



EVERWELL CHINESE MEDICAL CENTRE

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SUGGESTIONS FOR HELPING RECOVERY FROM PSORIASIS

1. This disease is difficult to cure; a prolonged therapy course is necessary for full recovery. It is therefore very important to have regular consultation and treatment to avoid a relapse.
2. Psoriasis relates to tonsillitis; under certain conditions it may be advisable to have your tonsils removed.
3. It is important to eat plenty of vegetables and fruit, and avoid eating any spicy food, which contain curry, chilli, pepper, ginger, onion, and garlic. Also avoid seafood products such as fish, crabs, shrimps, lobsters which may induce itchiness and eruption.
4. Avoid drinking alcohol and smoking.
5. Apply lotion/ointment externally to the affected areas sparingly, (a thin layer just like using cosmetics) and rub gently in to the skin daily. If you have been given two ointments alternate them on a daily basis.
6. Chinese medicinal ointment is prepared with natural ingredients, it has an unusual smell but is safe and effective. If preferred, it may be applied every night/evening as instructed during the recovery period.
7. Keep warm and healthy to avoid catching a cold or tonsillitis.
8. Almost all patients need oral medicine (herbs) for about two months and external medicine (ointment) for about four to six months until the rash disappears.
9. Avoid any abusive use of internal or external medicine to avoid the condition becoming worse.

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