



# Psoriasis News

*Two Regular People Stumble Upon a Treatment for Psoriasis...*

## Visit The Website

view the website online at [www.FreedomFromPsoriasis.com](http://www.FreedomFromPsoriasis.com) for videos, testimonials, the protocol and the back story

## Testimonials

Lots of testimonials have been collected since the fall of 2015 and more continue to come in. We want to hear your success story.

## The Protocol

We include the complete protocol in this document but for more info, videos, discussion and even more surprises, visit the website.

## Meet the Psoriasis Odd Couple

Dakota is an artist and writer living in Vancouver, Canada. Charlie (aka headless/thepain) is a good 'ole boy living in Kansas, USA.

They both suffered from extreme cases of psoriasis for decades and both were on the National Psoriasis website "Inspire" forum seeking help for their conditions, again.

It turns out they each came across one half of the puzzle. Dakota by stealth and good research and Charlie by pure dumb luck... the rest is history and you can read more later and even hear them tell the story first hand on the website:

[FreedomFromPsoriasis.com](http://FreedomFromPsoriasis.com)

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06/18/2015 12:15PM MOU

Charlie on the farm...

"Dakota & Headless. Without you I would still be floundering miserably and desperately trying to hide my psoriasis. Yesterday I wore shorts for the first time all year and started the "treatment" protocol last month....thank you from the bottom of my heart for giving me a chance to live my life psoriasis free someday down the road..... You are awesome people and you will always be the reason this all happened."

## OUR MISSION STATEMENT

Our mission is to create an inspiring, supportive and downright fun web-site that helps people suffering from psoriasis to effectively and cheaply maintain healthy, plaque-free skin.

*FreedomFromPsoriasis*

## The Protocol in Short Summary

**STEP 1** - Life Extension Super K (soft gel, 200 mcg per pill) 2x daily (alternative is to eat 50 grams of natto)

**STEP 2** - Vitamin D3 (**UPDATED** - 40,000 iu daily, 20,000 breakfast + 20,000 dinner (or 40,000 with largest meal of the day))

**STEP 3** - Magnesium Chloride Flakes in a 50/50 solution of flakes and water. Spray or dab on underarms, back of knees, scalp and bottoms of feet. Or on whole body. If it burns too much, dilute with more water. If stools are too loose, reduce the amount or number of times you use it each day.

P.S. Yes, it will look very red and worse for a short time-- but stay with it. It will get better.

**STEP 4** - Eliminate dairy! Eliminate dairy! Eliminate ALL FORMS of dairy! (**and NO calcium fortified foods**)

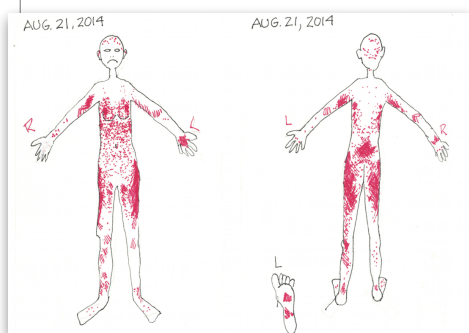
**After 2 months OR when your skin is quite clear:**

- Gradually lower the D3 to 10,000 iu daily and that's where you stay unless you are getting lots of sun, in which case only take 5000 iu daily.
- Reduce k2 to 200 mcg (1 pill) daily or natto.
- Keep using the magnesium chloride solution under arms, etc. and on any new spots that might appear.
- Remember: Dairy is not your friend. Eat it and I guarantee you'll have new spots almost immediately. (**and NO calcium fortified foods**)

**Be patient! IT WORKS!**



**Dakota in shorts for the first time in decades.**



**Dakota's psoriasis-on-body (confirmed by long term Doctor). Now 100% clear in under 2 months, after 48 years!**

## The Protocol In More Detail

The protocol is SIMPLE but not necessarily easy. You need to dedicate yourself to it for at least a couple of months. And you need to make a few sacrifices.

But it's worth it if you're fed up with hiding behind long-sleeved shirts and pants; tired of scratching yourself until you bleed; tired of your house being full of flakes; tired of the inevitable depression that comes with having this terrible disease.

### I. STEP ONE - VITAMIN D<sub>3</sub> (high dosage)

The reason you want to start D3 at a high dosage (**40,000 iu daily**) is because D3 pulls excess calcium from soft tissue (skin and psoriasis plaques) and arteries. It was and still is a remedy for osteoporosis and heart problems.

Now, you will hear and read many articles on the topic of D3. The recommended daily allowance changes dependent on where you get your information. Just a heads-up about the fear of toxicity. The Mayo Clinic states that 50,000 iu of D3 over a period of two months "may" be toxic. A hospital study in Brazil had patients taking 25,000 iu daily for 6 months with no bad side effects.

Always consider the source of the information on D3. Remember, the pharmaceutical companies are making out like bandits from psoriasis sufferers. They can't patent supplements or vitamins. Enough said.

Now, you will only be taking this high dosage for a couple of months and then lowering the dosage to 10,000 iu daily (unless you're getting lots of sun, in which case, 5,000 iu daily).

There is plenty of information about the majority of people not having enough vitamin D in their system. The use of sunscreen; long, dark, winters, etc. help to create this shortage.

**IMPORTANT NEW INFORMATION:** re: dietary recommendations while on High Dosage D3. The following link takes you to an excellent article regarding **LOW OXALATE CONSUMPTION** while taking High Dosage D3. Although we do not take the high dosage D3 for long periods of time, it is important to keep our kidneys happy. The author tells which foods **NOT TO EAT** and the reasons for doing so.

Freedom From Psoriasis Protocol

<https://vitamindanswers.com/the-coimbra-protocol-diet/>

"Can't thank Dakota, Headless and those who took time to respond, answer questions, etc, enough! Seriously—your collective help and guidance on this thread has been LIFE CHANGING for my family."

"Of all the threads to read or subject matter on Inspire, this one is the best. I found this one had the best results and the kindest people. Thank God for the results I have received!"

"Mag/K2/D3 works for me!!!"  
JustJilly

## 2. STEPTWO - VITAMIN K<sub>2</sub> (mk7)

Vitamin K<sub>2</sub> (the mk7 form) is a vital part of this protocol. The D3 pulls the excess calcium from the soft tissues (plaques, etc.) where it shouldn't be and the K<sub>2</sub> mk7 moves it (the calcium) to the bones and teeth where it SHOULD be. They are partners. The perfect marriage.

There are quite a number of forms of K<sub>2</sub> (all the way from mk1 to mk9). The mk7 is the most important form for this protocol and is difficult to find in a food source and is easier to find in a supplement.

There is only one food source high in K<sub>2</sub> mk7 and that is NATTO (Japanese fermented soy bean). Not everyone can find it. And once they DO find it, not everyone can tolerate it's weirdness—strange smell, stranger taste with the texture of alien slime. Having said that, I eat it almost every day I call it "medicine!"

The dosage for vitamin K<sub>2</sub> mk7 is 400 mcg daily. Again, this dosage will be reduced after the first two months.

**IMPORTANT: The D3 should be a soft gel. Same with the K<sub>2</sub>. AND they MUST be taken with some form of FAT (eg: a tsp. of coconut oil, olive oil, etc.)**

## 3. STEPTHREE - MAGNESIUM CHLORIDE

The Magnesium Chloride is used topically (and absorbed transdermally). You can find Magnesium Chloride FLAKES at a health-food store or it can be purchased on-line.

Mix the Magnesium Chloride with distilled water (or ordinary water) in a 50/50 solution. If you find that this is too painful, make the solution with less flakes and more water.

There are several ways to apply the solution to your body. The most absorbent places are the scalp, under

"You can hardly tell I have PPP on my hands and feet and am so happy."

"Dakota and Headless, you have separately and together made a HUGE contribution to making countless others' clearing a reality."

"Thank you both for everything, I have learned so much here, and this thread has always felt safe and kind. This has easily been the most interesting and inspiring thread on the site."  
Anon2015

the arms, the genital area, behind the knees.

You can spray, dab, rub—any method to get it onto your skin. And ideally, leave it on for 20 minutes at least. Some people then wash it off and then moisturize. Some leave it on, then moisturize. Some people, like Charlie, don't believe in moisturizing. I'm working on him.

## HOW MAGNESIUM CHLORIDE FITS WITH D3 + K2

Remember that the D3 pulls excess calcium from soft tissue and arteries and the K2 directs it to the bones and teeth. So, where does the Magnesium Chloride come in? Magnesium Chloride keeps the calcium fluid so that it can be directed by the K2.

Now we have moved from the perfect marriage to the perhaps more exciting "ménage à trois"!!!

Headless is the "King" of Mag and has seen and read a lot of peoples' results. One of the most important observations is that "things get worse before they get better". Often, after a week of trying the Mag and suffering the burn, people see that their psoriasis looks redder. This causes them to stop using it.

## DON'T STOP!!!

The "red" is just one of the steps to healing. You need to have patience. If the "burn" is too severe—DILUTE the solution. And if you start getting loose stools, cut back on the amount or frequency of application. If it itches too much, shower it off after 20 minutes. But don't give up on it.

IT WORKS!!!

## 4. STEP FOUR - ELIMINATE DAIRY!!!

We humans are the only mammals who do not wean our offspring off milk at a young age. We do the opposite.



**UPDATE: Avoid ALL processed foods that are “fortified with calcium” see our Blog**

“This has been one of the most successful, informative and result producing threads I have seen on Inspire. People have come here, found hope, gained some knowledge and came back saying it worked. You helped those who believed and wanted to be helped. You achieved your goal but there are millions more who still need to learn what was done here. You're not finished yet”

“DAKOTA...HEADLESS...AND ALL...THANK YOU SO MUCH!!!! You truly saved me from the most torturous stretch of “P” that I have had! ....it worked on 75% of my body.” MJJBH05

We encourage them to drink milk and plenty of it. And to eat dairy products, particularly cheese, which is even higher in calcium. **(and NO calcium fortified foods)**

**Two important pieces of information gathered from studies of psoriasis:**

- 1. Patients with psoriasis have an inability to metabolize calcium.**
- 2. Excess calcium has been found in psoriasis plaques.**

If you were to study the incidence of psoriasis in high dairy consuming continents (North America and Europe) you would find that 3-5 people per 100 have some form of psoriasis.

Contrast this with a low dairy-consuming continent (Asia) and you would find that 1-2 people per 1000 have psoriasis.

**THAT'S A HUGE DIFFERENCE!!!**

Clearly you can get calcium from **other** sources than dairy but WHY does the calcium from, say, vegetables and other high calcium, non-dairy products not seem to be as big a problem as the consumption of dairy products? We don't know.

But the differences between low-dairy consuming countries and their incidence of psoriasis and high-dairy consuming countries and their incidence of psoriasis is **MORE THAN SIGNIFICANT.**

**I CANNOT OVERSTATE THE IMPORTANCE OF ELIMINATING DAIRY. ALL of it.  
(and NO calcium fortified foods)**

**THE CAR ANALOGY**

Here's a problem we ran into with a number of people who wanted to try this protocol. They were willing to do two, or maybe three parts but not all four.

"It has been slow for me. I'd say around eight months or so. The time for me is irrelevant even if it takes 2 years it's worth every day. I know I'm healing. I know it's because (of) D3/K2/ Mag. I've had that knee plaque for over 20 years but now I wear skirts and shorts. It's worth it.

"DAKOTA I am very grateful to you because the protocol I started, following yours was the first huge step to healing my skin. HEADLESS (the Pain) Thank you so much for being the kind of person you are. Thanks to you and your Mag recipe, my skin took a huge leap....Thank you to both of you. I can say you changed my life. And many others' lives too. How many people can say that they have helped dozens of suffering individuals and made their lives better? Very few. That is a satisfaction that is only yours and no one can take it away from you.

So, imagine you wake up one morning to find that your car won't budge. You have it towed to the garage. Your mechanic says that all four wheels are seized up but that it's an easy job to fix them all and you'll be on the road in an hour.

You say: "Only fix three!" Got the picture? STOP DAIRY (and NO calcium fortified foods)

You'll just be spinning around in circles—getting nowhere with only three of four wheels fixed!.

## DOSAGES

Here's the simple RECIPE for using this protocol:

### STEP 1. D3:

- UPDATED - 40,000 iu daily, 20,000 breakfast + 20,000 dinner (or 40,000 w largest meal of day)
- 20,000 iu with breakfast, 20,000 iu with dinner
- after your skin is clear you can reduce the D3 gradually to 10,000 iu daily (5000 iu with each of two meals)

### STEP 2. K2:

- 400 mcg (NOT mg) vitamin k2 mk7
- the brand I use is "Life Extension Super K". I started with 2 soft gels daily (1 with breakfast, 1 with dinner)

OR

Natto (Japanese fermented soy bean—the highest food source of K2 mk7) One 50 gram container will give you around 400 mcg of K2 mk7.

*Warning: Natto can be "challenging" (taste + smell) !!!!*

"Attached are photos. First two are from March and the next two, May. I am thrilled with these results!! My scalp, elbows and upper legs and buttocks remain clear!....Seriously, I hold back tears of joy! I am so grateful to everyone."

**UPDATE: Avoid ALL processed foods that are "fortified with calcium" see our Blog**

"Wow, Lily, 7 weeks to 99% clear! I think that might be a record. Congratulations."

"Just thought I'd report that my husband is STILL 99.99% clear following the protocol!!!. He's so excited to swim and wear shorts "carefree" this summer. Yahoo!!!"

## DOSAGES cont.

Here's the simple RECIPE for using this protocol:

### STEP 3. MAGNESIUM CHLORIDE:

In solution (50% Mag/50% Water)

- used topically on either the best places for absorption (scalp, back of knees, genital area, bottom of feet) or all over. Leave on for at least 20 minutes. Or just leave on. Your choice to moisturize or not after the 20 minutes.

### STEP 4. ELIMINATE DAIRY:

All dairy, ALL of it! And NO! it is not easy for some people to eliminate dairy (it's a mind/attachment/habit thing). (and NO calcium fortified foods)

But as a Laotian proverb says:

"If you like things easy, you'll have difficulties;  
If you like problems, you'll succeed."

Here are some substitutes for dairy (avoid calcium fortified ones):

- almond milk
- coconut milk

There's no end to the kinds of substitutes you can find. I found a coconut milk, dark chocolate ice-cream at Trader Joe's that was nothing short of sinful. Not to mention their Mango Sorbet— delicious!!!

And as more and more people develop food allergies, etc., the new substitutes are getting better and better.

And as the months fly by, and my skin remains clear, I find myself less and less tempted by the thought of any form of dairy.

Ask yourself, when you look longingly at that tub of \_\_\_\_\_ (fill in the blank with your favourite dairy product).....

The question you need to ask yourself is....



"This summer I am shorts only and sandal shoes. Thank God, love this remission! I am flowing— slowly into I'm doing--- scream--- FABULOUS!!! I am so happy!!!"

"I was skeptical at first BUT I got my k2/D3 and my Mag Oil. When I first started I got plaques on both legs and up my knees. I was upset but continued the protocol. My hands cleared up, my arm cleared up, the new spots on my legs cleared up. My feet and ankles are getting better."

IS

IT

WORTH

IT ????

Is it worth the itching and unsightly plaques?

Is it worth the extra work of sweeping and vacuuming the flakes that decorate your home?

Is it worth the stares from idiots who think what you have is contagious?

Is it worth the sense of hopelessness that you feel when your skin starts to flare?

That ain't for me!! This protocol **IS** for me.

————— *FreedomFromPsoriasis* —————

Check out our "Extra Tips" on the Website

- An overview of recommended supplements
- A quick lesson on making Natto MORE delicious
- How to make your own salve

————— *FreedomFromPsoriasis* —————

## Frequently Asked Questions

**Should I ask my doctor about this protocol?**

Yes! Always keep your doctor in the loop.

However, having said that, many doctors are not very knowledgeable about alternative/natural remedies and may never have heard of these supplements.

## Frequently Asked Questions

### **Should I get my D levels tested before I begin?**

It's always a good idea to have D levels tested. Many people (if not most) have now been shown to have low D levels as a result of using sun screen and eating foods that are deficient in D due to current farming methods.

### **Does this protocol work for everyone?**

It works for most people but we did get some people who were not getting results. But because we could not give advice nor recommend dosage on the NPF Inspire site, it was difficult to help some who were not using the protocol correctly.

### **I don't want to stop dairy. Does it still work if I continue to eat yogurt?**

No, it will not work as well. You are trying to remove **excess calcium** from your system. Adding dairy will either slow down, stall, or completely stop your progress.

### **Should I get my D levels tested before I begin?**

It's always a good idea to have D levels tested. Many people (if not most) have now been shown to have low D levels as a result of using sun screen and eating foods that are deficient in D due to current farming methods.

### **Do I have to stop eating eggs?**

No! Eggs come from chickens—not cows. They are not dairy. (yes, this is frequently asked question)

### **Does this protocol work for psoriatic arthritis?**

We have not had feedback that tells us that it works for psoriatic arthritis. But we have read some encouraging natural remedies that we will discuss later on this website.

**UPDATE: Avoid ALL processed foods that are "fortified with calcium" see our Blog**

## Frequently Asked Questions

### **What about the dangers of “nightshades”?**

I think it would be wise to limit nightshades (tomatoes, potatoes, peppers, etc.)

### **Should I avoid gluten?**

That's a personal choice. You know your body better than anyone else. I avoided gluten for several months and then slowly added it back in with no negative consequences.

### **Is alcohol (beer, wine, spirits) bad for me?**

Again, this depends on your constitution. Alcohol is hard on the liver and there have been some theories that psoriasis sufferers have weakened livers. Charlie drinks tons of beer and I drink about one a day. We're both clear.

### **Can I use this protocol when taking biologics or other allopathic medicines?**

Talk to your doctor about anything you add to your current medications.

### **I've read several articles about the dangers of high D3 intake—what am I supposed to believe?**

As mentioned in the body of the website, the recommended daily dosage of D3 is as variable as the winds. Always consider the source of any article. Pharmaceutical companies cannot make money from vitamins or supplements. Scare tactics are effective. Connect the dots.

### **Where can I find the supplements that you used?**

Supersup.com is the website I went to for my k2. (Life Extension Super K)

Vitamin D3 (5000 iu per soft gel) can be found on numerous websites and in health food stores in the United States. Unfortunately, in Canada, you can only get vitamin D3 soft gel in 1000 iu per pill. However, you can find ...

## Frequently Asked Questions

vitamin D3 drops @ 1000 iu per drop which is easier than consuming a ton of pills.

Magnesium chloride flakes can be found in most reputable health food stores or you can order online.

### Where can I find more information about this protocol?

You can now find only 2 of 4 discussion threads on the discussion site, titled (the good stuff got deleted):

**“Something that Really Works”** by thepain (this thread is about magnesium chloride. It was closed but you can still access the information).

**“...and his jaw dropped!!!”** by dakota23 (still active) is about the supplements k2 and D3—no dairy.

**“FREEDOM FROM PSORIASIS: A Survival Kit and FUN”** by dakota23. This thread is about the full four-part protocol. It is now closed to discussion but the information can be accessed.

**“Real Hope!!!”** by Flintchick: This was the original thread that I found when my skin was at its worst. This thread is still active and involves the use of vitamins K2 and D3.

### Are there any side-effects to this protocol?

#### Negative Side Effects

Some people cannot take too much vitamin D3 and it keeps them awake at night. Some people experience their heart beating faster. If you experience anything worrisome, see your doctor. Also, you should not be taking blood thinners along with high dosage D3.

K2 has not shown any negative side effects that we know of.

These threads no longer available.

Click the links to visit the threads online. See the testimonials and the discussions that occurred over time

## Frequently Asked Questions

### Are there any side-effects to this protocol? cont.

#### Negative Side Effects

Magnesium Chloride solution: Can burn when used directly on plaques. Painful!!!

Some people also experience loose stools.

#### Positive side effects:

**Magnesium chloride** helps with sleep. And it repels mosquitoes!!! Charlie mixed the Magnesium with an over the counter cream and put it on chigger bites and they stopped itching immediately.

**Vitamin k2 + D3:** Has been used as a natural remedy for osteoporosis and heart problems. It is also a natural anti-aging remedy.

————— *FreedomFromPsoriasis* —————

### LAST WORDS

We found our experience with the National Psoriasis Foundation to be two-fold. On one hand, we were grateful to be able to reach out and share with many others what had worked for us. On the other, we had no idea that there would be groups of people on the NPF Inspire site whose sole purpose was to discredit any claims we made of finding a treatment that worked.

We came to the realization that there were those who only believed in the pharmaceutical (or allopathic) approach to treatment of psoriasis. This belief led them to intentionally and constantly badger both of us; and any others who wanted to try something that was not promoted by large pharmaceutical companies.

We thought, perhaps naively, that everyone would be open to a treatment that had success on the level that this protocol has had. Unfortunately, in truth, the more



success this protocol garnered, the more the badgering increased-- bordering on what could be perceived as discrimination or, at the very least, bias by the moderators who control the discussion site.

If we rebutted, or tried to defend ourselves, against the so- called Trolls, we were either issued warning letters, suspended, had our posts deleted or had our discussion thread shut down. This happened to Charlie (then called "thepain"), who had one of the fastest growing, most popular threads on the on the NPF Inspire site. And it also happened to our combined thread. Yet the instigators, who went as far as to call our discussion thread a "cult", rarely received any disciplinary actions from the Team.

The battle against psoriasis is already overwhelming enough--but the battle to bring a simple, natural and cost- effective treatment to the public's attention on the NPF site, was not only overwhelming--it was exhausting in its unfairness and frankly, discouraging.

We have chosen to bring this protocol to your attention via Social Media (which has no ties to pharmaceutical companies) and where our voice can be heard. And where we are not constantly looking over our shoulder for the next attack. Our fight is NOT with the NPF. It is with psoriasis.

It was always those who suffered the most--those who followed our discussion, asked questions, posted photos and shared their results that brought us the greatest satisfaction. And we have the testimonials to prove it.

Here's just one person's reaction to our discussion thread being shut down **(and now 2 threads deleted)**:

*"Why on earth would they shut down information that is bringing so many people the best result of their lives....This information needs made available to all psoriasis sufferers ALL THE TIME! Makes no sense removing it. Thank you again. Your kindness is far above the call of duty. Heaven has a closer spot to God for people like you."*

And there are many more that you can read throughout

this website. Letters such as this kept us going--kept our spirits up. Both Charlie and myself are just two ordinary people who had suffered for decades from this terrible disease. We know what other psoriasis sufferers are going through. We know what you may be going through. We're here to help you with something that **REALLY WORKS!**

And as Charlie would say:

**“HAVE A GOOD DAY AND ALL THAT!!!”**

————— *FreedomFromPsoriasis* —————

**“SOMETHING THAT REALLY WORKS!!!”**

### **WHO ARE WE?**

**CHARLIE:** (aliases: thepain or Headless) is a “farmer” who lives on 10 acres of land somewhere in Kansas, USA. He spends most of his time working on his pond, which he has stocked with catfish (and which he plans to eat when they get big enough). He shares his home with his cat (named Kitty). He likes to shoot, drink beer, and drive around the pond in his new Kawasaki 4x4 Mule. He has suffered from both psoriasis and psoriatic arthritis since his early twenties (he’s now in his 50’s). He’s a funny guy.

**DAKOTA:** (alias dakota23) is a retired teacher who likes to write and paint. She lives in one of the oldest neighborhoods in Vancouver, Canada. She shares her apartment with her little Brussels Griffon dog whose name is Lucky. She likes to putter, walk the dog, garden, fix things, putter some more, read, write, and then putter. She has also had psoriasis since her early twenties (she’s now in her late 60’s). She likes to laugh.

## OUR MISSION STATEMENT

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Our mission is to create an inspiring, supportive and downright fun web-site that helps people suffering from psoriasis to effectively and cheaply maintain healthy, plaque-free skin.

————— *FreedomFromPsoriasis* —————

### DUMB LUCK

“Sometimes a handful of luck is better than a sack full of wisdom.”

It would be great to say that we figured this all out after decades of research spent bent over a microscope, but that would be a lie. Both Charlie and myself just got lucky. Lucky to have our skin clear after decades of suffering.

Lucky to be able to wear shorts again. And lucky to be able to pass on something that really works to you.

————— *FreedomFromPsoriasis* —————

Visit Us Online at:

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email us at: [info@FreedomFromPsoriasis.com](mailto:info@FreedomFromPsoriasis.com)

### NOTICE:

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Check out our testimonials in the following pages....

**NOTICE:**

We are NOT Doctors, we are just two grateful folks who stumbled upon how to eliminate our long term psoriasis and want to GIVE TO YOU the same opportunity. We can't promise specific results BUT many of the people who have followed the protocol have had some wonderful psoriasis clearing. Try it, and share YOUR results with us too. This is a sharing in the private between private parties of opinion and personal experience.

Try it, it's free info and please share YOUR results with us (and others) too, send them to our website + Facebook

————— *FreedomFromPsoriasis* —————

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email us at: [info@FreedomFromPsoriasis.com](mailto:info@FreedomFromPsoriasis.com)

***PLEASE Share your testimonial with us to help us stay motivated and help others benefit from hearing of your success. Share the website with people you know might benefit.***

***If you wish to make a donation to say thank you and help us keep the website online, donation information is on the website.***

*Wishing you happiness, laughter and clear skin!*

*Love from, Dak and Charlie*

**Submitted on 2015/08/12 at 4:01 am**

Thank You so much for the information. I have had psoriasis for eight years now. Tried just about everything possible and nothing works. Had my fill of doctors, creams and medication that makes you depressed. I use zinc and soak in dead sea salt. I cover my feet and hands every night to sleep. Thank you again

**August 8, 2015**

I have had plaque psoriasis since about age 16. Over the course of 45 years, I never had a remission. There were improving trends from time to time, but never clearing. And the general trend was toward continual exacerbation, with psoriasis taking over more and more of my scalp, elbows and forearms. The itching was so intense that I often was awake half the night scratching. And of course flakes were everywhere -- on my pillow, in the seams of my car upholstery, on the back of every chair I sat in. It was embarrassing as well as tormenting.

In 2014, I achieved some significant improvement with anti-inflammatory diet, elimination of all gluten and significant cut-back in dairy. But clearing continued to elude me. I even tried a series of 5 monthly water-only fasts of 3-4 days each, all to no avail. While I had taken D3 and K2 sporadically since spring of 2014, 3 things in my treatment changed at the end of February, 2015 [by using the protocol available to everyone for free on this website] :

1. I upped my D3 dosage to 20,000 IU's/day, switched my K2 to the much higher-dose Super K from Life Extension -- and took both regularly rather than sporadically as I had done before.
2. I added topical magnesium chloride, applied directly to my scalp and neck plaques.
3. I eliminated ALL dairy, even the forms that I had overlooked before such as butter and whey protein-containing meal replacement bars. Like many people, I found the magnesium to burn intensely and at first it certainly reddened the skin. But burning was better than itching and so I continued. Soon improvement was unmistakable. My pictures speak for themselves.

Right now I am about 99% clear and not done yet! I continue to take my D3 (but at a lower dose during sunny summer months), K2 and topical MgCl. And I will not let any dairy touch my lips!

Ok. So that's my commentary, Dakota. Hope it's what you were looking for. Once I am 100% clear and stay that way for a few months, I would be happy to report back in. - L.S.Christy





**August 2015 - Vancouver, B.C.**

I am a RN and I work in a phototherapy clinic. One of my patients, Dakota, had been coming in for treatment with a bad flare of psoriasis (so bad that I asked the resident dermatologist to take a look at her skin). Phototherapy was not working for her this time and she was very distraught and was asking about alternative treatments. One time she came in for a phototherapy treatment and said she had found a new remedy using vitamins. I never saw her again until approximately 8 weeks later when she showed me her clear skin and told me that she had cleared using the vitamins D3 and K2. Personally, I am somewhat biased towards western medical beliefs about psoriasis; however, many of my patients use alternative treatments with much success. Psoriasis is a very complex disease and sometimes there are treatments that work that defy explanation. I am of the opinion that if a treatment works and does not cause any harm, it is a worthwhile treatment. - K. Pachal

**Submitted on 2015/08/16 at 7:44 am**

I love this site! You two are doing an excellent job of spreading hope to victims of psoriasis. I am starting to clear up after maybe a week of going back on this protocol. I've also added zinc supplements after doing some research on d3/k2/mag. Zinc seems to help with those supplements.

**Submitted on 2015/08/15 at 9:52 am**

Bless you Dakota and Charlie.

Treating and dealing with psoriasis is a huge pain in the butt.. For you to go through all you've gone through and still decide to go to all the work involved to make this amazing information available to others is nothing short of a Godsend. This had to be a ton of work for both of you that you were not obligated to do. You are heros in the psoriasis community. Thank you is not enough. Bless your hearts and I hope you win the lottery!!

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*Wishing you happiness, laughter and clear skin!*

*Love from, Dak and Charlie*