Cure Psoriasis By Killing Candida

According to the National Psoriasis Foundation, psoriasis is a disease that begins with a genetic predisposition that is set of by one or a combination of triggers: stress, skin injury, specific medications, or infection (in particular, strep).

In December of 2014, a new study was published that concluded superantigens and toxins from Candida "…may play various roles in the exacerbation and the persistence of psoriasis." A full 60% of the psoriasis patients tested positive for Candida versus 20% of the control group in oral tests and 15% of the psoriasis patients tested positive verses 4% of the control group in skin tests.

The more we learn about Candida, the more we find it is a common factor in many if not all autoimmune diseases.

What Is an Autoimmune Disease?

The simple definition of autoimmune disease is that the immune system became confused, stopped working correctly, and began attacking healthy body tissue. Why would this happen? Persistent, chronic infection is sometimes thought to be the cause, and chronic Candida certainly fits in this scenario. But looking at the body holistically, we know that Candida filaments actually drill into tissue as Candida wreaks havoc in the gut, spewing toxins into the system, destroying the balance of healthy to unhealthy bacteria, and ultimately deteriorating the gut itself, resulting in leaky gut syndrome.

Leaky gut syndrome allows proteins and other particles to be dispersed directly into the bloodstream, setting up the immune system for a disastrous onslaught on foreign particles it is unequipped to handle. This is believed to be part of the

process that triggers celiac disease and gluten sensitivity, as gluten proteins are also released into the bloodstream.

How To Heal The Body

In order to heal the body, regardless of the disease, the body needs an abundance of nutrition, to be cleansed of toxins, and to be rid of Candida overgrowth along with other parasites. And the gut needs to be healed.

What should you eat? A truly healthy diet includes a wide variety of whole, organic foods with lots and lots of raw produce – 80% of more of the diet – more vegetables, than fruits. Seeds and nuts should be soaked before they are eaten. Omega 3 fatty acids should be added to the diet. When dealing with any autoimmune situation, gluten and dairy should be removed from the diet until the gut is healed and only eaten thereafter if completely tolerated with no sign of autoimmune symptoms.

Of course, a healthy diet has no room for processed foods or their chemicals. No BHA, BHT, or MSG. No artificial flavors, colorings, or preservatives of any kind. No GMOs. No high fructose corn syrup. No wheat. Limit caffeine, and eliminate processed sugar. Yes, that's right- no sugar. Sugar is the sworn enemy of the immune system and it feeds Candida as well. If you want it to heal, get rid of the sugar.

To learn more about how to eat healthy, read the *80% Raw Food Diet* and check out *Kill Candida and Balance The Gut Quickly.*

Recommended Supplements:

- Floramind-Prime by Thorne
- Shillington's Intestinal Cleanse
- Formula SF722
- MicroDefense – Pure Encapsulations

Further Reading:

- *The Fascinating Bacteria in our Gut, and How it Affects Our Whole Lives*
- *How to Kill Candida and Balance Your Inner Ecosystem*
- *After taking antibiotics, this is what you need to do to restore healthy intestinal flora*
- *Fermented Foods Optimize Your Health*
- *Healthy Skin*