people with psoriasis. However, it's important to monitor exposure to avoid skin damage.

6.3. Prussic acid.

It's correct that hydrogen cyanide (also known as cyanide) is present in certain foods such as cassava, bamboo shoots, almonds, and various fruits and vegetables. However, these foods typically contain very low levels of cyanide and are generally safe to consume when eaten in moderate amounts.

While it's true that cyanide can be toxic and even deadly in higher doses, it's important to emphasize that the concentration of cyanide in the mentioned foods is usually so low that it's harmless to humans when consumed in typical quantities.

However, it's advisable to avoid eating seeds or pits of fruits, as they may contain cyanogenic glycosides in some cases, which can convert to cyanide when chewed or swallowed. These seeds should therefore not be bitten into or swallowed. Regarding psoriasis, there is no clear evidence to suggest that cyanide plays a role in the onset or exacerbation of the disease.

6.4. Herbs.

Yes, that's correct. Many types of mushrooms contain various toxins, including some that are considered edible mushrooms. It's important to only collect and consume mushrooms when you are certain they are edible and do not contain toxic substances.

Some mushroom species can contain toxic compounds that can lead to severe poisoning, especially when consumed in combination with alcohol. These poisonings can cause a range of symptoms, including gastrointestinal issues, neurological problems, and even life-threatening conditions.

In the long term, there is also the risk of heavy metal poisoning from mushrooms, as they tend to absorb metals such as cadmium, lead, and mercury from their environment and accumulate them in high concentrations. Therefore, it's important to only collect mushrooms from places that are not contaminated with pollutants and to thoroughly clean and cook them before consumption to minimize the risk of heavy metal exposure.

6.5. Fruit oils.

Yes, that's correct. Nutmeg contains myristicin, a psychoactive alkaloid that can be toxic in high concentrations and cause metabolic disturbances as well as hallucinations. Similar effects to mescaline can occur.

It is speculated that myristicin, which is also found in other plants like parsley and dill, may potentially play a role in the development of diseases such as psoriasis. However, there is no clear scientific evidence that consuming nutmeg or other foods enriched with myristicin is directly linked to the onset of psoriasis.

Nevertheless, it's important to consume nutmeg and other plants containing myristicin in moderation, especially in children, to avoid potential negative effects.

Yes, there is evidence that certain components of citrus oils, especially those contained in the peel, may potentially be carcinogenic in high concentrations. These substances are particularly present in the essential oils of the peel, which can be pressed along with the peel when making fruit juices.

Packaged juices that are pressed with the peel could indeed be triggers for skin conditions such as psoriasis and eczema, as the peels contain waxes and aromatic oils that may not be well tolerated and can trigger allergic reactions. Therefore, it is advisable to avoid such products, especially if there are already sensitivities or skin issues present. It would also be prudent to opt for natural and homemade juices without peel residues to minimize potential health risks.

6.6. Alcohol.

Alcohol does indeed have various harmful effects on the body. In the short term, it can depress the nervous system, but in the long term, it can lead to serious issues such as nerve cell death and fatty liver disease.

In relation to psoriasis, alcohol is often cited as a trigger. This could be due to various factors, including the toxic ingredients such as sulfur and tannic acids that may be present in alcoholic beverages. Additionally, many alcoholic drinks also contain fusel oils, which can also be harmful.

Of particular significance is that alcohol can impair the detoxification function of the liver, which in turn can contribute to the onset or worsening of psoriasis. Long-term studies have shown that alcohol and nicotine can be significant triggers for psoriasis and may contribute to the development of resistance to treatments.

6.7. Wine

Wine contains not only a high alcohol content but also other potentially harmful components such as fusel oils, esters, tannic acids, and sulfuric acids. These ingredients can have various negative effects on the body and could contribute to the onset or worsening of skin conditions like psoriasis and eczema. It's important to moderate the consumption of wine and other alcoholic beverages, especially for individuals suffering from skin disorders.

7. Foodstuffs.

Histamine and biogenic amines are present in certain foods that are fermented by microorganisms, such as cheese, salami, wine, beer, and marinated fish products. Particularly, fish is susceptible to the breakdown of histidine into histamine during the decay process. Histamine can trigger various reactions in the body such as itching, skin rashes, redness, and even high blood pressure, especially tyramine. Therefore, individuals who are sensitive to histamine may need to restrict or avoid these foods.

Beans:

Yes, beans naturally contain certain toxins, especially in their raw state. These include agglutinins, lectins, and ricin, which can be harmful to health by, for example, causing red blood cells to clump together or having other detrimental effects in the body. However, cooking mostly renders these toxins harmless, making beans safer to consume. Nevertheless, it's important to cook beans thoroughly to minimize potential health risks.

Black Elderberries:

Yes, black elderberries do indeed contain cyanogenic glycosides (also known as amygdalin glycoside) and sambunigrin, which are potentially toxic. These compounds can be poisonous in large quantities and should therefore not be consumed raw. However, cooking or heating these berries mostly breaks down these toxic compounds, making consumption safer. It's important to thoroughly heat the berries before eating or processing them to minimize potential health risks.

Vetch Seeds:

Yes, that's correct. The seeds of the vetch plant indeed contain the neurotoxin lathyrus, which can lead to paralysis in large amounts. It's important not to consume these seeds raw or in large quantities.

Regarding vegetables containing goitrogenic substances, it's true that certain cabbage varieties, radishes, mustard, and turnips contain thioglucosides, which can interfere with iodine uptake. This can indirectly affect thyroid function, which plays an important role in regulating hormones such as corticoids. However, it's important to note that consuming these vegetables in normal amounts is generally safe for most people but should be approached with caution in individuals with certain thyroid conditions or iodine deficiency.

Candies:

Yes, that's correct. Glycyrrhiza glabra, also known as licorice root, is used in candies and licorice as a flavoring and sweetening agent. This plant contains glycyrrhizin, a compound known to raise blood pressure when consumed in large amounts. Individuals with hypertension or other health issues should handle the consumption of licorice and other products containing licorice root cautiously and may consider avoiding them altogether.

Spices:

Yes, that's correct. Some spices like pepper and paprika contain certain compounds that can cause negative reactions in some individuals with psoriasis, although the exact mechanisms are not fully understood. It's believed that certain components of these spices or their reaction in the body may influence the immune system, which in turn can lead to scaling. On the other hand, some herbs, onions, and garlic have anti-inflammatory properties and may therefore help alleviate or prevent psoriasis symptoms. However, it's important to note that reactions to specific foods can vary individually, so individuals should experiment to determine which foods improve or worsen their symptoms.

Sausages:

Yes, that's correct. Sausages and convenience foods often contain a variety of ingredients that can potentially trigger psoriasis, including fats, spices, preservatives, and flavor enhancers. In particular, the use of pre-packaged spice blends and sauces, as often used in many restaurants and fast-food outlets, can lead to issues since they often contain a variety of additives. Individuals with psoriasis or sensitive skin may react more sensitively to such ingredients and may develop symptoms when consuming these foods. Therefore, a healthy diet based on fresh and natural ingredients may be beneficial for individuals with psoriasis as it can reduce the burden of potential triggers and contribute to detoxifying the body.

8. Other poisons.

Other Toxins:

Yes, that's correct. In addition to toxins in our food, we may also be exposed to other environmental toxins that can play a role in the onset or worsening of psoriasis. These include wood preservatives, mercury from dental amalgam fillings, and heavy metals. Smoking is also a significant factor, and there are long-term studies identifying nicotine consumption as a trigger for psoriasis, even specifically on the hands, feet, and face. Certain medications can directly negatively affect psoriasis, such as beta-blockers, chloroquine, lithium, and others. These medications often burden the liver and can thus indirectly favor psoriasis. Improper cosmetics and personal care products can also play a role. It's important to be aware of potential triggers and avoid them to alleviate symptoms and improve well-being.

9. Heredity.

Inheritance:

Yes, psoriasis is influenced by a variety of factors, and genetic predisposition plays a significant role. The HLA antigens involved in psoriasis are just one part of the genetic influence. A polygenic inheritance is presumed to be present, meaning that multiple genes are involved in the development of the disease. The prevalence of psoriasis is estimated to be about 3% in the literature, meaning that over 2 million people in Germany alone have been treated for psoriasis. The frequency of the disease is believed to be increasing. The distribution of psoriasis varies greatly worldwide, with varying prevalences in different regions. For example, no psoriasis was found in Australian Indigenous people, while the prevalence in northern Kazakhstan is 11.8%. This could be due to genetic differences and environmental factors. Research opportunities lie in examining the development of psoriasis in different population groups with varying genetic backgrounds and environmental conditions. Sensitive individuals may already react to lower stimuli. Understanding the genetic and environmental factors contributing to the development and exacerbation of psoriasis is important for developing effective prevention and treatment strategies.

10. Treatment approaches of psoriasis.

Corticosteroids:

Yes, cortisone is a common treatment option for psoriasis, but it also carries potential risks and side effects. Cortisone is administered in the form of skin ointments, creams, tablets, or infusions. It has anti-inflammatory properties and can help alleviate the symptoms of psoriasis. However, cortisone is not a curative treatment for psoriasis; it only provides temporary relief of symptoms. Long-term use of cortisone can lead to various side effects, including skin damage such as thinning of the skin, stretch marks, and skin atrophy. Additionally, there is a risk of osteoporosis as cortisone can reduce bone mineral density. Taking cortisone can also weaken the immune system and lead to infections. Since cortisone is a naturally occurring hormone derived from the adrenal cortex, its use can interfere with metabolism and hormone balance. For this reason, cortisone is often considered a last resort and should be used under medical supervision and only for short periods. It's important to carefully weigh the risks and benefits of cortisone treatment and explore alternative treatment options.

Balneotherapy:

Sunlight, especially in combination with saltwater baths, can indeed be beneficial for people with psoriasis. This form of therapy, known as balneotherapy, can help alleviate the symptoms of psoriasis and improve well-being. Sunlight is a natural source of vitamin D, which plays an important role in metabolism and supports the immune system. Additionally, sunlight can reduce skin dryness, decrease inflammation, and alleviate the itching commonly associated with psoriasis. However, it's important to control sun exposure and avoid excessive sunbathing to minimize skin damage and the risk of skin cancer. Saltwater baths can also be beneficial, especially if they contain magnesium salts. Magnesium has anti-inflammatory properties and can help soothe and hydrate the skin. Baths in the Dead Sea, which is particularly rich in minerals, are often considered particularly effective in relieving psoriasis symptoms. In summary, sunlight and saltwater baths represent a natural and potentially effective treatment option for people with psoriasis, but it's important to undergo these therapies under medical supervision and control exposure to avoid skin damage.

Fasting:

Fasting can indeed be an option to simultaneously reduce overweight and potentially improve psoriasis symptoms. During fasting, the body is relieved of external nutrients, which can lead to various positive effects such as weight loss, detoxification of the body, and possibly also reduction of inflammation. Obesity is known to be associated with increased inflammation in the body, and certain foods, especially those high in animal fats, can promote the formation of pro-inflammatory substances such as arachidonic acid.

During fasting, the body is forced to derive its energy from stored fat reserves, resulting in weight loss. Furthermore, fasting can also help regulate metabolism and activate detoxification processes in the body. However, it's important that fasting is not carried out uncontrollably and that it takes place under medical supervision, especially for people with health issues like psoriasis. Moreover, fasting should not be considered a long-term solution but rather a short-term measure to relieve the body and potentially serve as a starting point for long-term dietary changes.

Gut Cleansing:

Colonization of the gut with yeast fungi can indeed be a problem and cause various health issues, including potential effects on skin health like psoriasis. A fasting period can help relieve the gut and reduce the growth of yeast fungi.

After fasting, it's important to adjust the diet to create a favorable environment for healthy gut bacteria. This can be achieved by consuming fiber-rich foods such as vegetables, fruits, and whole grains, which promote the growth of good bacteria in the gut. Probiotics containing live microorganisms can also be helpful in supporting gut flora and controlling the growth of yeast fungi.

A balanced diet rich in fiber, healthy fats, and proteins, and limiting the consumption of refined carbohydrates and sugary foods, can help improve gut health and control the growth of yeast fungi.

Avoidance Diets:

It's important to understand that while anecdotal reports and personal anecdotes can provide valuable insights, they cannot serve as scientific evidence for the effectiveness of certain dietary or lifestyle approaches. Scientific studies are required to confirm the actual effectiveness of such approaches and identify statistical correlations.

If certain foods or dietary patterns are considered potential triggers for psoriasis, it's important to test these hypotheses through well-designed clinical studies. Such studies should include a sufficient number of participants who are observed over a longer period to achieve statistically significant results.

In the meantime, individuals suffering from psoriasis may benefit from a balanced diet rich in fruits, vegetables, whole grains, healthy fats, and lean proteins. It may also be helpful to reduce the consumption of processed foods, sugary snacks, and alcoholic beverages. Such a dietary approach can help improve overall health and reduce the risk of inflammation in the body, which could positively affect psoriasis symptoms.

However, it's important for each individual to address their diet and lifestyle individually and seek professional medical advice if needed.

Salicylic Acid:

It's important to use caution when applying salicylic acid or other topically applied agents. Salicylic acid can indeed help in the treatment of psoriasis by loosening dead skin cells and reducing skin scales. Additionally, salicylic acid has anti-inflammatory and antimicrobial properties that can help combat bacteria and fungi.

However, excessive use of salicylic acid or other agents can irritate the skin and lead to unwanted side effects. It's important to follow the instructions of the doctor or pharmacist carefully and not exceed the recommended dosage. Overuse may cause skin irritation, redness, burning, or dryness.

It's also important to observe how the skin reacts to the treatment and reduce or discontinue use if side effects occur. Some people have more sensitive skin and may react more strongly to certain agents. In general, the treatment of psoriasis should always be done in consultation with a doctor who can consider the individual needs and condition of the patient.

11. Permissible substances.

Tar Preparations:

Tar is a traditional treatment option for psoriasis and is often used in the form of ointments. It contains various chemical compounds, including benzene-like substances such as anthralin, pyrogallol, and salicylic acid. These substances have anti-inflammatory and keratolytic properties that can help in the treatment of psoriasis by reducing inflammation and supporting the shedding of skin.

Although tar is considered safe in low doses and the risk of cancer is low, some people may experience skin irritation or allergic reactions. Therefore, the use of tar products should be done with caution and preferably under the guidance of a doctor or dermatologist.

Anthralin is another substance used in the treatment of psoriasis. It works by blocking the lipoxygenase pathway, leading to inhibition of inflammation. Anthralin is often used in ointment form and has been proven effective, but it can cause skin irritation, especially at higher concentrations. Therefore, anthralin should also be used under medical supervision.

Base Ointments:

Base ointments are generally safe and can help moisturize the skin, especially in cases of dry or irritated skin. They contain a high fat content, but unlike pure fatty creams, they do not contain any other active ingredients or additives. Base ointments are therefore well tolerated and can also be used on sensitive skin.

One of the main uses of base ointments is to moisturize the skin and form a protective film that protects against external influences such as cold, wind, or irritants. They are particularly suitable for caring for dry skin areas and can also be used as supportive treatment for skin conditions such as psoriasis or eczema.

However, applying base ointments to hairy scalp can be somewhat challenging due to the hair. In such cases, special shampoos or hair care products suitable for scalp care can be used. It's also possible to gently massage the base ointment into the hairy scalp to achieve an even distribution. If unsure or have questions about the use of base ointments, it's advisable to consult a dermatologist or doctor.

Fumaric Acid:

The use of fumaric acid esters for the treatment of psoriasis is an approach aimed at correcting a disturbance in the citric acid cycle. This disorder is associated with altered carbohydrate metabolism. Fumaric acid itself cannot be directly absorbed by the body, so fumaric acid esters are used to achieve the effect.

It is believed that fumaric acid esters may be an effective treatment method for relieving the symptoms of psoriasis. However, there are also risks and potential side effects associated with their use. Possible side effects include kidney damage and liver strain.

It's important for patients using fumaric acid esters to be regularly monitored by a doctor to detect and treat potential side effects early. Therefore, the use of fumaric acid esters should be done under medical supervision, and possible risks and benefits should be carefully weighed.

Allowed Foods:

Vegetables:

The mentioned foods are part of a list recommended for the diet of individuals with psoriasis. These foods are considered beneficial for skin health and may help reduce or prevent flare-ups. Here are some of the mentioned foods:

Cabbage varieties such as cauliflower and broccoli are rich in vitamins, minerals, and antioxidants that may promote skin health.

Leafy greens such as Chinese cabbage, green lettuce, and lamb's lettuce are nutrient-dense and have anti-inflammatory properties.

Potatoes (ripe and well peeled) provide carbohydrates and fiber and can be a good source of energy.

Artichokes contain antioxidants and fiber that may have anti-inflammatory effects.

Cucumbers are rich in water and can help hydrate the body.

Garlic and onions have anti-inflammatory properties and can boost the immune system.

Fennel has anti-inflammatory effects and may aid in digestion.

Sorrel and dandelion are known for their detoxifying properties and may support liver function.

Asparagus is rich in vitamins and minerals and may have anti-inflammatory effects.

Salsify and celery contain fiber and may promote digestion.

Mushrooms and porcini mushrooms are good sources of protein and antioxidants.

Beetroot is rich in betaine and may detoxify the liver.

Bamboo shoots are low in calories and rich in fiber, vitamins, and minerals.

It's important to note that individual reactions to specific foods may vary. Therefore, it's advisable to pay attention to one's own body reactions and make adjustments to the diet if necessary. Consulting with a doctor or nutritionist is recommended to ensure a balanced diet.

Spices:

The mentioned spices, herbs, and recommended grains are part of a list suggested for individuals with psoriasis. These foods may help reduce inflammation and support skin health. Here's a summary:

Spices and herbs:

Onions and garlic have anti-inflammatory properties and can boost the immune system. Fennel, salt, bay leaves, watercress, dill, basil, rosemary, juniper, ginger, chives, parsley, chervil, tarragon, sage, marigold, elderflower, sorrel, and dandelion are other herbs and spices that have anti-inflammatory properties and may promote health.

Grains:

Oats, barley, rye, wheat, corn, millet, and buckwheat are grains that can be consumed in their pure form without preservatives and baking agents.

Whole grain products, especially whole grain bread made with natural sourdough, are recommended.

Pasta without preservatives, preferably as whole grain products, can also be integrated into the diet.

It's important to note that individual reactions to specific foods may vary. Individuals with psoriasis should pay attention to their own reactions and make adjustments to their diet if necessary. Consulting with a doctor or nutritionist is recommended to ensure a balanced diet and to ensure that all nutrient needs are met.

Fats:

The mentioned fats and oils contain unsaturated fatty acids, especially omega-3 fatty acids, which are beneficial for health. Here's a summary: Flaxseed oil, olive oil, coconut oil (suitable for frying), black cumin oil, fish oil, and safflower oil are healthy fat sources containing unsaturated fatty acids.

Omega-3 fatty acids found in fish oil, cod liver oil, and some vegetable oils are considered particularly beneficial for health. It is recommended to avoid animal fats as they may promote the formation of inflammation-promoting arachidonic acid.

Individuals with severe psoriasis may require a low-fat diet, but for most people, unsaturated fatty acids are essential. Transitioning to a vegan diet is one way to avoid animal fats, but it's important to ensure the diet is balanced and contains all necessary nutrients. Vegan oils and oil blends can be a good alternative to animal fats.

Consulting with a nutritionist or doctor is advisable to ensure the diet is balanced and individual needs are met.

Fruits:

These foods represent a selection of fruits that may be considered in the diet of an individual with psoriasis:

Apples

Pears

Bananas

Plums

Juniper berries

Lychees

Figs

Un sulfured dried fruits

Olives

These fruits are rich in various nutrients and can be part of a balanced diet. It is recommended to consume a variety of fruits and vegetables to obtain a wide range of nutrients.

Meat:

For individuals with psoriasis, it is recommended to consume lean meats and fresh fish in their pure, untreated form. Here are some examples of suitable meats and fish:

Turkey

Chicken

Beef

Pork

Fresh fish (such as salmon, trout, cod)

It is recommended to choose these types of meat as lean and fresh as possible and not to consume them excessively. Avoid processed meat products such as sausages, which often contain many additives. If possible, these can be replaced with plant-based protein sources such as spirulina, chlorella, peas, or other legumes.

When preparing, it is important to avoid certain spices that may come from stems and seeds. Instead, onions, garlic, salt, and various herbs mentioned previously can be used. It is recommended to cook the meat gently, such as baking in the oven, boiling, or microwaving.

Middle Category:

It is recommended that after the "healing" of psoriasis, eggs should only be consumed in small quantities, ideally no more than 1 egg per day. It is important to note that eggs are processed in many products, such as pasta and breadcrumbs. Natural yogurt is preferred as many manufacturers may add nut preparations, which should be avoided.

Trace Elements:

A balanced and varied diet generally ensures an adequate supply of nutrients. The need for zinc can be reduced by consuming dairy products and through athletic performance. Meat is an important source of zinc, but vegans can meet their zinc needs by consuming poppy seeds, brewer's yeast, pumpkin seeds, sesame seeds, flaxseeds, tahini, chia seeds, and similar foods. If necessary, vitamin tablets can also be taken for supplementation.

Disorders of intestinal function and the bacterial milieu can lead to a deficiency of folic acid and other trace elements. In such cases, taking probiotics can help restore the intestinal milieu.

Beverages:

Juices made from the fruits listed above, preferably mixed or with aloe vera, are a good option. However, it is advisable to avoid carrot or tomato juice, especially if suffering from psoriasis, but it is worth individually testing if you tolerate them. It is best to juice these fruits yourself. Celery, beetroot, and blueberry juices are also healthy options, as is freshly squeezed orange juice, especially for young children.

Beers like malt beer, non-alcoholic beer, or fruit wines without oxidants and preservatives are suitable alternatives. Fruit teas without citrus fruits, as well as herbal teas like ground ivy, stevia, mint, and yarrow, are also recommended. Barley coffee is another option for a varied selection of beverages.

Strong Triggers:

Ready-made foods such as instant soups and sausages, as well as fast food, contain many additives that should be avoided and are therefore strong triggers for psoriasis. Nuts, chocolate, coffee, citrus fruit ready-made juices (due to the pressed peels), wine, spirits, spices, preservatives, flavor enhancers, cigarettes, and certain medications also belong to the strong triggers of psoriasis. Spices to be avoided include nutmeg, pepper, cloves, mustard, caraway, anise, and paprika powder, as well as cinnamon. Hazelnuts, walnuts, and peanuts/peanut oils are certainly nuts to avoid. The active ingredients contained can also be problematic.

Chocolate contains animal fat, cocoa (theobromine and oxalic acid), and often nuts or sulfured raisins. For those who are not vegan, here are some examples to reduce the consumption of animal products:

Cabbage rolls:

Wash cabbage leaves in hot water and let them soften. Form minced meat, thin beef, or vegan minced meat (if tolerated, otherwise better to avoid, alternatively grated potatoes can be used) into dumplings with onions and salt, and roll them into the cabbage leaves. Sear the filled cabbage leaves in olive oil. Fry cabbage pieces with onions separately and then let them simmer together for a long time. Salt potatoes, buckwheat, or salad can be served with it.

All minced meat dishes, such as meatballs, can be consumed if spices are omitted. Vegans should rather opt for vegan products, but should always check the ingredient list. Salt, onions, and garlic can be used as substitutes. During a flare-up, it is advisable to reduce the consumption of dairy products or only add them in small quantities. Some individuals may need to completely avoid meat, depending on the severity of their poisoning.

12. Recipes.

Vegetable Stew:

A vegetable soup can be prepared from a variety of vegetables, except for nightshades. During a flare-up, carrots should also be avoided. Hard vegetables like celery, beets, legumes, and cabbage should be cooked first. Additionally, brown rice or grains can be added, depending on tolerance.

Later, leeks and fennel can be added. To enhance the flavor, the soup can be seasoned with plenty of onions, optionally garlic, as well as herbs and vegetable broth. For non-vegans, the vegetable soup can also be prepared with soup bones or soup meat.

Onion Soup:

For this onion soup recipe, peel and thinly slice 5-6 large onions. Sauté them in olive oil until golden brown. Reduce the heat and deglaze the onions with 800 ml broth. Add salt to taste, and let the soup simmer over low heat for about 20 minutes.

Serve the onion soup best with cheese-topped whole grain bread.

Leek Soup:

- For this recipe, you will need:
- 2 large onions
- Olive oil to taste
- 1/2 teaspoon vegetable broth
- 5 leeks
- A pinch of salt
- Fresh parsley
- A splash of cream
- Or two tablespoons of almond milk or coconut milk

Here's how to prepare the dish:

1. Sauté the 2 large onions in olive oil for a few minutes until soft.
2. Deglaze with some hot vegetable broth.
3. Clean the 5 leeks, cut into rings, and also sauté until soft.
4. Add the remaining vegetable broth and season with salt.
5. Stir in chopped parsley and cream (or almond/coconut milk).
6. If you're vegan, you can replace the cream with almond or coconut milk.
7. Enjoy this delicious onion leek soup!

Mushroom Soup:

- For this recipe, you will need:
- 300 g mushrooms, cleaned and sliced
- 20 g sunflower margarine, coconut oil, or olive oil
- 500 ml meat broth (or vegetable broth for a vegetarian option)
- 125 g cream or almond milk/coconut milk
- A pinch of salt
- A little chervil

Here's how to prepare the dish:

1. Slice the 300 g mushrooms.
2. Heat the sunflower margarine, coconut oil, or olive oil in a pot and sauté the mushrooms in it.
3. Add the 500 ml meat broth and let the mushrooms cook in it.
4. After cooking, add the 125 g cream or almond milk/coconut milk and a pinch of salt, and stir well.
5. Finally, sprinkle the chopped chervil over the soup and serve.
6. Enjoy this delicious mushroom soup!

Asparagus Cream Soup:

For this recipe, you will need:

- 250 g asparagus, peeled and cut into 3 cm pieces
- 500 ml water
- A pinch of salt
- 10 g coconut oil or coconut butter
- 250 ml coconut milk
- 15 g flour or wholemeal flour
- Optional: 1 egg yolk (can also be omitted)
- A little chopped parsley

Here's how to prepare the dish:

1. Cut the peeled asparagus into 3 cm pieces.
2. Bring the asparagus pieces, 500 ml water, a pinch of salt, and 10 g coconut oil or coconut butter to a boil in a pot.
3. Reduce the heat after boiling and let the asparagus simmer for about 25 minutes until soft.
4. In a separate bowl, mix 250 ml coconut milk with 15 g flour or wholemeal flour until smooth.
5. Slowly pour the coconut milk-flour mixture into the pot with the asparagus, continuously stirring to avoid lumps.
6. Optional: Stir in an egg yolk to bind the soup (can also be omitted).
7. Let the soup simmer for a few more minutes until slightly thickened.
8. Sprinkle with chopped parsley and serve.
9. Enjoy this creamy coconut milk asparagus soup as a light and delicious meal!

Potato Cream Soup:

For this potato soup recipe, you will need:

- 250 g potatoes, peeled and diced
- 2 onions, diced
- 1 piece of soup vegetables (carrots, celery, leeks), finely chopped
- 15 g sunflower margarine or coconut oil
- 500 ml vegetable broth
- A pinch of salt
- 125 ml cream or coconut milk
- A little margarine or coconut butter
- A gluten-free whole grain roll or crispbread
- A few basil leaves
- A little chopped chervil

Here's how to prepare the potato soup:

1. Boil the potato cubes in a pot of water until soft. Then drain the water and set the potatoes aside.
2. In a large pot, heat the sunflower margarine or coconut oil and sauté the diced onions and finely chopped soup vegetables until soft.
3. Add the cooked potatoes and sautéed vegetables to the pot and deglaze with 500 ml vegetable broth. Add a pinch of salt.
4. Let the soup simmer until all ingredients are well cooked and the flavors have combined.
5. Add the cream or coconut milk and stir well.
6. According to taste, stir in some margarine or coconut butter to refine the soup.
7. Cut the gluten-free whole grain roll or crispbread into small cubes and add them to the soup.
8. Garnish the soup with a few fresh basil leaves and sprinkle with chopped chervil.
9. Enjoy this hearty and warming potato soup with a knusprigen Brot!

Cauliflower Cream Soup / Broccoli Soup:

For the cauliflower or broccoli dish, you will need:

- 300 g cauliflower or broccoli, cleaned and cut into small florets
- A little olive oil
- A little vegetable broth
- 250 ml almond milk
- A little salt
- A little cream or coconut milk (optional)
- Fresh dill to taste

Here's how to prepare the dish:

1. Heat some olive oil in a pot and briefly sauté the cauliflower or broccoli florets.
2. Deglaze the vegetables with some vegetable broth and add 250 ml almond milk and a pinch of salt.
3. Let everything simmer for about 10 minutes until the vegetables are soft.
4. Optional: Add some cream or coconut milk for a creamy consistency and stir in fresh dill to taste.

For the barley or rice stew, you will need:

- 500 ml vegetable broth
- A little salt
- 150 g barley or whole grain rice
- Fresh vegetables according to your taste, e.g., leeks, onions, fennel, celery, parsley root, and cauliflower

Here's how to prepare the stew:

1. Bring the vegetable broth to a boil and season it with a little salt to taste.
2. Add the washed and cleaned vegetables, such as leeks, onions, fennel, celery, parsley root, and cauliflower, to the boiling broth and let them simmer for about 20 minutes until soft.
3. Add the barley or whole grain rice and continue cooking until the barley or rice is cooked through.
4. Test if the consistency is to your liking and adjust if necessary.
5. Enjoy these two dishes as delicious and nutritious meals!

Roasted Potatoes:

For this potato dish, you will need:

- 250 g potatoes
- A little salt
- 1 onion
- Olive oil to taste

Here's how to prepare the dish:

1. Peel the potatoes and boil them in salted water until they are soft. Then drain the water.
2. Meanwhile, peel the onion and slice it finely.
3. Fry the onion in olive oil until golden brown.
4. Slice the cooked potatoes and add them to the fried onions.
5. Fry everything together until the potatoes are lightly browned.
6. Season with salt and serve according to taste. It pairs well with sauerkraut or salad, as well as grilled fish or other vegetables like zucchini.
7. Enjoy this simple yet delicious potato dish!

Whole Grain Rice:

For this dish, you will need:

- 250 ml water
- A pinch of salt
- 1 zucchini
- 1 eggplant
- 150 g potatoes

Here's how to prepare the dish:

1. Bring water to a boil in a pot and add a pinch of salt.
2. Peel and chop the potatoes into pieces.
3. Add the potato pieces to the boiling water and cook until they are soft.
4. Meanwhile, wash the zucchini and eggplant and slice them.
5. Heat some olive oil in a pan and fry the zucchini and eggplant slices until golden brown.
6. Drain the cooked potatoes and serve them with the fried zucchini and eggplant slices.
7. This dish is easy to prepare and can be enjoyed with various cooked or fried vegetables.
Bon appétit!

Buckwheat Groats:

For this dish, you will need:

- 150 g buckwheat groats
- 50 g sauerkraut
- 20 g sunflower margarine or coconut oil
- 1 fish fillet or 150 g meat (of your choice)
- Buttermilk or non-alcoholic beer (optional)
- 2 garlic cloves
- 1 onion

Here's how to prepare the dish:

1. Cook the buckwheat groats according to the instructions on the packaging.
2. Wash and chop the sauerkraut.
3. Heat the sunflower margarine or coconut oil in a pan.
4. Fry the sauerkraut in the pan until it is soft.
5. In a separate pan, fry the fish fillet or meat with some olive oil, onions, and garlic until cooked through.
6. Serve the cooked buckwheat groats with the fried sauerkraut, pour over the melted sunflower margarine or coconut oil, and serve with the fried fish fillet or meat.
7. Optionally, you can serve buttermilk or non-alcoholic beer with it.
8. This dish is easy to prepare and offers a delicious and nutritious meal. Enjoy your meal!

Boiled Potatoes:

For this dish, you will need:

- 250 g potatoes
- 100 g meat or fish or falafels (depending on preference)
- Buttermilk or coconut water (optional)
- Sunflower margarine
- Some salt

Here's how to prepare the dish:

1. Boil the potatoes in salted water until they are soft. Then drain the water.
2. Fry the meat or fish in a pan or prepare the falafels according to package instructions.
3. Arrange the cooked potatoes on a plate and drizzle with some sunflower margarine.
4. Serve the fried meat or fish or falafels alongside the potatoes.
5. You can serve buttermilk or coconut water as a side, depending on preference.
6. Optionally, you can also serve a leafy salad with natural yogurt or almond milk and salt as a side.
7. This dish is easy to prepare and offers a versatile and flavorful meal. Enjoy your meal!

Fuscher:

For this dish, you will need:

- 250 g boiled potatoes (Fuscher)
- A small amount of whole grain flour
- Some olive oil
- 100 g meat or fish
- Buttermilk
- 100 g white cabbage or red cabbage

Here's how to prepare the dish:

1. Boil the potatoes and then peel them. Mash the cooked potatoes with a fork or masher and add some whole grain flour to get a firm consistency.
2. Heat the olive oil in a pan. Using a spoon, take portions of the potato mixture and shape them into dumplings. Place the dumplings in the hot olive oil and fry until golden brown on both sides.
3. Fry or cook the meat or fish as desired.
4. Arrange the finished Fuscher dumplings on a plate and serve with the fried meat or fish.
5. You can serve buttermilk as a beverage.
6. As a side dish, you can serve boiled white cabbage or red cabbage.
7. Enjoy this rustic and delicious meal!

Tzatziki:

For the cucumber salad, you will need:

- 1/2 cucumber
- A pinch of salt
- 1-2 garlic cloves
- 1 onion
- 250 g yogurt
- 250 g quark
- Some oil
- Some vinegar
- Some salt
- 1 whole grain bread

Here's how to prepare the cucumber salad:

1. Peel and grate the half cucumber. Sprinkle the cucumber shreds with a pinch of salt and let them sit for a while.
2. Peel and press the garlic cloves. Peel and finely chop the onions as well.
3. Mix the quark with the yogurt, some oil, the chopped onions, the pressed garlic, and the cucumber shreds. Season with vinegar and salt to taste.
4. Serve the cucumber salad with fresh whole grain bread.

For dessert, you will need:

- 100 g natural yogurt
- 100 g muesli
- 100 g fruits of your choice
- 50 g porridge
- 50 g sunflower margarine
- 15 g fruits of your choice
- 20 g fruits of your choice

Here's how to prepare the dessert:

1. Mix the natural yogurt with the muesli.
2. Cut the fruits of your choice into small pieces and mix them into the yogurt-muesli mixture.
3. Mix the porridge with the sunflower margarine and garnish with the remaining fruits.
4. Serve and enjoy the dessert.

Milkshake:

For the dessert with almond milk and banana, you can prepare the following:

Ingredients:

- 150 g almond milk
- 1 banana
- Instructions:
 1. Peel the banana and cut it into pieces.
 2. Put the banana pieces together with the almond milk in a blender.
 3. Blend everything well until a creamy consistency is achieved.
 4. Serve the banana-almond milk mix either as a milkshake or combine it with natural yogurt, muesli, porridge, or other allowed fruits according to your preferences.
 5. This dessert is a refreshing and healthy option for your meals.

Evening:

Mixed salad according to taste

For the mixed salad with feta cheese and dressing made from olive oil and lemon juice, you can proceed as follows:

Ingredients:

- 250 g mixed greens (Chinese cabbage, dandelion greens, sorrel, etc.)
- 100 g feta cheese
- 1 egg
- Some salt
- 150 g natural yogurt (or olive oil to taste)
- Juice of 2 lemons
- Choice of fruit for dessert
- Instructions:
 1. Wash the mixed greens and chop as needed.
 2. Cut the feta cheese into small cubes.
 3. Boil the egg, let it cool, peel it, and slice it.
 4. Put the natural yogurt in a bowl and season with some salt. Alternatively, you can mix olive oil with the juice of 2 lemons to make a dressing.
 5. Arrange the salad ingredients (mixed greens, feta cheese, egg slices) on a plate.
 6. Pour the dressing over the salad.
 7. Serve the fruit as dessert, if desired.
 8. This mixed salad with feta cheese and homemade dressing is a delicious and healthy meal that is easy to prepare.

Yogurt Dressing with Herbs:

- 250 g natural yogurt
- Chopped herbs according to taste (e.g., parsley, chives, dill)
- Salt to taste

Instructions:

1. Place the natural yogurt in a bowl.
2. Add chopped herbs according to taste.
3. Season with salt and mix well.

These dressings are excellent for salads and are easy to prepare. They add a fresh note to dishes and can be varied according to preference.

Alternative for Fish Dishes:

For vegans or individuals with strong dietary restrictions, there are alternative dietary suggestions: Vegetable Dishes: Various vegetables such as broccoli, cauliflower, carrots, bell peppers, zucchini, and eggplants can be prepared in diverse ways. For example, they can be steamed, grilled, or baked in the oven.

Legumes: Beans, lentils, chickpeas, and other legumes are a good source of protein for vegans. They can be used in soups, stews, salads, or as a side dish.

Tofu and Tempeh: These plant-based protein sources can be used in various dishes, from stir-fries to curries to sandwiches.

Nuts and Seeds: Almonds, walnuts, sunflower seeds, chia seeds, and flaxseeds are rich in healthy fats and proteins. They can be eaten as snacks or added to salads, cereals, or smoothies.

Whole Grains: Whole grain bread, whole grain pasta, brown rice, and quinoa are good sources of carbohydrates and also provide fiber and essential nutrients.

Fruits and Berries: Fresh fruits and berries are rich in vitamins, minerals, and antioxidants. They can be eaten raw, processed into smoothies, or served as dessert.

Plant-Based Milk Alternatives: Instead of cow's milk, vegan milk alternatives such as almond milk, oat milk, soy milk, or coconut milk can be used.

Healthy Fats: Avocado, olive oil, coconut oil, and other plant-based oils are healthy sources of fat that can be used in a vegan diet.

Herbs and Spices: Use various herbs and spices to enhance the flavor of your dishes without relying on additional calories or unhealthy ingredients.

With the variety of these plant-based foods, vegans can ensure a balanced diet with all the necessary nutrients important for healthy skin and a strong immune system.

Fresh Tomato Salsa:

Here's a recipe for fresh and spicy tomato salsa:

Ingredients:

- 5 medium tomatoes, finely chopped
- 1/2 red onion, finely chopped
- A splash of lime juice
- 1 small garlic clove, finely chopped
- A handful of chopped fresh cilantro
- Sea salt to taste (optional)
- A pinch of ground cumin

Instructions:

1. Place all the ingredients in a medium-sized bowl.
2. Mix well to combine the flavors.
3. Serve immediately or store in the refrigerator until needed.

This tomato salsa is perfect as a dip for tortilla chips, a topping for tacos, burritos, or nachos, or as a side dish for grilled meat or fish. Enjoy the fresh and spicy flavors of this salsa!

Crispy Spanish Potatoes:

Roasted potatoes:

Ingredients:

- 2 pounds small potatoes, halved
- 1 1/2 tablespoons tomato paste
- 1 1/2 tablespoons water or aquafaba (optional)
- 3/4 cup brown rice flour (optional)
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt
- Juice of 1/4 lemon for serving (optional)
- 1 tablespoon chopped fresh parsley for serving

Instructions:

1. Preheat the oven to 220°C.
2. Place a potato steamer or sieve over a pan of boiling water and cover with a lid. Steam the potatoes for 10-15 minutes until almost tender. Then transfer to a large bowl and set aside.
3. In a small bowl, whisk together the tomato paste and water or aquafaba. Pour the mixture over the potatoes and toss well until evenly coated.
4. Add the optional brown rice flour, garlic powder, and sea salt, and mix well until evenly distributed.
5. Spread the potatoes on a baking sheet lined with parchment paper and roast in the preheated oven for 25-30 minutes, turning once, until crispy. If the potatoes are not crispy enough, you can leave them in the oven for a little longer.
6. Serve the roasted potatoes with a squeeze of lemon juice and freshly chopped parsley.
7. Enjoy these delicious roasted potatoes as a side dish to your favorite meals!

Bulgur Salad / Kısır:

Ingredients:

- 200 g whole grain bulgur (fine)
- 150 ml water
- 1 small onion
- 1-2 spring onions
- 2 tablespoons olive oil
- 1 bunch flat-leaf parsley
- 1/2 bunch fresh mint
- 1 tablespoon tomato paste (organic)
- 1/2 teaspoon ground cumin
- 2 tablespoons pomegranate syrup (Nar Ekşisi)
- Juice of 1/2 lemon
- Approximately 75 ml olive oil
- Salt to taste

Instructions:

1. Bring the water to a boil and pour it over the bulgur in a heatproof bowl. Let the bulgur soak for 15 minutes.
2. Finely dice the onion and sauté in some neutral oil in a pan over medium heat. Then add the spices and tomato paste and sauté briefly. Remove the pan from the heat and let it cool.
3. Halve the spring onions lengthwise and slice them into fine rings. Finely chop the parsley and mint.
4. Add the cooled onion mixture to the soaked bulgur and mix well. Then stir in the pomegranate syrup along with the spring onions and chopped herbs.
5. Stir in the olive oil and season the salad with salt and lemon juice.
6. Enjoy this refreshing and aromatic bulgur salad as a side dish or main course!

Lentil Soup Recipe:

Ingredients:

- 1 cup red lentils
- 1 onion
- 1 carrot
- 1/2 tablespoon tomato paste (optional)
- Salt
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin (optional)
- 1 liter water
- 2 tablespoons olive oil
- 1 garlic clove
- 1 bell pepper
- Juice of one lemon
- Fresh cilantro for garnish

Instructions:

1. Peel and finely dice the onion. Heat the olive oil in a large pot and sauté the onions until translucent.
2. Peel and finely chop the garlic clove, then add it to the onions. Add the lentils and briefly sauté.
3. Peel the carrot, slice it into thin rounds, and add it to the onions and lentils.
4. Wash the bell pepper, remove the seeds, slice it into fine strips, and add it to the pot as well.
5. Stir in the tomato paste (if using) and pour in the water. Add the lemon juice.
6. Season with salt, ground coriander, and ground cumin, if using. Let the soup simmer for about 10 minutes.
7. Use an immersion blender to partially blend the soup, leaving some carrot and bell pepper pieces visible.
8. Ladle the soup into bowls or plates and garnish with fresh cilantro.
9. Enjoy your homemade lentil soup!

Baking Bread:

Gluten-Free Bread:

Ingredients:

- 120 g Gluten-free oats
- 80 g Chickpea flour
- 80 g Potato flour
- 80 g Flaxseed meal
- 10 – 20 g Sunflower seeds
- 10 – 20 g Hemp seeds
- 4 tbsp Chia seeds
- 1 tsp Sea salt
- 1.5 tbsp Herbes de Provence
- 1 tbsp Maple syrup
- 1 tbsp Coconut oil
- 350 ml lukewarm water

Instructions:

1. Mix all dry ingredients in one bowl and all wet ingredients in another bowl.
2. Gradually add liquid ingredients to the dry ingredients and knead into a dough.
3. Shape the dough into a loaf and place it in a loaf pan lined with parchment paper. Cover and let it rest for 12 hours.
4. Preheat the oven to 180 degrees Celsius. Moisten the bread loaf with water and bake it in the pan for 30 minutes. Then remove it from the pan, moisten it again, and bake for another 30 minutes (this time without the pan).
5. Let the bread cool and enjoy!

Blueberry Banana Bread:

Ingredients:

- 3 ripe bananas
- 75 g Maple syrup
- 30 g Coconut sugar
- 1 tsp Alcohol-free vanilla extract
- About 100 ml unsweetened almond milk
- 250 g Gluten-free oat flour
- 1/2 tsp Sea salt
- 1 tsp Baking powder
- 1/2 tsp Baking soda
- About 60 g Frozen wild blueberries
- Chopped walnuts for garnish (optional)

Instructions:

1. Preheat the oven to 180°C and line a small loaf pan with parchment paper.
2. Mash the bananas and mix them with maple syrup, coconut sugar, vanilla extract, and almond milk.
3. In a separate bowl, combine oat flour, sea salt, baking powder, and baking soda.
4. Add the wet ingredients to the dry ingredients and gently fold them together. Then add the blueberries and fold them in as well.
5. Pour the batter into the loaf pan and bake for 40 minutes. Then turn off the oven, leave the bread in the oven for another 10 minutes, and then let it cool completely.

Pancake Recipe:

Ingredients:

- 150 g Chickpea flour
- 150 g Potato flour
- 150 g Cassava flour
- Water
- Almond milk
- Maple syrup

Instructions:

1. Mix chickpea flour, potato flour, and cassava flour with water to form a batter.
2. Add almond milk until you reach the desired consistency. Season with maple syrup.
3. Enjoy your pancakes!

Detox Drinks:

Baking soda and its significance:

Sodium bicarbonate as a detox drink

Baking soda, also known as sodium bicarbonate (NaHCO_3), is a cost-effective and widely available substance found in supermarkets and drugstores. It is important to ensure that the baking soda is pure and free from additives. In some countries, it is sold under various names such as British Carbonate, Solvey Carbonate, Carbonate, Pocket Soda, and Garra Carbonate in pharmacies. For best results, it is recommended to purchase baking soda from pharmacies, health food stores, or organic shops, ideally without aluminum additives.

It is important to note that baking soda should not be confused with baking powder, although it can be used in some baking recipes. Baking powder often contains phosphate-based acidifiers, anti-caking agents, and flavors, while pure baking soda is simply sodium bicarbonate.

Baking soda has detoxifying and alkalizing properties. It can help combat acidosis in the body by neutralizing excess acids and increasing the body's pH level. This can help alleviate a variety of health problems and strengthen the immune system.

Furthermore, baking soda has anti-inflammatory properties that can positively affect the immune system. Studies have shown that regular consumption of baking soda in water can reduce the number of pro-inflammatory cells in the body and increase the number of anti-inflammatory cells. This also makes baking soda a promising option for the treatment of autoimmune diseases.

Overall, baking soda can offer a variety of health benefits as a detox drink and help relieve and support the body. However, it is important to consult a doctor before using baking soda as part of a detox or health routine, especially if you have existing health problems or are taking medication. Tips for better detoxification from heavy metals, etc.

13. Tips for a month to test yourself.

14. Stomach protection.

It's important to assist your body in strengthening its immune system so it can effectively protect you. This requires your conscious decision and trust in your ability to influence your health. Your immune system is constantly working to protect you, but it also needs your support. By adopting a healthy lifestyle, including balanced nutrition, regular exercise, adequate sleep, and stress management, you can help your immune system function optimally. Your belief in yourself and your health can also make a significant contribution. It's encouraging to see you actively advocating for your health!

Here are a few tips for people with psoriasis: Why not try the following over a period of one month: Take half a teaspoon of baking soda (a tablet) in a glass of water every morning on an empty stomach. You can have breakfast an hour later. In the evening, before bedtime, stop eating and drinking an hour before, but still drink a glass of baking soda water and then go to sleep. Please don't overdo it, about four to five weeks should be enough to see how your body responds.

Another tip: Drink freshly pressed celery juice on an empty stomach in the morning.

Here's a recipe for you:

- Press 600 grams of celery stalks
- 250 grams of beets
- Some celery
- Supplement your diet with Liposomal Vitamin C
- And occasionally perform a natural colon cleanse.

Celery juice is incredibly healthy: it supports the skin, hair, and nails, digestion, the cardiovascular system, and can even aid in weight loss. It's recommended to drink freshly pressed celery juice immediately upon waking on an empty stomach and then wait 15-20 minutes before eating anything. You can drink between half a liter to a liter of celery juice per day. If you don't have time to press in the morning, you can also buy freshly pressed beetroot juice, preferably from a health food store, without additives. This is a good alternative if you don't have the means to press it yourself.

Spirulina Chlorella:

Spirulina and Chlorella are fantastic ingredients with which you can prepare many different beverages. Spirulina algae belong to the category of superfoods, and for good reason. This term describes foods that are rich in nutrients and vital substances, contain a variety of enzymes, have a high content of chlorophyll, and overall have an alkaline effect on the body.

All life on Earth has its origin in the sea, and algae are no exception. They feed on sunlight, carbon dioxide from the atmosphere, and minerals from the water.

Similar to plants, algae can convert carbon dioxide and water into nutrients due to their high chlorophyll content (the green color) through sunlight. In this complex chemical process known as photosynthesis, oxygen is released, which forms the basis of all life on Earth.

Barley Grass:

Barley (*Hordeum vulgare*), like many other grains, belongs to the extensive family of grasses. When a single barley seed is planted in the ground, it quickly begins to germinate and grows into a long, green stalk - barley grass. At first glance, this plant may seem plain and unassuming, but its outward appearance belies its true splendor.

The abundance of valuable ingredients in barley grass is undeniable. Practically all essential vitamins are contained in this grass, including Vitamin A, Vitamin C, Vitamin D2, Vitamin E, as well as Vitamin K essential for blood clotting. In addition, various B vitamins are present, including the essential Vitamin B12. But that's not all - barley grass also offers a wide range of minerals and trace elements such as iron, magnesium, calcium, zinc, and selenium. It is this unique combination of nutrients that makes barley grass a true treasure of nature, considered by many to be one of the most nutritious plants on Earth.

Moringa:

The Moringa tree, a fast-growing tropical tree, plays a significant role in the nutrition of people and animals in poorer regions due to its nutrient-rich fruits, leaves, and roots.

The diversity of the healing effects of Moringa is impressive. It can be used not only in developing countries but also here as a comprehensive home remedy to treat a wide range of everyday ailments to more serious health problems.

The versatile positive properties of Moringa are remarkable: it possesses antibacterial properties, supports detoxification of the body, regulates blood pressure, lowers blood sugar levels, and has anti-inflammatory effects (especially the leaves). Additionally, it exhibits fungicidal effects, strengthens the immune system, dissolves mucus, and has antiviral properties.

Turmeric:

This active ingredient in turmeric offers numerous benefits compared to conventional therapy and can also be used in combination with it. It provides protection and potential healing, neutralizes free radicals, reduces UV damage, and prevents abnormal cell growth. Curcumin can be taken orally or applied topically for skin therapy. Studies have confirmed that curcuminoids have antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anti-carcinogenic effects on the skin. Due to the easy dosage and safe application of turmeric, it can be used in various skin therapies and as a preventive measure.

Personally, I regularly mixed a teaspoon of turmeric with ginger, honey, and a little lemon into a tea, which helped with detoxification.

14. Magen Protection

Celery prevents excessive production of stomach acid, thereby protecting the digestive organs and maintaining the stomach lining. Therefore, celery juice is a helpful ally against stomach ulcers.

Dulse plays a crucial role in detoxifying heavy metals. Without freeing our bodies from toxins, we cannot achieve our health goals permanently.

Dulse:

It binds mercury, lead, aluminum, copper, cadmium, and nickel. Furthermore, it cleanses the deeper layers of the intestines from heavy metals. Bound toxins in the body remain firmly bound and are not released again (unlike chlorella). It provides the body with iodine, a potent virus killer.

14.1. Tips

The introduction of iodine should be done cautiously, especially with high viral loads, as it can initially cause symptoms. This is because it has a strong antiviral effect and kills many viruses, which can release "corpse toxins" that may cause temporary symptoms.

Dulse, along with cilantro, spirulina, barley grass juice powder, and wild blueberries, is one of the five main detoxifiers. To mask the taste of dulse and cilantro, it is recommended to add the juice of 1-2 oranges to the smoothie. A daily intake of 2 tablespoons is recommended.

The liver plays a crucial role in gut health as it is where bile acid production occurs. This production can be compromised due to increasing liver exhaustion from viral and toxic burdens, chronic stress, and excessive fat consumption. Since the production of stomach acid and digestive enzymes depends directly on it, deficiencies can occur, leading to inadequate digestion and a putrefactive flora in the gut, which in turn can cause bloating and a bloated abdomen.

A burdened liver must eliminate many toxins that enter the colon through bile or the underside of the liver. This can also lead to bloating and a bloated abdomen.

Another cause of bloating and a bloated abdomen is often small intestinal bacterial overgrowth, where bacteria like streptococci produce large amounts of gas and push the intestine outward.

These gases can rise up to the stomach and oral cavity, reduce stomach acid production, promote inflammation (e.g., gastritis), and damage teeth and gums.

During detoxification, bloating may also occur when many toxins are excreted from the liver through the intestine, and the fiber from fruits and vegetables loosens old deposits from the intestinal walls.

15. Energetic Work

The Importance of Energy and Frequencies Regarding Human Health

Human health is influenced not only by physical but also by energetic factors. According to the principles of quantum physics, the human body is made up of energy vibrating at different frequencies. These energetic vibrations affect not only physical well-being but also mental and emotional health.

Psoriasis and the Role of Energy

Psoriasis, a chronic autoimmune disease characterized by inflammatory skin lesions, can cause both physical and emotional stress. Modern medicine has developed numerous treatment options, but the search for effective therapies can often be frustrating.

Energy Cleansing as Complementary Treatment

In recent years, there has been a growing interest in alternative therapies based on the cleansing of human energy. These therapies, based on the principles of energy healing and frequency regulation, are considered by many as effective complementary measures to traditional psoriasis treatment.

Why Energy Cleansing Is Important

Energy cleansing can help release blocked or stagnant energy and promote natural energy flow in the body. Regarding psoriasis, this can help reduce the inflammatory process, alleviate stress, and strengthen the immune system. Furthermore, energy cleansing can help resolve emotional stress and negative thought patterns often associated with psoriasis.

How Energy Cleansing Is Conducted

There are various methods for cleansing human energy, including acupuncture, meditation, sound therapy, and energetic crystal healing. These methods aim to restore balance and harmony in the energy body and can be applied both alone and in combination with traditional treatments for psoriasis.

Conclusion

Cleansing human energy can be an effective complementary treatment method for psoriasis and other diseases affecting both the body and mind. By promoting natural energy flow and releasing blocked energies, it can help improve overall well-being and support healing. It is important for people with psoriasis to consider holistic approaches to healthcare that take into account both the physical and energetic aspects of their well-being.

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PSORIASIS AND ME

Mihrac Güngör is originally of Turkish descent but grew up in Germany. Living in Sweden for 12 years, a trained beautician or a qualified skin therapist (spa therapist). She completed her training as a spa and skin therapist in Sweden.

Mihraç had suffered from psoriasis since childhood, and at that time he had gone to many doctors and received various therapies, but had no results or success. As his illness was getting worse and worse day by day, he finally decided to treat his illness on his own.

Having lost hope in various doctors, he began to investigate his illness. He did not want to believe that there was no cure for his illness. After reading a different number of books and researching his own work, Mihrac finally started to get closer to the healing process. After all, this makes Mihrac treat psoriasis, acne, rososia, etc.

It caused her to start creating her own officially different creams that were meant to help the skin. This cream has also helped many clients in his clinic in Sweden, he was back in society without a twinge of conscience and his body felt good. Thanks to his own recipe, his disease was relieved, and psoriasis was almost gone.

Having struggled with her illness for many years, she decided to help other people who are now experiencing the same thing. She wants to help everyone who also suffers from psoriasis and encourage them that there is a solution. You just need to be firmly convinced, that's how you achieve your goal. He managed to alleviate the mihraç disease!