

# TOP 3 EASY PSORIASIS CURES

**by Anthony Taylor**



## **Top 3 Easy Psoriasis Cures**

*Use These Top 3 Powerful Psoriasis Cures  
For Any Child Or Adult Suffering From Psoriasis*

**By Anthony Taylor of  
The How To Cure Psoriasis Website**

*This e-book is dedicated to all of the children and adults who are  
currently suffering from Psoriasis and are looking for a solution  
on how to get better as quickly and safely as possible.*

The information contained in this e-book is for informational purposes only.

I am not a doctor. Any health advice that I give is my opinion based on my own experiences and what I've researched and tested over the years with Psoriasis. You should always seek the advice of a doctor before acting on something that I have published or recommended.

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By reading this e-book, you agree that myself and my company is not responsible for the health or well-being of any individual that applies what is outlined in this e-book.

These Psoriasis Cures changed my life.

You've probably found your way to this e-book from my blog, website, or maybe a friend passed it along to you.

I wrote this e-book because the remedies and methods outlined here, as well as in my other e-book called **Fast Psoriasis Cure**, have changed my life. Not only did they help me quickly and safely recover from a severe case of Psoriasis, but it has allowed me to help thousands of people around the world suffering from Psoriasis. The **How To Cure Psoriasis Fast** website, and this e-book, are my way of giving back and to ensure that no child or adult ever has to go through the gruesome experience that I went through.

In this e-book, I will reveal to you **3 Powerful, Easy Psoriasis Cures** - that if you choose to apply - will help you or your child recover from Psoriasis much faster. If you enjoy what's in here and want more, then I suggest you take a look at my **Fast Psoriasis Cure** e-book, where I walk you step-by-step how to cure Psoriasis in days.

To all of my subscribers, followers, and friends out there, old and new, thank you for the gift of your support. I hope this free e-book can begin to repay you for the time and attention that you've given me. Here's to you and your family's health and prosperity!



"If at any point while you're reading this guide you have any questions, please don't hesitate to contact me. You can best reach me on Twitter ([@CurePsoriasis12](#)), or on my [Facebook Fan Page](#). Even if you don't have any questions, I'd love for you to come by and say hello! If you want to reach me in private you can email me at [anthony@howtocurepsoriasisfast.com](mailto:anthony@howtocurepsoriasisfast.com)"

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## Who Is Anthony Taylor?

Hi, I'm Anthony Taylor and I want to thank you for downloading this free e-book, **Top 3 Easy Psoriasis Cures**.

I've been studying and researching Psoriasis for several years now. It all started when I got Psoriasis for the first at 34 years old. I didn't know much about the skin disease at the time - all I knew was that it caused ugly scaly patches on the skin.

I still remember all the embarrassment and stress that this condition caused me, and how it has still affected me emotionally to this day.

The type of Psoriasis that I experienced is known as plaque Psoriasis, which created red and white hues of scaly patches on large regions of my skin. I've had it both on my scalp (not fun at all), as well as my knees and arms at different points of my life.

I can honestly say that having Psoriasis was one of the lowest points in my life.

After my horrible experience with Psoriasis, I committed myself to learn everything I could about the skin disease. I began by researching on the internet, then reading books, and later meeting and interviewing many doctors and specialists on Psoriasis. My research over the years is what led me to create this e-book, along with my well-known [Fast Psoriasis Cure](http://www.HowToCurePsoriasisFast.com) e-book program.

Throughout the years, I've been fortunate to have been able to help thousands of children and adults who are suffering from Psoriasis. As you probably know by now, Psoriasis can be a serious condition and symptoms can be quite severe if left untreated. It can be extremely dry, itchy, embarrassing and can leave ugly permanent scars or marks.

**There are millions of doctors visits each year because of Psoriasis or its complications.** And according to stats from various resources, approximately 120 - 180 million people on Planet Earth suffer from Psoriasis. The United States, Canada, Australia, and the UK all have more than one million Psoriasis sufferers.

I don't say that to worry you, but rather to be completely upfront and honest with you about the reality of the situation.

It has become my mission to help children and adults cure Psoriasis as quickly as possible. I can confidently say that you've come to the right place for getting 100% back to normal and healthy. I want to let you know that I respect you for taking the time to check out my resources, and I sincerely want to thank you for your willingness to take action and find a cure.

## About Psoriasis

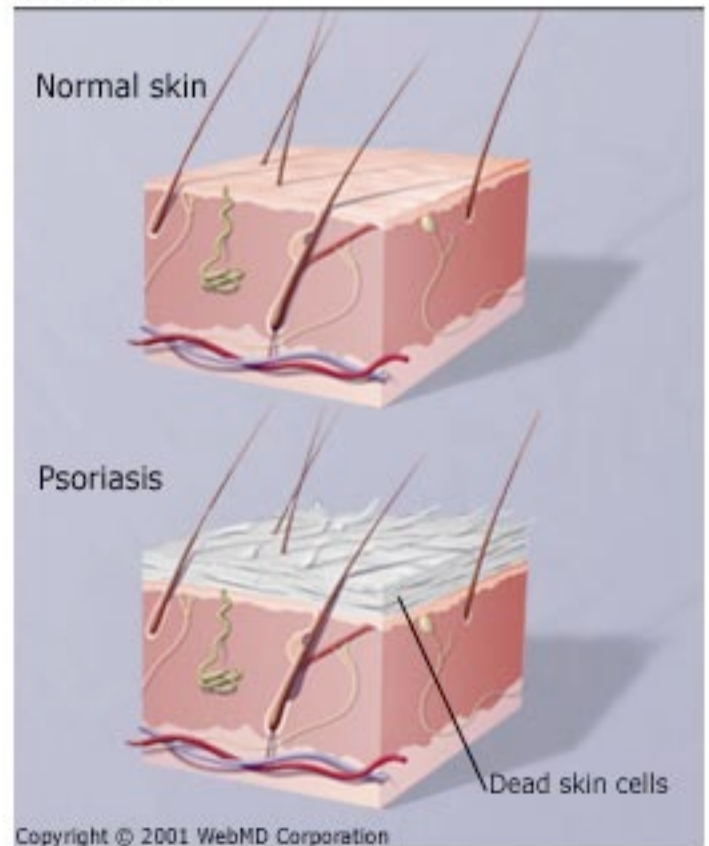
I want to start off this e-book just going over some basic information about Psoriasis. I promise I won't bore you with it all, or get too scientific on you, but it's important to know a bit about the disease.

First, what is Psoriasis?

Psoriasis is a skin disease that causes scaling and inflammation (pain, swelling, heat, and redness). Skin cells grow deep in the skin and slowly rise to the surface. This process is called cell turnover, and it takes about a month. With Psoriasis, it can happen in just a few days because the cells rise too fast and pile up on the surface.

Most Psoriasis causes patches of thick, red skin with silvery scales. These patches can itch or feel sore. They are often found on the elbows, knees, other parts of the legs, scalp, lower back, face, palms, and soles of the feet. But they can show up other places such as fingernails, toenails, genitals, and inside the mouth.

Psoriasis



*Anyone can get Psoriasis, but it occurs more often in adults. In many cases, there is a family history of Psoriasis. Certain genes have been linked to the disease. Men and women get Psoriasis at about the same rate.*

Psoriasis begins in the immune system, mainly with a type of white blood cell called a T cell. T cells help protect the body against infection and disease. With Psoriasis, T cells are put into action by mistake. They become so active that they set off other immune responses. This leads to swelling and fast turnover of skin cells.

People with Psoriasis may notice that sometimes the skin gets better and sometimes it gets worse.

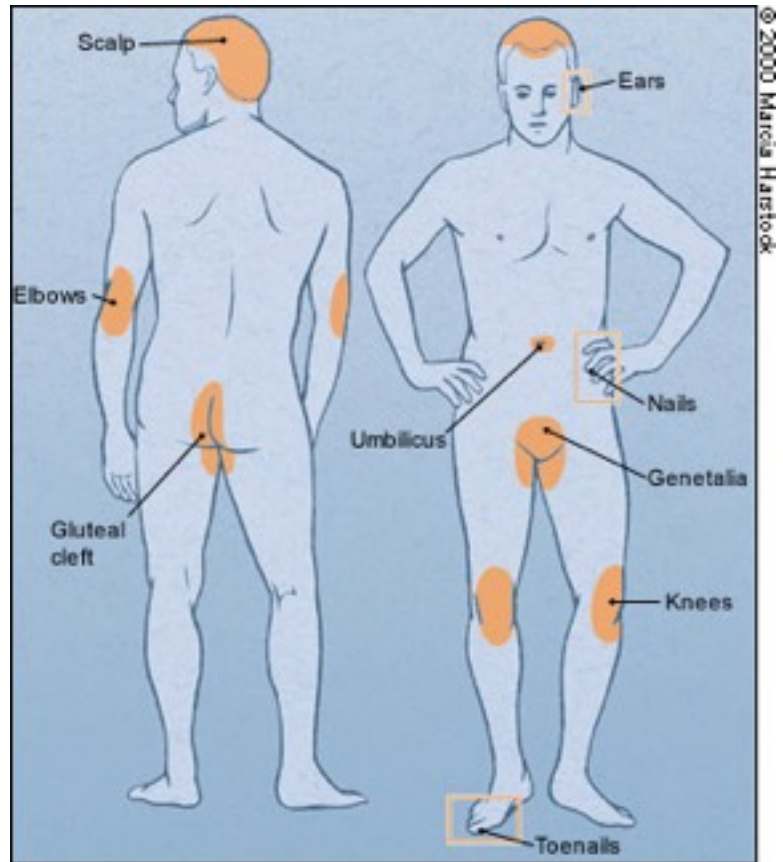
### Things that can cause the skin to get worse include:

- Infections
- Stress
- Changes in weather that dry the skin
- Certain medicines.

Psoriasis affects 2.2% of the United States population and 1% to 3% of the world's population.

Psoriasis can last for years if left untreated, and can often come and go for many Psoriasis sufferers.

If you follow the [Fast Psoriasis Cure e-book program](http://www.HowToCurePsoriasisFast.com), you should easily be able to clear up any type of Psoriasis at a much faster rate.



## Symptoms Of Psoriasis

What are some of the symptoms of Psoriasis that you can expect? I've provided a full list below that can be found [here](#).

The primary symptoms associated with Psoriasis is red and scaly rashes or patches on specific regions of the body, along with dry, cracked skin that may bleed.

The Psoriasis patches can range from a few spots of dandruff-like scaling, to major eruptions that cover large areas of the skin.

There are different types of Psoriasis, all that have varying symptoms. There is Plaque Psoriasis, which is the most common form and causes dry, raised red skin lesions (plaques) covered with silvery scales. These patches can be extremely itchy or painful, and can occur anywhere in the body.

There is nail Psoriasis, which is on the fingernails and toenails. Along with Scalp Psoriasis (on the scalp of the head), Guttate Psoriasis (triggered by a bacterial infection), and many other forms.

Here is a list of potential symptoms that have been associated with Psoriasis:

- Red patches of skin covered with silvery scales
- Itchiness, soreness, or burning
- Pain or discomfort
- General achiness
- Headaches
- Dry, cracked skin that may bleed
- Thickened, pitted or ridged nails
- Swollen or stiff joints
- Fatigue/Low Energy

I recommend you to take note of these symptoms below and make a list of the ones in which you may be experiencing.

## The Top 3 Easy Psoriasis Cures Revealed

Ok, now I think I have bombarded you enough with enough information about Psoriasis.

I wanted to educate you a little bit, so you know what to expect and a bit about the skin disease before I got into the meat of things - the **Top 3 Easy Psoriasis Cures**.

I will mention that there is much more to curing Psoriasis than these 3 treatments I'm about to reveal. This is really just the tip of the iceberg and little things you can do right away that will help. In my well-known e-book program called [Fast Psoriasis Cure](#), I jump into a whole bunch of powerful remedies and cures that have helped children and adults cure all symptoms within weeks or months. I also go deeply into what you should be eating, drinking, and doing to speed it up and avoid any permanent scars and other issues you may encounter. I just wanted to say that first, just so you don't think this is the end-all, be-all for curing Psoriasis. It isn't. But, I promise you it will make a difference and help your situation!



If you are interested in more of the tips and secrets, then I recommend that you check out the [Fast Psoriasis Cure](#) e-book by [clicking here](#).

So, are you ready for it?

Let's get to it. Move on to the next section for the **Easy Psoriasis Cure #1**.

## Easy Psoriasis Cure #1: Oatmeal Bath

The first Easy Psoriasis Cure I want to share with you is the Oatmeal Bath.

You may have heard of this one before, because it is pretty popular. The reason it's so popular is simply because it's effective.

If you are going to follow any of these Easy Psoriasis Cures in a sequence, you will definitely want to start out by having a bath.

An Oatmeal bath will help with any itching or inflammation, and can also do wonders for the overall appearance of the skin. Oatmeal has been used since 2000 BC by the Egyptians and Arabians for their own skin ailments - and it's still effective today.

An oatmeal bath is a safe, natural and effective way to soothe the itching, discomfort and pain caused by Psoriasis. By dissolving colloidal oatmeal - which is rolled oats that have been milled into a fine powder - into a bathtub full of luke-warm water, you will experience relief from itching and discomfort for several hours.

### Here Are The Instructions:

You'll need a blender, food processor or coffee grinder and one cup of oatmeal.

You can use instant oatmeal (unflavored), quick oats or slow cooking oats - all work equally as well. You can purchase these items at any local grocery store.

**STEP 1:** Blend or process the oats on the highest setting until you have a very fine, consistent powder. To test the colloid property of the oatmeal, stir one tablespoon of the ground oats into a glass of warm water. If the oats readily absorb the water and give it a milky look and a silky feel, you've blended long enough.

**STEP 2:** Dissolve the oatmeal into cool to luke-warm water, taking time to ensure the oatmeal clumps are broken up completely. The bath water should appear evenly milky before you get into the tub.

**STEP 3:** Soak in the tub for at least 15 minutes, taking care to submerge as much of your body as possible underneath the surface of the water. Avoid getting water in the eyes, since the oatmeal will sting. And be careful getting in and out of the tub, since it will be slippery.

**STEP 4:** Remove the entire oatmeal residue from the skin before you completely exit the tub by rinsing it off. Any leftover oatmeal may dry out your skin and increase itching.

**STEP 5:** Dry your body carefully by dabbing away moisture with a thick, absorbent towel. Avoid rubbing the skin with the towel and irritating the sores from Psoriasis, which may cause bleeding and scarring.

**STEP 6:** You should use a bathing procedure like this at least 2-3 times per day (see other bathing procedures in the [Fast Psoriasis Cure](#) e-book) to effectively treat the pain, discomfort and itching caused by Psoriasis.

**STEP 7:** Right after you get out of the bathtub, you will want to apply a lotion or ailment to the skin before getting dressed. By using a lotion in combination with an oatmeal bath, you can relieve the pain and itching caused by Psoriasis and speed up the recovery. Check out the [Fast Psoriasis Cure](#) e-book program for what lotions to use and how to properly apply them.

## Easy Psoriasis Cure #2: Honey

The next Easy Psoriasis Cure I want to share with you is what I call the “Honey Treatment”.

This is another powerful method of treating Psoriasis, and it’s something you can do after one of the bathing procedures that I talked about above.

Honey has been proven to get relief from inflammation and the peeling away of skin from the affected parts. It can also help fade away the spots and appearance of Psoriasis.

Honey is a sweet and viscous fluid produced by honey bee’s from the nectar of flowers. It’s been used for centuries as a natural medicine for a variety of ailments. It has natural anti-bacterial and anti-fungal properties which will help speed healing and prevent infection of Psoriasis sores.

### Here Are The Instructions:

You will need some raw, organic natural honey. You can buy this at your local health food store. Make sure it’s the good stuff!

Or, you can order it on Amazon.com. I personally like this stuff called **Super Raw Honey by Wee Bee**. I’ve heard others get great results with it too. [Click here](#) to check it out.

**STEP 1:** Apply a thin layer of all natural honey to the affected areas. You don’t need to use too much, just enough to cover everywhere that’s affected.

**STEP 2:** Leave it on the skin for at at least 30-60 minutes to allow it to absorb into the skin.

**STEP 3:** After you've left it on long enough, you can rinse the skin off with cool to luke-warm water if you choose. Sometimes it's so absorbed into the skin that you can just leave it and be fine. However, some people don't like the scent of it or it may feel a bit uncomfortable. Make sure that you dry the skin off using a towel (do not rub the skin, it will irritate it). Instead, use the towel to dab the skin to dry it.

In the [Fast Psoriasis Cure](#) e-book program, I share a special lotion that you can create that is extremely powerful and will get rid of any sores or rash within days.

There are also certain oils that you can use that are also very powerful and effective.

### The Healing Power Of Honey

Raw Honey - which has not been pasteurized or filtered, and ideally taken directly from the hive - is a treasure chest of nutritional value and medicinal remedies. It contains an abundance of vitamins and minerals and is a natural and powerful medicine, both internally and externally.

The list of honey's benefits is a long one. Honey increases calcium absorption; can increase hemoglobin count and treat or prevent anemia caused by nutritional factors; can help arthritic joints, when combined with apple cider vinegar; fights colds and respiratory infections of all kinds; can help to boost gastrointestinal ulcer healing; works as a natural and gentle laxative; aids constipation, allergies and obesity; provides an array of vitamins and minerals; and supplies instant energy without the insulin surge caused by white sugar.

Many have found raw honey helpful for its positive effects against allergies and hay fever, and one to two teaspoons last thing at night can help with insomnia. As an antiseptic, honey is also a drawing agent for poisons from bites or stings or infected wounds, and has outperformed antibiotics in treatments for stomach ulcerations, gangrene, surgical wound infections, surgical incisions and the protection of skin grafts, comas, blood vessels and bones!

## Easy Psoriasis Cure #3: Oil of Oregano

The next Easy Psoriasis Cure is a powerful and effective one. Much like honey, it can be used for a multitude of conditions. But more importantly, it is very powerful for treating Psoriasis.

Wild Organic Oregano Oil from the high mountains of the Mediterranean is one of the strongest antibiotics on the earth which many people are turning to as an alternative to pharmaceutical drugs. It is especially powerful for killing free radicals, bugs, toxins, infections, and skin diseases like Psoriasis.

Oil of Oregano comes from one of three plant species: *origanum vulgare*, *origanum acutidens*, or *origanum minutiflorum*, all of which are found in Turkey.

As you can tell, this special oil has MANY different uses and functions. I'm going to stick with it as the use for Psoriasis.

Oil of Oregano has been hailed for its amazing anti-microbial properties as well as its high anti-oxidant properties. It is used to treat circulation problems as well as skin conditions such as Eczema, **Psoriasis**, Warts, Rashes and infected wounds. The germicidal or anti-microbial properties are used to cleans the body's digestive, reproductive, and respiratory systems of yeast, fungi, or bacteria.

## Here Are The Instructions:

You should be able to buy this at your local health food store. There is a liquid format, as well as a gels that have the actual liquid inside. And there's powder capsules if you don't like the taste of it.

Or if you prefer, you can purchase this online. I personally use the [Global Healing Center](#) website, they make really quality stuff ([click here](#) to check out their organic Oregano Oil). Or another great website is [Oasis Advanced Wellness](#). Check out their organic Oregano Oil by [clicking here](#).

The instructions will vary of course depending on which Oregano Oil you purchase. It's recommended to read the bottle and follow their directions.

**STEP 1:** Take X number of drops (read the label on the bottle/product you buy) per day taken orally to stimulate the immune system for the desired antibiotic and antifungal effects. For best results, begin taking oil of oregano as soon as symptoms first appear.

**STEP 2:** The other effective way you want to be taking Oil of Oregano is by using the oil on the infected areas of the skin. You simply want to rub it on the infected area at least twice per day, and let it absorb into the skin for at least 30 minutes.

The ancient Greeks were one of the first people to recognize oregano oils for its health benefits and medicinal qualities. Some of the specific benefits of Oil of Oregano are:

- Destroying organisms that contribute to **skin infections** and digestive problems.
- Strengthening the immune system.
- Improving respiratory health.
- Increasing joint and muscle flexibility.

## Final Words From Anthony Taylor

Thank you and congratulations for finishing this e-book!

I hope you enjoyed the information I've provided about Psoriasis and how you can follow the **Top 3 Easy Psoriasis Cures** to help you quickly recover from Psoriasis.

It took me a LONG TIME to find these Psoriasis Cures and test them out, so hopefully I was able to save you some time and give you the top stuff that I know about Psoriasis.

I've spent YEARS now researching this stuff, so I know what works and what doesn't.

It is every bit my intention to see you and your loved ones quickly recover from this skin disease as fast as possible. I hate to see people suffer, and the reason why I created this e-book, along with the [Fast Psoriasis Cure](#) e-book is so that you DO NOT HAVE TO.

If you enjoyed this e-book, I highly recommend and encourage you to check out my [Fast Psoriasis Cure](#) e-book program, which is my step-by-step method that will outline all of the steps in an easy-to-understand way that will help you **cure Psoriasis as fast as possible - guaranteed**. I wasn't able to cram all the information in this free e-book, so if you want it all, go to the [Fast Psoriasis Cure](#) website.

This e-book was designed to provide some simple and fast solutions. I wish I could say these **3 Easy Psoriasis Cures** is all you need, but trust me, there is a lot more to it. I can confidently stand behind my [Fast Psoriasis Cure](#) e-book program because I have received so many amazing testimonials on my website ([click here](#) to check them out!). That's how I know it works and that's why I want you to go get it right now.

The [Fast Psoriasis Cure](#) e-book program doesn't cost much money. Whether you buy it or not isn't going to make a difference to my bank account. I've decided to make it affordable for everyone. If you want to take the long-route to curing Psoriasis, I

understand - I've been through it and personally think you're crazy if you do. But I take it that you don't want that, and that's why you're here reading this e-book right now.

**Some of the things that I cover in the Fast Psoriasis Cure e-book program are:**

- I reveal my very best, top Psoriasis Remedies and Cures that aren't outlined here (including special lotions that you can make and will help clear up the sores, rash and scabs within weeks).
- What you should be eating and drinking while suffering from Psoriasis. I share special recipes for soups, meals, and specific juices you should be taking. Also there's some supplements you can buy that will strengthen your immune system and fight off the disease quickly. You can do this stuff before bed, wake up and see a big difference.
- I cover all the ways to get rid of any Psoriasis pain, discomfort or itchiness you might be experiencing, along with strategies on how to HEAL your body from the inside out.
- I cover how to get rid of Psoriasis spots, scaling, scars, and marks - along with exactly how to prevent them.
- I have methods for getting rid of almost all of the symptoms that go along with Psoriasis - all are safe, natural and effective.

That and a whole lot more!

If you're ready to get it, [click here](#) to get your copy of the **Fast Psoriasis Cure** e-book program now!

I appreciate you for taking the time out of your day or evening to read this. If you have any questions or comments for me, I would love to hear them. I read each and every single comment or e-mail myself, so don't be afraid to say hi!

Lastly, if you haven't already, you can follow me on Twitter ([@CurePsoriasis12](https://twitter.com/CurePsoriasis12)) or on my **Facebook Fan Page**.

Thanks again. I wish you and your loved ones a safe recovery from Psoriasis!

A handwritten signature in white ink that reads "Anthony Taylor". The signature is written in a cursive, flowing style.

**Anthony Taylor**

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