

Well as you know I had a great experience doing the an initial cleanse that you proposed, and that is what really got me to change my diet. My psoriasis has responded very well to green drinks and the avoidance of free sugars and processed foods. I have lost about 20 pounds by making these changes and I have only been gaining weight slowly over the past 10 years, unable to lose any weight until now. I am avoiding processed food as much as possible and just eating whole healthy food.

While it has been the hardest thing for me, stopping dairy really helped the most with my nasal congestion/sinus pain/pressure and constipation. I substitute with coconut or almond milk and am eating more protein and less carbs and of course drink at least 8 -10 glasses of water a day.

I've started exercising at home just doing modified pushups, sit ups, squats, lunges and yoga stretches. Losing the weight helped take pressure off my joints as well. For snacks now I do a small amounts of dried fruits and nuts like almonds, walnuts and pistachios. After the cleanse I did not want sugar and when I did consume it I felt ill! When I started to see my skin clear up and joints hurt less I was more motivated to keep it going. I do think the green drinks have helped my psoriasis a lot and when I skip them my skin tends to flare up as well.

With regard to my medication, I am off Methotrexate completely and while I want to get off all meds, (and I will), I'm only doing Enbrel every 6-8 weeks now at the lowest dose versus what I used to do once a week at a much much higher dose. I've also been able to decrease the amount of Naprosyn I take and that is soon to go as well. My goal is to get off all my medication in the future, but since I have been on them for so many years, I realize I need to go off them slowly. I thank you from the bottom of my heart even though I wanted you to leave me alone at times!

Kasey P