

Eczema and Psoriasis 90 Day Program

Eczema and Psoriasis is a sign of poor fat and protein digestion. Your liver and kidneys are overloaded and unbalanced and the colon is not working properly. To compensate, your skin will assist in the cleansing process. Undigested food is toxic to the body.

Diet

- Plenty of Water and ONLY water
- Raw Vegetables and Fruits
- Severely reduce intake of meats, dairy and fish

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day
Green Product (Whole Food of Barleylife): 1
tablespoon

Supplements:

Probiotic Blend: 10 capsules at night on an empty stomach. You can reduce the dose after two bottles. Probiotic Blend can also be purchased in a powder.

Multiple Digestive Enzymes: Five capsules with each meal. Five capsules twice a day on an empty stomach (at least one hour from last food). For five days, consume 25 enzymes a day. Then reduce to two capsules with each meal, and two capsules once a day on an empty stomach.