



HELP!

“I’M SUFFERING FROM PSORIASIS”

Q “I have always had the skin condition but since starting a new job it’s got worse. How can I ease the symptoms?”

MEET THE PANEL

The Naturopath

Dr Caroline Longmore says:

“Psoriasis is a common skin disorder and is basically a result of the skin replacement process speeding up. While there isn’t a cure, there are a number of simple changes to your daily lifestyle you can try which may help:

- Increase your intake of omega 3 fatty acids.
- Limit your consumption of sugar and alcohol.
- Consider having a food intolerance test. You may find that following a gluten-free diet helps.
- Evaluate your stress levels and use stress reduction therapies such as massage, meditation or by simply getting enough sleep and fresh air.
- Make sure you are eating plenty of fibre by upping the amount of fruit and vegetables you eat every day.
- A herbalist will be able to make up a topical treatment for you which could include chamomile, calendula and aloe vera.
- You can also try taking some nutritional supplements: Flaxseed oil – one teaspoon per day, vitamin E – 400 IU per day, chromium – 400mcj per day, zinc – 30mg per day.”

To find out more about Dr Caroline Longmore visit galennaturopathic.com or call 020 8332 7711.



The Hypnotherapist

Joseph Clough says:

“When under stress our body and skin can develop a learned reaction, which can cause psoriasis to flare. It’s all too common for someone who is prone to experiencing psoriasis for the symptoms to heighten when under pressure. Through hypnosis you can also use visualisations to channel your body to heal itself.

My tip would be just before going to sleep each night, close your eyes and visualise your skin being nourished and bathed with a bright, nourishing sunlight or UV light. See your skin becoming strong and healthy with each moment that passes by, whilst repeating the mantra: ‘My skin is healthy and healed’. Do this for at least 15 minutes each night then drift off to sleep. This hands over the visualisation and suggestions for healthy skin to your unconscious mind, which will hopefully continue the healing process.”

Log on to josephclough.com for his hypnosis CDs and MPS downloads. For a free self-help audio visit facebook.com/joesphsfanpage



The TCM Practitioner

Laurie Ayres says:

“Psoriasis affects two to three per cent of the UK population. It is possible that the stress of starting your new job has caused your psoriasis to flare, which is unfortunate.

The majority of Chinese medical practitioners would use herbal medicine and acupuncture to ease your condition with a combination of the two usually yielding the best results. You should expect to start seeing results within four to eight weeks of starting the treatment. As everyone’s case is unique and will be treated with a different combination of herbs, the time of recovery can vary.

When seeking Chinese medical treatment, look for a practitioner who is a member of the Register of Chinese Herbal Medicine (RCHM) and British Acupuncture Council (BACc), as this will ensure a high standard of training and safety. Visit rchm.co.uk and acupuncture.org.uk for more details.

Laurie Ayres is a Chinese herbalist and acupuncturist. Phone 07787 508 378 or email laurie@easternhealingarts.co.uk



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