Smoothies for Psoriasis

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Why Smoothies Smooth Out Your Skin and Psoriasis

In natural healing, we know that the more fruits and vegetables you consume, the more beautiful your skin is.

This makes a lot of sense since your skin is a reflection of what is happening inside the body. You wouldn't expect your car to run without quality gasoline, yet people sometimes expect that their body will run without putting in the proper 'gas', which is fruits, vegetables, nuts, seeds, protein foods, and healthy fats. (If you can handle grains, you could add them.) That's why smoothies for psoriasis are a great idea!

Benefits of Smoothies You Could Feel Rapidly

So to improve your skin, the goal is to start eating as many fruits and vegetables as you can. By making smoothies, you can start increasing your consumption of them faster than by telling yourself you'll eat more fruits and vegetables during the day. Life often gets far too busy and what is needed is a quick and easy way to consume a lot of vegetables in one meal.

What's the Big Deal About Chlorophyll Anyway?

By incorporating a whole cup of spinach into a smoothie along with ½ bunch parsley, ½ bunch cilantro, 2 Swiss chard leaves, 1 kale leaf, and ¼ teaspoon liquid chlorophyll, you have now consumed the equivalency of six to seven extra servings of vegetables. If you add 1 cup of berries to the mixture, you now have eaten an extra seven to eight servings of fruits and vegetables for the day – and it's not even noon yet. Your day is truly starting out on the right track.

Some of these extra fruits and vegetables contain chlorophyll, nature's deodorizer and detoxifier. Guess what will be happening when you consume it in higher amounts (as the early pioneers did) in your smoothies for psoriasis? Your skin will start to clear up on its own. Have you ever wondered why people didn't have skin conditions as often in earlier times? It was because of what they ate (or didn't eat!).

Don't Forget the Protein

Let's take that recipe from a few paragraphs previously and now add a little extra protein to it. The protein could be in the form of protein powder or it could be in the form of yogurt, milk, kefir milk (another cultured milk), or eggs. If you feel you need some sweetener, you could add a few drops of Stevia liquid, 1/3 cup applesauce or ½ Red Delicious Apple, or a few tablespoons of coconut cream concentrate that is naturally sweet and at the same time provides healthy fats for the skin.

Don't Forget the Fats

Saturated fats are thought by some health experts to be bad for the body. Because saturated fat is solid at room temperature, it sends a shiver up the spines of those who look at it and say, that could end up in my arteries. The flaw in this thinking is thinking that how the food looks before it goes into the arteries is going to be how that food stays while in the body.

When you eat a piece of celery or an apple, the structure of these foods doesn't stay the same in your body. You don't end up with long strings of celery or bites of an apple in your intestinal tract that are palpable! Your digestive system breaks it down. The same thing happens with coconut; it is broken down and the component parts – the saturated fat – go to different parts of the body where they will be used to strengthen cell walls.

So now you have the tools for better skin! Try a smoothie four days a week in your diet using the principles here and see what happens to your skin!