

CLINICAL TIP 108

Itching and irony: More news on the common skin irritant that may help you erase psoriasis for good!

What if I told you that one of the most widely known skin irritants--- the one that's causing a rash (pun intended!) of complaints in Europe as part of one of their new "Euro" coins--- might actually be the key to relieving the unbearable discomforts of psoriasis? No, I haven't "lost it," though I know it sounds hard to believe--- especially since there just doesn't seem to be a whole lot of hope for psoriasis sufferers.

After all, psoriasis isn't given much attention by the mainstream medical media. But despite its lack of coverage, psoriasis is much more common and much more serious than you might think. It affects nearly 7 million people in the United States, inflicting thick patches of red skin covered in silvery-white scales that are often itchy and can actually disfigure the patient. There is a plethora of creams and ointments available to treat the symptoms of this disease, but until now, nothing resembling a potential cure existed. Of course, maybe that's because it was "hidden" in just about the last place you'd think to look: the element nickel, which has a well-known reputation as a skin irritant.

I've written about the remarkable effectiveness of this psoriasis therapy before. When it's combined with bromide and taken in tablet form, nickel can be a very effective psoriasis remedy. I admit that, like anything else, this therapy doesn't work every single time, but in many individuals, the psoriasis disappears completely. Other times, it's substantially improved. It's worth trying, as the quantities of nickel and bromide are quite low and adverse reactions are few.

The originator of low-dose (it's actually low enough to be considered homeopathic) nickel/bromide therapy for psoriasis is dermatologist Steven A. Smith, M.D., of Tulsa, Oklahoma. Despite nickel's infamy, particularly as a component of jewelry and of one of the "Euro" coins, Dr. Smith says he rarely sees this problem with the sort of internal, low dose tablets he developed for easing psoriasis. I can confirm Dr. Smith's claim: My patients have had very good experiences over several years with no additional irritation brought on by the nickel.

But before news of low dose nickel/bromide came across my desk, I'd made use of several other natural treatments for psoriasis.

Fumaric acid (also called fumarate) made a significant difference for many of my patients. Unfortunately, at the relatively high quantities required, it caused a few people to have low blood sugar reactions. So I was forced to limit its use somewhat.

Just one tablet a day offers over 90 percent relief

Now, Dr. Smith has discovered that when he combines low dose nickel/bromide with low dose fumaric acid, it not only eliminates the adverse blood-sugar effects of the fumaric acid, but also improves the healing effects of nickel bromide even further. He told me that in a group of 300 individuals with psoriasis, over 90 percent showed moderate to marked improvement with only one 600-milligram tablet daily. He also says that low dose nickel/bromide and fumaric acid treatment has been

compatible with any other psoriasis treatment, including patent medicines and light treatments.

My preliminary experience is that Dr. Smith has "done it again" for those with psoriasis. His treatment protocol can be started even if you're using a patent medication or other treatment. As the nickel/bromide and fumaric acid combination takes effect, the "conventional" (more toxic and dangerous) treatments can gradually be withdrawn.

A few small changes could lead you down a psoriasis-free road

Not to put a damper on all this good news, but you should know what long term natural psoriasis therapy also requires: elimination of all alcohol, sugar, and refined food, along with allergy testing, elimination, and desensitization, and in many cases, improvement of digestive function with hydrochloric acid/pepsin and digestive enzymes. Having seen some of the devastating social effects psoriasis can have, I'm inclined to believe that giving up that occasional nightcap (or whatever you might be sensitive to) is well worth the sacrifice, considering the trouble it can cause.

Low dose nickel/bromide with fumaric acid is available as Psorizide® Forte, available through Tahoma Clinic Dispensary, natural food stores, and compounding pharmacies throughout the USA. (Although I am, of course, affiliated with Tahoma Clinic Dispensary, neither the Dispensary nor I have any financial connection with Dr. Smith or Loma Lux Laboratories.