

“My transformational story from suffering to wellness”



30+ YEARS
LIVING WITH
PSORIASIS

Control Your Psoriasis

DON'T LET IT CONTROL YOU!

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Disclaimer:

I would like to emphasise some that I have no medical experience, and I am not a doctor, nor a professional scientist. I write with a passion for helping others control their psoriasis the way I have controlled my psoriasis and now live with clear skin. Check with your doctor before changing any treatments mentioned in this book. The information provided here is not medical advice but all my personal experience of over 30 years living with psoriasis and my transformational journey from suffering to wellness. Always seek professional advice before beginning, ending or changing treatments for any disease or condition. Feel free to discuss any of the information with your practitioners.

My support and guidance do not mean that you will experience or benefit from the help suggested at any one time. It is by no means considered as a substitute for professional medical help or medicine. You should consult your doctor if you have serious health issues or concerns. Help and advice I may suggest (whether physical, mental, emotional or spiritual) does not necessarily mean that you will experience or benefit from it. Always consult a medical professional for any severe health issues or concerns.

1. Introduction – My Passion to Help Others

My passion for helping others

This book is the result of my life-long passion for helping those living and suffering from psoriasis. I had a real concern regarding the number of people suffering in silence as I used to. I have a big passion for helping other people living and suffering from psoriasis start living a healthy lifestyle and to control psoriasis so they can have healthy clear skin too, fast-forwarding the process.

This book and My CLEAR Skin programme are the result of my 30 plus years living with psoriasis, my extensive research, helping myself control and clear it to now living a healthy normal life.

You can have clear skin too - it will be worth it!

“Take control and live life to the full. You have the choice to live a better life clear of psoriasis. It’s a lifestyle change for the better. If your current situation is making you unhappy, maybe it’s some of the wrong choices that are making you unhappy.”

YOUR CLEAR SKIN STARTS HERE

2. About me - Living with Psoriasis

I may be new to you, but I'm not new to psoriasis. It has been with me for 30 plus years, and it was always my intention to share my story with many other sufferers on how I control it. I wish when I was diagnosed with having psoriasis as a teenager, I had the information I know now, and it would have prevented many years of suffering. If you have psoriasis and you are reading this, you are not alone. Have faith that you can heal yourself too. Thankfully I realised it's a chronic long-term skin condition and I needed to learn more about it to get to the cause. I was determined to beat it for many years. I'm always going to have psoriasis as currently there is no cure. I can only control it with a holistic approach and **YOU CAN TOO**.

This book is the result of my life-long passion for helping those living and suffering from psoriasis to lead a healthy lifestyle and control their psoriasis for good. I had a real concern regarding the number of people suffering in silence. I decided to start doing something to help others achieve clearer and healthier skin. My vision was to support people who suffer from psoriasis to change their lives and for them to start living again. **My CLEAR Skin programme and this book** is a great way to start. If you need an instant quick guide before you read all of this book, please start by reading section 16 first – my top tips.

Psoriasis is a very stubborn skin disease and more than just skin deep, as I explain in this book. During my worse times, I became very depressed, experiencing suicidal thoughts and it took over my life for many years with treatment options. My first point of action when I decided to beat it was to stop the prescribed steroid creams that were only providing me with a short-term solution, but Psoriasis needs a long-term approach. I started researching and reading more and I was determined not to depend on conventional medication as it wasn't a long-term solution. I found steroid creams made my skin condition worse, especially when I stopped using the creams. They had too many side effects that I didn't want to. Hence, I started my own started a journey to get excellent results.

MY CLEAR Skin programme is a programme for me to share my years of knowledge and experience with you. You will experience the freedom of being able to live again without needless suffering. I hope you will find what has helped me beneficial for you too.

My clear skin result has been adopting a holistic approach to healthy skin. The practice of both Naturopathic and Holistic Treatments is a combination of science and art, knowledge and intuition, ancient wisdom, and modern diagnostic and treatment tools. The principle behind being holistic is the firm belief that our bodies are

designed to heal themselves and by removing the hurdles that block the body's natural functions, anybody can return to a state of best health. It is my pure commitment to this belief that has supported me to manage, control and clear my psoriasis.

I am proud of how I have managed to clear my psoriasis within two to twelve weeks after any flare-up. It is only with my knowledge gained through reading, trial and error, and being a human experiment for thirty plus years living with this chronic skin condition. The results are great if I stick to this **CLEAR SKIN programme** has proven to me time and time again that it works.

I was diagnosed with this horrible skin disease at the age of fifteen back in 1989. At the start, it was only just a few spots on my arms, but then the spots manifested into more significant red skin patches, and it started to ruin my life. The doctor gave me some steroid and coal tar creams – this was the start of my nightmare as it controlled my life for many years before I understood fully the need to clear it and manage it in other natural ways. I happily used all these sticky, foul-smelling creams, not knowing the side effects until I reached a stage that it came back far worse when I stopped using these creams. After several years it also started spreading to my scalp, behind my ears, neck, back, chest, and legs too. It got to a stage that my body was covered 80% by psoriasis. Now I get an odd spot on my arm like a pimple, but I know how to control it.

I knew at times when my skin was so bad I needed to find other solutions to managing it, and I can describe psoriasis as a very stubborn skin disease, more than just skin deep. I was determined not to depend on conventional medication because I did not want the side effects. Hence, I did my research and now got excellent results.

I'm giving you all the information you need and hope you become aware that you don't need to suffer any longer. I am now on a mission to tell everyone who has psoriasis they can clear it too, whether if you have only been diagnosed or had it for years. For too many years, it controlled my life, but for the past 18 years, I have learned to control it. I will share my years of knowledge and experience so you too can live your life to your full potential again.

You will find so much information that you need to know about this skin disease and my success in holistically treating it in this book. **Don't let psoriasis control you, you control psoriasis.**

More about my story

- At school, my life and my suffering
- Steroid cream damage

- Dr. Marvin Rapaport opinion on steroid creams
- The side effects of medications
- Warning signs
- Importance of a positive attitude

My first spot of psoriasis was discovered on my upper arm in physics class in fifth grade at secondary school. It was during my important GSCE years of school and months before this I had a severe throat infection – glandular fever. I never really connected the two until later years in my twenties when I visited a naturopath who informed me of the strep throat connection that triggered psoriasis. Yes, psoriasis is an autoimmune dysfunction, and yes, some psoriasis disorders, such as Guttate psoriasis, can start with strep throat. Streptococcal infections are any type of infection caused by a type of bacteria called streptococcal or 'strep' for short so always make sure you treat a sore throat if you get one and build up your immune system.

These first few spots on my arms spread to my legs and I wouldn't tell any of my friends. I used to hide it away and was embarrassed as I didn't want people to judge me or think it was contagious. Only my parents and my three brothers knew I had it, but then all of us siblings had it. As I quickly found out from the doctor, it can be hereditary, and my mum had a history of psoriasis in the family and she passed the psoriasis gene onto me. I knew what psoriasis was as my mother had it all the years growing up badly and I saw how it controlled how she dressed, her moods, and her quality of life – I never knew my mother without it.

I hated going to school. I was so embarrassed and lived in secret suffering, in denial about having it. I always thought it would magically disappear someday or a cure would be found. I knew what a controlled and limited life my mum had to live with psoriasis and I know she was very emotionally distressed with this skin disease. I used to ask myself, is this the life I had to live too?

Oh, what a journey it has been the past thirty-plus years. I decided at the age of sixteen to leave school even though I was a top student in my class and year. Psoriasis took over my mind in class, it was such a distraction and I was super self-conscious. The necessity to wear a skirt as part of the school uniform totally stressed me out, and I couldn't cover my skin entirely. So, I made up my mind at age sixteen that I needed to leave school as it was damaging my self-esteem, affecting my mental health and this skin condition was affecting my concentration and further education. If only I had this book of knowledge when I was at school without having to spend years trying so many wrong treatments and pathways researching for cures.

I decided to go to a further education college rather than go into sixth grade at school as I saw my skin getting worse and I wanted my further education was decided on only on a casual clothing policy. By attending a further education college, I could choose what clothes I wore, I could cover my skin by wearing trousers and therefore this gave me relief that I didn't have other students stare at my legs in a skirt with having to wear socks. At age sixteen, living with a severe flare-up of psoriasis was very limiting and I found it hard to deal with and accept. What I didn't know was that all my psoriasis flare-ups were in front of me, and when I look back, I did let psoriasis control my life and life choices too much. I didn't know the options of natural holistic treatments and the knowledge I know now is eye-opening. This is why I have a passion for sharing with others how I now live clear of psoriasis and how I manage it, so it doesn't affect my life.

I remember even at one of my school formals when I was just age seventeen, and I had to wear long gloves that would cover my arms to hide my horrible red patches of dry, scaly skin. I felt so unattractive it made me cry many times, especially when the psoriasis was so bad at this stage. It covered my whole body. I worried for weeks about going to my first school formal and I got myself into a very stressful state of depression. I couldn't enjoy what other friends were enjoying and I hid my pain and my suffering. Psoriasis affected my studying with the multiple hospital treatments and the need for routine ointments prescribed by the doctor. Many times I was letting it take over my life. It affected my relationships, altered my dreams and my choice of education altered my career path. I knew I was capable of much more happiness and contentment in life, but psoriasis was a big barrier to me and preventing me from thinking positively about my future.

My career choices were changed as I needed to find a career that I couldn't require a uniform that exposed my legs and arms. My dreams were limited by my suffering and slowly being shattered with my options and choices taken away from me. I was narrowing my career choices and letting psoriasis control my life and alter my decisions and I felt so alone with limited support. I always had this mental and physical warfare going on, battling every day this chronic skin disease. At school, I felt I was the only one with the condition, I didn't know others or see friends or anyone else with this skin problem, and I felt so isolated.

I never thought there was a natural recovery path or other alternative ways to treat it outside the doctor's suggested pathways. I found myself for a few years just dealing with it, accepting there were no other options but to live with it. I lived prior to google searching days, and there was no internet available for me to go searching online for solutions. Even now, when I search online, I don't know if Google is a good thing as there are so many people out there trying to make money from people who suffer, offering false hope of cures and only focused on creams and ointments.

When psoriasis spread to my face, I was determined to find out what other alternative medicines were on the market that I could try. When I was seventeen, I looked up the yellow pages (a regional business advertising book). I found a number for a health clinic in Belfast, fifty miles away from my home town Cookstown, and I made an appointment to see a consultant at Framar Health Clinic. I walked up the narrow stairs doing through a door to a very small room wanting this appointment to be more hopeful than previous dermatologist appointments. A man greeted me with a handshake, introduced himself as a retired doctor who was now focusing on alternative therapies. He was very approachable with great background and understanding. During this consultation, he asked several health-related questions and asked me about current psoriasis treatments. When I told him I had been on steroid treatment, he started to shake his head in disappointment. "Stop it immediately; it's doing you harm." I was so confused as I had my home doctor in Cookstown prescribing these treatments advising me of steroid creams, now I had another retired doctor telling me to stop steroid treatments. He explained the multiple side effects and this is the first time I felt hope someone understands me that creams were not working for me. This consultancy changed my outlook on treatments and started my discovery to clear skin.

I used steroid creams every week for two years, and the harm was so horrific when I stopped. My skin, especially on my face, flared up and ended up in a bad way. I refused the doctor's advice to use further steroid creams after each visit to the surgery. The initial reaction to my steroid cream withdrawal was extremely red, inflamed, and hypersensitive facial skin for months. I was defoliating, skin falling off my face – leaving purple scarring as the skin was just so thin and damaged. I spent weeks lying in bed with a fan beside my bed as my face felt so sensitive and always on fire. I continued to stay off the steroid creams and used recuperating vitamin-rich creams and changed my diet. I started to see amazing results, and I was healing naturally. I had to use 25 SPF sunscreen on my face daily as it was so sensitive and also, I had high coverage make-up. Thankfully the redness and defoliating stopped and my skin returned to normal after about six months, and I started to look healthier than ever.

I came across a study by an American doctor Dr. Marvin Rapaport who concludes that the steroid cream often is the cause for exacerbation of psoriasis and not the cure. So far, his study matches my experience perfectly. The side effects that come after you stop using steroid creams are shocking, something I wasn't prepared for and I trusted the doctor to prescribe the best solution. The body can become addicted to these steroid creams very fast, as steroids do what your adrenal glands usually do on their own. Cortisol productions are natural, and steroids suppress the immune system and produce cortisol.

Once you use the steroid creams for too long, you are addicted, and the withdrawals are not a great experience. I read that Dr. Rapaport warned other doctors not to use steroid creams for more than five days. If you stay on them for a long time, the side effects are that your bones will weaken, diabetes can set in, adrenals can fail and a host of other side effects that we are not told about. Read the insert papers that come with the creams, it states in very fine print, but the side effects can cause severe damage. The good news is that your body can begin to heal itself with the right guidance if you stop, which I did, and it was worth it. Never use these creams on your face. I stayed six months indoors to recover from the damage done after withdrawal from steroid creams that were recommended by my doctor. I never will use them again.

The alternative therapist at the Framar Health clinic also asked me if I was on any antibiotics. I said I had just finished a course after another throat infection and after glandular fever. My immune system was very weak. His response was negative again against antibiotics explaining the side effects of them. For my research, there seem to be several drugs that have been associated with the initiation, exacerbation, and aggravation of psoriasis. After his appointment, I started to want to learn more. The first category I researched was drug-induced psoriasis. The second category, drug-aggravated psoriasis, is where the disease progresses even after the discontinuation of the offending drug. (Tsankov N, Irena A, Kasandjieva J. Drug-induced psoriasis: recognition and management. *Am J Clin Dermatol*. 2000).

So, could these antibiotics play a role in inducing my psoriasis when I had a glandular fever? From my research, the relationship between systemic antibiotics and drug-provoked psoriasis remains controversial. In one study, investigators reported that a small percent of patients experienced an exacerbation of psoriasis as a consequence of tetracycline use. It has also been suggested that tetracyclines should be avoided in patients with clinical evidence of psoriasis, as well as in healthy individuals with a genetic predisposition for psoriasis. (Botev-Slatkov N, Tsankov N, Tonev S, et al. Drug therapy deteriorates the course of psoriasis. Presented at: 17th World Congress of Dermatology, Berlin: Springer; 1987)

Whether the real drug intake or the infection itself is the inciting agent is still uncertain. Therefore, clinicians should keep thier mind open to antibiotics being given as a treatment for presumed streptococcal infection, but it can be a known trigger of psoriasis development or exacerbation.

The condition of psoriasis is so misunderstood, and people are confused about how they developed it and why they get flare-ups. Still, they have to manage it like any other skin condition even though psoriasis can be so stubborn. People are suffering physically and emotionally with this condition daily, and some are suffering in silence.

I suffered in silence for many years visiting doctors and dermatologists and waiting months for an appointment paying £150/ \$198 for 10-minute consultations to search for the right advice, but I was no better off. I started to become the expert myself. I even remember one doctor saying back in 1990, “don’t worry, there will be a cure in 10 years - there is a breakthrough with psoriasis treatment as research says it is connected to T-Cells.” So, this left me and others living in hope.

I got positive for a short while after this statement of a cure, but it was false hope. When I took a flare-up ten years later, I visited the doctors to only be prescribed similar steroid prescription creams, and there still was no cure! How disappointing, but I refused the steroid treatment from my previous experience and went back to basics again with my diet and skincare. I was not great with a healthy diet being a single mum and I did not deal with stress well hence the flare-ups. But within weeks of an outbreak, I had it nearly cleared again with my knowledge, information, and research: strict alkaline diet, exercise, positive mindset, good body care, and managing stress better. I started to conclude I had to focus on working on my attitude, on body moisturizing, having good skincare routine, and adapting to a healthy diet.

I didn’t start telling people I had psoriasis until I was in my 30’s. I hide it so well by my careful management of it, through my trials and finding out what worked for me. I spent thousands going to consultants, paying to see dermatologists, visiting alternative therapists, Chinese medicine, herbalists, and now wish I had the knowledge that I reveal in this programme back when I was first diagnosed. Why didn’t doctors know this information? Why did it take me years to trial diet, good body care and stress management? Maybe it was for me to tell them.

Since I have cleared my skin, I feel normal again, I live a fully healthy life and it doesn’t affect me the way it used to. I want to share with other people living with psoriasis to reassure them they can have the same relief and clearance as me. I’m not saying I will never get a flare-up again, as stress can be a significant trigger. Still, I know when it comes back, I can quickly clear it within weeks or a few months, depending on the severity of the flare-up, by following and maintaining a healthy lifestyle.

After going through a very traumatic and stressful time in my personal life in 2010, I had my last flare-up, the first time in over ten years having controlled psoriasis well. I took pictures on my phone because I had faith it would be gone before visiting the dermatologist. Sometimes it was a four to six month waiting list. During my flare-up, I made an appointment and called my doctor to see if this cure had been found yet, but no, it was similar treatments topical creams such as steroid and coal tar creams, along with systematic and biological treatments.

I got an appointment with the dermatologist department at Antrim Hospital and I had a six-month wait for my appointment. I made a point of attending this appointment

to prove I was clear from psoriasis with only about five pimple size spots on my arms. I was proud and remembered the nurse saying, "Well, you must be the psoriasis expert – as you have lived with it for years." I remember a student nurse was present at the consultation and she was shocked at the pictures and the change in my skin is commenting I was like a different person from the photographs. This time I noticed new Psoriasis assessments – this was new to me and NICE regulations were brought in asking psoriasis sufferers

Psoriasis is something I was not proud of, and very few of my social circle of friends and family knew I had it. When I got flare-ups, I would hide it, take depression, I would sit in the house, and became a recluse. When I stayed for a period in the house for six months, I got my parents to go to the shops for me, and I only went out to go for treatment at the hospital three times per week. At times when it was on my face, I would feel so self-conscious and my confidence levels were so low. At stages in my life, I let it control me so much – how I thought, where I socialised, what I wore, not wanting to go on holiday, not wanting a relationship. I hated this horrible rash all over my body. Now I am in control, and I keep to an excellent regime, I know how to control it, and it no longer ruins my life!

For the past ten years, I have been working on helping others get similar results and clear skin. It has been very rewarding knowing I am helping other people to live a better life with clear, healthy skin, with essential information, and a positive attitude, and that's why you are reading this book, so others don't suffer to the same extent I did.

Skin is the largest organ in our bodies, and when something goes wrong with the skin, it is our body giving us a sign that there is something wrong on the inside. There is a lot of researchers telling us the Psoriasis is linked to the GUT and if the gut is not healthy, then this causes inflammation. I believe this is true and you will find out more further in each section. Some healthy food that can be good for others may not be good for people living with psoriasis, such as red peppers, tomatoes, and oranges, to name a few.

Skin functions as a waterproof, insulating shield, protecting the body against extremes of temperature, damaging sunlight and harmful chemicals. It also radiates antibacterial substances that prevent infection and manufactures vitamin D for converting calcium into healthy bones. Skin also is a huge sensor filled with nerves for keeping the brain in touch with the outside world. At the same time, skin allows us free movement, proving itself an amazingly adaptable organ.

Skin is made up of three layers. The outer layer is the epidermis. This contains mainly of cells called keratinocytes, made from the tough protein keratin (also the material in hair and nails). Keratinocytes form several layers that constantly grow outwards as

the exterior cells die and flake off. It takes roughly five weeks for newly created cells to work their way to the surface, but with psoriasis, the newly created cells may take up to two days.

Treating psoriasis takes time in nature's way. Give it time and remember one important rule - do not expect quick progress daily. It is usually is weekly differences. Take photos weekly as some days can be good and others bad, but monitor the days you are worse and what might have triggered that. The healing and clearing process isn't magic. It just requires you to pay attention to your body crying for help.

I am here to give you peace of mind that it can be done holistically, and you can live a fulfilling life healing the inside and outside to get excellent results and beautiful skin again. It is not a magic potion or a magic tonic you drink, and you will read many false claims. It is basic and simple. If you follow some good guidance on what to do and the knowledge, I give you is all correct, researched, my trials carried out, and this programme is especially for relief in a natural way.

In my clear skin programme and this book, explores what psoriasis is, the different types of psoriasis, what triggers it, the current research, links to other diseases, numerous treatments available, how it affects your life, and my top tips to control it holistically from the inside and out. All the information I disclose to you is researched for years and controlling it my way to clear it. Everything I say is a true account of suffering through the bad times and the relief of being clear now for many years- now writing this book seven years since my last flare up and the longest time yet with clear skin since I recovered how to clear it.

If you are reading this, you may be the sufferer or a family member wanting to find out more about your loved one's condition. You may be only diagnosed with psoriasis or could have had it for years. Either way, I am going to take you on a journey of discovery and what has worked for me.

As one dermatologist said to me: "You are the real expert. You have lived with it. We have only studied it and you have probably studied psoriasis more than me." There is hope, so you are on the right path to finding this book.

Psoriasis is manageable and treatable. I always felt a drain on the doctors' resources when I used to order repeat prescriptions that have so many side effects. I had to make appointments and take off work a lot to revisit doctors for new prescriptions and consultations. Now I never have to go back. I love my body now and if I love it, I must respect it, show it that I care about it and that I'm going to look after it. We only get one body, so we need to look after it well. We look after our pets, we look after our cars, and if something goes wrong at home, we get it fixed. If an oil light in a car comes on, we go to the nearest garage and find out the diagnosis. Psoriasis is like a

warning light alerting us we need to get something fixed. Don't ignore the signs. Be positive and I can help you do it too. Don't just read what I have to say. Take action – your body needs your help to fix it NOW.

In this book, I look at current research to ensure you that something is being done behind the scenes by leading researchers and medical experts. I do respect them for their research, especially the links with our t-cells, immune system, and our unique genes. Maybe one day we will get better effective treatments and less suffering with fewer side effects. I do talk about diet much more and the need for a healthy mind and body to control this disease holistically, so welcome to my world.

The title of this book came to me when I got clear of psoriasis in my early 20's. I realised for once I was in control, and psoriasis had stopped controlling me. Pay attention to warning signs, do not ignore small spots and keep to a healthy diet. I went off my healthy diet twice and got two flare-ups, so it wasn't worth it. I keep thinking I do not want to feed the monster. I looked at sweets, chocolate, etc., like they got psoriasis wrote all over the packaging, and I say NO with delight. I do like small my sweet things, but my body does not like them. Maybe that is why I have stayed a healthy weight since I started this healthy diet regime. Changing my food habits gave me massive health benefits.

The temptation is like the gremlin inside us when we crave sweet things, but I am not feeding myself sugars, dairy and all the nasty things my psoriasis wants. If you give in to temptations, you give in to this long-term skin condition. Even though you may hope one day you will wake up and it is gone, it won't go away.

Learn what foods inflame your condition and what foods you can enjoy freely without inflammation. When our skin flares up, it is our bodies alerting us to something going wrong inside. The body is smart to get rid of toxins. Our skin eliminates the waste inside us through the biggest organ in our body - the skin.

With all my experience and guidance, I will give you the challenge of clearing your psoriasis. I struggled at the start when I was first diagnosed, feeling sorry for myself, and oh I can't eat all the nice things anymore and "poor me" and the "victim" syndrome set in but there is always someone less fortunate in the world who would dream of having what problem you have compared to them so don't waste time thinking about it – 54321 just do it. Don't let psoriasis control you, and you start controlling it. Sometimes you can get stuck at mealtimes thinking, "what can I eat?" and that's frustrating, so I researched and spent hours sampling and trying out new recipes and healthy eating for psoriasis – so as part of my 1-1 consultations I design food plans for individuals based on their food options and intolerances.

I hope you will grasp the importance of a healthy mindset too, where I explain about loving yourself again, your happiness, and the importance of inner strength, focus and motivation. This task of controlling psoriasis isn't an easy task, but when you get into new habits and routines, it will give you a better way of life. There is only one person who can change it, and it's YOU, so keep positive. You are a ray of light. Don't let psoriasis put your light out and lose who you are deep inside. Dig deeper into the root of the problem and just using creams only masks it. Remember the symptoms and your skin are more than just skin deep.

I have read many books about suffering and Tony Robbins an inspirational writer, speaker, coach and mentor, highlights the psychological effects of suffering and that we can break the suffering and he inspired me back in 2013 to write this programme and to help others. You can make changes to stop suffering – if you are in pain, Tony Robbins states, “change your blueprint” - this is the vision of where you want to be, what you want your skin to look like and it's not as easy as positive thinking – think clear skin and I will get clear skin - it's a combination of remaining focused on your result and having a “MAP” – Master Action Plan in this change process. I am going to show you this MASTER ACTION PLAN but keep focused, and you will get results.

When we are suffering, we blame others – could even blame our parents as psoriasis is hereditary but where is that going to get us nowhere? We have it, we deal with it, and we change our focus on getting results, and that's why you are reading this programme to get results, relief and recovery.

Be Positive and Change your lifestyle = RESULTS

To get results, you need to change your lifestyle: good diet, good skincare, de-stress, identify triggers; then be positive: control is in mind – keep a good attitude, keep focused and accept the challenge that you will come up against, and you can end the suffering to just like me.

Every day during my bad flare up's I would think about my several times an hour. That's how much it was controlling my life. Now I can be free to think clearly and enjoy life and not let it bother me as much – even writing this programme has brought back some bad times I suffered but better times I am grateful for now living clear of psoriasis. That's why I can find time to write this programme and ensure others can free up their time too without daily sticky treatments of smelly creams and covering up their bodies.

I have been hospitalised twice with psoriasis and signed myself out the first time after five days, then the second time, I signed myself out after one day. I vowed to find a better way to help get rid of the dreadful, itchy, unsightly rash and knew that a slap

of steroid creams was just not working from my previous experience. I never went back to the hospital again after sticking to my clear skin programme.

My psoriasis was diagnosed as severe when I was leaving the hospital. Living with severe, untreated psoriasis can be difficult. When left untreated, psoriasis can interfere with work, your social life, and your ability to enjoy life daily. The good news is that you do not have to suffer. By connecting with me, we can discuss other treatments for psoriasis, you can begin gaining control over your psoriasis. Psoriasis won't go away completely, but it can be managed with treatment and lifestyle changes. The sooner you gain control, the easier it will be to minimize the impact psoriasis has on your life. I hope my strength and dedication is reflected in this book. I now see psoriasis as a small part of me, and it used to play such a big role in my life, and that's why I felt the need to write about it.

By connecting with me at my psoriasis clinic, you will get continued support and a personalised approach with information and treatment options and support where you need it the most. I wish when I have first diagnosed that the Doctor or the Dermatologist gave me more information and recommended alternative therapies as other options. Maybe a clear skin programme like this would have enabled me to work better on how to control psoriasis.

I want this programme to be a personalised guide to managing your psoriasis and give you tips on improving your skin and improving your quality of life. Some people need more support than others to control it. Success will depend on your time and commitment to changing habits. If you need work on this commitment issue and sticking to a plan of action, I can help too with great tips and further support.

A treatment programme that is affordable, supportive and all-natural! Keep reading and be hopeful. The unique thing about this programme is that it's not one single treatment that works it is a combination of an internal and external natural approach.

The only side effects of this Clear My Psoriasis programme is that it will give you a new lease of life, feel more confident, you will feel healthier, maintain a better weight, start living again and feeling much better about yourself.

A friend remarked to me when I mentioned that I am going to write and support others about clearing psoriasis and this programme: "I don't associate you with Psoriasis" I am controlling it very well then and never want to return to my life before this knowledge. This programme and book is a MUST READ and has all my secret success tips on beauty products, skincare, how to manage stress, and huge diet tips.

My main motivation is to help others. I thought for years about writing but did not find the time, and when I saw pictures of babies and teenagers and adults with

psoriasis, I thought if only they know what I know now. I just want to tell everyone who has been suffering I can help. I have spent thousands researching, taking up trials and I have committed thirty-plus years of my life to live with controlling psoriasis. I have spent years writing this book for you to benefit and tell others. You can find life again and start living. I wish you goodwill on the way to a better life Psoriasis free.

Please email me for more information: info@elainecurrycoaching.com to ask any questions or to get any more support and updated tips and suggestions.

**Take control and live your life to the full.
You have the choice to live a better life clear of psoriasis.
IT's a LIFESTYLE CHANGE FOR THE BETTER.
If your current situation is making you unhappy
It's the bad choices that are making you unhappy
So please trust me and make the best choice by believing in me.**

To read more please log online and Buy my E-Book £19.99:

Control Psoriasis – Don't Let it Control You.

It's packed full of my intense information of 30 years research giving you all the information of what actually works.

Or try this link: <https://www.elainecurrycoaching.com/shop>