



Eli Edwin Casimero <ecasimero@gmail.com>

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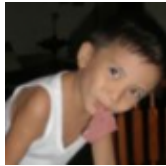
Edwin Casimero <eesc@filipinoweb services.com>
To: Edwin Casimero <eesc@filipinoweb services.com>

Mon, Jun 1, 2009 at 10:02 PM

Psoriasis Help Organisation

Hello **goodsamaritan55**

June 01, 2009, 03:00:20 PM

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News: Welcome to << PHO.uk >> Psoriasis Help Organisation



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Author

Topic: I'm eczema cured. My brother is psoriasis cured. Not advertising. (Read 1096 times)

[goodsamaritan55](#) and 1 Guest are viewing this topic.[Dogtanian](#)

Forum God

☆☆☆☆☆☆

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[Re: I'm eczema cured. My brother is psoriasis cured. Not advertising.](#)

« [Reply #60](#) on: Today at 08:05:57 AM »[Quote](#)

Posts: 1025

How is your brother fat on that diet? 😊

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(and please stop knocking countries that aren't the Phillipines)

One for all, and
all for one...

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La-la-la la-la-la

They drink their beer and swear they're faithful to their King.

[nielsz1972](#)

Newbie

☐ Offline

Posts: 6

[View Gallery](#)[Re: I'm eczema cured. My brother is psoriasis cured. Not advertising.](#)

« Reply #61 on: Today at 08:21:00 AM »

[Quote](#)

Thanks for posting goodsamaritan55, your great.
I follow Pagano's anti inflammation diet.
The diet works but its hard to follow.

Keep up the good work! 😊

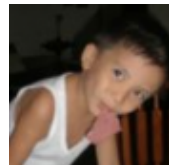
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Newbie

☒ Online

Gender: ♂

Posts: 26

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« Reply #62 on: Today at 08:30:12 AM »

[Quote](#) [Modify](#)[Quote from: Dogtanian on Today at 08:05:57 AM](#)

How is your brother fat on that diet? 😊

I'm strictly on the raw paleo diet. High fat, low carbs.

My brother still eats white rice and a lot of cooked meat.
He does eat a good deal of raw fish.
So my brother is on a high carb diet.
And he admitted his company gives away free iced tea at work... grrr... sugar!
This is what I think causes his fatness.

There's better hope with him as next month his new job is 5 minutes away from his house.

We met last night at my boy's birthday party (with grade A raw tuna!) and I was badgering him that it's time he switched to the same diet I'm on. He'll probably get much faster response and be more macho and build muscle faster. He's younger than me by 11 years. I'm 40 and he is 29.

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You need to read, understand, and do it.
<http://www.psoriasis-help.org.uk/forum/index.php/topic.37559.msg496124.html#msg496124>

[pedro59](#)

Full Member

☐ Offline

Posts: 106

[Re: I'm eczema cured. My brother is psoriasis cured. Not advertising.](#)

« Reply #63 on: Today at 12:12:06 PM »

[Quote](#)

I personally believe that diet does have a role in skin complaints including Psoriasis...

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..if not as an initiating factor certainly as an exacerbating factor..

...some people get an exacerbation after drinking red wine ..

..many report an exacerbation after eating hot thai tomato , chilli meals...etc etc..

.. using the word the word cure instead of remission probably has alienated many on here..

..my take on the paleo diet is why does it have to be raw?...

...I personally believe that grains are over rated and a diet of meat (cooked)and veges with certain fruit ,nuts and berries is the way to go for health...

..also if it is freezing cold out side ..why eat cold food ?...

..the chinese treat the digestion like a fire and when one is sick take away all raw foods and even insist on cooked fruits..

..IMO the first rule of diet is to take into account the climate ..ie eat thermally..

..second rule is to eat LOCAL veges ,fruits, nuts etc that grow at that time of the year..

..If it grows at that altitude , temperature, humidity , location etc it was created to feed animals that walked past it....

..if the vegetable fruit, berry , nut etc was grown 5000 miles away in a diff climate, temp, altitude humidity etc ..well my belief is that it would probably unbalance you..

..the paleo caveman I don't think got his food from too far away or indeed out of season!..this part of it to me is more important than whether raw Paleo or cooked Paleo..

...in far north queensland in Australia with a year round hot climate one could reasonably survive on cold salads and raw food but in the North pole I wonder how healthy one would be on cold raw food...

I think there is something to the Paleo diet but again why does it have to be raw? didn't caveman eat cooked meats?

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[goodsamaritan5](#)

Newbie




[Re: I'm eczema cured. My brother is psoriasis cured. Not advertising.](#)



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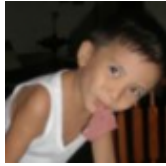
« **Reply #64 on: Today** at 02:47:31 PM »

Gender: 
Posts: 26

[Quote from: pedro59 on Today at 12:12:06 PM](#)

.. using the word the word cure instead of remission probably has alienated many on here..

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That is fine. "They" - the ones not interested in cures, are not the intended audience of this thread.

PARADIGM SHIFT: Cure is possible and has been done by many people. Out of 6 billion people in this world today, a good number of people KNOW what works.

This is why this is posted under the ALTERNATIVES.



My intended audience are those interested in true CURES to the core.

The people looking for CURES will enjoy this thread.

Because this is a total approach.

Mind cures, Pollution avoidance, Nutrition, Nurturing, Detox Protocols, etc.

Learn and practice healthy effective HABITS and you get a healthy person.

Being psoriatic and eczematic is an obvious sign of being unhealthy. Just be healthy and be done with it.

[Quote from: pedro59 on Today at 12:12:06 PM](#)

.my take on the paleo diet is why does it have to be raw?...

Paradigm Shift time: RAW FOOD is a different CLASS of food from COOKED.

A cooked fruit is different from RAW fruit.

A cooked vegetable is different from RAW vegetable.

A cooked Animal Protein part is different from a RAW animal protein part.

A cooked Animal FAT part is different from a RAW animal FAT part.

RAW ANIMAL FAT is amazingly nutritious, highly utilized and very much needed by humans. And those who do not eat raw animal foods are missing out. RAW ANIMAL FAT is healing, lubricating, vitamin absorbing, etc. etc. etc. All hail RAW ANIMAL FAT.

RAW ANIMAL FOOD is a totally different class of food.

Raw animal food is THE SUPER FOOD raw vegans have been searching for.

Paradigm Shift time: Enzymes and raw food.

Original human food is meant to be eaten raw. Imagine the time before cooking was invented. The only things you could eat were fruits and animals and a few choice vegetables.

Cooking allowed non-human edible foods to be edible. Many vegetables are inedible raw, cooking makes it edible. These are 2nd class foods. Then idiocy set in and people began cooking animals, then even fruits! Idiocy compounded over the centuries. You can look up Weston A Price and read his work, also Sally Fallon of the book Nourishing Traditions... the ultra healthy tribes weston price visited ate a good deal of their food raw.

Cooking is an ingenious way to prevent starvation... make incompatible to humans food edible... but you suffer the side effects.

When people are sick, they need TOP GRADE quality food. The original human diet is at the very top.

Enzymes allow for easy digestion and other benefits.

Raw fruits digest in 20 minutes.

Raw meat lunch digests in 1 hour (my experience).

Cooked Meat plus starch digests in 4+ hours (my experience).

Culturally, French people eat their steaks rare, I'm sure you've seen the French do so. I've been to France several times as well during my cooked days and I was shocked at how they barely cooked their steaks or none at all.

Paradigm Shift time: Bacteria is very important.

The human gut needs a lot of bacteria to balance the candida / fungi / yeast. Some 85% bacteria vs 15% fungus is the balance I've heard. Eating raw food, even food that's been in the refrigerator for 3 days is good for us. The bacteria in it makes humans plenty healthy. If you eat bacteria rich raw food, you wouldn't need to take Pro-biotics. You wouldn't have candida problems.

Aajonus Vonderplanitz teaches in his books how to make high meat - rotten meat for 1 month in the refrigerator.

Cut up your beef, put in bottle with lots of air, seal, air out every day for a few minutes and put back in.

In 1 month, it is stinking ready.

Do it yourself probiotics. Cheap.

It works.

I did it once. Reminded me of blue cheese.

You can view this on youtube.

Any other questions on why raw and raw paleolithic diet, I refer you to the raw paleo forum where there is an FAQ for newbies.

Even the raw vegans push raw, like the movie Raw for 30 days to cure diabetes. It works.

I experimented and compared cooked meat paleo diet and raw meat paleo diet, and I felt much better on raw meat paleo diet so I stick with raw meat paleo diet.

I just go with what works.

So I refer you to the healthier cavemen and the cavemen before fire was invented ate their meat raw. Very recently, Eskimos ate their food raw until the civilized world gave them fire making tools.


It was my son's birthday and we had a get together party with his cousins. Little kids partying by eating raw tuna, roll your own sushi with with some mango, some rice, some sea weed paper. The tuna was Grade A, I bought it at 2am in the fish port, fresh, never frozen, fat, tasted better than from any restaurant. We ate the raw tuna last night, this lunch and this dinner.

See kids eat raw tuna.



[kids-eat-raw-tuna.jpg](#)

Re: I'm eczema cured. My brother is psoriasis cured. Not advertising.

 [kids-eat-raw-tuna.jpg](#) (123.87 KB, 1024x768 - viewed 2 times.)

« Last Edit: **Today** at 03:00:20 PM by
goodsamaritan55 »

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