

# *Summer Studies*

## *Protocol for Psoriasis Patients using Soap Lake Mineral Water*

*(Utilizing Soap Lake Mineral Water with Mud and Sun)*

*For moderate to severe plaque psoriasis coverage, it will take approximately two weeks to receive healing using this protocol. Mild coverage has been known to respond as quickly as five to seven days.*

*Warning - Always make sure you monitor your time in the sun according to what your skin and lesions can handle. Do not allow your skin or sores to burn. The sun in the Soap Lake area is much hotter than in surrounding areas. Please make sure you do not sunbath between 11:00 and 2:00 especially during July and August. The guidelines and advice given in this handout are for educational and research purposes only and the individuals participating in this study should use their own discretion concerning what they feel is best for their body.*

### *Daily Treatments*

*Start your day with a brisk walk. Psoriasis is helped with exercise. Walking is a wonderful way to get the toxins moving through the body. Since psoriasis is worsened by toxic build up in the blood, it is vital to get out and move! Even a short walk will help!*

#### *Around 9:00 AM*

*Lie in the sun and relax for about 20 minutes.*

*After you are warm and relaxed, immerse yourself in the lake. Stay in the lake about 30-45 minutes just walking and playing.*

*After your time in the lake, cover yourself in the Soap Lake mud\*. You don't have to cover your entire body unless you want to, but make sure you cover your psoriasis lesions with about 1/8" mud. Leave the mud on until it dries and starts to harden. It will turn from a dark green/black to a lighter shade of green/gray when it is*

*dry. During the hottest months of the year i.e. July and August, lie in the shade to let the mud dry slower. This will be more soothing to your skin.*

*When the mud is dry, return to the lake and wash off. This will take some scrubbing with the lake water. The mud tends to adhere like tar. Make sure you have gotten it all off. After you have completed washing, rest in the sun a few minutes (approximately 5 to 10). This will end your morning session.*

### ***Around 2:00 PM***

*Return to the lake and repeat the morning session. After washing off in the lake, return to your room and shower or bathe with regular tap water. It is imperative that you rinse all traces of the Soap Lake water off for the night, otherwise you will develop a rash and your psoriasis will become red and raised. Also make sure the tap water you use is "lukewarm" and not hot. Bathing in hot water will cause the lesions to become red/raised and inflamed. This will slow the healing process and cause you unnecessary pain.*

*Following the shower or bath, it is important to use an oil or cream on your psoriasis to keep them from drying out, cracking and bleeding. The oils that have proven to be most beneficial are organic coconut oil, vitamin E or avocado oil. If you prefer cream, calendula or cocoa butter are wonderful*

### ***Evening***

*Relax as much as possible and try to get in another short walk. Again, exercise is essential to good health.*

### ***Additional Information***

*With this regimen, you will go through various stages of healing. First, the sores might become red and swollen and sometimes crack open and bleed. This is not always the case, but it can happen. Always remember to use moisturizing oil or a healing cream (listed*

above) after your last shower/bath of the day. This stage only lasts about three to four days. Sometimes, depending on severity of lesions this stage will not last as long, but please don't be distressed if it happens. You are not doing anything wrong and the lake water is working. By the end of the first week, you will see real progress. Around the third day of the second week, you will begin to see definite improvement, healing will take place and beautiful skin will emerge!!! Please don't give up! Healing will take place! For some it may happen earlier on in the process, for others who have had psoriasis for years, it might take longer to see results.

It is also very important to watch your diet. Some tips are to eat more alkaline foods and less acidic food. Fresh fruits and vegetables are very important to people with skin disorders and will help to alkalize your system. Juicing is a wonderful way to get the daily requirements of fresh fruits and vegetables into your system. Remember, a huge piece of the healing puzzle for a psoriatic person is the alkaline/acid balance in the body. A 70/30 percent ratio of alkaline to acidic is best.

It is also imperative that you drink at least eight glasses of water a day. Drink even more if you can. You are spending so much time in the sun that your body may become dehydrated. Please remember to replenish your system with fresh water throughout the day. Drinking alcohol and smoking adds toxins to your system and thus slows the healing process. Again, you want to cleanse your blood of toxins so healthy food and beverages are always the best choices.

Soap Lake mineral water is very alkaline and it destroys any toxins or bacteria living within the body. Enjoy your time soaking and playing in the water and watch the healing take place!!

\*Soap Lake mud can be found in several areas of the lake. If you are unsure where to find it, you can contact one of the locals or the managers of any of the area inns or motels.