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ECZEMA/PSORIASIS

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. **Body Ecology Diet** to eliminate all candida/yeast feeding foods, boost immune system and fight infections. It will also remove allergenic foods. Be cautious on ANY GRAINS the first month, even ancient seed grains. Must clean up diet to heal eczema or psoriasis. These are INTERNAL dirty blood conditions.
2. Compress to stop itching. Can simply put himalayan pink salt or another good sea salt in water. Soak a rag and apply to skin. This will stop the itching. Can also do a clay pack. Mix powdered bentonite clay with water to make a paste. Apply to area, wrap in plastic and sleep overnight. Baking soda or clay baths are also beneficial. Use ***Africa's Secret by Alaffia*** to heal the skin and relieve itching.
3. Do everything you can to AVOID all steroid creams and topical doctor recommendations. None of them solve the root issue, and all cause long-term damage to the adrenal glands and immune system.
4. **10-day colon cleanse by Spirit of Health.** Health starts in the colon. It is good to do enemas and remove waste from the colon, which will take pressure off the kidneys, remove toxins from blood and allow the skin to begin clearing up.
5. **21 day Kidney Cleanse by Spirit of Health.** Opening the kidneys is crucial to all skin conditions. The skin is called the "3rd kidney." Whatever toxins don't leave via the kidneys come out through the skin.
6. **21 day Microbe Cleanse by Spirit of Health.** Almost anyone with health issues, chronic skin conditions and unhealthy blood will have infections. Whether yeast, fungus, candida, mold or parasites, this cleanse covers them all. Skin condition often clear up when infections leave the body!
7. **21 day lymph cleanse by Spirit of Health.** The lymph is the "sewer system" of the body. It cleanse the blood. If lymph, can't keep blood clean and acids can't leave the body via the kidneys, toxins build up in the body. Open the kidneys first, but cleaning out the lymph is KEY to long-term health!
8. **Inner Vitality plant minerals by Morningstar** (2-4 ounces daily). **Liquid Bentonite Clay daily by Yerba Prima or Earth's Natural Clay.** (1-2 Tablespoons daily). Minerals alkalize the body and heal the skin.
9. Try some intermittent fasting. Not eating will allow all organs to catch up, blood to get cleaned up and subsequently, the skin will clear. Thousands have done juice fasts and other cleanses to heal skin quickly. Try not eating after 2pm every day. Try fasting 1-2 days per week on only water or juices. Try a 40 day fast every year. Whatever you choose, fasting is key to longevity, beautiful skin and good health!
10. Other skin healers are healthy fats like olives, olive oil and avocado, probiotics and fermented foods, sunshine and Vitamin D. GREENS alkalize and clean blood. Try ***pH Quintessence by Vibrant Health, liquid chlorophyll, Aloe Life Daily Greens, Chlorella or Spirulina by Ultimate Superfoods.***