



## Matt's List of Foods, Supplements, Herbs, Topicals & More to Heal Psoriasis Naturally at Home

[DOWNLOAD MATT'S FREE PSORIASIS HEALING GUIDE](#)

### PSORIASIS DIET FOODS TO EAT

- 1.) Eat organic if possible when you consume the skin, leaves or stems. Soak non-organic for 10 minutes in filtered water with vinegar or baking soda. I soak organics most times as well.
- 2.) Eat raw whole foods & a well-balanced diet. I'm not telling you to avoid any foods completely. Practice moderation and eat mindfully. The goal is to get more of these foods in.
- 3.) These foods are in order of importance, top of the list is best. Focus on ADDITION over SUBTRACTION which empowers you. Eat a diverse and satisfying diet. This is not strict.

Apples (organic if possible, wash and rinse well, red are best, all varieties good)

Wild Blueberries (frozen)

Garlic

Turmeric (I sprinkle the organic powder on foods and in coffee/tea)

Ginger root

Papaya

**Atlantic Dulse seaweed flakes (iodine, selenium, zinc - awesome food eliminate heavy metals) add to meals & smoothies**

Onions

Sweet potato

Leafy Greens (Spinach, Red Leaf, Green Leaf, Romaine, Kale, Chard, Spring Mix)

Black Grapes, then Red Grapes

Sprouts & Microgreens

Cilantro (coriander)

Rosemary, Thyme, Sage, Oregano, Basil (Italian seasonings)

Cucumber

Brussel Sprouts

**Cat's Claw**

Lemons/Limes

Blackberries

Raspberries

Parsley

Melons (Cantaloupe, Watermelon, Honeydew)

Avocadoes

Oranges / Tangerines

Grapefruit

Figs

Pears

Bananas

Cranberries

Dates

Cruciferous Veggies

Broccoli

Cabbage
Radishes
Coconut (raw water, pulp, flakes, cold pressed oil)
Honey (raw & unfiltered)
Aloe Vera
Cherries
<b><u>Lemon Balm tea</u></b>
Apricots
Asparagus
Chaga Mushrooms
Mangoes
<b><u>Raspberry Leaf tea</u></b>
Pomegranates
Artichokes
Butternut Squash
Beets
Quinoa
Flax seeds
<b><u>Hemp Seeds</u></b>
Pumpkin Seeds
Himalayan Pink Salt
<b><u>Celtic Sea Salt</u></b>
Olive Oil cold-pressed
Avocado oil cold-pressed
Hummus (NO canola oil)
Fermented foods

Bone broth
<b>----- Psoriatic Arthritis -----</b>
Ginger root
Garlic
Sweet Potato
<b><u>Burdock Root tea</u></b>
Rosemary, Thyme, Sage, Oregano, Basil (italian seasonings)
Wild Blueberries from Maine (frozen)
Radishes
Kiwis

## SUPPLEMENTS

<b><u>1.) Zinc (liquid zinc sulfate) - add to a liter of water daily</u></b>
<b><u>2.) Magnesium (glycinate)</u></b>
<b><u>3.) Vitamin C</u></b>
<b><u>4.) Atlantic Dulse seaweed flakes (iodine, selenium, zinc) - add to meals, smoothies, anything</u></b>
<b><u>5.) Vitamin B12 (adenosylcobalamin with methylcobalamin) under the tongue when waking</u></b>
<b><u>6.) Liquid Chlorophyll (paraben free) - add to a liter of water</u></b>
<b><u>7.) L-lysine</u></b>
<b><u>8.) Smilax (Sarsaparilla) Root</u></b>

## SMOOTHIE POWDERS

[Barley grass juice powder](#)

[Reishi mushroom powder](#)

[Chaga mushroom powder](#)

[Spirulina powder](#)

[Pitaya \(Dragon Fruit\) powder](#)

## HERBAL TEAS

[Burdock Root](#)

[Dandelion Root](#)

[Nettle Leaf](#)

[Lemon Balm](#)

[Rose Hips](#)

[Hibiscus](#)

[Ginger](#)

[Raspberry Leaf](#)

## HERBAL TINCTURES

[Cat's Claw - most important herbal](#)

[Burdock Root](#)

[Dandelion Root](#)

[Licorice Root](#)

[Nettle Leaf](#)

[Lemon Balm](#)

[Red Clover](#)

[Milk Thistle](#)

## Top 10 POWER HERBS (add to foods and cooking as you can)

Cilantro (Coriander)

Garlic

Turmeric

Parsley

Thyme

Rosemary

Basil

Sage

Ginger

Cinnamon

## THINGS TO AVOID (MINIMIZE)

heavy metals (copper i.e. old water pipes, mercury i.e. amalgam 'silver' fillings, lead paint, cadmium, aluminum which is in many household items etc)

radiation

conventional pesticides ("Organophosphates"), herbicides, glyphosate ("Roundup"). Eating organics, and non-GMO foods helps a lot.

processed sugars, corn syrups, agave syrups, aspartame (splenda), refined honey

GMO products
canola oil (check ingredients on bags, boxes, cans and ask at restaurants)
dairy products (try ghee, coconut milk or almond milk, use goat or low-fat feta cheeses)
alcohol
conventional gluten wheat products (go for ancient grains, study the ingredients list)
antibiotics (unless emergency situation of course, be sure to use probiotics during and after done)
conventional corn & soy products
MSG ("natural flavors" "artificial flavors")
conventional household chemicals (especially OLD, unused bug and weed killers)
fluoride, bromide, chlorine
immunosuppressants
antihistamines
OTC painkillers
antacids
junk, processed, fast, fried foods
conventional pork
eggs (go cage-free, local if you eat them)
conventional red meat products (NO antibiotics, go organic or grass fed)
canned tuna or other canned meats
aluminum foil for storing and cooking foods
tobacco
electromagnetic toxins (don't charge your cellphone or other devices right next to your body. Put all devices in Airplane Mode while you sleep if they are in your bedroom, no screens in the dark, use "Night Light" settings, no laptops on your lap, use a towel.)

get all conventional household chemicals you don't use out of your house

*Be sure to check your house for black mold. You can use cedar oil and borax mixtures to kill mold back. Do NOT use antifungals*

plastics (slowly use more glass storage and less plastic. Don't microwave in plastic)

## TOPICALS FOR RELIEF

***NOTE: Any of the blue product titles are active links to the product. Click on the product, then click on the link dialog that displays above to view.***

[\*\*Organic Castor Oil - The most powerful healing & soothing oil available\*\*](#)

[\*I wrap my lower legs in castor oil for a while before bathing. It is saving my skin from psoriasis. Read my full post here\*](#)

[\*\*Puracy Organic Aloe Vera Lotion\*\*](#)

[\*\*Coconut Oil - add to bath water and skin as needed, good for cooking and recipes too\*\*](#)

[\*\*Puracy Shampoo & Conditioner\*\*](#)

[\*\*Puracy Body Wash\*\*](#)

[\*\*Essential Oil Blend 1 \(rub a drop into bottom of toes, thumbpads, earlobes\*\*](#)

[\*\*Essential Oil Blend 2 \(you can also add to bath water and a diffuser\)\*\*](#)

[\*\*CLICK HERE FOR MY TOPICAL CASTOR OIL PSORIASIS TREATMENT\*\*](#)

# JUICERS & BLENDER

## [Angel Pro Juicer](#)

*My Angel Juicer is an incredible machine. It's very expensive but is in a league of its own and will last forever. I got one as a gift, which is the only reason I have one. This is a worthy investment.*

## [Omega Slow Revolving Juicer - great for celery](#)

## [Hamilton Beach Juicer - very affordable to start](#)

## [Nutribullet Blender for Smoothies - easy and fast](#)

# MASTER THESE 3 SKILLS

## MASTER THESE 3 ADVANCED SKILLS AND YOU WILL HEAL YOUR PSORIASIS NATURALLY

### 1.) ALKALINE WATER

In the morning drink 1 liter (32 ounces) of pure water with a lemon or lime squeezed in, upon waking up FIRST THING. This is a powerful tonic, be prepared for symptoms at first, this will pass, push through. This cleanses the Liver. Do this again 1 hr before bed for more cleansing.

Correcting chronic dehydration is the first step in natural healing. It must be done, no questions asked. A good goal is 1/2 your body weight (in lbs) in fluid ounces of water every 24 hours. Water is now your most important asset in your life. Treat it with respect and source it well.

I add zinc and chlorophyll, watermelon, or thin cucumber slices. Drink raw coconut water. Raw coconut water from green young coconuts, 16oz cans, no added sugars are typically the best to grab. This brings the water to life as you drink it. This is what makes "Alkaline Water", a most crucial skill.

### 2.) CELERY JUICING

Organic celery if possible, (conventional ok - soak in filtered water with vinegar or baking soda for 10-15 minutes). Rinse and cut to fit your juicer and it's ready.

Juice 16-32 ounces fresh and drink on empty stomach within 10-15 minutes. I drink the celery juice as I clean the juicer parts. By the time I'm done cleaning I'm done drinking and on with my day.

If needed, you can store for up to 24 hrs. Make 2 batches at once for 2 mornings. It is much better to drink it fresh.

If you don't have time to juice at home, look for a place that makes fresh juices and request celery juice or get their 'green juice' combo. This is pricey in the long-run but does get the job done for those who can't juice at home.

### 3.) SMOOTHIE RECIPE

The smoothie is very tasty and very important to help the body eliminate heavy metals and pathogens causing psoriasis.

The ingredients are:

- 👊 Wild Blueberries (frozen)
- 👊 Cilantro (coriander)
- 👊 Parsley
- 👊 Banana
- 👊 Orange or Papaya or Watermelon or Cantaloupe
- 👊 Ginger root
- 👊 Atlantic Dulse flakes (in supplements list)
- 👊 Chaga mushroom powder (in supplements list)
- 👊 Spirulina powder (in supplements list)
- 👊 Barley grass juice powder (in supplements list)
- 👊 Pitaya (dragonfruit) powder (in supplements list)

Add a little water in bottom of cup, then 1 banana, chop the ginger and cilantro up, then add the powders and atlantic dulse flakes, then 2 cups of frozen wild blueberries. Blend and Enjoy!

# HEALING WARRIOR WORLD MEMBERSHIP

[DO YOU NEED MORE ADVANCED HELP? CLICK HERE TO FIND OUT MORE ABOUT MY MONTHLY MEMBERSHIP.](#)



MUCH LOVE. MAD RESPECT. MORE HEALING.

## FIND YOUR VIBRATION AND STAY IN IT.

**THIS IS HOW YOU WILL SUSTAIN PROGRESS:** Take it slow, master one thing at a time, be easy on yourself, love your body. This is a marathon, it will take months, maybe years to heal, settle in.

**FLUIDS FLUIDS FLUIDS, ALKALINE WATER, JUICING, RAW COCONUT WATER, HERBAL TEAS & SMOOTHIES ARE GOING TO HEAL YOU.**

**FRUIT IS THE MOST POWERFUL FOOD CATEGORY YOU CAN EAT TO HEAL DEEPLY. GRAZE ON A SERVING OF FRUIT EVERY 2 HRS ALL DAY.**

This is not permanent, just temporary as is all in life, as your gut strengthens, you can add more of your desired treats back in, stay pragmatic and compassionate.

Wash all fruits and veggies well, I use a spray of vinegar, Puracy dish soap, baking soda, lavender essential oil and filtered water. I use this spray to clean everything in my house and wash hands

Be easy-going, kind, loving, and compassionate with yourself. Send quieter, loving thoughts from the mind into the body. Speak affirmations that heal your life. Move away from "how long do I \_\_\_\_?"