

- Take foods and supplements rich in folic acid and other “B” vitamins, especially B-12.
- Take foods and supplements rich in iron.
- Take a lecithin supplement.
- Anti-oxidants such as vitamins C, A, and E, along with green vegetables are advisable.
- Avoid alcohol, especially wine and distilled products of wine.
- Avoid Citrus.
- Avoid peanuts and peanut byproducts and walnuts (almonds and brazil nuts are acceptable).
- Avoid aromatic seasonings – cracked pepper, ginger, clove, nutmeg, cumin, paprika, pimento, curry, caraway, anise, cinnamon, mustard, red pepper, heavily seasoned foods.
- Acceptable spices – onion, garlic, herbs, parsley, chives.
- Acceptable oils – safflower, olive, corn, soybean, sunflower, margarine, butter.
- Vinegar is acceptable and recommended (avoid distilled).
- Sauerkraut and pickles recommended.

FOODS HIGH IN NICKEL CONTENT*

Shell fish – clams, oysters, mussels, shrimp, etc.
 Soya products (avoid Soy sauce)
 Canned foods
 Herring
 Asparagus
 Beans
 Mushrooms
 Onions
 Spinach
 Tomatoes (fresh only)
 Peas
 Fresh and cooked pears
 Rhubarb
 Tea (decaf, green and herb, especially black)

FOODS HIGH IN BROMIDE CONTENT*

Milk and milk products
 Leafy vegetables
 Radishes
 Celery
 Beets
 Tomatoes (fresh only)
 Grains – oats, rice
 Fish

* These minerals, nickel and bromide are the primary ingredients in Loma Lux® Psoriasis (OTC) and Psorizide® Forte and Psorizide® ULTRA.

DRUGS THAT CAN WORSEN PROSIASIS

Some drugs that you may take for other conditions may worsen your psoriasis. Most of these drugs fall into the following general categories. (However, many other drugs are also suspect.) For information about specific drugs, check the **Physicians Desk Reference** or contact your doctor.

Most importantly, check with your doctor before discontinuing and medication.

- Beta blocking agents – such as Propranolol (mostly used for high blood pressure).
- Non-steroidal Anti-inflammatory drugs (such as Indomethicin, Advil, ibuprofen, even aspirin).
- Tylenol or ketoprofen are acceptable.
- Lithium.
- Anti-malarial drugs (such as Plaque nil)

NOTE: Diet is not the only answer. However, a good diet along with appropriate medications that have been selected for your specific needs by your physician can help you in your daily struggle with psoriasis.

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