

PSORIASIS: A PARASITIC DISEASE

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Abstract: A disease afflicting humanity for thousands of years, with no clue to its origin, a disease to die from and for!

From eternity we humans have learnt to blame others for our sufferings, if we can't find a human cause for the problem then we blame God for its existence. But, why to blame others for the effects of your own cause. No disease can enter your life, unless you have weakened your immune system by following an unhealthy lifestyle.

We are not immune to this natural world; we have to fight for our survival every day. Every breath needs energy, and that energy comes from somewhere. You have to eat to survive. But, with every bite comes the risk of pathogens. How many bites, how many breaths a day? Neither does the world sleeps when you sleep, nor does the nature awakens with your morning.

Like how a car (or any machine) requires energy in the form of fuel, similarly our body requires food for our survival, but with the consumption comes a very important need for exhaust (excretion). Like how a car will stop eventually if not serviced, similarly our body can only endure so much, before it ceases to function. How we maintain our (vehicle) body, entirely depends on us. It's as much the responsibility of God towards your good health, similar to the responsibility of your pet dog towards you. (None).

But all is not doom and gloom. God forgives the mistakes if genuinely repented. That's why God has given our body a very unique ability (not found in cars), we can regenerate new cells to replace old and diseased cells. This ability of replenishing of our old cells is inbuilt and we are born with it, and very importantly it never diminishes.

My paper here is not based on any research in any lab or a university, this my story, my bibliography.

1. INTRODUCTION

To demonstrate the connection between psoriasis and parasites, and the mechanism of plaque formation.

Psoriasis affects approximately 2-3% of the global population, and its existence has been documented since the clay tablets of the Assyrians and Babylonians 3000-5000 years ago, through the Middle Ages, and the Renaissance. In the Hebrew Bible, 'Tzaraath' is a similar condition imposed as a punishment for slander. But the disease itself has remained a mystery until more recently.

There are 25 known genetic conditions and/or disorders that supposedly predisposes individuals to psoriasis. That's not to say that having one or more of these pre-existing conditions is sure to result in the development of psoriasis, as one or more of these genetic variations are prevalent in 10% of the world's population. However, only 2-3% develop the disease. So there has to be more to it.

Psoriasis is a chronic disease by nature. History is littered with a wide array of 'treatments', including harmful agents such as mercury and phenol, with dubious accounts of their success. In the 18th and 19th centuries, Fowler's solution, which contains a poisonous and carcinogenic arsenic compound, was used by dermatologists as a treatment for psoriasis. Various fields of medicine have tried alternative treatments, from bloodletting to acupuncture. Modern medicine prescribes therapies based on the belief that psoriasis is an autoimmune disease, meaning that your own body is your enemy. To counter the workings of a supposedly over-aggressive immune system, doctors prescribe immune suppressants. Methotrexate (systemic chemotherapy) and prednisone (steroid) being their preferred choice of treatment.

Topical steroids are prescribed to lower skin cell growth. None of these solutions offer cures. Only management is possible as per modern science.

2. MY PSORIASIS

This is the story of me and my psoriasis. I have suffered with the disease from the age of 5, though it was only diagnosed when I was 17. I was also told that psoriasis is a chronic auto-immune disease with no cure. Only cortisones and expensive toiletries were handed over to me as a remedy to keep it at bay. For over 25 years, I tried various modalities to control my condition, from Ayurveda to systemic chemotherapy. Eight years of the latter eventually led to my renal failure in 2016. Doctors attending to me expected me to die within 48 hours, and they did not mince their words. With no treatment being offered, I was left to fend for myself, and forced to research about my own condition and symptoms. Dying was really not an option for me.

3. WHAT IS PSORIASIS?

Psoriasis is disease caused by parasites in your body, and the resultant excretion of toxins is the reason for scales. Despite the fact that psoriasis is widely known as an autoimmune disease, being a sufferer of the condition for over 40 years qualifies me to counter this theory, specifically also because I've recovered from this modality from a near hopeless state.

4. A CURE?

My decision to give up on all known medical recommendations was out of desperation. As the saying goes, "necessity is the mother of all invention". It was a choice between life or death for me.

The end of 2014 was also the end of my dependency on methotrexate, after some 7-8 years. Though it was the only thing which kept my condition at bay (not remission). But the side effects were too taxing. And the prospect of being on the methotrexate for rest of my life was unbearable. The journey to find a cure was not an easy one. But well worth it, as after 20 years, I saw myself free of psoriasis for the first time.

It was the 10th of January, when on returning from a holiday, I took some pictures of myself. On inspection, I got some clues to parasite involvement. Nothing concrete, but a good start. Initially, I was convinced it was a fungal infection, and treated myself for the same. My suspects were Candida albicans, or/and E. coli. I went on an anti-candida diet, and used all-natural antifungal remedies such as Epsom salts, and apple cider vinegar in my bath water. When my psoriasis started to recede, I knew I was on to something.

My treatment was on track, but my self-diagnosis still needed confirmation. It was a \$50 microscope that changed my life. I could see countless parasites squiggling their way into my skin. Red larvae like creatures that secrete plasma (bio film), which can be seen in posted videos. This plasma consists of infected sebum. This sebum eventually dries up, and forms the classic 'plaque'. What we think of it as our skin multiplying is actually dried-up sebum.

In the last three and a half years, I have treated myself on the basis of the above diagnosis. I have been on a sugar free, mostly natural and vegetable-based antifungal, anti-parasitic diet and supplements. Additionally, an almost daily soak for a minimum of 30 minutes in hot water. The results speak for themselves.

The fact that I am free of psoriasis is proof enough for me, that my diagnosis is correct.

YouTube links of microscopic videos, showing parasites on psoriasis lesions:

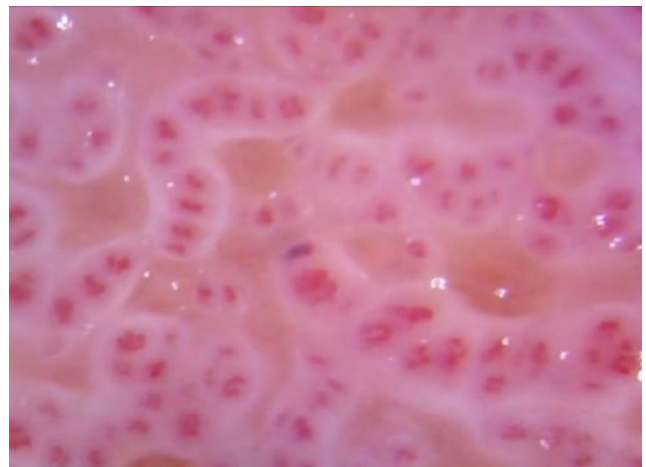
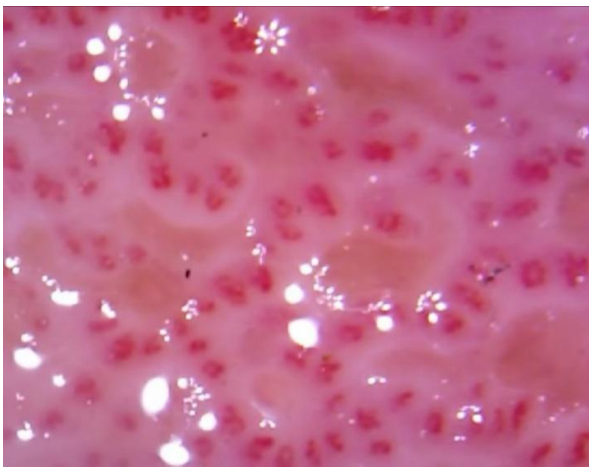
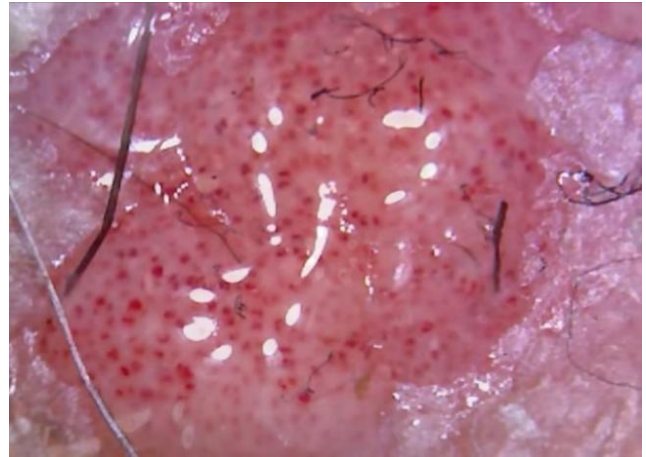
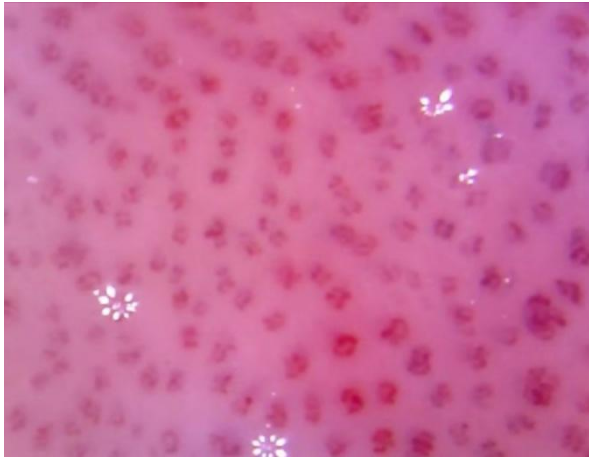
<https://youtu.be/ORtyRTpry9k>

<https://youtu.be/6FuYSIgmF3s>

<https://youtu.be/LaEtdUmKUw>

https://youtu.be/kT_v2zJAbgo

Microscopic pictures of parasites on the psoriasis lesions



My Recovery in Pictures







My efforts to cure myself of psoriasis came with a lot of challenges, as I was attempting something for the first time. Now that I have achieved my goal, I would like to share my process of healing.

My 3-step diet remedy for curing psoriasis

1. Do not consume any foods that contain added or refined sugars.
2. Start your day with probiotics (yoghurt), and fresh seasonal fruits.
3. Take 2 tbsp of liquid paraffin before bedtime.

My topical solution

4. Soak for a minimum of 30 minutes daily in a bathtub (or find an alternative solution), with 2 handfuls of bicarbonate soda and half a litre of vinegar in hot water. After 20 minutes, your psoriasis scales will turn slimy, and can be gently scrubbed off with a loofah or a soft stone, or even a small towel.

Please note: though you will have a very peaceful next 12 hours or so, your psoriasis scales will return in a short while. This does not mean that your treatment is not working, but it's the nature of one of the most stubborn conditions.

5. Lotion to be applied twice daily after bath and before bed.

Please follow the ratio respectively

50:50:20: 20:15:15: 15:10:10: 10:5

Liquid paraffin

Virgin coconut oil

Wheatgerm oil

Grapeseed oil

Argan oil

Tea tree oil

Eucalyptus oil

Lemongrass oil

Lavender oil

Neem oil (optional as it has a strong odour)

CBD oil (optional)