

PSORIASIS

Resource Bundle





SCIENTIFICALLY
FORMULATED



NATURALLY
FORMULATED



EFFECTIVE
RELIEF



AUSTRALIAN
MADE



CRUELTY
FREE



RECYCLABLE
PACKAGING

PLEASE NOTE:

The primary purpose of this guide is to provide information regarding the skin condition rosacea and not to provide medical advice or assistance.

CONTENTS

UNDERSTANDING PSORIASIS	3
SYMPTOMS & TRIGGERS OF PSORIASIS	4
TYPES OF PSORIASIS	5
TREATING PSORIASIS	6
Grahams Natural Psoriasis Cream	
Grahams Natural Scalp Relief Cream	
Grahams Natural Scalp Relief Shampoo	
Grahams Natural Intensive Therapy Body Wash	
MANAGEMENT & PREVENTION	10
Top tips	
What foods to eat when dealing with Psoriasis	
What foods to avoid	
Oil supplements	
CONCLUSION	13

UNDERSTANDING *Psoriasis*

PSORIASIS IS AN AUTOIMMUNE CONDITION THAT COMMONLY PRESENTS ITSELF IN THE FORM OF SCALING AND REDNESS OF THE SKIN. Psoriasis occurs when there is an intensified production of the skin, accumulating in white patches on the knee, elbow and scalp areas. It can also have an impact on the joints but in most cases, outbreaks come in the form of patches known as psoriatic plaques. Contrary to popular belief, psoriasis is not the same as eczema (although often confused), and it is not contagious.

Psoriasis is a common, chronic inflammatory disease affecting about 3% of the population. Its cause is unknown. While anyone can develop psoriasis, the following factors can increase your risk:

- Family history
- Stress
- Obesity
- Smoking
- Infection





SYMPTOMS & TRIGGERS OF Psoriasis

TRIGGERS

Modern medicine has still not identified the exact cause of this disease. However, most experts support the theory that it is a result of a certain genetic disorder. While the exact cause is unknown, we are aware of a number of triggers that can cause psoriasis symptoms to flare. Triggers will vary from person to person, so it's important to learn what your body needs to help manage this disease.

- Certain food
- Stress
- Alcohol
- Cold, dry weather
- Some medications

SYMPTOMS

The symptoms associated with psoriasis are often confused with eczema. Typically the skin on the area affected by psoriasis comes with a silver or white colour.

While the exact cause of psoriasis is unknown, it's an autoimmune condition in which a faulty immune system changes the life cycle of skin cells in the body. This change causes the cells to build up rapidly on the surface of the skin in just a few days. (For those without psoriasis, this process usually takes about a month. These extra skin cells form thick, itchy, dry, red patches, called plaques, on the skin's surface.

A doctor should be able to diagnose psoriasis with a simple visual check up. There is no need to perform special tests or other medical procedures to diagnose this condition, however, if there are other symptoms present on the skin, doctors may conduct a skin biopsy.

TYPES OF *Psoriasis*

Just like many other skin conditions, psoriasis can come in different forms. Below are the most common types of the condition.

PLAQUE

This is the most general type of this skin condition. About 85% of all patients diagnosed have this type of psoriasis. It usually occurs in the form of elevated inflamed skin regions. The skin in these areas is flaky and white.

FLEXURAL

This type is described as a smooth patch of skin affected by inflammation. In most cases, it is found in the bends of the skin. Friction and perspiration will make the situation worse.

NAIL

This leads to the modification of the physical appearance of toe and finger nails. The changes usually come in the form of ridges in the nails, discoloration of nails, thickening of the skin located under nails, pitting and crumbling of nails and loose nails.



GUTTATE

This type is characterised by relatively small round patches. The patches are small, but they are usually covering large areas. They are most commonly found on the scalp, core section, legs, and arms.

ERYTHRODERMIC

This is another type which usually covers a larger area of inflamed skin. Redness, extreme dryness, pain swelling and itching are some of the symptoms of this particular type.

PUSTULAR

You can easily recognise pustular psoriasis because it has a specific appearance. It comes in the form of elevated sores that look very similar to blisters. They too have pus. Typically, these patches /blisters occur on the feet and hands.

TREATING *Psoriasis*



EVERY PERSON DEALING WITH PSORIASIS IS DIFFERENT, AS IS THE TYPE AND SEVERITY OF PSORIASIS THEY ARE EXPERIENCING. Therefore it is highly recommended to consult a doctor before starting out on any new treatments. Dermatologists can conduct a range of treatments, and will work with you to determine the best possible treatment for you.

Typically, topical treatments are an effective treatment for those suffering from psoriasis. Dermatologists will often recommend the use of specific moisturisers and bath treatments, which work to hydrate the skin, reduce redness and soothe the skin. Unfortunately, many of these treatments are chemical based and can cause additional irritation when used over an extended period of time. Depending on the type and location of your psoriasis, treatments can vary. The Grahams Natural product range has been clinically developed with all natural products to help hydrate and soothe the skin.

GRAHAMS NATURAL PSORIASIS CREAM

The Grahams Natural Psoriasis Cream is a clinically formulated 'oil in water' cream. It has been designed to provide a light, cool, soothing skin feel, to be very mild and to provide gentle, targeted epidermal replenishment and scale removal.

HOW TO USE

Simply apply to clean, dry skin as frequently as required (nominally 2-3 times daily) to keep plaques and psoriasis affected skin moist and comfortable. It is best to use emollients thinly and frequently throughout the day (not thickly and occasionally), because the emollient action helps the skin to maintain its natural hydration and barrier function.

Graham's Natural Psoriasis Cream can be used alone, or in combination with phototherapy and/or medicated treatments, as advised by your medical professional. Regular topical application of a suitable emollient moisturiser, like Grahams Natural Psoriasis Cream is considered to be fundamental in the successful management of symptoms of plaque psoriasis.

BENEFITS

- **ANTIBACTERIAL:** Active Manuka Honey helps to control bacteria on the skin, naturally.
- **HYDRATION:** Moisturising ingredients to hydrate the skin, facilitating the removal of dead skin and epidermal rehydration.
- Clinically tested ingredients.





GRAHAMS NATURAL SCALP RELIEF CREAM

Grahams Natural Scalp Relief Cream is scientifically formulated for the relief of dry, itchy & flaky scalps. It is designed to improve scalp health. It moisturises, soothes and provides relief for scalp itchiness associated with dry, irritated scalp. It is natural and clinically formulated to provide relief. It is suitable for daily and long term use.

INGREDIENT HIGHLIGHTS

- Manuka Honey for skin-soothing moisturisation
- Calendula to calm irritation
- Jojoba Seed Oil for its cooling and soothing effect.

HOW TO USE

Apply cream to the affected areas of the scalp as needed. Massage gently. The hair can be wet or dry when applying the cream to the scalp. Grahams Natural Scalp Relief Cream helps to prevent and relieve the symptoms of plaques and itchy scalps.



GRAHAMS NATURAL SCALP RELIEF SHAMPOO

Reduce your flaky scalp with the Grahams Natural Scalp Relief Shampoo. It is formulated to soothe dry and itchy scalps while hydrating your hair! It gently cleanses, removing dirt and build-up, while hydrating the scalp and restoring the hairs luster. Grahams Natural Scalp Relief Shampoo protects and nourishes the scalp and includes a Peppermint Oil for its cooling and soothing effect.

Grahams Natural Scalp Relief Shampoo gently cleanses, soothes and hydrates dry, flaky, itchy scalps providing effective, complete care to the scalp with Colloidal Oatmeal, Niacinamide, Allantoin, Green Tea extract and Piroctone Olamine. Suitable for all hair types while protecting and nourishing the scalp and hair. Suitable for eczema & psoriasis prone scalps.

HOW TO USE

Massage into the hair and scalp working into a lather/. Rinse Thoroughly

GRAHAMS NATURAL INTENSIVE THERAPY BODY WASH

Grahams Natural Intensive Therapy Wash is a light fragrance free wash which will keep even the most sensitive skin happy and healthy. With natural ingredients including soothing extracts of Calendula and Chamomile to calm and nourish sensitive skin.

BENEFITS

- 7 Natural Plant extracts
- Gentle on the skin
- Can use as a body wash and shampoo
- Soap and SLS free formula
- Suitable for sensitive and eczema prone skin

HOW TO USE

Pour onto hands or a soft cloth and apply to skin, lather gently and rinse clean.



MANAGEMENT & Preventions

While psoriasis cannot be cured, there are ways to prevent or lower the severity of this condition.

THINGS TO AVOID INCLUDE:

- Excessive drinking of alcohol
- Stress
- Extreme heat
- Powders
- Chemical based detergents & soaps

TOP TIPS

DIET AND NUTRITION:

Some people report improved symptoms by altering their diets or taking certain supplements. You can also try avoiding specific dietary triggers that may increase inflammation and worsen your symptoms.

SUNLIGHT EXPOSURE:

Small amounts of sunlight can reduce some symptoms of psoriasis. But too much sun can worsen outbreaks and increase your risk of skin cancer. Talk to your doctor about how much sunlight exposure is safe for your situation.



DAILY BATHS:

Soaking in water baths may help hydrate and soften the skin. You can use the **GRAHAMS BODY & BATH OIL** to bathwater to help calm inflamed skin. But stay away from hot water and harsh soaps, which can worsen your symptoms. This can also be applied directly to the skin for instant hydration.

YOGA AND MEDITATION:

These practices can clear your mind and reduce stress, which may ease symptoms of psoriasis.

EXERCISE:

Physical activity increases the production of chemicals known as endorphins, which improve mood and energy. Exercise can also help you sleep better and reduce anxiety.

WHAT FOODS TO EAT WHEN DEALING WITH PSORIASIS

When dealing with a skin condition, it's normal to rely on topical treatments that are applied to the outside of the body. What you might not realise is that many skin conditions, including psoriasis stem from the inside of your body. Yes, it is important to use a cream or oil to provide relief to your skin, but we also need to fix what is happening inside our bodies to really tackle this debilitating disease.

As everyone is different, it can be difficult to pinpoint an exact cause for what triggers psoriasis. That's why the first step is to identify what foods are triggering your psoriasis – do you find your psoriasis flares up when you drink alcohol? When you've had a weekend of eating sugary, processed foods? Are there certain vegetables that trigger your symptoms? Understanding your body and how it responds to certain foods is the first step in effective treatment and management of the condition.

The next step is introducing foods that are high in antioxidants, omegas and provide anti-inflammatory relief.

ANTIOXIDANT RICH FOODS

There are so many health benefits associated with antioxidants! Researchers have said that certain antioxidant rich foods reduce oxidative stress and prevent the body from producing 'free radicals' which actually produce inflammation in the body. Some foods that are rich in antioxidants are:

- Garlic
- Onions
- Green leafy vegetables such as spinach
- Avocados
- Pumpkin
- Broccoli

ANTI-INFLAMMATORY FOODS

Anti-inflammatory foods reduce inflammatory responses in the body. This can be great for psoriasis sufferers who experience inflamed skin as a result of their condition. Try foods such as:

- Fresh fruits and vegetables, in particular berries and leafy greens
- Fish rich in omega 3 healthy fats, e.g. salmon or sardines
- Seeds and nuts

WHAT FOODS TO AVOID

While there are many foods that can help manage your psoriasis, there are also foods that you should avoid as they can trigger a flare or worsen your existing symptoms. While you may not want to avoid these goods completely, you may find limiting your intake can improve your symptoms, so it's worth giving it a try, or at least avoiding these food groups when you're psoriasis is bad.

GLUTEN

Unfortunately, roughly 1 in 70 Australians are allergic to gluten (otherwise known as celiac disease) and many more experience a gluten sensitivity. For psoriasis sufferers, around 25% experience an intolerance to gluten. This means, when gluten is consumed it can cause a flare up of your skin condition.

REFINED SUGAR

When people consume sugar, they often notice a rush of anxiety, excitement and energy, followed by a crash with mild depressive symptoms and significant loss of enthusiasm. When you suffer from a skin condition such as psoriasis, you may even experience itchy breakouts and inflamed skin.

ALCOHOL

It comes down to listening to your body. Are there certain beverages that appear to cause inflammation and irritation? Do you find your skin is fine after one drink, but when you have three or more your symptoms worsen? Work out what your body can tolerate, and your skin will thank you.

OIL SUPPLEMENTS

As psoriasis is an autoimmune disease, your insides need a helping hand. Taking an internal oil supplement that is full of essential fatty acids and omegas will help rebuild and replace those lost nutrients! Our MEGA OIL is a great option for healing your body from the inside out.



CONCLUSION




We're happy and available to answer any questions you have or provide you with more information about your products. Please note, we try our best to respond to all inquiries within 48 hours, Monday - Friday. You are also welcome to give us a call if you would like to chat at (07) 5596 1708.

We look forward to hearing from you and strongly believe you'll find our natural treatment solutions to be beneficial and will wonder how you ever lived without it once you apply it to your skin. So, what are you waiting for? Let's work together to help you better manage your psoriasis.



For more information visit
<https://www.grahamsnatural.com.au>

FOLLOW GRAHAMS NATURAL:

 @grahamsnatural

 @GrahamsNatural

