

Nutrition: Complementary And Alternative Choices

Herpes, Psoriasis, Candida

John W. Jones, MD, MPH
Nutritional Consultant, Nutrition Pure and Simple
www.jjconsulting.net

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Quan
Monolaurin	Ultra Monolaurin	3-4
I-Lysine, 500 mg	I-Lysine	9-12
Essential Fatty Acids	Ultra Omega-Linic	8-12
Vitamin E mixed tocopherols	Vitamin E 400	1
A multi with high levels of B Vitamins and Vitamin D3	Ultra Vites	2
Vitamin A	Vitamin A 10,000	2
Vitamin D3 or	Vitamin D3 5000 IU	1
Healing herbs	PhytoBiotic caps	1-2, 3x/day
digestive support	Enzymes Plus	1-3 with meals
Topical Relief		
Pain Relieving Lotion with Arnica, Boswellia and Essential oils	Opti MSM Lotion Plus	as needed
Healing herb spray	PhytoBiotic topical spray	2-3
Skin Defense		
Head to Toe skin Support	Dermacalm	as needed
non-soap body wash	Calm Body Wash for bath or shower	
hydrating body lotion	Hydrating Body Lotion	as needed

June 2015

Who will be most interested in this information?

Those with recurring Psoriasis - especially when it has not responded to other approaches will benefit. Herpes and/ or Candida often are present as well.

Psoriasis, Herpes and Candida seem to be related to immune problems. The prevalence of the human herpes virus was more than 4 x higher in individuals with psoriasis than in age matched control groups without psoriasis.

Other studies showed that Candida was detected in a high percentage of patients with psoriasis.

Monolaurin (**Ultra Monolaurin**) has been used against bacterial, viral and fungal infections.

For Herpes flares use 1500 mg pure I-Lysine 3-4 times per day. Taper the dose as symptoms abate. Lysine is effective because it interferes with replication of the herpes virus.

For Herpes of the mouth, or problems with mouth sores, consider **Cinnamint Toothpaste**, which also has monolaurin.

Ultra Omega-Linic, which contains all the essential fatty acids as *preformed* elements, is very important to the integrity of the skin. At the cellular level it is involved in most of the metabolic processes. When using this level of essential fatty acids, (12 per day) 400 IU mixed tocopherol

Vitamin E is necessary to protect fatty acids at the cellular level.



Because these problems seem to be related to the bodies' ability to fight off these immune problems, I recommend **Ultra Vites**. It contains very high levels of important nutrients. In particular it is high in all the B Vitamins. Low Folic acid (one of the B Vitamins) has been implicated in psoriasis. Low Vitamin D can be another concern. Ultra Vites has 1000 IU Vitamin D3. If more vitamin D is needed, consider Vitamin D3 2000 or Vitamin D3 5000 (with or without Vitamin K).

Opti-MSM Lotion Plus Besides MSM (a metabolite of DMSO), this lotion also contains Boswellia and Arnica. These ingredients provide a very powerful adjunct to the resolution of skin lesions and it promotes skin healing. People who have used it report that it helps quiet and soothe itching.

Dermacalm lotion provides head to toe soothing support for stressed, irritated or inflamed skin, including psoriasis and eczema.

Phytobiotic capsules and **spray** are blends of vitamins, minerals, amino acids and herbs that may be useful for immune support, antimicrobial support, fungal and parasite infections. Consider the capsules for candida, herpes and infections. Suggested Use: 1-3 capsules, 3x/day with meals. Spraying Phytobiotic, 2-3 times per day on affected areas is helpful for many kinds of skin problems

Vitamin A at 20,000 per day will help integrity of skin and mucus membrane.

Since there is no known cause of Psoriasis, one might consider food allergy - particularly gluten sensitivity. The most likely allergens are wheat, milk, soy, eggs and corn, but any food can be a problem. Work with your health care provider to determine if food intolerance could be a contributing factor. The major food allergens are very hard to get out of the diet because some or all of them are in most processed foods. This is why we recommend shopping the perimeter of the store for fresh foods.

Refined sugar has been reported to be a problem. This is probably because it encourages the growth of Candida.

Enzymes Plus is a broad spectrum digestive aid which may be helpful for breaking down molecules from food into smaller molecules which are more easily handled by the body.

GIVE YOUR SKIN A CHANCE!

There are 3 additional products that can really help most skin problems. Calm Body Wash, Hydrating body lotion and Dermacalm,

Calm Body Wash is a gentle, Natural Formula, that contains NO SOAP, is sulfate *Free*, with no chemical Surfactants. It is pH balanced to reduce skin irritation.

Hydrating Body Lotion should be applied immediately after your bath or shower while skin is wet for Lock-In moisturizing. It can be reapplied if necessary.

Dermacalm Lotion provides head to toe soothing support for stressed, irritated or inflamed skin. Its active ingredients have been shown to reduce skin irritation and inflammation.

