HEALTH & WELLNESS

Dr John Pagano Psoriasis Diet

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Understanding the Dr John Pagano Psoriasis Diet: A Natural Path to Healing

For millions of people around the world, psoriasis is far more than a skin condition—it is a daily struggle that affects self-esteem, comfort, and overall quality of life. While conventional medicine often turns to topical steroids, immunosuppressants, and biologic drugs, a growing number of individuals are seeking natural, root-cause approaches to manage their symptoms. Among the most influential voices in this movement is Dr. John Pagano, a chiropractor and author whose holistic protocol has helped countless people reclaim their skin health. The **Dr John Pagano Psoriasis Diet**is not merely a list of foods to eat or avoid—it is a comprehensive lifestyle philosophy that addresses the internal imbalances believed to trigger psoriasis flare-ups. In this article, we will explore the core principles of this diet, the science behind it, and how you can implement it in your daily life for lasting relief.

Who Is Dr. John Pagano?

Dr. John Pagano is a Doctor of Chiropractic and the author of the landmark book *Healing Psoriasis: The Natural Alternative*, first published in the 1990s. His work emerged from decades of clinical observation and a deep conviction that the body possesses an innate ability to heal itself when given the right conditions. Dr. Pagano believed that psoriasis is not a skin disease but rather a systemic condition rooted in the gut, the lymphatic system, and the body's ability to eliminate toxins. His approach integrates dietary modification, herbal medicine, colon cleansing, and chiropractic care to restore balance from the inside out. The **Dr John Pagano Psoriasis Diet**forms the cornerstone of this protocol and has gained a loyal following among patients and practitioners alike.

The Core Philosophy: Psoriasis as an Inside-Out Condition

Dr. Pagano's central thesis is that psoriasis occurs when the body's natural detoxification pathways become overwhelmed. He describes a scenario in which the intestines, liver, kidneys, and lymphatic system fail to adequately filter waste and toxins. When these internal channels are congested, the skin—the body's largest elimination organ—takes on the burden of expelling these impurities, resulting in the rapid skin cell turnover and inflammation characteristic of psoriasis. The **Dr John Pagano Psoriasis Diet**is designed to lighten this toxic load, support the organs of elimination, and create an internal environment where the skin can finally heal.

The Four-Step Pagano Protocol

To understand the diet fully, it is essential to see it as part of a larger, four-step approach:

1. Dietary Modification: Eliminating inflammatory and acid-forming foods while emphasizing alkalizing, nutrient-dense options.
2. Herbal Support: Using specific herbs such as burdock root, sarsaparilla, and yellow dock to purify the

blood and support liver function.

3. Colon Cleansing: Regular bowel cleansing to prevent reabsorption of toxins and maintain a healthy intestinal environment.

4. Chiropractic Care & Spinal Health: Ensuring proper nerve function by maintaining spinal alignment, which supports the immune system and organ communication.

Each of these steps works synergistically, but the **Dr John Pagano Psoriasis Diet** is often the most transformative element for those who adopt it faithfully.

Foods to Embrace on the Dr John Pagano Psoriasis Diet

The diet emphasizes whole, plant-based foods that are alkalizing, nutrient-rich, and easy to digest. Dr. Pagano recommended that approximately 70 to 80 percent of the diet consist of alkaline-forming foods. Here are the key categories:

Fresh Vegetables and Fruits

Vegetables are the foundation of this eating plan. Leafy greens such as kale, spinach, Swiss chard, and romaine lettuce are particularly encouraged because they are rich in chlorophyll, which helps purify the blood. Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts support liver detoxification. Root vegetables such as carrots, beets, and sweet potatoes provide essential vitamins and minerals without overburdening the digestive system.

Fruits should be consumed primarily in the morning or between meals. Low-sugar options like berries, apples, pears, and citrus are preferred. Tropical fruits such as mangoes and bananas can be eaten in moderation but should not dominate the diet.

Whole Grains and Legumes

Whole grains provide fiber and sustained energy. Brown rice, millet, quinoa, oats, and buckwheat are excellent choices. Legumes such as lentils, chickpeas, and adzuki beans offer plant-based protein and additional fiber. These foods help maintain stable blood sugar levels and support regular bowel movements, which are essential for toxin elimination.

Healthy Fats

Essential fatty acids play a critical role in reducing inflammation. Dr. Pagano recommended cold-pressed olive oil, flaxseed oil, and coconut oil. Avocados are also encouraged for their healthy fat content and alkalizing properties. Omega-3 fatty acids from sources like chia seeds and walnuts can further support skin health.

Herbal Teas and Water

Hydration is crucial. Filtered water and herbal teas such as dandelion root, burdock root, and chamomile are staples of the diet. These teas support kidney and liver function while providing gentle detoxification.

Foods to Avoid on the Dr John Pagano Psoriasis Diet

Equally important to what you eat is what you eliminate. Dr. Pagano identified several categories of foods that are known to trigger or worsen psoriasis symptoms:

- Nightshade Vegetables: Tomatoes, potatoes, eggplants, and peppers are believed to contain alkaloids that can irritate the gut and exacerbate inflammation in sensitive individuals.
- Red Meat and Processed Meats: These are acid-forming and difficult to digest, placing additional strain on the liver and kidneys.
- Dairy Products: Milk, cheese, and butter are common allergens and can contribute to mucus formation and gut inflammation.

• Refined Sugars and Artificial Sweeteners: Sugar feeds yeast and bacteria in the gut, disrupts blood sugar balance, and promotes inflammation.

• Gluten-Containing Grains: Wheat, barley, and rye can trigger immune reactions in many individuals with psoriasis. Gluten sensitivity is often overlooked in conventional treatment.

• Fried and Greasy Foods: These foods are difficult to digest and place a burden on the liver, impairing its ability to filter toxins.

• Alcohol and Caffeine: Both are dehydrating and can stress the liver. Alcohol, in particular, is a well-known trigger for psoriasis flare-ups.

By removing these inflammatory foods, the body can redirect its energy toward healing rather than constant damage control.

The Importance of Alkalinity

A defining feature of the **Dr John Pagano Psoriasis Diet** is its emphasis on maintaining an alkaline internal environment. Dr. Pagano believed that an overly acidic body creates the perfect conditions for inflammation and disease. When we consume acid-forming foods such as meat, dairy, refined grains, and sugar, the body must work hard to neutralize these acids by pulling alkaline minerals—such as calcium and magnesium—from bones and tissues. Over time, this mineral depletion weakens the body's ability to heal.

Alkaline-forming foods, by contrast, help buffer acidity and reduce the inflammatory response. Dr. Pagano recommended testing urine pH regularly to monitor progress, with an ideal range between 7.0 and 7.5. Simple dietary adjustments, such as starting the day with lemon water and eating a large green salad at lunch, can shift the body toward a more alkaline state.

Addressing the Gut-Skin Connection

Modern research has confirmed what Dr. Pagano observed decades ago: the health of the gut is intimately connected to the health of the skin. The **Dr John Pagano Psoriasis Diet** supports gut health in several ways. First, by eliminating common irritants like dairy, gluten, and nightshades, the intestinal lining is given a chance to repair. Second, the high fiber content from vegetables, fruits, and whole grains feeds beneficial gut bacteria, which produce anti-inflammatory compounds. Third, the inclusion of fermented foods such as sauerkraut and kimchi can introduce probiotics that further support the microbiome.

A healthy gut lining prevents undigested food particles and toxins from leaking into the bloodstream—a condition known as leaky gut syndrome, which is increasingly linked to autoimmune conditions like psoriasis. By healing the gut, the diet helps reduce the overall immune burden and allows the skin to calm down naturally.

Practical Tips for Getting Started

Transitioning to the **Dr John Pagano Psoriasis Diet** can feel overwhelming at first, especially if you are accustomed to a standard Western diet. Here are some practical steps to ease into the protocol:

• Start with a Cleanse: Consider a three-day juice cleanse or a mono-diet of steamed vegetables and brown rice to give your digestive system a reset.

• Plan Your Meals: Prepare large batches of vegetable soups, grain bowls, and salads so that healthy options are always available.

• Keep a Food Diary: Track what you eat and note any changes in your skin. This will help you identify personal trigger foods that may not be on the general list.

• Stay Hydrated: Drink at least eight glasses of filtered water daily, and include herbal teas throughout the day.

• Incorporate Gentle Movement: Light exercise such as walking, yoga, or stretching supports lymphatic

drainage and stress reduction.

- Be Patient: Healing takes time. Some people see improvement within weeks, while others need several months of consistent adherence before noticing significant changes.

What the Science Says

While Dr. Pagano's work is based largely on clinical observation rather than large-scale clinical trials, many of his dietary recommendations align with current research on psoriasis and inflammation. Studies have shown that elimination diets can reduce psoriasis severity in some individuals, particularly when gluten and dairy are removed. The anti-inflammatory effects of a plant-based diet rich in antioxidants and omega-3 fatty acids are well documented. Additionally, the gut-skin axis is an active area of research, with growing evidence that probiotic supplementation and dietary fiber can modulate immune responses in the skin.

It is important to note that the **Dr John Pagano Psoriasis Diet**is not a cure in the conventional sense, but rather a management strategy that addresses underlying imbalances. Many individuals who follow the protocol report dramatic improvements in their skin, energy levels, digestion, and overall well-being. For best results, the diet should be combined with the other elements of the Pagano protocol, including herbal support, colon cleansing, and chiropractic care.

Potential Challenges and How to Overcome Them

Adopting any restrictive diet comes with challenges. Social situations, dining out, and family meals can be difficult when you are avoiding nightshades, dairy, gluten, and sugar. Here are some strategies:

- Communicate Your Needs: Let friends and family know about your dietary choices. Offer to bring a dish to gatherings that fits your protocol.
- Focus on What You Can Eat: The diet is abundant in delicious, colorful foods. Shift your mindset from deprivation to nourishment.
- Seek Support: Online communities and local support groups for psoriasis can provide encouragement and recipe ideas.
- Work with a Practitioner: A functional medicine doctor, nutritionist, or naturopath can help you tailor the diet to your specific needs and monitor your progress.

Conclusion

The **Dr John Pagano Psoriasis Diet**offers a powerful, natural framework for anyone seeking to manage psoriasis from the root. By focusing on alkalizing, whole foods, eliminating common triggers, and supporting the body's innate detoxification pathways, this diet addresses the underlying imbalances that contribute

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