



# 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 psoriasis and not to provide medical advice or assistance. Content from this article has been sourced from reputable sources including healthline,

National Psoriasis Foundation, and academic journals. Links to these pages will be available throughout the article to benefit the user and do not constitute medical advice or treatment recommendations.

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# UNDERSTANDING

# Psoriasis

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**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. Skin cells are normally made and replaced every 3 to 4 weeks, but in psoriasis this process only takes about 3 - 7 days. The resulting buildup of production of skin cells is what creates the patches associated with psoriasis.

Psoriasis 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.

The severity of psoriasis varies greatly from person to person. For some, it's just a minor irritation, while for others it can majorly affect their quality of life.

Psoriasis is a chronic disease that usually involves periods when you have no symptoms or mild symptoms, followed by periods when symptoms are more severe.



## LOCATIONS & TYPES

Psoriasis can appear in any location on the body. Everyone experiences their own unique expression of the disease. Maybe it covers only your extremities or trunk, or maybe it is on your scalp. The symptoms of psoriasis vary based on the location and type of psoriasis.

### LOCATIONS

According to the National Psoriasis Foundation, these areas are the most common locations for psoriasis.

**GENITAL PSORIASIS** – Genital psoriasis is very common and can affect the skin in the genital area, as well as inner and upper thighs.

**SCALP PSORIASIS** – Scalp psoriasis can affect the scalp, hairline, forehead, back of the neck and skin around the ears.

**FACIAL PSORIASIS** – Facial psoriasis can affect any area of the face including the skin between the nose and upper lip, the eyebrows, as well as the forehead back of the neck and skin around the ears.

**HANDS, FEET & NAILS** – Palmoplantar psoriasis (PPP) refers to psoriasis that affects the palms of the hands and/or the soles of the feet. Between 12 and 16 percent of people living with psoriasis have palmoplantar psoriasis. Nail changes can also occur in 50 percent of people living with psoriasis.

**SKIN FOLDS** – Areas that are often irritated by rubbing and sweating can also be affected by psoriasis. This includes under the arms and breasts.

# SYMPTOMS & TYPES OF Psoriasis

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## SYMPTOMS

The most common symptoms of psoriasis include:

- red patches of skin
- scaly, sometimes silvery, skin patches
- itchy skin
- joint swelling, stiffness, or pain, which are associated with a condition called psoriatic arthritis

Psoriasis is not contagious regardless of type.

# TYPES OF *Psoriasis*

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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.



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. These are some common psoriasis triggers.



CERTAIN FOOD



STRESS



ALCOHOL



COLD, DRY WEATHER



SOME MEDICATIONS

# WHAT CAUSE *Psoriasis*

## CERTAIN FOODS

Research has yet to confirm a definitive link between diet and psoriasis flare-ups, but many people with psoriasis find eliminating certain foods and drinks offers relief from symptoms. For instance, in a survey of more than 1,200 people with psoriasis published in May 2017 in *Dermatology and Therapy*, over half of respondents said they noticed improvement in their symptoms after reducing their intake of alcohol, gluten, and nightshades.

In general, the National Psoriasis Foundation recommends eating an anti-inflammatory diet, rich in fruits and vegetables, lean protein, whole grains, and healthy fats. Limiting foods that promote inflammation is good for your overall health and may help you manage your psoriasis symptoms.



Here are seven food and drinks that get mentioned often by people as possibly causing their psoriasis flare-ups.

### ALCOHOL

Alcohol is believed to be a psoriasis trigger due to its disruptive effects on the various pathways of the immune system. If you have psoriasis, it may be best to drink alcohol very sparingly.

### JUNK FOOD

Highly processed foods tend to be higher in saturated and trans fats and refined starches and sugars, all of which can promote inflammation.

### RED MEAT AND DAIRY PRODUCTS

Red meat and dairy contains a polyunsaturated fatty acid called arachidonic acid. These fats create byproducts that may contribute to psoriasis lesions.

### NIGHTSHADE PLANTS

Studies have reported that some people living with psoriasis often avoid consuming plants from the “nightshade family” because they believe it exacerbates their psoriasis symptoms.

Nightshade plants include:

- Tomatoes
- Potatoes
- Eggplants
- Peppers

### CITRUS FRUITS

Citrus fruits, such as oranges, lemons, limes, and grapefruit, are a common allergen which can cause psoriasis to flare. If you notice your skin flares up after eating citrus fruits, see if eliminating them from your diet helps improve your skin. This goes for derivatives as well, such as grapefruit juice and lemonade.

### GLUTEN

A 2018 study found that people with psoriasis had the same prevalence of an antibody that people with celiac and gluten sensitivities have. Researchers also found that when people who tested positive for the antibody eliminated gluten from their diet, they saw a reduction in their psoriasis symptoms.

What to avoid:

- wheat and wheat derivatives
- rye, barley, and malt
- pasta, noodles, and baked goods containing wheat, rye, barley, and malt
- certain processed foods
- certain sauces and condiments
- beer and malt beverages

### CONDIMENTS

Some people with psoriasis find condiments and spices to be the trigger for flare ups. The ones that seem to cause the most issues for people with psoriasis are curry, vinegar, paprika, Tabasco sauce, Worcestershire sauce, ketchup, pimento, cinnamon, and mayo.

Although there is yet to be research confirming a direct link between what you eat and drink and psoriasis flare ups, it can't hurt to limit or cut certain foods from your diet and see if your symptoms improve.

## STRESS

Mental stress is believed to be a common trigger for psoriasis flare ups, as it causes the body to release chemicals that boost the inflammatory response. A study published in 2018 found that a large number of patients – anywhere from 31 to 88 percent – reported their psoriasis started within a year of a very stressful event. The authors of this study say the results of this study suggest stress may trigger the autoimmune disease in those who are predisposed to it. Therefore, stress management should be part of any psoriasis treatment plan.



## COLD, DRY WEATHER

Cooler weather and drier air can increase the skin's dryness on the psoriasis plaques. As the skin gets drier, it is more likely to crack, bleed, and get infected. In contrast, warm weather appears to improve psoriasis in most people.



## SOME MEDICATIONS

Certain medications, such as lithium, drugs for malaria, and some beta-blockers, can cause flare ups of psoriasis symptoms. If a medication is a trigger for you, you'll flare 2 to 3 weeks after beginning a medication.

## INJURY TO SKIN

Trauma to the skin – including bruises, cuts, burns, bumps, vaccinations, tattoos, and other skin conditions – can cause a flare up of psoriasis symptoms at the site of the injury. This is the result of the Koebner phenomenon.



# WHO CAN SUFFER FROM *Psoriasis?*

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Anyone can get psoriasis, regardless of age, gender or race. But psoriasis is most likely to appear first between the ages of 15 and 35 years old.

In younger children, psoriasis may come up in the nappy area, where it can look like a nappy rash.

Genetics plays a role too – psoriasis can be passed on from parents to children, as there is a genetic component to the skin condition. Psoriasis tends to run in families, and often this family history is helpful in making a diagnosis.

## DIAGNOSIS

A doctor should be able to diagnose psoriasis with a simple visual examination. In rare cases, a small sample of skin called a biopsy will be sent to the laboratory for examination under a microscope. This will determine the exact type of psoriasis, and rule out other skin conditions.



## ROUTINE CARE

Get in a routine so that you can keep up with your good habits and heal your skin more quickly. There's an easy two-step psoriasis routine that you can follow to help you achieve this goal. Our Psoriasis Cream used in conjunction with our Intensive Therapy Wash is a powerful combination.

### STEP 1

Pour the INTENSIVE THERAPY WASH onto hands or a soft cloth and apply to the skin in the shower. Lather gently and rinse clean.

### STEP 2.

Apply GRAHAMS NATURAL PSORIASIS CREAM as often as required to keep the affected area moist (2-3 times per day). Use a small amount and spread thinly on the skin.

For extra moisturisation, we recommend using the Grahams Body & Bath Oil. This bath oil can be added to your bath or shower, or applied topically to the skin.

### IMPORTANT INSTRUCTIONS FOR USE:

This complex oil-in-water cream contains a range of naturally derived ingredients considered suitable for the topical use in the wider population; however some may trigger sensitivity reactions in susceptible individuals.

- Check the ingredients list before use; do not use if you suspect allergy or sensitivity to any of the ingredients (unless advised to do so by a doctor)
- Patch test the product by placing a small amount on normal, healthy skin; if after several hours there is no irritation or redness, proceed to application to psoriasis affected skin.
- If at any time during the use of this product you experience atypical redness, sensitivity or other adverse reaction seek medical advice.

# TREATING *Psoriasis*

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**THERE'S NO CURE FOR PSORIASIS, BUT YOU CAN KEEP YOUR PSORIASIS UNDER CONTROL BETTER WHEN YOU GET IN A PROPER SKINCARE ROUTINE DAILY.**

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. That's why we would always recommend a natural alternative.

# DO YOU HAVE scalp psoriasis?



If you're constantly itching your scalp due to dryness and itchiness, you may have scalp psoriasis. Scalp psoriasis is a common skin disorder that makes raised, reddish, often scaly patches. It can pop up as a single patch or several, and can even affect your entire scalp.

**GRAHAMS NATURAL SCALP RELIEF CARE PACK** is everything you would require to help to get your scalp psoriasis under control. It will help to reduce your flaky scalp. It is formulated to soothe dry, itchy and sensitive scalps while hydrating your hair. It gently cleanses, removing dirt and build-up, while hydrating the scalp and restoring the hair's luster. Grahams Natural Scalp Relief Shampoo protects and nourishes the scalp and includes a Peppermint Oil for its cooling and soothing effect.

## HOW TO USE:

1. Massage the shampoo into the hair and scalp working into a lather. Rinse thoroughly.
2. Apply the cream to the affected areas and massage gently. The hair can be wet or dry when applying the cream to the scalp.

**TIP:** You can leave the scalp relief cream in overnight as an overnight hair mask. In the morning, simply wash out the cream with the scalp relief shampoo.

## CLINICALLY TESTED INGREDIENTS

Grahams Natural works tirelessly to provide consumers with naturally formulated products that utilise natural ingredients that are clinically tested.

### WHAT IS A CLASS I MEDICAL DEVICE?

A Class I Medical product is a product that's ingredients are required to be clinically tested. This not only ensures that the ingredients are formulated for the specific skin condition we are claiming, but also gives the user of the product confidence in using Grahams products for the intended purpose.

We hold a range of products within our Therapeutic range that are registered as Class I Medical Devices. Our Psoriasis Cream is classified as a Class 1 Medical Device. When a product is considered a Class I Medical Device, the user can have confidence in the product as the ingredients are required by law to be clinically tested. These ingredients are tested specifically for the skin condition that the product is aiming to help with. The user can have full confidence in the product knowing that the ingredients have been clinically tested and are constructed to treat the particular skin condition

# SIDE EFFECT OF UNTREATED *Psoriasis*

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COMORBIDITIES ARE OTHER HEALTH CONDITIONS THAT MAY ARISE WITH PSORIASIS. YOU MAY BE AT RISK FOR SEVERAL SERIOUS HEALTH CONDITIONS, SUCH AS:

- cardiovascular conditions
- cancers, such as lymphoma
- diabetes
- inflammatory bowel disease
- liver conditions
- kidney disease
- metabolic diseases
- mental health conditions like depression
- obesity
- erectile dysfunction
- Alcoholism

As you can see, treating your psoriasis is about much more than just treating your skin. Getting your psoriasis under control, and keeping it under control, can improve your quality of life and reduce your risks of physical, emotional, and even life-threatening medical consequences. Work closely with your doctor to find a treatment plan that meets your goals and fits your lifestyle. And, commit to staying on track for life.

What you don't want to do is avoid the situation or your symptoms and live in discomfort. Several complications can occur when psoriasis is left untreated. You might assume that psoriasis only affects your skin, but psoriasis is not just skin deep.

Untreated psoriasis can lead to plaques that continue to expand and spread. These can be painful, and the itching can be severe. The pain and itching can keep you up at night and affect your quality of life. Psoriasis on your hands or feet can interfere with your ability to do everyday activities such as play sports, engage in hobbies, and do your job. You may even find it difficult to go for walks and keep active. Experts find that people who can control their psoriasis report a higher quality of life, miss less work, and are more productive at work.

Not being consistent with your psoriasis treatments can also be costly on your health. You will likely experience more flares, along with the pain and frustration that go with them.

Other medical consequences can result such as psoriatic arthritis (PsA) or other comorbidities. PsA is a disease that affects the joints. Symptoms include pain, inflammation, and stiffness in your joints. It affects up to 30 percent of those with psoriasis.

# NATURAL INGREDIENTS FOR

# Psoriasis

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**OUR NATURALLY FORMULATED PSORIASIS CREAM HAS BEEN SCIENTIFICALLY DEVELOPED TO TREAT PSORIASIS, WITH NO ADDED CHEMICALS.** It is a topical emollient therapy, to be used in conjunction with professional medical management of psoriasis. It may be used alone or with phototherapy and/or other treatments.

Our cream works by softening, soothing and lubricating the surface, enhancing scale removal and facilitating epidermal re-hydration. Humectants, antioxidants and gentle keratolytic agents complement the emollient/ moisturising action, helping to normalise the appearance, structure and function of the epidermis.

Our Psoriasis Cream is made from powerful natural ingredients, including Manuka Honey, Calendula, Gotu Kola extract, as well as Avocado Oil & Jojoba Oil.

**MANUKA HONEY** acts as an excellent anti-bacterial and anti-inflammatory agent for your skin. The ingredient provides essential anti-bacterial and anti-inflammatory properties to psoriasis-prone skin to help relieve the itchy and pain that is associated with psoriasis.

Manuka Honey also provides the skin with vital moisture, providing hydration for over six hours to the affected areas.

**CALENDULA** contains incredibly powerful properties that aid in skin health. These properties include anti-inflammatory, anti-bacterial, and antifungal compounds. This allows Calendula to be useful in the healing of wounds or open/infected skin and to soothe irritated skin such as psoriasis.

It's these natural ingredients that we know will help you address your psoriasis irritation and keep your skin looking flawless. For best results, apply Grahams Natural Psoriasis Cream as often as required to keep the affected area moist (two-three times per day). Use a small amount spread thinly over your skin.

## BENEFITS:

**ANTI-INFLAMMATORY:** Calms and reduces inflammation with powerful anti-inflammatory herbs.

**ANTIBACTERIAL:** Active Manuka Honey helps to control bacteria on the skin, naturally.

**HYDRATION:** Moisturising ingredients to hydrate dry and irritated skin clinically tested for six hours of hydration.



# TRIGGER Tracker

Modern life can be tough on our skin. Using the following chart on the next page, you can record the condition of your skin over the week and the possible triggers you may encounter.



Share the completed tracker with your pharmacist/ healthcare professional to help them advise on suitable skincare. You may also like to take some pictures on your phone to help demonstrate any symptoms.

DATE: \_\_\_\_\_

DAY	MY SKIN			MY MANAGEMENT				POSSIBLE TRIGGERS (Please give details as indicated)							
	How dry (1-5)?*	How itchy (1-5)?*	Other noticeable symptoms?^	How did I use emollients?	Did I use emollient cleansers?	What other treatment did I use (eg. lotions)?	Weather (hot or cold)	Airbourne allergens (eg. pollen)	Was I stressed? (Yes/No)	Pets or animals (eg. cat/ dog)	What clothing did I wear?	Did I sweat? (Yes/No)	What soaps/ detergents did I use?	Do I live in a hard water area?	Other
1															
2															
3															
4															
5															
6															
7															

\* 1 is the least dry/itchy; 5 is the most dry/itchy.  
 ^ Key symptoms to note: red, cracking, weeping, flaky.

This trigger tracker is not a diagnostic tool. All medical conditions must be diagnosed by a healthcare professional. Please see your healthcare professional if needed.

GRAHAMS NATURAL MEGA OIL has become a quick favourite amongst skin condition sufferers and healthy lifestyle activists.

The Mega Oil contains a multitude of healthy, essential fats that can be used and added to meals in a variety of ways! Grahams Natural Mega Oil is made up of omega 3, 6 and 9 oils that not only provide internal skin benefits but has been known to help treat gut and health issues.

The Mega Oil contains valuable oils such as Flaxseed Oil, Evening Primrose Oil, Borage Oil, Safflower Seed Oil, Sunflower Seed Oil, Sesame Seed Oil, Pumpkin Seed Oil. These oils combined hold a large amount of healthy benefits to your body and skin.

## INGREDIENT OVERVIEW

**FLAXSEED OIL** is high in omega 3 fatty acids. It has been known to have a variety of health benefits that include reducing blood pressure and promoting regularity. The omega 3 oils in flaxseed oil have been associated with benefits such as reducing inflammation, improving overall health and protection of the brain against aging.

**EVENING PRIMROSE OIL** is made from the seeds of flowers from a North American native plant. The oil has been used for centuries to treat bruises, digestive problems, and general colds. Evening Primrose Oil is used in Grahams Natural Mega Oil to help ease eczema and skin inflammation while also improving overall skin health such as improving elasticity, moisture, and firmness.

**BORAGE OIL** is an extract made from seeds from the *Borago officinalis* plant. Borage seed oil is praised for its fatty acid called gamma linolenic acid (GLA). The oil is known for helping skin conditions such as eczema while reducing inflammation in the body.

# TREAT YOUR PSORIASIS *internally*

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**SAFFLOWER SEED OIL** contains healthy fats called unsaturated fatty acids. These fats offer health benefits when consumed such as blood sugar control, heart health and reducing inflammation. It is also a great additive to those who suffer from skin conditions as it helps calm dry and inflamed skin.

**SUNFLOWER SEED OIL** is rich in Vitamin A & E and Omega 6. Vitamin A & E are great for improving overall health and well-being such as improving vision, aiding in immune system health, and helping to protect cells from damage. While Omega 6 fatty acids aids in reducing the risk of heart disease and lowering bad cholesterol levels.

**SESAME SEED OIL** contains vitamin e which helps in protecting skin cells from natural, environmental damage. The oil also contains phenolic compounds which give the oil antioxidant and anti-inflammatory properties!

**PUMPKIN SEED OIL** is said to help promote heart health while also containing vitamins and anti-inflammatory properties. The oil is high in natural fiber which promotes a healthy digestive health for those with skin problems and general gut issues.



# MEGA OIL

## Recipes

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The Grahams Natural Mega Oil has been developed to be an easy additive to any skin sufferers or healthy living activists' lifestyle.

The oil can be added to a variety of foods and drinks as it has a neutral, nutty taste – making it easy to consume all the incredible health benefits that oil has to offer.

Grahams have compiled a variety of great recipes in which Mega Oil can be added to, however it is important to note that another oil such as coconut can be added to them yet you won't be receiving all the health benefits that Mega Oil has to offer.



# BLUEBERRY GREEN TEA *Smoothie*

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## INGREDIENTS

- 1 cup plain yogurt
- 2 cups frozen blueberries
- 1/2 cup of green tea
- 1 tablespoon of honey (optional)
- 3 teaspoons of mega oil

## DIRECTIONS

1. Start by steeping your green tea. Preferably, use fresh matcha powder over the teabag variety, since green tea (much like omega-3 fish oil) is better in a fresh, less processed form.
2. In a blender, combine the yogurt, blueberries, and green tea and blend until smooth. Add the honey if you prefer the extra sweetness.
3. Pour the mixture into a tall glass.
4. Now, with a spoon, stir in the mega oil until smooth.



# HEALTHY GREEN *Smoothie*

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## DIRECTIONS

- 1.** Power up your morning with this fruit-veggie combo. Prepare the banana by slicing and placing it in a freezer bag. Freeze the banana overnight.
- 2.** In a blender, combine the unsweetened almond milk, honey yogurt, baby spinach and frozen banana and blend until smooth.
- 3.** Pour the mixture into a tall glass.
- 4.** Now, with a spoon, stir in the mega oil until smooth.



## INGREDIENTS

- 1/2 cup unsweetened almond milk
- 1/2 cup honey yogurt
- 3 cups baby spinach
- 2 bananas (sliced and frozen)
- 1 tablespoon of mega oil



# PEANUT BUTTER Smoothie

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## INGREDIENTS

- 1 small banana
- 1/2 cup almond milk
- 1 teaspoon of creamy peanut butter
- 1 tablespoon of mega oil
- 3 ice cubes

## DIRECTIONS

- 1.** In a blender, combine the banana, almond milk, peanut butter, ice cubes and blend until smooth and frothy.
- 2.** Pour the mixture into a tall glass.
- 3.** Now, with a spoon, stir in the mega oil until smooth.

# BERRY GINGER *Smoothie*

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## DIRECTIONS

- 1.** In a blender, combine the strawberries, blueberries, orange juice, ginger, yogurt, ice cubes and blend until smooth.
- 2.** Scraping down the side of the container occasionally if mixture get stuck
- 3.** Pour the mixture into a tall glass.
- 4.** Now, with a spoon, stir in the mega oil until smooth.



## INGREDIENTS

- 1 cup frozen strawberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh orange juice
- 2 teaspoon chopped and peeled fresh ginger
- 1/4 cup plain low-fat (1%) yogurt
- 1 tablespoon of mega oil
- 2 ice cubes



## INGREDIENTS

- 1/2 firm ripe avocado (peeled)
- 1 cup frozen mixed berries
- 1 ½ cups soy milk/almond milk
- 2 teaspoons honey
- 1 tablespoon mega oil

# AVOCADO BERRY *Smoothie*

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## DIRECTIONS

- 1.** In a blender, combine the avocado, mixed berries, your choice of milk, honey and blend until smooth and creamy.
- 2.** Pour the mixture into a tall glass.
- 3.** Now, with a spoon, stir in the mega oil until smooth.



# BREAKFAST

## Smoothie Bowl

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### DIRECTIONS

1. Prepare the banana by slicing and placing it in a freezer bag. Freeze the banana overnight.
2. In a blender, combine the frozen banana, mango, pineapple, almond milk and blend until smooth.
3. Make sure the consistency is still thick, stopping and stirring occasionally. Adding more liquid if needed.
4. Pour into 2 bowls with a spoon, stir in the mega oil until smooth.
5. Add your desired toppings.



### INGREDIENTS

- 1 banana (sliced and frozen)
- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- 1 cup almond milk
- 1 tablespoon mega oil



# DRESSING

## with herbs

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## DIRECTIONS

- 1.** In a blender or food processor, combine vinegar, chives, parsley, basil, oregano, mustard, and garlic and blend until smooth.
- 2.** Slowly add Mega Oil in a fine stream and blend until slightly creamy.
- 3.** Season with cayenne, salt and pepper.

## INGREDIENTS

- 3 tablespoons apple cider vinegar or lemon juice
- 1 tablespoon chopped chives
- 1 tablespoon chopped parsley
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dry mustard
- 1 large clove garlic, roughly chopped
- 1 ½ tablespoons mega oil
- A pinch of cayenne
- 1/2 teaspoon salt
- A pinch of ground black pepper

# SOY & SESAME

## Vinaigrette

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### DIRECTIONS

1. Add sugar, white vinegar and soy sauce into a saucepan.
2. Gently heat until sugar is dissolved.
3. Leave to cool.
4. Once cooled add sesame oil, mega oil and lemon.
5. Mixed well and pour over salad.



### INGREDIENTS

- 25g raw sugar (or honey)
- 65g white vinegar
- 30g soy sauce
- 10g sesame oil
- 3 tablespoons mega oil
- 1 squeezed fresh lemon



# BASIL & THYME *Pesto*

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## INGREDIENTS

- 1 cup loosely packed fresh basil
- 1/2 cup loosely packed fresh parsley
- 1/2 cup loosely packed fresh thyme leaves
- 1/2 cup grated parmesan
- 1/2 cup toasted pine nuts
- 2 garlic cloves
- 3 tablespoon mega oil
- 1/4 cup olive oil

## DIRECTIONS

- 1.** Finely chop first 5 ingredients in processor.
- 2.** With machine running, gradually add mega oil.
- 3.** Continue processing until pesto is almost smooth.
- 4.** Season to taste with salt and pepper. (Pesto can be prepared up to 1 week ahead. Cover tightly and refrigerate.)
- 5.** Do not heat. Leave out and warm to room temperature, then mix into cooked hot pasta.

# TAHINI

## Spread

### DIRECTIONS

1. Preheat oven to 350.
2. Toast sesame seeds for 5-10 minutes, tossing the seeds frequently with a spatula. Do not allow to brown. Cool for 20 minutes.
3. Pour sesame seeds into food processor and add the olive or vegetable oil and mega oil. Blend for 2 minutes. Check for consistency. The goal is a thick, yet pourable texture.
4. Add more olive or vegetable oil and blend until desired consistency.

**NOTE:** Tahini should be stored in the refrigerator in a tightly closed container. It will keep for up to 3 months.



### INGREDIENTS

(Can make up to 4 cups)

- 5 cups sesame seeds
- 1 ¼ cups olive oil or vegetable oil
- 2-3 tablespoon mega oil





# HUMMUS

## Spread

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## INGREDIENTS

(Can make up to 2.5 cups)

- 1 can chickpeas (reserve half the liquid from the can)
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 clove garlic (chopped)
- 1 teaspoon salt
- 2 tablespoons mega oil
- black pepper to taste

## DIRECTIONS

- 1.** In a blender, chop the garlic. Pour chickpeas into blender, reserving about a tablespoon for garnish. Place lemon juice, tahini, chopped garlic, mega oil and salt in blender.
- 2.** Blend until creamy and well mixed.
- 3.** Transfer the mixture to a medium serving bowl.
- 4.** Sprinkle with pepper over the top. Garnish with reserved chickpeas.



# NUT Butter

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## DIRECTIONS

1. Put the nuts into your food processor. Turn the machine to high.
2. Blend for 60–90 seconds and slowly add the Mega oil until desired consistency is reached.
3. Place into an airtight container and refrigerate.

**Note:** Use within 6 weeks.  
Do not heat or use for frying.



## INGREDIENTS

- 1/2 cup almonds
- 1/4 cup brazil nuts
- 1/2 cup cashews
- Mega oil



# MEGA OIL

## Fat Bomb

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### INGREDIENTS

(keto-based)

- 1 cup nut butter of choice  
(or allergy friendly)
- 2/3 cup cocoa powder
- 4-5 tablespoon sweetener  
of choice (or as desired)
- 1/4 tsp salt
- 2 tablespoon mega oil
- Sugar Free Choc Chips (optional)

### DIRECTIONS

- 1.** Blend everything together in a food processor. Scrape down the sides as needed until it forms a smooth dough.
- 2.** Refrigerate just until firmed.
- 3.** Scoop with a mini cookie scoop and roll into balls.

# AVOCADO Mousse

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## DIRECTIONS

1. Add all of the ingredients to a food processor or blender. Process until completely smooth.
2. Transfer to a sealable container and refrigerate at least 1 hour, or until ready to serve.
3. Serve with grated dark chocolate and/or coconut whipped cream.

**Note:** You may need to scrape the edges of the food processor to get everything to combine.



## INGREDIENTS

- 2 large avocados (peeled, pitted, and halved)
- 1/3 cup pure maple syrup or honey
- 1/2 cup raw cacao powder or unsweetened cocoa powder
- 1/4 cup unsweetened almond milk or coconut milk
- 1 teaspoon of mega oil
- 1/8 teaspoon sea salt

# CONCLUSION

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Although there is no cure for psoriasis, the good news is that there is a natural treatment option available to you. We believe that psoriasis is curable to some extent through a change in dietary habits and with the use of the right products.

Stay away from triggers and harsh chemicals that may cause your skin condition to flare up. Instead, eat a healthy diet, reduce your stress, moisturise your skin, and invest in the best Psoriasis Cream on the market to help you keep your itching and redness under control.

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 so you can get back to living.







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