

## Psoriasis

*A recurring scaly eruption of the skin. Psoriasis usually begins between the ages of five and 25. It is not infectious. Treat with colloidal silver - apply to the affected area and take ½ teaspoon under the tongue. A balanced diet including appropriate vitamin and mineral supplements can be of great value - see page 0.1.*

### P O I N T S

- L5** This lies on the thumb side of the elbow joint at the edge of the elbow crease.
- L7** This lies one and a half thumb's width up from the inside wrist crease on the thumb side close to the radial pulse.
- Liv3** This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.
- Sp6** This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.

