

Psoriasis & Eczema Flare Protocol

This protocol is designed to encourage upregulation of Th1 immunity and downregulation of th2 dominance while lowering overall body inflammation.

This is a protocol you can follow to keep flares more mild or reduce flares if they are getting intense. A full protocol that includes a candida cleanse, liver and kidney drainage, nutrient repletion and more is encouraged however here can be a good starting point.

ALWAYS CHECK WITH YOUR PHYSICIAN OR PRACTITIONER BEFORE SUPPLEMENTING TO PREVENT POTENTIAL FLARES AND TO MAKE SURE THE PROTOCOL IS RIGHT FOR YOUR HEALTH CONDITIONS.

The remedies listed below are available in North America. If you live outside North America, look for products that contain the ingredients in these blends or try to find a similar blend. If you need help, reach out through the forums!

Supplements:

1. Pure Encapsulations Liposomal Glutathione (upregulates Th1, encourages detoxification, quenches inflammation/free radicals) – 500mg 1-2x/day with or without food
2. Pure Encapsulations Th2 modulator (downregulation of th2 cytokines to reduce histamine and inflammation) – 2-3 capsules 2x/day with food
3. Pure Encapsulations Th1 Support (th1 upregulation, cellular and metabolic support) – 2 capsules 2x/day before meals
4. Genestra HMF Forte (probiotic) – 2 capsules daily with food, away from other supplements, garlic and ginger
5. Pure Encapsulations Epi-integrity powder (for US residents) or Genestra L-glutamine (Canadian residents) – 2 scoops of either product in water on empty stomach daily
6. Superdiet birch sap (liver and kidney flush) – 1 ampoule daily with water on empty stomach, ideally morning before food
7. Genestra liquid chlorophyll (toxin binder) – 15 drops in 1 cup water on an empty stomach 30 mins before food or at least 2 hours after.
8. Do Biotherapeutic drainage protocol on www.holisticspring.org

Diet:

1. Avoid ALL sugars (even natural sweetener), starchy carbs, seed oils, nightshades, pork, soy, yeast, peanuts, dairy, gluten and processed foods and ingredients, alcohol, coffee and canned foods and bottled/tap water
2. Eat a diet dense in dark vegetables, berries, grapefruit, quinoa, buckwheat, squash, lentils, grassfed meats, pasture raised poultry, wild caught fish, avocado, nuts and seeds.
3. Drink at least 8 glasses of water per day and a few cups of herbal tea such as nettle, slippery elm, astragalus, and chamomile
4. Do castor oil packs
5. Utilize saunas
6. Do transcutaneous vagal nerve stimulation (protocol and guide on holisticspring.org)

You won't see results within a couple weeks. You need to adhere to dietary recommendations for at least 3-6 months to lower inflammation.