

# PSORIASIS – SKIN CONDITIONS

***The following data sheet has been tabulated from books, research papers, articles and Internet postings. For more detailed information, contact us or research the pertinent material from the source list provided below.***

- Long term maddening itching leads in most cases to frantic scratching. Eczema, psoriasis or other types of dermatitis likely cause this itching.
- Scratching that breaks the skin increases the risk of infections and long term scratching can cause the skin to become thick and leathery.
- Psoriasis is most often linked to allergic triggers, while eczema is often caused by food allergies.
- Most treatments focus on topical skin care to relieve the inflammation, itching and scaling.
- Psoriasis is common and may affect more than 2% of the population.
- Psoriasis is associated with a deficiency of zinc, magnesium, essential fatty acids and represents a high toxicity in the body.
- Dietary adjustments should be part of any treatment beside pro-biotic, digestive enzymes and magnesium supplementation.
- Magnesium has an ability to cleanse the skin and detoxify the entire epidermis. Beside the positive effect it has on psoriasis, also acne and eczema conditions benefit from magnesium supplementation, especially the transdermal topical application with magnesium chloride.
- Magnesium is an ion essential to all living cells. When areas around the eyes and face are treated, studies show that many people see a significant reduction in fine lines and wrinkles. The presence of magnesium chloride enhances the natural hydration of the skin and encourages the production of collagen, which will reduce the depth of wrinkling.

- Transdermally applied Magnesium Oil lends itself as a massage therapy. It delivers high amounts of magnesium into the tissue and can help with many skin conditions. The application of magnesium chloride to the skin has shown marked benefits for enhancing skin barrier functions, reducing inflammation, and speeding wound healing and augmenting skin cell hydration.

### **Sourced reference material:**

#### Books

- *The Magnesium Miracle* by Carolyn Dean, M.D., N.D.
- *Transdermal Magnesium Therapy* by Mark Sircus, Ac., O.M.D.
- *The Magnesium Factor* by Mildred S. Seelig, M.D., MPH and Andrea Rosanoff, Ph.D

#### Articles

- *Magnesium Chloride for Health & Rejuvenation* by Barbara Bourke & Walter Last
- *What's all the buzz about Magnesium Oil* by Chris Jennings
- *History of Magnesium Chloride* by Raul Vergini M.D.

#### Many websites and web postings

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**Medical data (in these data sheets) is for informational purpose only.  
One should always consult a medical physician or specialist MD prior to using any nutrient or food supplement while on medication.**

**ZECHMAG Magnesium Chloride flake and oil is available from:  
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