

Winter Studies

Protocol for Psoriasis Patients using Soap Lake Mineral Water

(Utilizing Soap Lake Mineral Water without Mud or 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 mineral water according to what your skin and lesions can handle. Do not allow your sores to dry out to the point of breaking open or bleeding. 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:

If possible, 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

After your walk, treat yourself to a relaxing Soap Lake mineral water bath, approximately 20-25 minutes. Make sure the Soap Lake mineral water 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 bath, be sure to shower with regular tap water. The minerals in the Soap Lake water are so concentrated that if not rinsed off will cause a rash and your psoriasis will become red and inflamed. It seems counterproductive to soak in the mineral water

and then shower it off, but please be assured that the mineral water has already been absorbed into your skin and the process of healing has begun by bringing improved nourishment to vital organs and tissues. Also please remember to shower off with warm, not hot water.

Following your shower, towel off and apply a moisturizer to your lesions and skin. It is very 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 and avocado oil. If you prefer cream, calendula or cocoa butter are both excellent.

Around 2:00 PM

Repeat the morning bathing session followed by a shower and application of moisturizer. During the remaining afternoon, relax as much as possible. It is important to let go of stress and allow the body to use all its resources for healing.

Evening 6:00 PM

Try to get in another short walk. Again, exercise is essential to good health. Follow your walk with the third and final bath of the day utilizing the instructions listed above for the 9:00 and 2:00 bath regimen.

Additional Information

With this water treatment (balneotherapy), you will go through various stages of healing. First, the sores might become red and swollen and sometimes dry and itchy. This is not always the case, but it could happen. Always remember to use moisturizing oil or a healing cream (listed above) after each shower. This stage only lasts about three to four days. Sometime, 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 mineral 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 for 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 imperative that you drink at least eight glasses of water a day. Drink even more if you can. You are spending a lot of time soaking in the water, but your "inner" body needs soaking too. Whatever you do, don't allow your body to 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 and toxins or bacteria living within the body. Enjoy your time soaking in the water and watch the healing take place!!