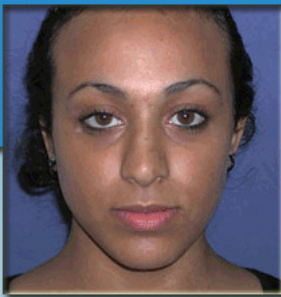




# Vitiligo Miracle™

Cure Vitiligo Holistically

**A Proven Drug Free Holistic System For  
Reversing Vitiligo and Related Skin Disorders**



**A Unique Easy To Follow 5-Step  
Plan To Eliminating Vitiligo and  
Related Auto-Immune Skin Disorders  
Using Proven Holistic Strategies**





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**A Unique, Easy To Follow 5-Step  
Plan For Curing Vitiligo Using  
Proven Holistic Strategies**

**By David Paltrow**



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## Chapter One: Introduction

We all watched as famed pop star and music icon Michael Jackson's skin turned from a darker tone to a much lighter one over the years. He was harassed for years by the media, who claimed that he was trying to turn himself "white" with a variety of skin bleaching methods. It wasn't until he came forward to tell the world that he suffered from a rare skin pigmentation disease called Vitiligo that anyone knew much about the disorder. Even when the truth was disclosed, many people scoffed at the idea and continued to blame him for his condition. Unfortunately, they did not realize that millions of people suffer from the same embarrassing and debilitating disorder.



Although not as uncommon as once believed -- Vitiligo affects as many as 2 million people in the United States to some degree, with reports of 40-60 million being affected world-wide – still very little is known (or published) about this pigment changing disorder.

If you are one of the unlucky ones who have watched as your skin's pigment has all but disappeared, leaving you with unsightly white patches and splotches across your body, you know the emotional pain the disorder can cause.

On one hand you may feel lucky. After all, this disease causes no physical pain and it isn't dangerous to your overall health. But, what about your mental well-being? More than just a condition that stresses your vanity, Vitiligo can actually leave some victims hiding behind closed doors, unable to show the world the destructive way the disease has afflicted their skin and the way it appears to the outside world.





Although it affects all races, when Vitiligo strikes a darker-skinned person, the results can feel even more alarming. Maybe it is because it is more noticeable. Or maybe it is simply because the disease strips its victim of part of their identity right along with the pigment of their skin.

This book was written to help those who suffer with this little understood condition, help them better deal with (it) and find permanent relief from its symptoms.

Your doctor may have told you that Vitiligo is incurable. I am here to tell you that he/she is wrong! You may even have visited a number of specialists and tried what the medical community had to offer in the way of treatment, only to be left looking and feeling the same as when you started. Don't despair. Help is available. You just have to know where to find it!



## What You'll Find in This Book

This book offers a complete explanation of what Vitiligo is and how to treat it without using harsh chemicals or dangerous (and expensive) medical procedures. Divided into four main sections, *The Vitiligo Miracle Book* doesn't just tell you about what may *help* this unusual skin condition – but actually how to *cure* it. Yes, I did say cure! Let me assure you that I do not say this lightly. It has taken years of research and dozens of experiments to devise the systematic program found within these pages. I truly believe that what follows is a complete cure for this pigmentation disorder.

In Section One, you will be introduced to Vitiligo, learning what causes it; who is at risk for getting it; any medical links to the disorder and even the different ways in which the disorder may manifest itself.

Once you have a clearer overall picture of this disease, Section Two will explain Vitiligo signs and symptoms and tell you in greater detail what tests are used to diagnose Vitiligo.



Section Three outlines the conventional treatments often suggested by traditional medical personnel, as well as the side effects you may experience if you try them. Unfortunately for many patients, the most common treatments for Vitiligo do not usually work (not at least well), and can be costly. Plus, they often come with some nasty side effects that you would rather not have to deal with!

With this in mind, you may be wondering what help is available and how I can say that I have found a cure for Vitiligo when your doctor can't help (much). Well, the secret is found in the last section of the book where my 5 step holistic plan for reversing Vitiligo is outlined in great detail.

## The 5-Step Vitiligo Miracle Solution

Now, you may be wondering what makes my cure-all better than what the medical community offers. Well, for one thing I do not rely on synthetic drugs or high-tech methods to treat Vitiligo. Instead, I rely on the human body to heal itself – with a little help, of course.

Nature was designed to give us everything we need to not only survive, but thrive, and that means being able to heal itself under the right conditions. Every drug or treatment on the market today begins as a natural substance and then is remade in a laboratory. With that in mind, it makes sense to look toward nature first when trying to find help for an ailment.

My 5-step holistic cure begins with **Step 1: The Miracle Diet, Nutrition, Digestion and Metabolism Plan**. Can the foods you eat really affect how your skin looks? The answer is a resounding YES! Every cell in the human body thirsts for certain vitamins and minerals in order to work properly. That means that everything we eat and drink will affect how our body works – or doesn't work. On top of that, the way our system digests foods and how we metabolize them can also impact how our skin reacts.



When we fail to give those important cells what it needs, the result could be a lack of melanocyte cells which give our skin its pigment. And this could result in some form of Vitiligo over time.

**In Step # 2 we address the immune system and explain the important link between Vitiligo and the strength of our personal immunity.** Research has shown that Leaky Gut Syndrome can contribute to the same types of pigment changes of the skin found in Vitiligo patients. Considered an autoimmune disease itself, the symptoms of Vitiligo can be dramatically reduced when the immune system is addressed.

While looking for ways to help boost the immune system, I also discovered the power of vitamin, herbal and mineral supplementation when treating Vitiligo. My findings will be described in **Step # 3 as I outline the nutritional supplements you may want to consider** when fighting the effects of Vitiligo as well as how Phytochemicals. Herbal treatments and home remedies can help.

Of course, your body will be unable to fight Vitiligo (or any other disease for that matter) if it is strewn with toxins. For this reason, **Step # 4 outlines the importance of cleansing and detoxifying the body in order to reverse Vitiligo.** Within this section, you will be offered a complete detoxification plan to help strip away years of toxin overload and give your body a fresh start at healing itself from the inside out.

As your body begins to heal and your skin shows the dramatic changes of reversing Vitiligo, **Step 5 will describe how mind and body techniques combined with a variety of lifestyle changes can be used to help rid the skin of pigmentation loss once and for all.**

Vitiligo does not have to be a permanent condition. You can restore all of your natural pigment and coloring to your skin with my plan. How can I be so sure that I have found the right mix of holistic helps to actually reverse – or cure – Vitiligo?



I am not just a researcher who stumbled across this program. I too am a sufferer who spent years hiding from the world in hopes that no one would see my disfiguring skin. It took years of research and experimentation to finally figure out how to help my body heal.

### Here is my story ...

Who would have thought a few white patches on my skin could cause any, let alone so much chaos in my life? I would have never dreamed that something so relatively simple could cause my entire life to turn into a topsy-turvy mess that would lead me away from my dreams and into a deep depression.

I was a sophomore in college and things were going great. I had loads of friends ... my schoolwork was hard, but manageable ... and I had found my first love. Life was good and I was enjoying it!

Then, one morning I noticed that my shoulder itched a bit. No problem. It was probably the new detergent I was using. The itching subsided and I forgot about it. But, then my roommate noticed a big white splotch on my back. "It looks like all of your skin coloring just faded away," she said. "Eww," I thought. "How weird." Still, the itching was gone and I had no other symptoms so I let it go.

A few weeks later, while in the shower I noticed a few more white splotches on my legs and stomach. In less than a month, they had spread to other parts of my body, including my face. Now I was beginning to panic – and people were beginning to notice.

Always a fresh-faced looking kid who tanned easily, my skin seemed to be losing its coloring in the most unusual places: my hands, face, neck, legs, and shoulders. Not sure if I could be suffering from some weird affliction I headed to the medical building at school. The nurse shrugged and said that maybe it was some type of allergic reaction or maybe even a fungus or skin infection. Since the semester was almost over, I decided to wait until I got back home to see my own doctor.



Finals were over and summer vacation offered a reprieve from the daily grind. I found a job at a local pool as a lifeguard and was happy to be home. But, on my first day at work, little kids kept staring at me. Some even pointed, laughed and ran away. What was the problem, I wondered. Then it hit me. Were they noticing my white posts and blotches? They were. My boss even asked if I suffered with some sort of skin condition. I told him I didn't know and he requested that I see my doctor before coming back to work.

Embarrassed, I went in to see my doctor who knew right away what I suffered with: Vitiligo. According to him it is a condition which strips the skin of its pigment. Unsure of how to handle my fast-growing splotching, he sent right to the dermatologist.

I guess I expected the dermatologist to give me some cream or something and send me on my way. No such luck. After a brief exam, he too agreed that I suffered with Vitiligo. What he said next shocked me to my core: "This isn't something we can cure. Sometimes it can e controlled, but in most cases gets worse and worse until the entire body is affected."

In short, he explained, by the time I was in my mid-thirties I was going to be completely disfigured. There would be no hiding my condition, so I'd better prepare myself for the physical changes ahead. I left his office in tears.

My mother, a staunch believer in homeopathic medicine, told me to stop worrying and made an appointment with a local naturopath. She agreed that Vitiligo could be hard to treat but believed that nature did offer more options then the traditional medical community. So she put me on a regiment of creams, lotions and vitamins. Unfortunately they didn't seem to help much.

Feeling completely depleted by the end of the summer (with little if any improvement in my skin from the homeopathic remedies I'd tried), I headed back to the dermatologist.



He sat me down and explained a variety of treatment methods we could try, but they were either too expensive (some costing thousands of dollars) or simply offered too many side effects. I left his office weeping one last time.

When I returned to university in the fall, my friends couldn't believe the difference in me. I was pale, sickly looking and depressed. My previous vigor and energy were gone. I was fighting a losing battle and it was wearing on me. My skin blotches were getting worse and I was finding it hard to concentrate on anything but the way I looked.

I had never been an overly vain person before, but now, I chose my clothing in accordance to how much skin it showed. I would only go to dark restaurants and pubs with friends so I didn't have to worry about people seeing my skin. My girlfriend was getting tired of me concentrating so much on how badly I looked and eventually broke up with me. I was no longer the fun guy she had enjoyed spending time with.

Thankfully, I had a few good friends who stood by me. I finished my years at the university with an A- average in my classes and an F-average in self esteem. My next big step: finding a job.

Lucky for me the career path I chose kept me in an office all day and away from people. There I didn't have to worry about being seen and could concentrate on doing a good job. I excelled at my work until the day came when my boss asked me if I was willing to do a workshop for other employees of the company.

For a 24-year-old, the opportunity was great, but I turned her down, knowing full well that everyone in the room would concentrate more on my discolored skin than on what I was saying.

She asked several more times and I declined. Finally, she pulled me into her office and asked what my plans for the future were. I sat there staring in disbelief. I had no plans. After all, I was content hiding away in my office and doing my job. I



couldn't be seen in public so why bother dreaming about bigger and better things? Then she asked about my social life and I told her I had none.

Thank goodness for that wonderful woman and her boldness. She leaned forward that day and said, "Isn't it about time you dealt with your skin problems and got on with your life?" It sounded so simple ... and so profound. I left her office crying.

It took me almost a month to come to grips with what she had said. It was time to stop hiding and start doing something. Maybe the regular doctor couldn't help, and the one naturopath I had seen years earlier didn't offer a cure, but there had to be one out there. I just had to find it. So I started to dig into the world of skin conditions. I started my research by looking into every aspect of how the skin works and what causes pigmentation. Then I started investigating how the body reacts to certain substances and stressors. Finally I began to find connections between how the body works; what causes cellular breakdowns within the body and how the skin itself reacts to all sorts of things.

It took me two years but the results were amazing. I discovered so many things about my body and my skin that I never knew before. I learned that the thyroid can have a dramatic effect on skin pigmentation and that stress can even cause those white splotches to worsen.

Next, I began to combine the vitamins, minerals and herbs I'd been studying, trying to find just the right concoction to heal my skin. It took months of trial and error but I started to see a pattern to the reaction of my skin. Better yet, I started to see some improvements.

There were a few vitamins rich lotions that I came up with that seemed to freckle my skin a bit. The problem was that after weeks of use, it only offered minimal benefits. But, I knew I was onto to something so I kept trying.

I visited dozens of homeopathic practitioners and naturopaths and soon began seeing a pattern in their own remedies and treatment offerings. But I wasn't just





looking for a cure – I wanted a safe, fast and surefire cure. Was it possible? I believed it was.

Another year went by and then something miraculous happened – my skin coloring started to return to normal. Yes, I said normal! First I saw a few freckles within my white splotches. Then those white patches started to shrink and then before long normal coloring came back. Was it a cure? I wasn't sure quite yet.

I outlined a comprehensive treatment plan and offered it to hundreds of Vitiligo patients I had befriended on a variety of blogs and forums. Several dozen agree to give it a try. I waited anxiously for their replies.

Within just a few weeks the emails and phone calls started flooding in: “My skin looks better already!” “I can't believe how fast this worked!” “My patching is all but gone!” they all read. Yes indeed, my plan was working, I had stumbled on not only a treatment for Vitiligo – I had found a cure!

That was five years ago and since then I have been helping thousands of Vitiligo patients just like you and just like me free themselves from the emotional trauma of this debilitating disease. True, Vitiligo isn't a life threatening disease and it doesn't cause the physical trauma of other disorders. But, if you have suffered for any length of time with the physical changes it causes, you understand full well the emotional impact of the disorder.

## Help is Out There

There is no need to hide away in a back office or lonely apartment, fearing what others will say or do when they see you. You don't have to worry that no one will love you because of the way you look. You can free yourself from those disfiguring white splotches and look (and feel) beautiful again. Vitiligo can be cured – without the need of expensive or dangerous drugs and treatments.



Nature has a wonderful way of offering us the exact medicines our bodies need to heal – all we have to do is pay attention and find them. Here is your chance to break free from the trauma of Vitiligo and allow your skin to heal once and for all.

I have been splotchy free for years now and so can you be – all you have to do is turn the page to get started ...





## **Chapter Two: More Than You Probably Wanted to Know About Vitiligo**

If you suffer from unsightly white patches all over your skin that seem to grow more and more severe over time, you may be suffering from more than just normal aging or skin pigmentation changes. You may have Vitiligo.

Attacking millions of people worldwide, Vitiligo can strike just about anyone, no matter what their age, race, sex or lifestyle. Although often more severe in darker skinned people, even pale people can suffer its affects.

### **What Is Vitiligo?**

Maybe you suffer from strange pigmentation problems with your skin and your doctor threw out the word Vitiligo. That may have left you wondering exactly what that strange word – and condition – really is.

At its most basic level, Vitiligo is a skin condition that causes the cells responsible for giving your skin its color (or pigment) to either die off or simply stop producing color in some areas of the skin. It can affect just a small area of the skin or it can spread all over the entire body. This leaves the patient with strange white splotches and marks scattered over the entire skin surface.

Although it is considered a skin disease because the cells of the skin stop working properly, Vitiligo is not a disease in the sense that it causes other health problems. It affects the coloring of the skin only. The only other real symptom that may be left is some occasional itching. Still, that does not mean that its victims are left without any detrimental effects.



Depending on how severe the condition, Vitiligo can leave a person looking quite disfigured. In darker skinned people, the disease is even more apparent, leaving a person looking (and feeling) partially white and partially black. This, as you can imagine, can lead to serious emotional strain and feelings of incompleteness.

Fearing how others will view them, many Vitiligo patients retreat behind closed doors where their skin can not be viewed. This leads to isolation and depression.

## How Pigment of the Skin Works

Before we go into greater detail about the types of Vitiligo and how it affects individual victims, let's take a few moments to learn a little more about the skin and how pigment works and the things that can go so drastically wrong to cause the skin to actually begin to "lose its coloring."

## Layers of the Skin

The human skin is made up of two main layers (the Epidermis and the Dermis), plus multiple sub-layers within these two main categories. Each layer or sub-layer has its own functions and when they all work properly, the skin remains healthy and flawless. If the cells in any of these layers loses its ability to do its job, then all kinds of skin problems can occur – including pigmentation issues.

### **The Epidermis**

The epidermis is the outer or top layer of the skin: you know the part we can see. It is made up of three inner layers, each with their own particular function.

The basal cell layer is the deepest layer of the epidermis where the cell production occurs. New skin cells are constantly being produced and pushed up through the upper two layers. It is here that melanin, or pigmentation is produced. When a person has a lot of melanin cells in their skin, they have darker looking skin. Less cells result in lighter looking skin. And when these cells are produced in a random



order, white patches may occur. Just above this pigment producing layer of the skin are the granular layer and stratum corneum, which work to protect the skin.

### **The Dermis**

The lower layer of our skin is where most of the work gets done. Hair follicles, sebaceous or oil glands, sweat glands and blood vessel are all at work in the dermis. Sunlight is converted into Vitamin D for the body in this layer of skin and nerve endings found here can tell the body about temperature fluctuations, pain and other dangers to the body.

## Pigmentation

Now that you understand a bit better what makes up the skin, let's look at how pigmentation works within the skin. At its most basic level, pigment is the production of melanin in the skin. It is this melanin that gives you your skin color. More melanin equals more color and vice versa.

### **Melanin Production**

Melanin is produced in cells called, melanocyte. These cells are abundant in people of all skin colors, with one difference: some races naturally produce more, giving them a deeper color to the skin.

### **Factors affecting pigmentation**

Genetics are a large part of how much melanin your skin is able to produce. So, why would a darker skinned person suddenly stop making melanin in certain areas of their body? Usually it is due to an illness that causes the immune system to go haywire and disables the melanocyte production in part of the skin; or it may be caused by some sort of damage to the skin that causes melanin production to slow or even stop. Everything from hormones to an autoimmune disorder to even the overuse of certain parabens and other toxins can all cause this disruption in cell production; thus causing pigment to be lost in these melanin-dead areas of the body.



## The Many Faces of Vitiligo

Vitiligo comes in many different versions and degrees. While one person may simply notice a few unusual splotches on their skin and nothing more; another victim may find that the pigment all over their body suddenly disappears, leaving them looking quite different and often disfigured to a point.

Generally classified as either Bilateral (or General) Vitiligo or Segmental Vitiligo, this unusual skin disorder presents itself through a variety of types and subcategories.

Bilateral Vitiligo is also referred to as General Vitiligo. Presenting themselves in both symmetrical and asymmetrical patterns, the white patches on this type of Vitiligo is usually found on the extremities like the hands, feet and face. This basic type of Vitiligo usually is more indepthly categorized into these subtypes:

1. Acro-facial Vitiligo is a type of pigmentation loss that is only found in the face, head, feet and hands.
2. Vulgaris Vitiligo affects the entire body and features symmetric and asymmetric patterns of white discoloration.
3. Mixed Vitiligo affects the entire body and often does not follow a certain pattern type but rather looks like a variety of patterns.
4. Universal (Complete) Vitiligo is the worst type of General Vitiligo since it affects the entire body and often covers the vast majority of the skin.

Segmental Vitiligo is most commonly found in children and features a dermatomal or quasidermatomal pattern of white patches. It is separated into a variety of subtypes also. They include:

Focal Vitiligo causes one or more parts of a single body area to become discolored.

- Mucosal Vitiligo affects the body's mucous membranes.



There are some other types of Vitiligo that do not under the main categories of the disease. They are:

1. Occupational Vitiligo occurs when a patient comes into contact with certain chemicals on a regular basis that may damage skin cells to the point that they are no longer able to make pigment on their own.
2. Zostiform Vitiligo is a sub-type of the disease which affects the peripheral nerves of the central nervous system.
3. Quadrichrome Vitiligo is a little different than most forms of the disease since it creates dark patches on the skin instead of white patches. This is because too much pigmentation is made in certain areas of the skin, causing those areas to appear darker than the rest of the skin.
4. Punctate Vitiligo features lesions of different sizes appear on the skin. This can make the skin look a bit patchworkish.
5. Inflammatory Vitiligo shows itself with an inflamed or raised border along the discoloration sites. Although a harmless to your health, it can look rather nasty.

## The Real Cause of Vitiligo

Despite years of research, the exact cause of Vitiligo seems to elude scientists and doctors alike. Still, a variety of theories regarding the causes (or causes) of Vitiligo have surfaced in recent years. One of the problems with naming a true “cause” for the disorder is that nothing specifically seems to create Vitiligo. However, there are a variety of linking factors which may contribute to it. Here are just a few that researchers have discovered:



- **Toxic Overload:** when the body is overridden with chemicals, pesticides, preservatives and other toxins, the liver is unable to get rid of them. Eventually, other organs in the body will begin to help strip the body of these dangers, including the skin. Unfortunately, as the skin draws these chemicals toward its surface as a method of purging, some toxins can damage cells along the way, thus stripping them of their ability to produce melanin, or coloring for the skin.
- **Auto-Immune:** Vitiligo seems to be a direct response of the immune system, caused by its inability to distinguish between healthy melanin producing cells and other dangers which may harm the body. This creates an auto-immune response which actually attacks Melanocytes.
- **Psychological Factors:** stress can inhibit all sorts of normal bodily responses, including cell production. When severe chronic stress overloads the body, it begins to have all sorts of nasty effects. Some serious medical conditions like heart disease can result. It is no wonder that the skin also responds to high levels of stress in the form of psoriasis, eczema and yes, Vitiligo.
- **Metabolic Conditions:** a sluggish metabolism can cause an acid/alkaline discrepancy in the body, which has been linked to Vitiligo symptoms. When either too much acid or too much alkaline builds up in the tissues, cell production (including melanin production) can be hindered.
- **Glandular Issues:** the adrenal glands and thyroid are especially important in keeping your skin healthy and your body working correctly. When any of these glands fail to produce and secrete the right amounts of hormones and chemicals at the right time, all sorts of problems can occur. Vitiligo may not be caused by glandular issues, but they do seem to be contributing factors with nearly half of all Vitiligo patients also suffering with some type of thyroid issues.





One of the most important findings in recent years has been a link discovered by researchers that seems to blame an autoimmune disorder for the condition. It is believed that the immune system (for some unknown reason) begins to attack the melanocyte in the skin, causing them to stop producing pigmentation.

However, other researchers claim that a genetic disposition can put a person at a much higher risk for the disorder. Still others blame stress, pathogens on the skin, severe sunburn and even emotional distress and hormones. While there does seem to be sufficient evidence to support all of these findings, it leaves patient and doctor alike in a quandary – with so many causes of Vitiligo, how can you pinpoint the exact one affecting a specific patient? The answer: sometimes you can't. That is why it is important to tackle this disease by developing a treatment plan that works to heal the entire body, mind and spirit; as well as the skin.

### Who is Most at Risk for Developing Vitiligo?

Vitiligo seems to affect people of every age, race and background. Although it strikes less than 1% of the total population, that still means that nearly 2 million people in the United States alone must deal with this impact.

While it can be difficult to predict who will and who will not find themselves battling Vitiligo in the future, there are some risk factors that should be considered when gauging your own risk for the disease:

#### Age

Although Vitiligo can affect anyone at any age, one-third to one-half of all of its victims experience their first symptoms before the age of 20; with the vast majority of Vitiligo patients reporting an onset of symptoms prior to their 40<sup>th</sup> birthday. Yes, children do fall victim to the disease, but rarely infants. In contrast, older people also seem to be safe from contracting the disorder.



### **Race**

Vitiligo strikes all races and ethnicities. Darker skinned people do however tend to report more severe cases. This may be due in part to the fact that the discoloration of their skin is more apparent because of their deeper skin tone.

### **Genetics**

Yes, genes do seem to play a major role in developing Vitiligo. About 10% of all patients report that someone else in their family also battles with the disorder. This may not seem like a large number, but here is another thing to consider: more than half of all Vitiligo sufferers have family members who suffer with some other type of autoimmune disorder. This leads experts to believe that the same genetic factors that make people more susceptible to developing an autoimmune disorder may also play a part in who develops Vitiligo and who doesn't.

### **Other Health Issues**

Although it does not appear that Vitiligo is a direct result of other health issues, anything that weakens the immune system on a chronic level or that may damage the skin all seem to increase a person's chances of getting it.

Considered an auto-immune disorder of its own, Vitiligo patients often report one or more of these other ailments prior to their first pigmentation loss:

- rheumatoid arthritis
- lupus
- type 1 diabetes
- psoriasis
- thyroid dysfunction
- B12 deficiencies
- Alopecia
- Eye inflammations like Uveitis

While it is clear that any type of autoimmune dysfunction may increase your chances of developing Vitiligo, it is also important to stress that emotional factors like uncontrolled stress and emotional upheaval can also cause the cells of the skin



to go haywire and stop functioning properly. Poor diet and a lack of proper vitamin intake can also contribute to the onset of symptoms.

While most of us may experience one or several of these risk factors in our lifetime, many doctors agree that it is a build-up of these risks that tend to send the skin into a frenzy, causing its cells to stop making pigmentation like it should.

### **The Genetics Factor**

We have touched upon the fact that genetics plays a large role in a person's risk of developing Vitiligo. Let's talk about this further, so you can better understand how and why your family history may be the culprit for your disease.



While only 10% of all Vitiligo patients report another family member with the disease, a fairly large segment of those with the disorder do report that one of their parents have it. Even more interesting is the fact that the vast majority of sufferers also have family members that suffer with other types of autoimmune disorders such as albinism of the ocular type, autoimmune polyendocrinopathy syndrome, congenital deafness with Vitiligo and achalasia, dyschromatosis symmetrica hereditaria, ermine phenotype, familial histiocytic reticulosis, kabuki syndrome, Letterer-Siwe disease, hemifacial atrophy, progressive Vitiligo with mental retardation and urethral duplication, Schmidt syndrome, and the syndrome of spastic paraparesis, Vitiligo, premature graying and characteristic facies. This has led researchers to consider the fact that a genetic tendency toward autoimmune problems may be linked to the onset of Vitiligo in some people.

A recent report released by the National Institute of Arthritis and Musculoskeletal and Skin Disease (NIAMS) has uncovered variations in at least 13 genes associated with Vitiligo. One of these genes is associated with TRY genetic locus which encodes tyrosinase, an enzyme the body uses to produce skin pigment. Not only do researchers now believe that tyrosinase helps the skin make its coloring, but



may also play a role in the body's reaction to attack melanocyte, which stop the pigment making process altogether. This new information is likely to open up a whole new world of understanding in the world of Vitiligo, possibly helping researchers find a cure for the disorder. In the meantime, their findings are being investigated further.

### **The Psychological Factor**

Vitiligo is not a painful disease; at least not in a physical sense. But the emotional affects of the disease can be debilitating. Add to the fact the psychological factor can also increase symptoms and it is no wonder that so many sufferers find themselves lonely and depressed.

Vanity has little to do with a person's physiological reaction to the disorder. Yes, it can be difficult to watch your skin change in color and look smudged, blotched or otherwise imperfect. But it is others' reactions to the way a victim looks that is hardest to deal with. People stare. People point. People even whisper about what could be wrong with the person afflicted with Vitiligo. Some even laugh and make jokes. All of these reactions may seem harsh (and they are), but it is the sufferers own feelings of incompetence and ugliness that hurts the worse.

Forced to face such dramatic changes in their outward appearance with little, if any, explanation to give the viewing world, many sufferers simply hide away behind locked doors, losing touch with the outside world. They shy away from socializing; shopping; some even from working in a normal environment. In the most severe cases, victims may shut themselves completely away, working from home and using loved ones to do errands. This is neither healthy physically or emotionally.

The vast majority of Vitiligo patients report having feelings of actually hating certain parts of their body which may exhibit the most symptoms. When the entire skin surface is affected, the result is devastating as the sufferer begins to actually retreat from their own self in many ways, avoiding mirrors or nay outside interaction for fear of the reaction from others.



This type of fear and anxiety can stress the immune system even further, thus exacerbating the Vitiligo. A common link, emotional stress, and trauma seem to accompany almost every case of Vitiligo to some degree. What does this mean? For a patient battling the disease, it becomes a self fulfilling prophecy: the more you worry about your symptoms, the worse they become as the immune system wears down even more, causing even worse damage to the skin cells that seem to no longer be capable of making pigment for the skin.

What are some simple things you can do to help relieve your stress and give your body a chance to heal? In addition to the program outlined in this book, begin to incorporate these simple steps into your everyday life:

- 1. Learn to Breathe.** No one really thinks about how they breathe –we just do it. The problem is that many of us are doing it wrong! Practice some deep breathing exercises to help alleviate tension in the body and release any stressors that could be worsening your Vitiligo. There are plenty of books and videos on the subject. Or simply turn to step 5 of our program to find out more about how to use breathing as a way of healing.
- 2. Laugh More.** It has even proven time and time again that laughter really is the best medicine. Even a good giggle can send waves of stress relieving chemicals through the body which can help to boost your immune system. If nothing else, it will help you feel better about your condition.
- 3. Talk to someone.** When you are feeling really low about yourself and your condition, it may be a good idea to seek out someone to talk with about your feelings about your health issues. Maybe a compassionate friend or family member will do, but for many sufferers meeting with a licensed therapist once in awhile can make a real difference in how they cope with their condition.
- 4. Surround yourself with good people.** Some people are simply toxic to our bodies and emotions. If you have any of those kinds of people in your life, it may be time to take a break. Now is the time to begin the healing process and you can not do that if your mind and spirit are constantly under attack.



5. **Deal with your emotions.** Living with any type of chronic condition can be hard. Even though Vitiligo is not life threatening, it does change the way you look at yourself –and how others look at you too. This can cause a myriad of emotions including anger, frustration, fear and even hatred. Take the time to acknowledge these feelings and work through the, Otherwise, they will continue to eat away at you and destroy your skin cells – and that is going to stand in the way of your healing.

Never underestimate the psychological effects of any disease – including Vitiligo. Not dealing with the role your emotional state has in your condition (and your healing) will only keep you from finding the freedom from this disorder that you seek.

## How Your Immune System Affects Vitiligo

The human body has this amazing (and intricate) system that allows itself to detect invaders; find them and attack. Not only that, it also has this wonderful ability to heal itself under the direst of circumstances – how amazing! Unfortunately, when something goes wrong in the immune system, all kinds of negative reactions can (and will) take place. Some can be very serious – even life threatening, while others simply become more of a hassle than a real problem.

The bumps and itchiness of an allergic reaction is one example of a nuisance reaction of the immune system. Vitiligo is another. Although not physically serious, when the immune system actually begins to attack the melanocyte cells in your skin, they can be left unworkable, and this causes you to lose the pigment in that area of the skin. That doesn't sound like a big deal, does it? Until, of course, you begin to see the changes in someone's outward appearance because of this reaction.

There have been a lot of immune system glitches that have been linked to Vitiligo. People suffering with just about any type of autoimmune deficiency may find themselves at a much higher risk of contracting the disorder. But why? One theory



is that the immune system actually begins to attack those melanocyte cells; another is that they allow other invaders to simply kill them off because they fail to recognize any threat.

There are several immune system diseases that seem to be more closely linked to Vitiligo than others. They include Celiac Disease and Rheumatoid arthritis. But these are not the only things that can trigger Vitiligo.

Proteins have been found that effect lymph cells and enzyme production which may terminate some immune responses, like melanin production. Interestingly, some researchers have also found enzymes in Vitiligo patients that seem to block tyrosinase production.

The thyroid too has a big impact on Vitiligo. It has been estimated that more than half of all Vitiligo patients suffer with some sort of thyroid dysfunction. Even the adrenal glands can affect our skin. Adrenals that can not work at full capacity may be unable to trigger melanin production in the skin.

So, what can we take away from all of this research? Basically this: the immune system plays an important part in regulating all aspects of our health. When anything goes wrong in the way it functions, there are consequences. Sometimes those consequences can be as dire as may be the case when a cancerous tumor forms. Or they may be less life threatening but still devastating to the victim as is the case with severe Vitiligo.

## The Glandular Link with Vitiligo

As we have already touched upon, the thyroid can have a dramatic impact on skin health and function. Although a faulty immune system can kick the thyroid into overdrive (or under-drive), it is important to understand why changes in thyroid function may cause your skin to lose its natural coloring.

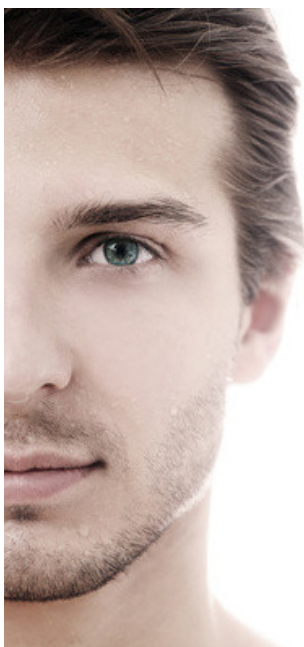


The thyroid controls every metabolic process in the entire body. It helps to regulate temperature; weight; and even energy levels.

So intertwined with each other, Vitiligo is actually considered a symptom of thyroid dysfunction, making it very important that people suffering with pigmentation loss actually get regularly testing done on their thyroid to make sure they are not suffering with an underlying condition that is causing the Vitiligo.

The adrenal glands can also cause Vitiligo, by weakening the immune system and hindering internal healing. In addition to these glandular issues, polyglandular dysfunctions such as Type I diabetes, Addison's disease, malabsorption, rheumatoid arthritis and more can also affect the pigment in your skin.

When any of these health issues are present they could cause Vitiligo. In addition, when Vitiligo is a concern, it may be wise to be checked for these others conditions to avoid serious health problems.



The last two glands that need to be carefully monitored when Vitiligo is a problem is the pineal gland which produces melatonin a powerful brain antioxidant that helps us sleep and the pancreas which helps flush toxins from the body. It makes sense that if the pancreas is not working properly, that the body would be flushed with toxins and this could cause problems in all organs, including the skin. Keep the pancreas, and these other glands working properly and the skin will remain healthy, potentially warding off Vitiligo and reversing its effects.

Now that you know more about Vitiligo, you may be more certain than ever that it is exactly what is causing your skin to blotch in unsightly white patches. In the next chapter, we will discuss the signs and symptoms of Vitiligo and how your doctor will make a firm diagnosis of the disorder.





## Chapter Three: General Diagnosis of Vitiligo & Evaluation of Your Unique Vitiligo Condition & Severity

In most cases, Vitiligo is fairly easy to diagnosis. Its signs and symptoms are very easy for a dermatologist to recognize. Even though you may suspect Vitiligo, it is important to be absolutely certain that it is indeed the cause of your pigment changes and that nothing else is going awry within your body.

### The Signs & Symptoms of Vitiligo

The most obvious sign of Vitiligo are white patches that appear on the skin. They often resemble bleach marks where the pigment has simply worn off of the skin. Of course, the coloring on your skin has not actually worn off, but rather, the cells beneath the skin have stopped making pigment, resulting in those whitish splotches you see.

The most common places to first notice the effects of Vitiligo include the hands, feet, face, arms and lips. The reason is because these body parts are most often exposed to the sun. But that does not mean the discoloration stops there. Although Vitiligo can eventually cover the entire body, here are a few of the most common places that you may notice discoloration or pigment changes:

- Eyes
- Armpits
- Groin
- Around the Mouth
- Inside the Mouth
- Nostrils
- Navel
- Genital Area
- Rectal Area
- The Hair -- in the vast majority of patients, early graying can be a sign of Vitiligo.



## Take This Self Check for Diagnosing Vitiligo

Although it is never a good idea to self diagnose any condition and then treat yourself, taking a self test by checking off symptoms on a symptom checklist can be helpful in explaining your condition to your doctor.

Ask yourself these important questions to determine you might possibly be suffering with Vitiligo:

- Does anyone in your family suffer with Vitiligo (parents, siblings, aunts, uncles, cousins, grandparents)?
- Do you or other family members suffer from any autoimmune diseases?
- Did you have a rash, sunburn, or other skin problem before the white patches appeared?
- Did you have some type of stress or physical illness just prior to the white patches appearing on your skin?
- Did your hair turn gray before age 35?
- Are you sensitive to the sun?
- Do the white patches on your skin feel normal (no itching, irritation, etc)?

If you found yourself answering yes to more than one of these questions, then it may be time to make an appointment with your doctor and start considering that Vitiligo may be at the root of your skin problem.

## Diagnosing Vitiligo

While most general practitioners may feel comfortable diagnosing Vitiligo with little more than a basic physical exam, sometimes a dermatologist is sought after to make the final diagnosis.



### **Medical History**

The first step in making a proper Vitiligo diagnosis usually requires an in-depth patient interview, where your entire medical history will be taken as well as a history of those in your family.

There are several things that a doctor may be looking for when taking your medical history:

- **Recent sunburns:** it is not unusual for a severe sunburn to cause the onset of Vitiligo. Some doctors blame the pain and trauma to the skin that the burn causes, while others think that the burning actually strips the cells of their ability to make melanin for at least a time; although the condition can be permanent in some people.
- **Physical trauma:** friction on the skin caused by a physical malady has also been linked to Vitiligo outbreaks. Another trauma cause: surgical incisions.
- **Previous inflammation, infections and chemical leukoderma** too can cause Vitiligo and must be considered as a possible cause.
- **Autoimmune Diseases:** if you suffer from any number of autoimmune disease like Lupus, it could be aggravating (or even causing) the changes in your skin color.
- **Stress:** extreme stress is a big Vitiligo indicator so your doctor may ask about the stress in your life to determine if it could be a factor in your diagnosis.
- **Genetics:** in addition to asking about your overall health and any changes you may have experienced in recent weeks or months, your doctor will also likely ask a lot of questions about your family members and whether they suffer from Vitiligo or other skin disorders or any type of autoimmune deficiencies.
- **Thyroid Problems:** an inactive thyroid can also affect skin pigment, so your doctor will need to know about any thyroid conditions you suffer from (now and in the past)



- **Melanoma:** even if your melanoma was in another area of the body, be sure to tell your doctor. It can be a direct cause of Vitiligo.

### **The Physical Exam**

It may seem like common sense that your doctor would do a physical exam to determine whether or not you have Vitiligo. But, your dermatologist is looking at more than just those white patches. He/she is also looking for trauma to the area (as in a sunburn or surgical incision); the condition and health of the overall skin area and of course exactly what the de-pigmentation looks like.

Vitiligo can look very different, depending on what type it is. For instance, in Trichrome Vitiligo, a rim of hypo pigmented skin surrounds the patches found on the skin. This can appear as three different shades of color in the affected area.

Taking the time to really look at your skin blotches can help your doctor determine if you do indeed suffer from Vitiligo and if so, which type is most likely affecting your skin.

## Tests for Vitiligo

While a physical exam and medical history may be sufficient for patients when it comes to diagnosing Vitiligo, some people may need to undergo further testing in order to determine exactly what has gone wrong to cause their skin to lose its natural coloring.

### **The Wood's Lamp Examination**

The Wood's Lamp Technique is an excellent diagnostic tool for diagnosing Vitiligo. By using a black light that emits UVA radiations of 315-400 nm, your doctor can see several things:

1. If your skin gives off a bluish effect. This fluorescent effect is not normal when the skin is healthy, but is quite common when Vitiligo affects the skin.



2. How much contrast is on the skin. UVA rays can not penetrate into the deep layers of a Vitiligo patient's skin layers. This causes a big difference in the way healthy skin looks against Vitiligo affected skin.

### **Blood Tests**

While blood tests alone can not confirm a Vitiligo diagnosis, it can often shed light on other conditions which could be causing your symptoms or that are so closely intertwined with Vitiligo that figuring out they are a concern can focus your doctor's attention more on Vitiligo.

Just some of the blood tests that could indicate a closer look at Vitiligo include:

- **a Complete CBC:** by looking at how your red and white blood cell production is, your doctor may suspect an ongoing infection that could be the underlying cause of your Vitiligo
- **SED Rate:** a high SED rate could indicate inflammation somewhere in the body. Since inflammation can be a cause of Vitiligo it could steer your doctor in a new direction regarding your diagnosis
- **Thyroid Function:** a dysfunctioning thyroid is often the cause of Vitiligo
- **Adrenal Function:** if your liver and adrenals are unable to work properly it could cause skin pigmentation fluctuations
- **B12 Levels:** in most cases, people suffering with Vitiligo also have a B12 deficiency.





### **Skin Staining**

Melanocytes can be more easily seen when the skin is stained with specialized staining agents such as Fontana-Masson (which highlights pigmented cells) or Dihydroxy-phenylalanine (which highlights unpigmented cells), your doctor will be better able to see how much pigment is left in the skin as well as where the cells may have stopped working in part or altogether.

### **Skin Biopsy**

Although not a common test to detect Vitiligo, it is done in some rare cases, especially when there is some concern of skin cancer, a chronic skin condition or fungal and bacterial infections.

During a skin biopsy a piece of skin, tumor or a mole is removed to be studied more carefully under a microscope. This type of close scrutiny can tell your doctor if you suffer with any type of ongoing infection; some sort of undiagnosed skin disorder; cancer, or some other problem. Skin biopsies are almost always ordered when your doctor suspects that another condition is causing your Vitiligo symptoms.

So, what is a skin biopsy like? It depends on the type you have done. First, it is important to understand that the area to be biopsied will be numbed with a topical agent, followed by an injection. You will be awake for the procedure, which usually takes less than 10 minutes. Here are some examples to give you an idea of what to expect during the procedure:

- **Punch Biopsy:** in this type of biopsy, a small cylinder-like instrument (it looks a lot like a cookie cutter) is used to “punch out” a small section of skin to be studied. Depending on how much skin is needed, one or two stitches may be applied to help close the wound.
- **Excision Biopsy:** this type of procedure takes a bit more skin to be studied (usually the entire white patch). Stitches are usually required.
- **Shave Biopsy:** Using a scalpel, the outermost layer of the infected skin is shaved off and studied. Although the wound is covered for a day or two, no stitches are usually needed.



- **Aspiration:** in the event your doctor finds a lesions or bumps that seemed to be filled with liquid, he/she may also extract the fluid during an aspiration process (this involves a small needle and syringe).

Even though most skin biopsies are quite simple and fast, taking only a few minutes in the doctor's office, it is important to understand that there are some risks involved in the procedure like: infection; allergic reactions to the numbing agents; bleeding; pain and slow wound healing. For this reason, be sure to ask your doctor exactly why he is ordering a biopsy and if you are comfortable with his reasoning than go ahead. This is a test that could give you some important answers.

### **Eye Exams**

Another important test you may need to diagnosis Vitiligo is a thorough eye exam. During the exam, your doctor will look for signs of Uveitis, or inflammation of the eye. It has been reported that 40% of Vitiligo patients also experience damaging effects to tier retina and choroids, making regular eye exams essential to maintaining healthy eyesight despite your Vitiligo.

## Other Disorders Related to Vitiligo

Vitiligo is rarely a disorder that just appears all on its own. It is usually accompanied by another medical condition (whether the Vitiligo causes the other condition or vice versa is up for debate). Some other disorders that are related to Vitiligo include:

### **Halo Nevus**

A white depigmentation resulting in a halo effect around a mole is called Halo Nevus. For some reason the white blood cells in the area begin to attack the mole, causing the loss of pigmentation in a circular area around its border. Although harmless, Halo Nevus can sometimes be a precursor to skin cancer, so moles exhibiting it should be watched carefully.



Although it is a different type of pigmentation disorder than Vitiligo, it is seen in Vitiligo patients 10 times more than the general population.

### **Pernicious**

Very common in Vitiligo patients, Pernicious is caused by the body's inability to absorb vitamin B12.

### **Uveitis**

An inflammation in the internal parts of the eye, nearly half of all Vitiligo sufferers show symptoms of this unusual eye disorder. While not usually dangerous, severe Uveitis can cause some sight loss.

### **Thyroid Dysfunction**

The thyroid is a small gland located below the skin and muscles at the front of the neck which control metabolism and growth. The thyroid helps to regulate how all of your other organs work (including the skin), and when it does not work properly all kinds of things within the body can go haywire. With nearly 60 million Americans suffering from some sorts of thyroid dysfunction and its link to Vitiligo, it is amazing that more people are not reporting loss of pigment to their skin. Considered one of the most popular diseases that can cause Vitiligo or affect the severity of its symptoms, thyroid dysfunction should always be considered when Vitiligo is present.

### **Addison's Disease**

A chronic endocrine disorder that occurs when the adrenal glands are unable to secrete sufficient hormones throughout the body, Addison's Disease is not common amongst the vast majority of Vitiligo patients, but is common enough to leave researchers admitting some link between the two diseases.

### **Systemic Lupus Erythematosus (SLE)**

Patchy skin color is often one of the symptoms of this autoimmune disease, leaving some doctors considering it as a leading cause of Vitiligo. Considered a chronic inflammatory disease, SLE affects the skin, joints and kidneys the most and is





caused when the immune system begins to attack healthy tissues, thinking them to be dangerous invaders to the body.

### **Inflammatory Bowel Disease**

Causing severe inflammation of the intestines, inflammatory bowel disease can present a host of symptoms including chronic cramps, diarrhea, anemia and of course Vitiligo. Some researchers believe it is the inflammatory response in the body which causes the skin to discolor.

### **Autoimmune Disorders**

When the immune system starts to attack itself for any reason, an autoimmune disorder will result. Any type or severity of these disorders (including the ones mentioned above) can lead to Vitiligo. As a matter of fact, more than half of all Vitiligo patients report experiencing some type of autoimmune problem before first noticing their skin changing color.

As you can see, there are quite a few disorders related to Vitiligo. Researchers are still trying to figure out which ones actually cause Vitiligo and which ones may be symptoms of the disorder. A type of chicken and egg scenario, deciphering which came first can be difficult – if not impossible—in some people. The important thing to realize is that these disorders often accompany Vitiligo. While skin pigmentation in itself is not dangerous, some of these other health concerns can be and must be treated as soon as they are discovered.





## Chapter Four: Conventional Treatments for Vitiligo (and their consequences)

In the vast majority of cases, Vitiligo is left untreated. Oftentimes cosmetics can be used to help even out skin tone and keep the condition from being overly apparent to the outside world. Still, in some more severe cases, medical intervention may be necessary to either restore pigment to the skin or to get rid of any leftover pigment in order to make the skin look more cohesive. As you will clearly see, however, is the fact that many of the treatments offered by the medical community offer some risks that many patients are not comfortable with. Sure, some of these medications and treatment offerings may help to reduce your symptoms, but at what costs to your overall health and well being?

### Conventional Medications and Over-the Counter Drugs for Treating Vitiligo

Read any book on the subject of Vitiligo and you will be bombarded with all sorts of suggestions on how to even out the pigment on the skin. Some of these remedies rely quite heavily on prescription and over-the-counter drugs such as these:

#### **Corticosteroids**

Topical Corticosteroids are one of the most common medications prescribed for Vitiligo symptoms. Used to help increase melanin production in the skin, topical corticosteroids have been found effective in some cases. Although these topical ointments and creams can improve skin pigmentation in less severe cases of Vitiligo and those treated during the early stages of the disease, the one drawback of this type of treatment is the length of time it takes to work. The average patient reports an average of 3-5 months before seeing any improvement to their skin. One important note to keep in mind when using corticosteroids is that they come with some potentially serious side effects when used for long periods of time (which of course they must be in order to see the results desired). Here are just



some of the side effects you should be wary of before beginning this type of treatment:

- **Thinning of the Skin:** when used for several months corticosteroids can cause the layers of the skin to thin unnaturally, which can increase incidences skin infections. Consider the fact that the skin is the entire body's first line of defense against dangerous invaders such as viruses, bacterium and more and you can see why a thinning of the skin can be dangerous to your entire body and health.
- **Skin Striae:** Corticosteroids may help to lesson the effects of Vitiligo but can also increase the instances of Striae, a type of skin striping.
- **Stretch Marks**
- **Vitiligo Relapse:** oftentimes once corticosteroid use is discontinued, symptoms return. \* **Skin Shrinkage and Wrinkling:** premature wrinkling due to skin shrinkage is often associated with prolonged use of this type of medication.

### Dovonex

A Vitamin D derivative that is available in a cream form, Dovonex is used in conjunction with other treatment methods (like corticosteroids), Dovonex does not work by itself on Vitiligo, but can be used to help enhance the positive facts of other treatments. Some of the main side effects of this treatment include:

- **Severe allergic reaction:** hives, rashes, difficulty in breathing and swelling of the mouth and throat can be a very serious side effect of using this medication
- **Burning and itching:** some patients report short-term burning and itching in and around the area the cream is applied.
- **Worsening of Symptoms:** in some cases, Vitiligo can actually worsen with Dovonex treatment.
- **Skin Peeling:** from very minor to severe, some patients report skin peeling in the area the creams was applied.



### **Immunomodulators**

Another type of topical ointment used to help restore pigment to the skin, topical Immunomodulators are typically used in conjunction with UVB treatments (more on that in a minute). Immunomodulators containing ingredients like pimecrolimus and tacrolimus seem to be the most effective when treating smaller Vitiligo spots on and around the neck and face. Although considered safer than prolonged corticosteroid use, topical Immunomodulators have been linked to both skin cancer and lymphoma. Little is really known as to who is most susceptible to these life threatening effects and more research is underway to see how serious of a risk they contain. Extreme care should be taken when even considering this type of treatment for your Vitiligo.

### **Aloe Vera**

Used for thousands of years to treat all sorts of skin ailments, aloe vera gel is still used to help reverse the effects of Vitiligo. Containing skin healing properties, many people have reported success when applying the gel directly to their white patches. With little (if any) side effects, aloe vera is generally considered safe for anyone. In rare cases, those who may be allergic to it will experience skin irritation. Aloe Vera should be only be used topically. Stomach cramps and diarrhea will result if taken orally.

The one main drawback of using aloe vera gel to treat Vitiligo is how long it takes to work – which can take 9-15 months!

### **Topical Psoralen Plus Ultraviolet (PUVA)**

Also known as phototherapy, PUVA seems to be quite effective in treating patients suffering with less than 20% Vitiligo coverage on the body. Here is how PUVA works: Psoralen (a thin filmy substance), is first applied to the surface of the skin for about a half an hour. The chemical makes the skin very sensitive to light. Then the affected area is exposed to high levels of UVA radiation which helps to turn the white patches pink due to a type of burning effect. As the skin begins to heal over



the next few days, normal skin color tends to return. To be most effective, treatments must be given several times per week.

As you can imagine, this type of therapy does offer some potentially dangerous side effects. Skin burning (like bad sunburn) is the most common risk as well as blistering. Damaging the skin in this manner over and over again can also weaken the skin, making it more susceptible to skin cancer in the future.

Hyper pigmentation or too much pigment is another concern, causing the treated skin to darken more than the rest of the body, causing the reverse reaction of Vitiligo, but just as noticeable. This effect can sometimes be limited or even avoided by staying out of direct sunlight following the treatment.

#### **PUVA Water Bath**

An easier way to get the most Psoralen on the skin is to soak in a Psoralen bath for about 10-15 minutes prior to the UVA exposure. Of course, the same types of side effects may occur when using this treatment including:

- sunburn which of course can damage skin cells further, even causing an increase in Vitiligo symptoms
- blistering which can damage skin cells permanently
- skin cancer which can be potentially deadly
- and hyper pigmentation which darkens the areas of the skin being treated. Although pigment is restored, it is uneven when compared to the rest of the skin.

#### **Oral PUVA**

Oral Psoralen Photochemotherapy is recommended for those suffering with moderate to severe Vitiligo which covers more than 20-25% of the entire body. In this method, an oral variety of the Psoralen is taken a few hours before exposing the skin to UVA light either in a doctor's office or naturally through direct sunlight. Treatments should be given every few days and should always be regulated by a qualified dermatologist or other skin specialist.



This can be a very dangerous treatment option for some people, offering a variety of side effects:

- **Skin cancer:** exposure to high levels of UVA radiation is not good for the long term health of the skin. While it may be effective in returning normal pigment to a Vitiligo ridden area, it can increase your chances of developing serious (or even life threatening) melanoma in the future. You can decrease this risk by avoiding sunlight after treatment and using sunscreen regularly. Still, the damage to skin cells remains as does your increased level of contracting skin cancer down the line.
- **Sunburn and blistering:** short term affects of Oral PUVA include mild to severe skin burning and blistering. This can be very uncomfortable and even allow infection to intrude the skin.
- **Abnormal hair growth:** areas treated with oral PUVA may experience unusual hair growth and since the medication is taken orally, other body parts may also be affected.
- **Nausea and vomiting:** this usually lasts for a few hours after ingesting the oral medication.
- **Skin darkening:** some patients have complained of an over-darkening of the areas once affected by Vitiligo patches once oral PUVA was used.
- **Cataracts:** children are especially susceptible to developing cataracts after using this type of Vitiligo treatment.

### **Monobenzone**

A very potent drug, Monobenzone can sometimes successfully return pigment to a Vitiligo ravaged area of the skin, but can be very dangerous if not used properly. *Those allergic to the compound Monobenzone (or its derivatives) should not use this drug!* Also, be very careful not to get it on any non-Vitiligo affected skin. The drug works by making the skin overly sensitive to the sun, thereby enabling it to absorb more ultraviolet light in order to induce melanin production. Of course this



could leave a patient unable to go outdoors during high sun hours from 10 am to 4 pm daily.

Other side effects of this type of treatment include sunburn and blistering as well as an increase in skin cancer. Sun exposure and tanning are strictly prohibited while using this medication. Another drawback: it can take up to four months to see any improvement in skin coloring.

### **Oral Methoxsalen**

Used to treat the most extreme cases of Vitiligo, this oral medication must be taken exactly as prescribed and dosage amounts should not be fluctuated. Some of the most dangerous side effects of Oral Methoxsalen include:

- skin cancer
- skin aging and wrinkling
- cataracts (especially in children)

### **Topical Methoxsalen**

Used in conjunction with UVA light therapy, Topical Methoxsalen is a chemical that helps to increase melanocyte production in the skin by making it much more sensitive to ultraviolet light radiation.

Since the skin becomes so sensitive after treatment, any exposure to natural or artificial sunlight should be avoided for at least two days. Even sitting near an open window can cause a serious sunburn and blistering.

### **Topical Oxsoralen**

Another potent cream that is applied to the skin prior to UVA light therapy, topical Oxsoralen offers the same benefits and side effect as the other medications described above including wrinkling; sunburn, skin cancer, skin darkening, skin thinning and more. Taking as long as 6-9 months to work, using this type of treatment requires a lot of patience as the patient awaits any noticeable changes to their skin coloring.



## Other Vitiligo Treatments (including surgery)

Although topical and oral medications are most commonly used in conjunction with UVA light exposure in order to treat Vitiligo there are other intensive treatment options available – including a variety of surgical procedures:

### **Narrowband Ultraviolet (UVB) Therapy**

Similar to traditional UVB therapy, narrowband ultraviolet light therapy is growing in popularity due to its ability to be used without the need of topical ointments being applied prior to treatment. Still requiring several sessions per week, another benefit of the procedure is the ability to target smaller skin areas affected with depigmentation. Although promising, the side effects of this treatment option have not been thoroughly evaluated and studied, leaving many patients (and their doctors) concerned about it along-term affects on the skin and body. Consider this therapy carefully since many unknown factors could cause serious health concerns on the future.

### **Excimer Laser Therapy**

Originally used to treat eye problems, the Excimer Laser allows doctors to target even the smallest area with UVB light, making it very popular in treating areas around the face and eyes. Many people have reported minor to severe redness and blistering after undergoing this treatment.

### **Depigmentation**

Depigmentation is one way to help even out skin tones when a large percentage (more than half) of the body is afflicted with Vitiligo. Instead of trying to increase melanin production or reversing Vitiligo, Depigmentation takes another tact: erasing the pigment from the rest of the skin so it matches the whiteness of the Vitiligo.

Using a potent chemical called Monobenzene ether of hydroquinone, Depigmentation actually “bleaches” the skin to some degree, getting rid of the rest





of natural coloring of the skin. It must be applied several times a day for a matter of months.

There are several negative aspects of using this treatment. For one, you permanently alter the pigmentation of the skin. Once your natural coloring is lost, it can not be regained. Also, the skin will always be more sensitive to the sun, which means that you can not spend a lot of time outdoors without being completely covered and wearing sunglasses. Even short stints in the sun must be avoided. This condition will not improve over time. Less permanent side effects include redness and swelling for a few hours after each treatment as well as itching and dry skin.

#### **Micro-Pigmentation (tattooing)**

One rather popular way to help even out the pigment on the skin is to actually tattoo the Vitiligo infected area. While it may sound easy enough to tattoo those white patches away, there are some negative side effects to this type of treatment:

- allergic reactions
- swelling and inflammation
- infection
- possible scarring
- fading (over time)
- color mismatch (it is very difficult to match a person's normal skin color)
- Inability to tan (tattooed areas will not tan, which may leave you with light and dark areas during the summer months)

#### **Surgical Helps For Vitiligo**

For those with the most severe forms of Vitiligo, there may be some surgical help. Grafting and skin cell transplantation has all been used with some success. One promising new technique involves transplanting normal skin cells from one area of the body (or from a donor) and inserted in the affected skin area to help increase melanocyte repair and production. Of course some scarring may be visible after the healing process is complete, but in general the procedure seems to work well for many people.



Grafting too has shown some promising results for more severe cases of Vitiligo. This surgical procedure requires actually moving skin grafts taken for one part of the body and sewing it into a Vitiligo infected area to see if the new skin will grow there. When it does, normal pigment returns. When it comes to skin grafting, there are several options to choose from:

- **Punch Grafting:** small thick skin grafts are plated into the afflicted area. PUVA is often used to help stimulate melanin cell growth. This procedure does often create a cobblestone effect on the skin, so may not offer the benefits of other grafting procedures.
- **Thin Split Thickness Graft:** Often used to treat the lips and hands, a very thin layer of skin is grafted over the affected area under general anesthesia. Scarring is usually experienced.
- **Section Blister Grafting:** Offering far less scarring than other grafting methods, section blister grafting is more invasive and does cause severe blistering during the healing process. This of course, could set the patient up for infection. During the graft, a specialized instrument is used to separate the epidermis from the dermis. The epidermis is then placed over top of the white patches being treated, where it is expected to grow normal looking skin.

In addition to grafting, which uses sections of the patient's (or a donor's skin) to cover over the Vitiligo afflicted area, transplants work in a different manner, concentrating more on actual skin cells.

When transplantation is used, Melanocytes and keratinocytes are taken from normal areas of the skin and injected via a laser into the areas no longer able to make pigment on their own. A dressing is used to cover the area while it heals.

One of the biggest risks of this type of procedure is the fact that by injecting improper growth mediums, skin cell production could go haywire, thus resulting in the growth of malignant melanocyte cells (skin cancer)!



To help keep this danger low, many doctors prefer to add Keratinocytes to the melanocyte cells transplant in order to alleviate a need for a growth medium to be used.

Another thing to think about when considering a surgical option for treating Vitiligo is the fact that anytime a patient undergoes a surgical procedure (no matter how minor) infections, bleeding, excessive scarring and other health problems can occur. While Vitiligo may be a difficult disorder to deal with, surgery can cause some real health issues in some cases.

With so many different types of traditional treatments for Vitiligo, you may be wondering how best to treat your affliction. Whether you face any type of medical treatment, it is always best to talk over your options carefully with your doctor, taking the time to ask a lot of questions about possible side effects. Thankfully there are more natural and side effect free options for you to consider when deciding on a treatment regime for curing your Vitiligo.

It is clear that traditional means of treating Vitiligo can cause some serious long term (and life threatening) risks, making it even more important to learn as much as you can about the natural and holistic helps available. Nature offers tremendous helps in your quest to reverse Vitiligo and restore the skin to its more natural and beautiful self.

Now that you know what the medical community offers in the way of treatment, lets take a much closer look at the safer – and often more effective -- alternatives offered by nature itself.





## Chapter Five: The 5 Step Vitiligo Miracle System for Reversing Vitiligo

We have talked a lot about all of things that make Vitiligo hard to treat. Yet, I have promised you a real cure for your disorder. Yes, it is true I have uncovered the exact mix of natural remedies that will not only relieve your symptoms but reverse your Vitiligo, giving you the beautiful, smooth and color your skin had before Vitiligo struck! Ready to get started? Good! There is a lot to learn:

### The 5-Step Holistic Vitiligo Cure System

#### Step #1: The Vitiligo Miracle Diet, Nutrition, Digestions and Metabolism Program

Vitiligo has been directly linked to toxins in the body. So, how do those toxins and chemicals get there? In many cases it is the result of years of poor diet and unhealthy eating. The skin is the largest organ in the human body. Therefore it makes sense that what you eat would work to make it stronger; or strip it of the essential elements it needs to thrive.

The best place to begin your new Vitiligo reversing regiment is with your diet. If you happen to follow any of these dangerous eating habits it is no wonder your skin is reacting:

- **Eating the wrong mix of foods:** when you overload your body with the wrong foodstuffs, your liver, kidneys and bowels are unable to flush out the toxins found in them, thus building up over time. When these toxins hit a dangerous level, the body begins to urge them in other ways – like through the skin. This of course can cause all kinds of trouble for the skin and its delicate cells. Vitiligo is just one result.



- **Failing to take in the right amount of essential vitamins and minerals:** Your skin needs a certain amount of essential vitamins and minerals in order to remain healthy. Fail to provide them and it will react in any number of ways.
- **Not recognizing certain food intolerances:** allergies are just one way that the skin reacts to certain food choices. Another is a lack of processing, which can leave the skin battling a toxic chemical overload from multiple preservatives.

So, what does all of this mean? The first step in battling Vitiligo is to feed your body only fresh, organic, quality foods.

### **FOODS AND OTHER ELEMENTS TO AVOID WHEN BATTLING VITILIGO**

When it comes to treating Vitiligo, it is important to understand the link the foods and elements you digest may have with your condition. Many food items and dietary elements can actually worsen symptoms or cause Vitiligo in the first place. So, which foods have been linked to the formation of Vitiligo?

#### **Gluten**

Many people are allergic to gluten laden foods (such as wheat products) without even knowing it. Although they may not experience any obvious outward signs of an allergic reaction such as hives, rashes, etc., inwardly, their bodies may be responding by producing inflammation. This response may keep the immune system in a chronic state of attack, which leads to it actually attacking itself. This is one way those Melanocytes may be deactivated, causing Vitiligo. Gluten foods that should be avoided when suffering with Vitiligo include: wheat, barely, oats, breads, pastas, crackers, oatmeal, cookies, cakes and pies.

#### **Acidic Foods**

Acid- based foods such as lemons can sometimes increase stomach acids, which in turn can promote an alkaline heavy blood flow. When the alkaline to acid ratio is imbalanced in the blood, problems such as Vitiligo can result. The human body



needs the proper mix of alkalinity and acid in order to work properly. In most cases, your health depends on having a higher concentration of alkaline in the system than acid. Unfortunately, many of the things we commonly eat today tend to create more acid in our system than we need – or should have. When this happens, the chemical reaction in the body makes us more susceptible to disease and other physical ailments, like Vitiligo.

Don't make the mistake of thinking acids are bad in the body; they aren't. But, it is important to understand that the right mix of the two is what makes everything work properly. Get either one off balance and you will feel the manifestations in some way.

### **Adopting an 80/20 Food Ratio**

For the best health and immunity against disease, researchers have concluded that the blood should be slightly alkaline with a pH level of 7.3-7.5. But, how can you maintain this level consistently? One way scientists have discovered is to adopt an 80/20 diet plan. That means that 80% of the foods you eat should be alkaline-based; with the other 20% being acid based.

Unfortunately for most of us, the average American diet is the complete opposite – no wonder we are feeling so many health effects these days!

### **What are Alkaline and Acid Formers?**

Pick up a food (any food) and you probably have no idea whether it is an alkaline or acid forming food. The first thing to understand is that every food is either: alkaline-forming; acid-forming; or neutral. Most alkaline foods are lighter, water-based and easier to digest foods like fruits and vegetables (although there are some acid-based fruits and veggies like cranberries, blueberries, plums and prunes). In general, however, most plant-derived foods are alkaline based.

Here are some of the best alkaline forming foods that Vitiligo patients should try to include in their diets:



- **Freshly squeezed lemon in hot or cold water** – this helps to maintain the bodies' proper alkaline levels
- **Fruit Juice** – grape, pear, papaya, guava, apricot and pineapple all work well
- **Fresh or stewed fruits**
- **Vegetable juices**
- **Cereals** - Millet, Amaranth and quinoa are the only alkaline cereals; the rest are acidic

Acid forming foods are usually proteins like meats, grains, sugars, fats and oils. They don't digest as easily as alkaline based foods and take more work for the body to process and absorb. When you eat a lot of these foods, the acids they produce can build up in the body and bloodstream, which will, of course, aggravate any skin condition, including Vitiligo.

While it is important to eat some acid forming foods to keep the systems that regulate growth, development and repair, on course, too many of the following foods can cause problems:

- starches
- sugars
- cheese
- potatoes
- vinegar
- processed meats
- proteins
- preservatives
- artificial flavorings/coloring
- alcohol
- starches

Relatively neutral foods are things like dairy including milk and yogurt, although low-fat varieties are needed of the most neutral effect and these better be avoided altogether.

Too much acid in the system can become toxic for just about anyone. But, for someone suffering with a chronic skin condition like Vitiligo, it can cause an increase in symptoms. If you aren't sure how to better balance your alkaline and acid levels try taking in Glyco-Thyomine.



### Glyco-Thymoline

This important intestinal antiseptic is alkaline--based and when used internally (usually 3-5 drops in a glass of water 3-5 times per week), can help to restore proper alkaline balance in the intestines. This is good news for the Vitiligo patient who may be dealing with Leaky Gut Syndrome. Although Glyco-Thymoline is available over the counter as a mouthwash, you must see your physician or approval to take it internally.

### Nightshades

Vegetables are a mainstay to the Vitiligo sufferers' diet. There are some vegetables; however that can cause inflammation and therefore should be avoided. Nightshades fall under this category.

There are certain vegetables referred to as nightshades because they contain a substance called belladonna. This can be a deadly poison that is often used in strong medications. Vegetables which contain low levels of this poison that can build up in the body (and intestines) causing havoc in some people. Vitiligo can be a result of this toxic build-up. What vegetables belong to the nightshade group and what makes them cause vitiligo in some people?

- **Tomatoes:** high in acid content, tomatoes and their derivatives (ketchup, sauce, etc).
- **White potatoes:** Both pulp and skin of a white potatoes can cause Vitiligo problems in some people due to the level of glycoalkaloids found there.
- **Eggplant, peepers and paprika:** these are three foods that tend to hold high amounts of toxins.
- **Tobacco:** smoking actually poisons the respiratory system, which contracts blood vessels and adds more acid to the body; two things that should be avoided when you suffer with Vitiligo. FYI: secondary smoke can be just as harmful to your body (and skin) as taking up the habit yourself.





### **High Fructose Corn Syrup**

Found in high levels of many everyday foods, high fructose corn syrup (and its derivatives) has proven to be detrimental to your overall health and immune system. Containing very little fructose, this type of sweetener contains mainly glucose and when eaten in excess (as many of us unwittingly do), can cause the body to go into a state of alert as glucose levels rise and fall unnaturally throughout the day. This can cause such serious problems as diabetes, as well as lighter problems such as Vitiligo as the body tries to fight back. High fructose corn syrup is found in many everyday products but is especially high in such things as sweetened drinks; snack foods, etc. Be sure to read labels carefully to see what levels of this sweetener is being used in the foods and drinks you use regularly.

## **HOW JUNK FOODS AFFECT YOUR SKIN'S CONDITION**

As you can well imagine, some of the biggest culprits in our diet today that may be affecting our skin are processed foods which is, of course, junk food. Unfortunately, many people do not recognize that some of their diet staples are considered “junk foods” when compared to their all-natural counterparts.

### **Processed Foods**

Many of today's basic foods are found in boxes, cans, and bags. Take a look at the ingredient list on your favorites. Can you pronounce all of them? If not, put that package right back on the shelf. Here is the golden rule for eating healthy: if you can not pronounce an ingredient then do not eat it! Why? Because it is a chemical! Think about it – those processed foods are meant to stay fresh for days or even weeks. Bake a loaf of homemade whole wheat bread and watch it mold in less than three days. Set out a loaf of store bought bread (even whole wheat) and the odds are good it will sit on your counter days or even weeks before it begins to show the telltale signs of age (and mold). What is keeping that bread from molding? Preservatives, of course. And it is those exact preservatives which are building up in your system causing your immune system to attack your melanocyte cells, killing them off until they stop making important skin pigment. When you



think of processed foods, think about nay fast making food you find in a box, a can or even frozen. Lunch meats also contain a high level of preservatives.

### **Pre-Packaged Foods**

Pre-packaged foods are often found in the freezer department, but do not have to be. They are ready-made meals and snacks that simply need to be thawed and cooked. Some can even be eaten without being cooked. These foods are usually already precooked and laden with all sorts of chemicals in order to stay fresh and look good. Some of the kinds of prepackaged foods that you should avoid when suffering with Vitiligo are: Lunchables; frozen pizzas; breakfast sandwiches; Lean Cuisine and other types of microwavable lunch entrees.

### **Fast Foods**

Who doesn't run through the drive through every once in awhile for a quick bite to eat? Or maybe you head to the deli at the grocery store and pick up some precooked chicken or a hoagie. These types of fast foods are horrible for your skin and when you suffer from Vitiligo could be aggravating your condition. At the very least, eating these types of foods are weakening your immune system so it won't work as well as it could – or should.

### **Sugary Drinks**

Drinks laden with sugar play havoc with your bodies' ability to regulate its metabolism and hormone output. When the pituitary gland, pancreas and thyroid are stressed by too much sugar, it can affect the way it deals with the rest of your body – including your skin. Soda is the most common culprit in this area to avoid, but also consider cutting lemonades, fruits drinks; juice boxes; ice teas and orange aids such as Sunny Delight form your diet.

### **Sweet Treats**

Everyone likes to indulge in a sweet treat every now and then and that is okay. Having a piece of pie or scoop of ice cream on a special occasion will not hurt you or your skin; but eating them regularly may. What are some of the sweet treats that you should avoid? Here are just a few: cookies; candies; snack cakes, donuts,



ice cream and ice cream novelties; pies; some snack bars and crackers, pop tarts; and more.

Of course, these are not the only foods and elements that should be avoided when suffering from Vitiligo, here are a few more:

- greasy or fatty foods
- chocolate
- alcohol
- spicy foods
- sour foods (strawberries, yogurt, pickles, and more have all been linked to Vitiligo outbursts)
- Blueberries – some research has indicated that blueberries may aggravate Vitiligo symptoms
- Smoking: nicotine tends to dry out the skin, which can affect pigmentation levels.

Now that you know what you should not eat when suffering with Vitiligo, let's look at what you can (and should) be giving your body on a daily basis.

## **FOODS TO EAT AND NOURISH YOUR SKIN**

Just as some foods work against your body, other foods can actually help to restore optimal health and strength. Why, there are even certain foodstuffs that can help the skin heal itself and begin producing melanin again. We are going to discuss some typical foods that you should include in your diet, as well as go into details about foods and elements that should be ingested to help reverse your Vitiligo and get your skin cells working properly again.

### **Protein**

Since eating too much animal protein can actually cause other health concerns, you should fill your diet with plenty of enzymes and tissue building plant proteins found



in fruits and vegetables like soy beans, sunflower sprouts, bananas, cucumbers, organs, green leafy lettuces, and watermelon.

### **Oils and Fats**

Oils and fats have gotten a bad reputation in recent years, yet the body requires a certain amount of both in order to work properly. Some animal fats can be eaten safely such as chicken and pork. Minimal lean red meats may also be consumed in an otherwise healthy diet. When it comes to oils, be sure to always use extra virgin olive oil when cooking. Ripe with healthy fats, extra virgin olive oil isn't just safe to eat, it can actually help to boost your cardiovascular system and immune system.



### **Omega 3 Fatty Acids**

The cornerstone of the Vitiligo diet are foods rich in Omega 3 fatty acids. Why? Because they are considered the inflammatory fats. Essential fatty acids like Omega 3 and Omega 6 can have long lasting effects on your entire body. Linked to better cognitive health, getting enough essential fatty acids in your diet can help keep circulation levels good; prevent inflammation and boost the immune system to help keep vitiligo from returning. We have already talked about the importance of cooking with extra virgin olive oil above. But there are other Omega 3 rich fat containing foods that you absolutely must add to your diet if you want to stave off a Vitiligo attack.

They include:

- Salmon, sardines, herring and anchovies – these are all considered cold water fish and contain high levels of omega 3 fatty acids.
- Flaxseed, hempseed (and their oils+)
- Walnuts (and their oils)
- Avocado (and their oils)



### **Vegetables**

You simply can not get enough fresh organic vegetables in your diet when fighting any type of medical condition. Always opt for the more colorful varieties rich in purple, orange, green, yellow and red coloring. Beetroots, spinach, Brussels sprouts and carrots are excellent choices. Dark green leafy vegetables are best for Vitiligo sufferers since they contain the right mix of nutrients. Some vegetables to avoid are those which may cause an inflammatory response like tomatoes, peppers and potatoes. Often called nightshades because they grow during the evening hours these vegetables may contain important nutrients to the Vitiligo diet, but can often incite inflammation which can aggravate it, so should be used sparingly in Vitiligo recipes.

### **Fruits**

Some important fruits that can help beat Vitiligo include dates, bananas, mangoes, apples and apricots. Here's an important tip for Vitiligo sufferers: eat the white membrane found inside the rind of citrus fruits. It is loaded with phytonutrients which help boost the immune system and fight disease.

### **Legumes**

Chickpeas are an excellent vitamin source and should be eaten on a regular basis.

### **Nuts**

Fresh unsalted nuts (walnuts, peanuts, almonds, etc), are good source of healthy fats and vitamin E which are both necessary for healthy skin and boosting the immune system response. .



### Water

Most people underestimate the power of water when it comes to their overall health, not to mention their skin health. Water is one of the most important ingredients your body needs on a regular basis to work properly; starve your cells of proper hydration and they will fail to work properly – or at all. How much water is enough? Most experts agree that unless you drink *at least* 2 liters of fresh clean water every day (which few of us manage), the odds are good that you are starving your skin of the H<sub>2</sub>O it needs.

But, that is not enough. We still need to feed our skin water from the outside with plenty of moisturizers and non skin drying activities. If you smoke; stop and if you eat foods with a lot of preservatives which can dehydrate the body, and the skin. Substitute some of the vitiligo food savers listed above.



To ensure that you are drinking enough, try these simple tricks:

- keep a water bottle with you at all times, sipping from it regularly
- if plain water bores you, try adding some kick to it by plopping a lemon or lime slice in your glass
- always drink one glass of water before or after each meal
- always drink a glass of water upon rising in the morning
- drink one glass of water before retiring for the night
- aim to drink at least a small amount of water at least every hour
- drink when you feel hungry between meals (the odd are good you aren't hungry anyway, but thirsty)



### **Seaweed**

Seaweed is a wonderful way to give your entire body a burst of important nutrients. Packed with dozens of nutrients, it is a good way of getting everything you need. If you just can't stomach the thought of eating seaweed on a daily basis try this instead: add dulce and kelp seaweed seasoning to your recipes (it's a wonderful replacement for salt!). Not only will you not notice the taste, but it will give your thyroid a nourishing jolt!

### **Sprouts**

Adding sprouts to your salads and other recipes is a great way give your body plenty of plant protein, vitamins, minerals, enzymes and more. Sunflower sprouts, alfalfa sprouts and mung bean sprouts are best for beating Vitiligo.

### **Humus**

Several studies have indicated that eating humus several times a week can have a detoxifying effect that reverse the sign of Vitiligo.

### **Whole Grains**

Whole grains are always best – never eat white flour products or white rice.

### **Spices**

While some spices should be avoided when suffering from Vitiligo, many nutritionists believe that cayenne, garlic, onions, fennel, black paper, turmeric, ginger and cinnamon may all be beneficial to Vitiligo and should be used plentifully in your recipes.

### **Omega 3 Fatty acids**

Found in cold water deep sea fish, omega 3 fatty acids have been found to offer unbelievable healing agents that the body needs. Since omega 3's can not be produced by the body like some other minerals, it is vital that they are included in your diet several times per week.



### ***A Great Healing Broth for Vitiligo Patients***

Want to give your body more of the nutrients it needs to heal your skin? Here is a broth designed to give your body and immune system just what it needs to increase melanin production and keep those white patches away:

#### **Ingredients:**

- Radishes (bulbs and leaves)
- Mustard seed
- Ginger bulb
- Peppercorns
- Celery
- Chickpeas
- Seaweed flakes
- Turmeric (one dash)
- Other fresh organic vegetables to taste

#### **Directions:**

Boil vegetables for about half an hour and blend in a food processor. Strain and drink (add a dash of amino acids).

Note; mixture can be frozen to be used as a soup. Be sure to reheat on a conventional stove – do not microwave!

### **MEAL PLANNING FOR THE VITILIGO SUFFERER**

Planning meals that incorporate all of the ingredients discussed isn't always easy. But, it sure can be fun -- if you let it! Instead of being intimidated by the lists of no-no foods and must-have foods, think of its journey as a fun experiment. Now is your chance to try some new ingredients and see what you can do with them to develop some tasty recipes that you can enjoy. Plus you will experience the benefits of a healthier new and even toned skin.

Meal planning may seem tedious to some, but keep in mind that once you get in the habit of eating the right foods, you will not have to plan your meals so much. For those who are used to eating a lot of pre-packed, pre-made and even food-on-





the-go, meal planning may seem just a little bit harder. To help ease you through this transition try a few of these important tips:

- **Find 10 recipes that you love and keep recycling them.** Set an 11-day schedule for your main meals and keep rotating them. For instance on day 1 you will eat the same meals that you did on day 1 and on day 12 you will eat the same meals as you did on day 2. Get the idea? That way you won't have to keep rethinking your menu. Some people even go as far as to pre-select their main meals for a month at a time.
- **Make bulk batches.** If you find it difficult to cook on a regular basis, then consider making larger batches of your recipes and freezing portions to be used later. Take a soup recipe and freeze it into individual containers for lunch. Larger casseroles can be frozen in smaller containers for quick heat-them-up meals when you're too busy or tired to cook. If you like making larger batches of food, consider taking one day a week to make several recipes in large batches and freezing several weeks worth of menus.
- **Remember to add special treats.** Completely changing the way you eat isn't always easy, even if it is meant to improve the way you look and feel. That's why it is important to periodically let yourself indulge in a special treat. As long as you stick to your new eating plan most of the time, an occasional treat shouldn't hurt your health or your skin.

#### **Do I Need to Keep a Meal Log?**

Some people insist that their eating habits could not affect their Vitiligo. If you firmly believe this, then take a few days (or a week) and keep a log of everything that passes by your lips. Jot down on a piece of paper everything you eat and drink – you may be surprised at the things that could be aggravating your Vitiligo. Maybe you are right and your diet is pretty healthy, still you indulge in a few things that are often linked to an increase in Vitiligo symptoms. With a meal log you will be able to look for connections between what you eat and an increase in your symptoms.



### **The Digestion Factor**

Once you begin changing your diet you should begin to notice some changes in the way you feel right away. You should have more energy and basically feel better. If this is not the case or (gasp) you notice new symptoms in your Vitiligo or other health issues, then you may want to consider the fact that you may have some digestion problems.

Celiac Disease is closely related to Vitiligo. Because the body is unable to digest gluten filled products easily, the immune system is weakened and the body begins to experience a host of health problems including increased inflammation, allergic reactions, digestive disorders and even skin distress. Why? Because a stressed immune system often attacks itself, causing all sorts of autoimmune responses -- including Vitiligo.

Once way to see if an inability to digest gluten is causing some of your Vitiligo problems, try a gluten free diet for a few weeks. If you notice a change in how you feel (and how you look), start adding back some wheat products and see what happens. If your symptoms return then you know that you should have your doctor check you for celiac disease or some other type of gluten sensitivity.

Here is another thing to consider: a sluggish digestive system does not allow the body to absorb the nutrients it needs, plus it may be slow to rid the body of toxins, allowing them to build up in the system. These are all things which can contribute to Vitiligo and its symptoms.

So, how can you improve digestion? You can try taking in vegetable based digestive enzymes along with hydrochloric acid. Many Vitiligo patients are lacking these enzymes, so talk to your doctor about how to best add them to your new health regime.



Keeping your liver healthy and strong can also aid digestion. Drinking pure mineral water and fresh squeezed lemon juice have both been recommended in boosting liver health.

Juicing too can be very helpful when digestive issues are to blame for your Vitiligo. Since fresh squeezed juices allow nutrients to go directly into the bloodstream it is like giving your cells an instant nutrient boost.

One last tip for aiding your digestion: drink papaya or pineapple juice (preferably fresh) after each meal.

### **The Metabolism Factor**

Most people know that a slow metabolism will cause them to gain weight, but did you also know that it can keep you from digesting proteins and carbohydrates properly and keep your body's cells from absorbing nutrients? It is true – a slow metabolism can cause all sorts of health concerns including Vitiligo!

What can you do to give your metabolism a boost? Here are a few basic tips to try:

- **Eat a healthy breakfast** and give your metabolism a jumpstart at the beginning of the day.
- **Drink tea.** Just one cup of caffeinated tea a day can boost your metabolism by a whopping 12%! Keep in mind though that more than one couple will not increase that percentage and taking in too much caffeine can actually increase Vitiligo symptoms.
- **Drink plenty of water.** Research has shown that drinking 48-64 ounces of water every day can boost your metabolism by at least 5%!
- **Detoxify your body.** Canadian researcher shave learned that toxic buildup in your body can actually slow down your metabolism. Rid your body of these toxins and enjoy a big metabolism boost!
- **Eat iron rich foods.** Iron helps to give you energy and without enough energy your metabolism will begin to slow.
- **Exercise.** There have been several studies that have shown that a daily moderate exercise of even just 20 minutes of walking can boost your metabolism.



Once you begin to add more metabolism fueling foods to your diet, your body will be in a better position to do its job at protecting your skin (and those melanin cells) more efficiently.

### **STEP # 2: Boosting Immunity for Fighting Vitiligo**

Considering how much you have learned of are about Vitiligo, you may be wondering if there is a direct link (or just a suspected one) between the strength of your immune system and your Vitiligo symptoms.

Most researchers agree that the immune system does indeed impact a patient's degree and severity of Vitiligo. Recent studies even indicate that faults in the immune system actually cause the disorder.

Before we talk about these important links, let's learn a little more about how the immune system works so you can better understand how it can cause your skin cells to change the pigment of your skin when things go awry.

#### **WHAT IS THE IMMUNE SYSTEM AND WHAT DOES IT DO?**

You know that your immune system helps to keep you healthy, but have you ever wondered exactly what it is and where it is found in your body? The immune system is made up of a myriad of special cells, proteins, tissues and even organs that work to protect the rest of the body from invading germs.

The immune system is a wonderful defense mechanism that works through a series of steps called the immune response. When a threat is detected, white blood cells that are stationed in the bone marrow, spleen and thymus rush to the area, ready to attack.



But, how do they get there so quickly? There are millions (maybe billions) of lymphatic vessels all throughout the body that work like a super highway, able to transport fighter cells anywhere at a moment's notice.

Problems occur when these fighter cells think that a good cell in the body is actually a dangerous invader, and they attack. This seems to be one of the things that happens when a person develops Vitiligo. For some reason, the se fighter cells think that the Melanocytes which make skin pigment is a danger to the body and begins to destroy them. Or they may simply render these pigment making cells useless, leaving them unable to produce skin coloring any longer. This can happen because of an allergic response which causes the immune system to overreact, or an autoimmune disorder which causes the immune system to attack itself. Sometimes the Melanocytes sort of commit suicide by attacking themselves. Something as simple as a serious sunburn or as serious as an infection can cause the immune system to secrete enzymes that may also harm melanin-producing cells and start one of these reactions. The result: Vitiligo patches on the skin.

One of the biggest culprits to Vitiligo seems to be the influx of autoimmune disease now plaguing our society. As a matter of a fact, it has been reported that more than half of all Vitiligo patients also suffer with some form of autoimmune disorder. Many more may remain undiagnosed! Whether you suffer from rheumatoid arthritis, diabetes, or Celiac Disease and Lupus, the fact is that your immune system inability to protect your body can (and does) result in all sorts of medical side effects including skin depigmentation.

### **How Your Thyroid Health Can Affect Vitiligo**

Your thyroid is essential to good health. Without a properly functioning thyroid every metabolic function in the body can go haywire. The immune system and its reactions are especially susceptible to thyroid dysfunction.

The thyroid gland helps to release chemicals and hormones throughout the body, keeping all systems running smoothly. When something happens to disrupt this hormone production and release all sorts of symptoms can result.



When the thyroid becomes slowed, Hypothyroidism may result. This can cause swelling of the hands and feet; cold extremities; fatigue and more. In more severe cases, Hypothyroidisms can actually release antibodies into the system called antithyroglobulin antibodies that puts the immune system on alert, causing it to begin to attack itself. This happens when antibodies called TSH3, TSH4, T3, T4 and TPO attach to a protein called thyroglobulin in large numbers. The result can be any number of autoimmune issues, including Vitiligo. When left unchecked, these antibodies can actually destroy the thyroid. One of the best ways to determine if you have a build-up of these antithyroglobulin antibodies is to have your doctor perform an anti-thyroglobulin blood tests to measure the amounts of each of these antibodies found in your system. It is a simple test that can yield some very important results.

Vitiligo has been closely linked to the thyroid; since thyroid dysfunction is most often the cause of an autoimmune response by the body. This is one reason why special care should be taken to boost the thyroid in order to strengthen the entire immune system.

Despite very clear findings, many people still do not believe the immune system has much to do with Vitiligo—that assumption is wrong! The link between the immune system and Vitiligo should not be underestimated. Once you understand the role these fighter cells have in the disorder, the better able you will be to help reverse your condition. While some medications and procedures can help to stave off symptoms, until the immune system is strengthened and stops attacking those melanocyte cells, you will be unable to actually find a permanent cure to your Vitiligo.

There are a lot of things that can help to reverse your symptoms, but keeping them from coming back requires boosting the immune system; making it as strong as you can.



### **Building a Stronger Immune System**

Now that you understand everything your immune system is doing each day to protect you from bacterial infection, diseases and even the common cold, you are probably wondering what you can do to optimize its efficiency. Of course, a healthy lifestyle will result in a good and strong immune system, but let's take a look at some specific things that can help you boost its effectiveness, and also learn what you can do to strengthen your immune system so that it can work at its best for you.

#### **Diet**

Diet is a big one. Whether it's a concern about immunity or heart disease or fighting obesity, diet is both the topic and the tool necessary to create a healthy life for all of us. Our culture has become one of fast food, convenience foods and pre-packaged foods that are high in saturated fats, artificial ingredients and sodium. All of these contribute to the growing number of people who are battling weight problems and the diseases that go hand in hand with obesity: diabetes, high blood pressure and heart disease.

Eliminating fast food from your diet and avoiding fried and fatty foods will put your body into a healthy groove and give you more energy and better health. Replacing these foods with a diet of fresh fruits and vegetables (at least 5 servings every day) will put you on the path to a strong immune system, and also help you lose weight and reap many health benefits along the way.

#### **Sleep**

When your body is at rest, it is able to repair itself better than when it is in action. Your mother was right on this one. When you have a cold; you should get a lot of sleep so that you can fight off the virus that has attacked your cells. If you keep up with your regular routine when you are sick, your body will be busy responding to all the activities you are doing: walking, talking, thinking, and cooking, and all this will create work for your cells.



On the other hand, when you are asleep, your body is only working on the involuntary functions and there is much less stress on your cells. The immune system can work its best when you are not doing anything and just recovering.



When you are healthy, it is just as important to get a good night's sleep. Most adults are going through their days without adequate sleep - most do not get the recommended 7-8 hours of sleep every night. This puts us all at greater risk of an illness and does not

allow our immune systems to function well. Did you know that if you set that alarm to wake you up, you are actually depriving your sleep? Some other symptoms of either short or long term lack of sleep are: inability to concentrate or make decisions; weight gain; clumsiness; poor daily function and drowsiness throughout the day. Our society is certainly on the go, but we need to take our sleep needs seriously to remain healthy and build our immune system.

If you are not suffering from a sleep disorder, there are many things you can still do to improve the amount and quality of your sleep. If you think you are struggling with sleep apnea or insomnia, you should consult your physician for help as these are true medical conditions and not the result of a habit. To improve your sleep, you should:

- avoid caffeine or sugar close to bedtime
- establish a good, relaxing bedtime routine
- avoid stimulation such as watching disturbing television shows or the news right before you hit the bed if you have a worrisome personality
- improve your daytime habits by exercising





With a few changes to your sleep routine and careful attention to the amount of sleep you are getting, you will be improving your immune system and your overall health as well.

### Exercise

If there was a magical solution to health problems, it would probably be regular aerobic exercise. From heart disease, to obesity, to depression, exercise can have amazing results in reducing your symptoms. And when you are on a healthy diet too, you can often reverse much of the damage that has already been caused to your body. If you think of your body as a machine, it needs to be in motion and running to work at its best. If you left your car in the driveway and didn't even turn the engine over for months at a time, it is likely that the car will not start up the next time you need it. Your body is built in the same way - we are made for motion and for exercise.

Getting the recommended 30 minutes of exercise at least 3 days a week will not only help your immune system, but also your heart, lungs, outlook and it will also help you get more and better sleep!





### Hydration

If you feel thirsty, you are probably already dehydrated! Just by drinking 6-8 glasses of water each and every day, you have given your immune system a boost and your whole body will thank you. Your blood pressure will be better if you stay hydrated as will your resting heart rate. Many people find that their skin looks better and they sleep better when they are hydrated. More than 60% of your body is water, so water is obviously necessary for proper functioning.

Don't be fooled into thinking that diet, caffeine, and loaded sodas can be equal to water because they don't contain any calories. Diet beverages are generally high in sodium and increase your desire for sweets because they deliver the taste of a sweet without any calories. Caffeine is a diuretic, which means, it eliminates water from the body, and thus for every beverage you consume with caffeine, you should drink a bit more water to replace what you are losing. If you cannot face a morning without your cup of coffee or tea, consider eliminating all other sources of caffeine from your day. You will soon regain the energy you may feel you have lost from that caffeine "high."

Alcohol serves as a depressant in the body and should be consumed in only small amounts. If you choose to drink alcohol, try red wine instead of white, as experts have touted the anti-oxidant properties of red wine.



### Reduce Stress

Your immune system actually reacts in response to stress. It isn't all in your mind; there is a physiological component to stress that puts your body in overdrive. Adrenaline rises, your heart and breathing quickens and your muscles tense when you are under stress. Your immune system scrambles to push oxygen and hormones to the cells to combat the effects of your reaction to situations when you are under extreme stress.



When the stress isn't immediate, but is long term, your body will respond with lack of sleep or poor sleep, and often this might cause depression, and this will create problems for the immune system. Ongoing stress or anxiety can manifest itself in the body in a number of ways, but mostly it's our lifestyle changes during times of stress that damage the immune system. We don't eat as well, we skip exercise and we remain awake at night thinking about our worries. This is not a good way to build a strong immune system.

Ups and downs are an inevitable part of life, and no one is immune to times of stress and anxiety. The way we react to these circumstances and how we take care of ourselves in times of stress make all the difference to our immune systems. Some ideas for managing stress:

- **Exercise:** exercise releases natural endorphins into the body and makes us feel good both during the activity and beyond. This, coupled with the other health benefits of exercise should keep you exercising even when life is hectic.
- **Talk:** find someone you can talk to about your problems: a support group, a concerned friend or family member, a pastor or spiritual leader or even a therapist. Being able to address your stress factors and work through them will help you deal better.
- **Breathing exercises:** because the body is absorbing the stress, you are probably depriving it of necessary oxygen. So spend a few minutes a day, a few separate times each day to do some deep breathing exercises. This will help you calm your mind and it will also send the much-needed oxygen to your cells.



### How can vitamins help your immune system?

You may know someone who swears by his/her zinc tablets or huge doses of vitamin C to cure a cold. The person may be on to something, because both of these elements are able to boost the natural protective powers of the immune system. While neither can actually “cure” a virus, which has to run its course by nature, a jumpstart to the immune system can help you shorten the life of a virus, once it’s gotten hold in the body.



#### **Vitamin C**

Vitamin C that is found in both the citrus fruits like oranges and grapefruit and other fruits too such as strawberries is a great friend of the immune system. It increases the number of white blood cells that are produced and released to attack an infection, and it increases the amount of interferon that is produced by the body. 200 mg of Vitamin C is the recommended dosage for most adults. There are, however, no credible studies to support the claims that mega doses of the vitamin are any more helpful than the standard dosage. As with any vitamin, they are best absorbed through food, but may be supplemented when necessary.

#### **Vitamin E**

Vitamin E, found in healthy oils and grains, has much the same effect on our bodies as Vitamin C. It increases the production of “killer” cells that seek out and destroy infections. A multivitamin with 100 or more mg a day will allow you to boost your immune system that is available from Vitamin E.

#### **Zinc**

Zinc is a mineral that increases the production of white blood cells and T-cells that emanate from the Thymus. Zinc is thought to be essential to ear health because of the concentrated amounts of zinc that are found in the inner ear. Much like the hype surrounding mega-doses of Vitamin C, some people and companies claim that large amounts of zinc will fight off a cold or attacks from other viruses. However,



be careful because too much zinc can be dangerous and amounts over 75 mg per day can actually depress the immune system rather than enhance it. You should aim for 15 to 25 mg per day of zinc intake.

Zinc is found in food such as meats, beans and certain kinds of shellfish such as oysters. A good multi-vitamin is likely to supplement your diet with enough zinc, and it can create a positive effect on your immune system.



### **Beta-carotene**

The third member of the “big three” anti-oxidant vitamins, beta-carotene is another vitamin that increases the number of cells that are produced to fight infection. It is also essential for fighting cardiovascular diseases. Sweet potatoes, carrots, collard and other greens are high in beta-carotene and are great natural sources for the nutrient.

## **FOODS TO BOOST YOUR IMMUNE SYSTEM**

We have already touched briefly on the idea of diet as a way to build your immune system already, but we should really spend some more time on those specific foods that can help you put it on the right track. Every year, sometimes every month, there seems to be a popular “super food” that is the answer to all the world’s problems. Sometimes it is the grapefruit diet or the spinach shake or a berry supplement, but in reality, there is no one food that is the answer to any health problem. It takes a variety of foods to achieve optimum health and build a strong immune system.



As we mentioned earlier, our society has embraced the instant gratification of fast food and convenience food products. Home made meals have been replaced, and even the meals made at home have today a great deal more processed ingredients than what was there just a decade ago. There are so many convenience foods today that look like their home made counterparts, that it's easy to give up the idea of healthy eating and opt for the time savings of a pre-made item.

### **Eat your vegetables**

Fresh is always the best when it comes to putting together a healthy diet, and one that is rich in fresh fruits and vegetables will be the best help your immune system can get. Dark, leafy greens are rich in vitamins and minerals as are the orange vegetables like sweet potatoes, carrots and squash. Consuming 5 servings of fruits and vegetables every day will pay off with big dividends in health improvement. When fresh food is not available, frozen is the next best, with canned coming in third. Canned vegetables are often prepared with added salt and should be avoided when possible.

### **That's Hot!**

Believe it or not, foods that are spicy hot are good for you. Hot peppers and even hot sauce can stimulate mucus production in the nasal passages and can actually help you feel less congested when you are suffering with cold or flu symptoms. Their strong flavors may also be the only thing you can taste if you have a cold. Peppers also have good anti-oxidant properties.

### **Remember the Protein**

Protein is an important part of everyone's diet. Women especially are at risk of a lack of protein, particularly when they are on a restricted diet because they are trying to lose weight. Protein is essential for the maintenance of cells in the body as well as the repairing of tissues and organs. If you are deficient in protein, your body's immune system will be weaker. Lean proteins like the ones you can get from chicken and the omega-3 filled salmon should be a regular part of your immune-boosting diet. Red meats are fine in moderation, but their fat content should be taken into consideration.



### **Eat like a bird**

Try adding some seeds and nuts to your diet. Flaxseed, sunflower seeds, and nuts of all kinds are packed with nutrients and can increase production of the cells that fight infections. Nuts can be very fattening if not eaten in moderations, but as part of a healthy diet, they are a great resource.



### **Make yours whole**

Wheat, that is. Avoiding simple starches and white flour and using whole grain in its place is another great way to increase the valuable nutrients you are getting from the foods you eat. The absolute best way to ingest your vitamins and minerals is from the food you eat, rather than from those supplements. So, wherever possible, increasing the nutrient content in your food will help your immune system perform at its best.

## **HERBS FOR A HEALTHY IMMUNE SYSTEM**

Just as many vitamins can boost your immune system, there is some proof that herbs and tea can also give it a kick start and get it on the right track. Herbal supplements are not regulated or guaranteed by the Food and Drug Administration, and so you should always consult your doctor before starting your herbal regimen. Yes, it is natural, but this is no guarantee that it can't be harmful or that it cannot interfere with some prescription or over the counter medication you are already taking. Checking in with your family doctor is always a good idea and can help you avoid possible harmful interactions or side effects.



### **Echinacea**

Echinacea is an herbal supplement that boosts the immune system and reduces the severity and length of the common cold. It is often taken with vitamin C products.

### **Green tea**

Rich in anti-oxidants, green tea has long been a staple of the very healthy Asian diet and has gained popularity in America over the last decade. It is not only beneficial; it also contains very little amounts of caffeine and can be a good substitute for coffee for all those who are looking for a warm drink.



Other herbs that are good for strengthening your immune system, either by supporting its function through anti-oxidants, or by producing bacteria-killing cells, are ginseng, piperine, olive leaf and garlic. Probiotics have also become popular and are able to normalize the bacteria population in your intestinal tract and eliminate harmful bacteria, and replace them with the healthy bacteria that you need for digestion.

## **HOW EXERCISE CAN HELP YOU TO HAVE A HEALTHIER IMMUNE SYSTEM**

As we discussed earlier, exercise is probably the number one best thing you can do for your overall health. Regular, moderate aerobic exercise gets your heart pumping and oxygen circulating throughout your cells. The more you continue on an exercise regimen, the better will be your health benefits. You will sleep better; have more energy, your sex drive will improve and even your moods will improve. Exercise fights depression and obesity and gets your immune system working at its best.

### **How much is enough?**

If you are moving from a sedentary lifestyle to an exercise routine, your first stop should be your family doctor. Most people are healthy enough for exercise even if





they haven't been active in quite some time. Your doctor can suggest a good way to get started and inform you of any concerns there are for your health.

Walking is usually a good exercise for people who are new to fitness, and it doesn't require a gym membership or fancy equipment. Just get a good pair of sneakers and some music, and you are ready to hit the pavement.

Set a realistic exercise goal for yourself and keep at it! Even if you are only able to go around the block one time this week; next week you should be doing the same routine twice and pretty soon you should be looking forward to your daily exercises. Experts recommend that healthy adults should get 30 minutes of moderate exercise at least 3 days every week, but that is the minimum. Once you get on the path to a healthy lifestyle and fitness habit, you will find yourself looking for physical activity daily.

Some ways to sneak in extra exercise are:

- take the stairs instead of the elevator
- park, further away from the store
- walk whenever you can
- encourage your whole family to join you
- plan active outings for your kids (what a great role model you will be!)

Once you start to exercise, you are likely to find that you are getting sick less often, and even recovering more quickly when you do catch a cold. Your immune system can function better if your body is working at its best, when you are getting enough sleep, and when you have reduced the levels of stress. Exercise can do all that for you!





## BOOSTING THYMUS GLAND FUNCTION

Building optimum Thymus gland function is a very important method for ensuring a healthy immune function. The thymus gland is the largest gland of the immune system and is responsible for many immune system functions. It's safe to say that its health practically determines the state of the immune system.

The thymus gland is also responsible for the release of several hormones that regulate numerous immune functions. (These hormone levels are usually low among individuals that suffer from infections, AIDS and cancer).

To optimize Thymus gland function we need to:

- 1. Ensure proper production of thymic hormones.** This can be achieved by consuming nutrients such as: B vitamins, Zinc and Vitamin C as deficiencies in any of these nutrients can result in a compromised production of immune beneficial hormones. (See Nutritional Supplementation and Immune Function)
- 2. Prevent the Shrinkage of the Thymus:** the dietary intake of Zinc, Vitamin E and Vitamin C will take care of that. (See Nutritional Supplementation and Immune Function)
- 3. Take Thymus Extracts to Enhance Thymus Function:** The daily intake of Thymulus can significantly improve thymus function. (See Nutritional Supplementation and Immune Function).

### Step # 3: Vitamin, Herbal & Mineral Supplementation for Vitiligo

A healthy mix of vitamins and minerals is essential to good health. It may be even more important when you suffer with a chronic condition such as Vitiligo. Not only does the immune system require the right nutrition in order to remain healthy and strong, but when you suffer with any skin condition, important nutrients may be



drawn away from other parts of the body to help heal the skin. If you are lacking these important vitamins and minerals your skin will not have what it needs to heal.

### **Fighting Vitiligo Naturally With the Right Nutritional Supplements**

One look down the supplement aisle of your health food store and you will see hundreds of different supplements offered to help cure just about every ailment known to man. As you peruse the offerings, it is easy to get carried away and think that you need to buy one of everything that says it will help boost your immune system and heal your skin. Avoid this reaction! Yes, it is important to get the right mix of nutrients, but oftentimes finding a good multivitamin and few other aids is enough to get your body (and skin) back on track.

The tick to finding what you need is knowing what to look for. Here are a few of the basic supplements that you should consider when trying to heal your skin:

#### ***Pantothenic Acid***

Another important vitamin which helps the skin keeps its moisture. Pantothenic Acid (vitamins B-5) can help keep drying and itching at bay.

#### ***Pyridoxine***

This important B-Vitamin (B-6) gives the body the power to fight infection.

#### ***Hyaluronic Acid***

Offering anti-aging properties, this works as a wonderful moisturizer, keeping the skin from drying out and causing itching that could incite a vitiligo flare up.

#### ***Essential Fatty Acids***

Essential fatty acids like Omega 3 and Omega 6 have been linked to all sorts of health benefits, including the ability to reduce inflammation and irritation to the skin. Found in deep sea water, fish and nuts, EFA's are an integral component to good skin health.



### **Chromium**

A great vitiligo fighter, chromium works to reduce infections of the skin.

### **Zinc**

A great healing proponent, the right level of zinc in the body can help rejuvenate damaged skin cells which can also help to lower the risk of developing Vitiligo as well as other skin conditions.

### **Immune Boosters**

There are a lot of ways to help boost your immune system. But here are some of the most powerful and important immune boosters for the entire body as well as the skin:

### **Coenzyme Q10**

Coenzyme Q10 is an essential mineral needed to keep your cells functioning properly. Without enough of this important enzyme, all sorts of degeneration can result.

### **Antioxidants**

Every time our cells use oxygen they give off a by-product called free radicals. If left unchecked, these free radicals can cause all sorts of damage to our bodies; ruining our health and your skin. Antioxidants are free radical scavengers. They actually go through our bodies, dissolving these dangerous free radicals, keeping us healthy. Some of the most common antioxidants are: Lutein; Lycopene; flavonoids; carotenoids and Vitamins A, C and E. By giving your body these important antioxidants, you can keep your joints healthy and strong.

### **Essential Fatty Acid**

Essential fatty acids like Omega 3 and Omega 6 can have long lasting effects on your entire body. Linked to better cognitive health, getting enough essential fatty acids in your diet can help keep circulation levels good; prevent inflammation and boost the immune system to help keep vitiligo from returning.



### **Phytochemicals**

Although not essential to human life, Phytochemicals can make your body healthier, giving it the boost it may need to fight off vitiligo symptoms. A plant based disease preventer, Phytochemicals work by protecting cells and inhibiting their destruction from disease.

Some of the most common Phytochemicals to consider adding to your diet include:

- **Isoflavones:** they work to balance hormones
- **Indoles:** they stimulate enzyme sin the body to fight off disease
- **Allicin:** offers a potent anti-bacterial effect for the skin

### **Important Minerals**

I bet you did not know that lacking certain minerals in your system can also have an effect on skin health as well as your immune system response. Here are just a few of the important minerals to make sure you have in your diet or multi-vitamin. If you discover that you have a severe deficiency in one or more of them you may want to consider finding a supplement that contain the proper amounts:

- **Boron:** a lack of boron in the diet can sometimes inhibit cell growth. It is easiest found in cider, wine and nuts.
- **Calcium:** known bets as a bone strengthener, calcium also helps to keep our blood supply sufficient, our heart to beta properly and our nerve transmissions to go through. It is found mostly in deep green leafy vegetables, almonds and seeds such as flax and sesame seeds.
- **Cesium:** this often overlooked mineral helps our brain to function properly and gives us energy (both needed to keep cells working properly). Although you can't ingest it, cesium is found in nutrient-rich soil so buying organic fruits and vegetables can help to boost your body's levels of this important mineral.
- **Chromium:** found in grains, clams and brewer's yeast, chromium helps keep our metabolism high



- **Cobalt:** very important when it comes to keeping our skin healthy, cobalt works to activate enzymes and keep the light amount of red blood cells in circulation.
- **Copper:** Found in soybeans, nuts, and organ mea, copper is essential to the production of elastin in the skin.
- **Iodine:** a wonderful thyroid inducer, iodine is essential to good thyroid health. It is found mushrooms, salt, fish and kelp.
- **Lithium:** helps to regulate the endocrine system; found in mineral rich soil.
- **Nickel:** helps to regulate the alkaline phosphate levels in the body which can contribute to Vitiligo type problems. Found in grains nuts, dried beans and chocolate.
- **Selenium:** found in broccoli, tuna and wheat germ, it helps to preserve tissue elasticity in the skin. Silicone: essential to helping the body repair and maintain tissues in the body and keep your skin healthy. It is found in grains and root vegetables.
- **Zinc:** a great digestion helper and metabolism booster, zinc is found in organ meats and brewer's yeast as well as sunflower seeds.

### **Vitamin Supplements**

Vitamins are extremely important to your health – and reversing your Vitiligo! Several studies have concluded that a lack of certain vitamins may halt the healing process (or even cause Vitiligo in the first place).

One such study was documented in 1992, he it was discovered that many Vitiligo patients suffer from low folic acid and Vitamin B12 levels. When given 1000 mg of vitamin C; 10 mg. of folic acid; and 2 mg. of B12 every day, their symptoms soon began to disappear within weeks. By month 24 80% of patients reported a complete reversal of their symptoms. The results of this study were conformed five years later when another group of Vitiligo patients was studied and found similar results.



Vitamins are not just a good way to keep your immune system healthy, on a cellular level, they are vital to keeping cell production at the right level.

There are 13 vitamins that the body must have to stay healthy. The top five include Vitamins A, B, C, D, and E. The skin needs these vitamins so that it can work properly. Vitiligo patients especially need the proper amounts of A, D and B vitamins to stave off symptoms.

It is always best to try and eat a well balanced mix of foods that offer a good variety of vitamins and minerals. Most nutritional experts agree that if you try and mix your plate full of different colored foods, (making it resemble a rainbow of flavors and choices), then you are likely getting a good health mix of foods every day.

Still, many of us find it difficult to get enough of the many different vitamins and minerals needed to both keep our bodies healthy and supply our skin and immune system with the substances it needs to repair damaged cells. Thankfully, taking certain nutritional supplements can help to replenish lost vitamins and minerals and keep our nutritional needs balanced, despite what we lack in our everyday diet.

But which vitamins should a Vitiligo sufferer take? Here are a lot of the most common:

### ***Vitamin A***

Also referred to as Retinoid, Vitamin A is a great vitamin source when it comes to keeping the skin supple and avoiding dryness and wrinkles. Some foods that can help you get sufficient amounts of vitamin A include organ meats, eggs, sweet potatoes, carrots and broccoli.



### ***B- Complex Vitamins***

Taking a good quality B-Complex vitamin supplement can help keep your skin healthy and strong. Bananas, eggs, oatmeal and rice are good natural food sources containing high levels of B- Complex vitamins.

### ***Thiamine***

A great antioxidant, thiamine (Vitamin B-1), can help the body naturally purge any toxins which could damage the skin and cause an eczema reaction of the immune system.

### ***Riboflavin***

Otherwise known as Vitamin B-2, riboflavin is essential to healthy skin, giving it the nutrients it needs to rejuvenate damaged cells.

### ***Niacin***

Niacin helps the skin retain its moisture, which will help keep it from drying out, causing the itching flaking and scaling often associated with eczema.

### ***Pantothenic Acid***

Another important vitamin which helps the skin keeps its moisture. Pantothenic Acid (vitamins B-5) can help keep drying and itching at bay.

### ***Pyridoxine***

This important B-Vitamin (B-6) gives the body the power to fight infection.

### ***Vitamin B-12***

An important component to cell growth and cell division, Vitamin B-12 helps the body to better produce new healthy skin cells to replenish older ones which could be causing vitiligo flare ups.

### ***Vitamin C***

Ascorbic acid is most often found in citrus fruits and is necessary to help keep the immune system working properly and to reduce inflammation.





### ***Vitamin D***

Derived from sunlight, vitamin D is essential to healthy skin; especially for a vitiligo patient whose body craves Vitamin D and sunlight.

### ***Vitamin E***

Found in vegetable oils, nuts, olives and spinach, Vitamin E is a great antioxidant for the entire body, but especially the skin. Just some of the skin benefits that Vitamin E offers include:

- the ability to re-hydrate skin cells
- protection from the sun
- anti-drying properties for the skin
- protection from pathogens

### ***Vitamin K***

A great antioxidant for healing bruises, vitamin K helps to heal damaged skin more quickly.

### **Herbal Treatments for Vitiligo**

Herbal therapy is becoming more and more popular among medical practitioners these days – even traditional ones. One reason is the fact that herbal therapy is very effective, especially in the treatment of various skin disorders. Plus, it often offers fewer side effects than commercial pharmaceutical drugs used to calm those flare-ups and treat the skin.

Still, using herbal remedies should be done under close supervision with a qualified naturopath and your physician to ensure that the herbs being used are not interacting with your other medications or causing other serious health effects.

Remember, just because herbs are all-natural does not always make them safe. Some herbs used in the wrong way can cause serious infections as well as liver problems. The same is true for both topical and consumable herbal products.



That said; herbal therapy can be a good way to enhance your treatment in a safe and effective manner. So what types of herbs are best used in treating Vitiligo?

### ***Picrorhiza***

A wonderful digestive aid, Picrorhiza has been shown to help keep the number of white patches and severity of Vitiligo by:

- helping the digestive system work more efficiently
- Boosting digestive metabolism
- cleansing the liver
- enhancing healing
- increasing cell production
- lowering inflammation within the body

### ***Gingko Biloba***

Halt the spread of Vitiligo with just 1200 mg of Gingko Biloba or so claims one study.

### ***Stinging Nettle***

A vegetable based source of Vitamin B 12

### ***Royal jelly and Bee Pollen***

Both help to boost the immune system and aid in healing. They can also help to keep allergic reactions at bay.

### **Herbal Teas**

In addition to herbal ointments, oils and creams, consuming certain herbs in the form of powders and teas can also be beneficial in preventing and treating Vitiligo. So much so that herbologists and homeopathic medicine workers have been using them for centuries to treat and cure just about every ailment known to man!





Herbal teas offer soothing help to rid the body of excess heat and improve lymphatic draining, and to keep inflammation low and sooth an over reactive immune system. These are all essential to stopping Vitiligo.

There are four main herbs used for medicinal purposes:

### 1. *American Yellow Saffron*

Grown in the United States, England and the Mediterranean, American Yellow Saffron can be brewed into a very effective tea, which works well to treat intestinal ailments including leaky gut syndrome. Known as an intestinal antiseptic, it works well to flush the kidneys and liver as well as heal lesions of the stomach and intestines. Note: avoid using saffron tea if you are pregnant or plan on becoming pregnant since there have been reports of miscarriage when using it.

To brew saffron tea, simply put ¼ teaspoon of saffron tea into a cup and then pour boiling water over it. Stir. Cool, strain and drink. Be sure to make a fresh cup at each sitting. Most people prefer to rink saffron tea before going to bed.

For those who do not like tea, mixing up a gallon of saffron water by adding a teaspoon of saffron to one gallon of boiling water; steeping for 25 minutes then draining and cooling, and then feel free to drink during the day. Since it is not as concentrated as brewed tea, it can consumed in larger amounts, although most medical practitioners advise their patients to not exceed eight 8 ounce glasses per day.

### 2. *Slippery Elm*

Slippery Elm is known for its healing effect on the large and small intestines. Offering a protective coating to the intestines, it can help those toxins found there from seeping into your bloodstream and causing your immune system top overreact.



To prepare a tea from slippery elm, follow these simple steps:

- put one half a teaspoon of slippery bark powder into a warm cup of water
- Stir and then let stand for about 15 minutes (but no longer than 30 minutes)
- Be sure to drink about a half an hour before breakfast

Note: if using both slippery elm and saffron tea to heal your vitiligo, be sure to wait at least eight hours before drinking the next tea. Drink them too close together and you may nullify any beneficial effects.

### 3. *Chamomile*

One of the world’s oldest and most used herbal medicines chamomile tea has been used in virtually every part of the world to ease the discomfort of many intestinal issues. Not only can it help to heal the liver, kidneys and intestines, but chamomile is also widely recognized as an all-over-body toner, able to rid the body of toxins.

Allergy alert: if you are allergic to ragweed, avoid using chamomile tea.

### 4. *Mullein*

Taken for about 10 days, Mullein Tea works much in the same way as the other herbal helps discussed.

To make a cup of mullein herbal tea, brush a teaspoon of fresh leaves in a cup (It is also best to use fresh leaves when brewing this unique tea, but dry leaves are okay if fresh ones can not be found), and then pour a pint of boiling water over it. Steep for about half an hour; strain, cool and drink



### ***Mixing up an Herbal Potion***

Although we have offered individual directions for the specific teas mentioned above, here are some basic tips for mixing up any type of herbal tea remedy:

1. Always use fresh herbs whenever possible. They tend to work better.
2. Begin by steeping the roots of the herb for about 10 minutes.
3. Add other ingredients as directed by your homeopathic doctor.
4. Cook for another 10 minutes.
5. Cool (can be stored for about 24 hours).
6. Drink as recommended by your physician.

As natural remedies become more and more popular, herbs are once again coming to the forefront of the treatment arena for all sorts of medical issues, including Vitiligo. Many skin disorder specialists are now even urging their patients to see trained herbalists in order to find herbal remedies that are effective in treating their individual skin concerns.

### **Ayurvedic Treatments for Vitiligo**

Ayurvedic is a type of Hindu medicine that is native to India. Very much like Chinese traditional medicines, Ayurvedic uses different types of herb to help treat a variety of medical conditions including Vitiligo.

One of the most common herbs used for this practice is called Bavachi and is used successfully to treat Vitiligo. It is generally applied to the afflicted areas in a paste form (sometimes an oil composite can be used), prior to going out into the sun. Some people prefer the oral tablet or powder form.

If Bavachi is not an option for you, there are plenty of other Ayurvedic herbs that can be used to treat Vitiligo. They include:

- Brahmi
- Jatamansal
- Vacha
- Shankhpushpi
- Ashwagandha
- Shatavari



- Yashtimadhuk
- Manjishtha
- Saarvia
- Triphala
- Haridra
- Daruharidra
- Khadir
- Vidanga
- Arogya Vardhini
- Trivanga Bhasma
- Mahamanjishthadi Qadha
- Khadirarishta
- Krumikuthar Rasa
- Saarivasav
- Rasa Manikya

### **Home Remedies to the Rescue!**

When it comes to treating any type of medical condition, sometimes the best methods are the ones that your mother and grandmother (or even great-grandmother) used. Yes, it is true – mother sometimes does know best! Home remedies are not just some concoctions whisked up by an ignorant housewife. They are usually recipes that are handed down from generation to generation, first becoming popular amongst naturopaths of yesteryear.

What many consider as “home remedies” today were really society’s first true medicines. If they worked for hundreds of years before modern medicine began to rely solely on pharmaceutical drugs for help, why not try a few of them now? They just might offer the relief you are looking for!

Here are just some of the natural home remedies that Vitiligo patients have been using for centuries to help keep their condition under control. Remember, not every natural help works on everyone (and some take a bit of time to be effective), so feel free to experiment with different methods if needed.

### ***Red Clay & Ginger Juice***

Found along riverbeds, red clay is also sold in many health food stores. When mixed with ginger juice (in equal parts) and rubbed on early white patches it is very effective in stopping the spread of Vitiligo.



#### ***Basil Leaves & Lime Juice***

Mixing equal parts of basil leaves and lime juice and then spreading over affected Vitiligo skin can sometimes help to boost melanin production and restore color to the skin. Be sure to apply mixture 3-5 times per day for best results. Offering no side effects, the remedy can take up to 6 months to work.

#### ***Pomegranate Leaves***

To see results in your skin coloring in just 2 weeks, try taking fresh pomegranate leaves and powdering them and then drinking 8 grams of the powder (mixed in water) every evening and every morning.

#### ***Radish Seeds***

Grind 25 grams of rash seeds and make a paste by mixing with 2 teaspoons of vinegar. Apply to affected skins several times a day and within a few weeks the color to your skin should start to come back.

#### ***Goosefoot***

This effective healing vegetable should help your skin make pigment again within a month or so. Cut the vegetable and apply the juicy part directly to the affected skin and hold there for 10-20 minutes.

#### ***Lemna***

Also known as wild duckweed, this natural weed is only available in the summertime. When made into the tincture below, it can help return pigment to the skin:



- Soak the duckweed in a quart of vodka for about a week
- Strain
- Store the liquid in a closed bottle
- Mix 6 tablespoons of the solution with 2 tablespoons of water and drink 1-2 times per day

### ***Babchi***

Obtained from the Psoralea plant, Babchi are small seeds that are very effective in treating Vitiligo. So much so, that some pharmaceutical drugs for the disorder were generated from the seed. Make a paste with the Babchi seeds and then apply to the afflicted skin 1-2 times per day for several weeks. You should see some improvement of your Vitiligo within a month or so.

### ***Black Gram***

Crush Black Gram into a fine powder and then mix with small amounts of water until you have a useable paste form. Rub onto the affected skin and let dry. Wash clean. Repeat daily for 4-6 months for best results.

### ***Ginger Leaves***

Ginger is a wonderful healing agent for the body. Take a handful of leaves and powder them. Then use them to create a poultice which you hold on the affected area for 30-60 minutes daily. This remedy can take several months or the skin to show improvement.

### ***Neem***

Offering wonderful skin rejuvenating properties, Neem is used in treating Vitiligo by helping the skin purge toxins and increasing the healing power of skin cells. It is also a wonderful immune booster. The leaves and fruit can be made into a topical ointment to be rubbed into the affected skin.





### ***Figs***

Figs can be eaten to help boost the immune system or can be placed directly on affected skin to help restore coloring there. To make a fig paste simply roast some figs, powder them and add some water to create a thick paste. Apply to skin and let dry. Wash off.

### ***Walnuts***

Crush and powder walnuts to make into a therapeutic paste which can be applied to the skin several times a day to treat Vitiligo.

### ***Indian Lilac Leaf Juice***

A wonderful pigment producing herb, extract the juice from Indian lilac and drink it twice a day for best results.

### ***Psorelea***

Combined with sunlight, the seeds from this herb powdered and placed on the skin prior to sun exposure helps to darken the skin over time.

### ***Celery***

Containing high concentrations of Psoralen, which helps to darken the skin. Celery can be juiced and then rubbed into the affected skin before going out into the sun for a more natural form of phototherapy.

### ***Coconut Oil***

Maybe the only oil that is actually absorbed by the skin, coconut oil when rubbed into Vitiligo affected areas several times a day can help to increase pigment there.



### Step # 4: Cleansing and Detoxification to Reverse Vitiligo

Congratulations for getting so far. Now it's time to lay one of the most important foundations for tackling Vitiligo by removing the toxins from your body by cleansing and re-generating your bowels, liver and kidneys. This step involves a 3-day juice cleansing diet that is followed by a 7-day parasite cleanse program alongside a heavy metal cleanse and a liver detoxification protocol.

#### Why cleanse?

A good cleansing program will not only give you the freedom from many disease symptoms (which manifest themselves as chronic pain, hair loss, hormonal disorders, Vitiligo and hearing problems), it will also give you mental clarity and a serious energy boost and freedom from many negative thoughts and feelings.

Most Vitiligo sufferers tend to overlook bowel and liver health in terms of Vitiligo. Vitiligo can happen because of a side-effect of being too acidic. In other words, it can be a result of a system that is congested with toxins.

When the digestive system becomes sluggish and over-toxic, it becomes weak and far less efficient. Toxic bowels lead to blood intoxication and a sluggish liver. A weak and sluggish liver that is incapable of handling the over-acidity and toxic overload will release toxins to other parts of the body such as the kidneys, heart, ears, brain, skin, lymph, nose and others. And this will lead to symptoms that will begin to appear in the organ where those toxins have chosen to settle. Clogged sinuses for example, will back up into the ears.

Before any condition such as ear infections, hearing problems, or Vitiligo can be permanently cured, these toxins must be removed.

A deep cleansing program will eventually help the body release toxins from the liver, kidneys and lymphatic system. If followed by a liver purge, it will strengthen and boost the function of these vital organs of elimination, resulting in a more



balanced and effective internal system that is capable of self-healing and handling many infections, and hormonal as well as immune related disorders.

The easiest and cheapest way to cleanse the colon, blood and lymphatic systems is by conducting a series of juice cleansings that is combined with several detox stimulation techniques.

The 3-day juice cleansing diet is a crucial step in the Vitiligo Miracle™ System. You will be able to cleanse and rebuild the organs of elimination and help your body expel accumulated toxins.

### **What Is Fasting?**

Fasting is a simple technique in which you will be refraining from consuming any food or specific types of food for a certain period of time, and this will allow your body to recover and heal itself. It's a fact that the human body has the powerful ability to heal itself.

When we consume food, our body is busy digesting, processing, analyzing and assimilating it. When we go through a stress or do physical activity, the body is unable to evacuate the toxins that have entered and are stored in the system. When we fast, our body will automatically concentrate its energy on eliminating the poisons and cleaning the system; it will recover and heal itself from the various disorders and afflictions that may be present.

The principle is simple – we let the body rejuvenate and heal itself because we have stopped eating, and provided the body enough time to do some other tasks.

### **Why Should You Fast?**

Our body is limited in its ability to evacuate and eliminate vast amounts of accumulated toxic chemicals and foreign materials that have become accumulated through stress and anxiety, or entered through toxic foods that we have consumed. These toxic materials and other pollutants are hazardous to our health as they get mixed with the blood that is stored in our tissues and vital organs. These poisons



create a significant burden on our elimination organs such as the intestines, kidneys and liver.

When these toxins enter our system, the human body becomes ill. When our body isn't able to handle the amount of toxins that is mixed with the blood and have reached some organ, we become sick.

A sick person's system is loaded with all kinds of toxins (different types of metals, medication, metabolic waste, etc.), and the body searches for emergency ways to discharge these toxic materials. And often, the organ the body chooses to expel its waste through becomes affected and the symptoms of the disease are observed.

If the body tries to evacuate poisons from the lungs, you may catch a cold. If it evacuates toxins through your feet, you get athlete's foot. There are various symptoms of overload toxic buildup such as headaches, stuffy nose, allergies, confusion, diarrhea and yeast infection.

The skin is also an organ from where these toxins are eliminated. It's believed that chronic diseases develop when the body becomes extremely intoxicated and it becomes difficult to treat the organs.

Fasting is an excellent solution that relieves the body from stored toxics and allows it to strengthen, heal and fortify itself. Eventually, the fast will clean the bloodstream, cells, tissues and internal organs and prepare them for the extreme process of healing.

### **Types Of Fasting**

Many types of diets are also referred to as fasts although they aren't particularly so. Fasting in the strict sense is simply avoiding any type of food. In that sense, juice cleansing or apple/cucumber cleansing are not fasts but mono-diets.

However, for starters, these diets are a great way for newbies to get their feet wet and try out fasting. These mono-diets can work in the preliminary stages prior to liver flushing or water fasting, but they cannot be a replacement to them.



Unlike apple or cucumber fasts, juice cleansing is a lot more beneficial. It not only expels accumulated toxins from your body and allows it to rest (unlike mono-diets, the digestive system rests during liquid fasts), but it also allows more intense cleansing, and it also provides a variety of nutrients that supply energy and vitality. Mono-diets on the other hand are limited in their nutrient supply to a particular fruit or vegetable that is consumed.

This is why I always prefer juice cleansing to mono-diets.

Water fasting is very effective when it comes to healing severe or chronic diseases. However this is not recommended for inexperienced fasters and cannot be combined with regular daily activities. It's always recommended to start a juice fast plan and "slip" into a water fast to make cleansing and body reactions less intense.

If you are fasting for less than a week, then it would be known as a short fast. While a 1-day fast, if done regularly each week, can strengthen the immune system and provide vigor and vitality, 3-day fasts will give your body a real opportunity to "get to work" and make general "arrangements" in your "house". In 3-day fasts (including juice fasts), the body will have the time to thoroughly clean itself of the years of accumulated toxic wastes.

## GENERAL FASTING GUIDELINES

### *Finding the Time and Place*

The ideal time for fasting is a time of relaxation when you are not under a lot of pressure or stress, or when you do not have to put in a lot of energy. This is why a vacation is an excellent and effective time for fasting.

Do keep in mind that you cannot be healed if you are fasting and under a lot of emotional or mental stress. The fasting should be done when you can save your energies. You must also make sure that you are fasting in a place where there are minimum or no distractions.



Another important factor to consider is the weather. Transition seasons are best for fasting, whereas fasting in cold weather would be ill-advised as the body temperature when you are on a fast decreases due to a lack of calories. It would also be easier for you to catch a cold when the temperatures are low.

I usually conduct my fasting sessions from Friday to Monday on the warm holiday season.

### **What to Eat Before The Fast**

Fasting is a challenge as you will have to prepare your body for the extreme transition between solid foods and liquids. You must also prepare yourself mentally for the change.

### **Pre-Juice Cleansing Diet**

An effective pre-juice fasting diet would span over a period of at least 3 days before the actual fast. An optimal pre-juice cleansing diet will consist of salads, juices and fruits. You should avoid consuming refined carbohydrates, bread, dairy products, fish and any kind of meat. It's also important to drink a lot of water.



On the first day of your pre-juice cleansing diet, you should eat cooked vegetables in addition to raw salads, fruits and juices. On the second day, you should stick to plain raw salads and raw fruits and you must drink plenty of juices. On the third day, it's recommended that you eat only fruits and drink juices.

Be sure to follow the guidelines for optimal digestion.



Another option is to have the mono-diets in your pre-fast program. You can eat just apples strictly one day and grapes for two days. If you replace the apples or grapes with sprouts, you can achieve even better results as all these foods are very effective cleansers.

### Fast-Breaking Diet

Our hunger instinct is extremely powerful, and it can be deceiving. You need to develop the instinct as you become more experienced when you are breaking the fast, especially if you have fasted for more than 3 days. It's very important to really feel and know when the time is best to stop fasting. It's very hard to guess. You must not only know when to stop, but you must also know how to do so.

Jumping to Burger King and having a Whopper at a time when your liver, kidneys, heart and bowels are in a very sensitive state can lead to stress, and this may even be fatal. You don't want to stretch the fasting period beyond your needs as well. You must control your ego here.

The rule of thumb is to listen to yourself, and listen to your needs. Try to distinguish between a false hunger urge and a real craving for food. The main difference between the two is that, hunger is more gradual and starts as mere curiosity with thoughts of food and develops slowly. False hunger is more like a temporary panic attack. This is not hunger; it's your mind fooling you. When you get hungry, you'll know it. Trust me on this.

The gradual craving for food has typical forms such as cheating a little bit and developing a curiosity for food related subjects, etc. If it's your first long fast, it's recommended to stop the fast at that point.

The gradual cravings for food will be followed by real hunger. When you experience it, you'll know, and when it comes, you must always stop. Otherwise, you're simply starving yourself.



When you are breaking your fast, start off by consuming foods that are rich in water (lemons, limes, cucumbers). You can then consume rich protein nut milks. Start eating soups and plenty of non-starchy vegetables and some whole non gluten grains. 24 hours later, you can start eating fats and grains as normal.

### **Important Guidelines**

- Eat like a baby in small doses, and eat slowly.
- Stimulate the digestive glands by adding celery and clover to your menu.
- Broaden your menu with green leaf salads with avocado, tamari and sesame seed dressing (Tahini).
- Eat nuts in small quantities only.
- You should broaden your menu only after 2 or 3 days with whole grains and cooked vegetables (broccoli, potatoes and beans).

### **Tips For A Successful Fast**

- Take an Epsom salt bath.
- Meditate.
- Turn off the TV.
- Go for walks by yourself.
- Switch off your cell phone.
- Limit your conversations with people.
- Get a good night's sleep.

## **THE VITILIGO MIRACLE-THREE-DAY JUICE CLEANSE**

### **Introduction**

Juice cleanse is a liquid diet consisting of only vegetables, fruit juice, other liquids and water. The juice extracted from raw fruits and vegetables is rich in phytochemicals, alkaline elements, vitamins, minerals, enzymes and natural sugars that are all absorbed directly into the bloodstream. It requires no effort from the digestive system.





When you do juice cleansing, you mix a lot of different concentrated and powerful fruits and vegetables such as carrots, parsley, celery, green peppers, lemon, etc., into one glass. By doing this, you allow the digestive system to easily absorb most of the vegetable/fruit value.

Juice cleansing is much safer and easier than water fasting because it supports the body nutritionally as it gently and safely cleanses and detoxifies it, allowing it to focus entirely on healing itself. Only after you have practically cleansed years of toxic buildup, can you take a step forward and start water fasting, which is far more intense.

Juice cleansing operates on two levels. It expels accumulated toxins from your body, and it supports it with a variety of nutrients that supply energy and vitality. Juice cleansing supplies the body with sufficient nutrition and calories, giving you enough energy to work, study or do anything else you want to. Although you don't really need to change anything in your routine while you are on juice cleansing, I recommend that you relax during this time and refrain as much as you can from hard physical activity.

Juice cleansing has freed individuals from most diseases, even chronic diseases such as leukemia, arthritis, cancer, high blood pressure, liver and kidney disorders, skin infections, infertility and hormonal disorders.

During juice cleansing, a lot of metabolic changes occur and a great quantity of toxins are released from the colon, bladder, liver, kidneys, lungs and skin. The lymph and blood gets detoxified. By the third day of your juice cleansing, you'll lose the craving for food, and your digestive system will be in rest, allowing your colon to expel years of disease-causing toxic buildup.

If you find it really hard to keep going, you may eat some slices of banana or avocado, though it's not recommended as it will slow down the healing process.



How much can you drink? I can only say that you should drink as much as you please; however, you must minimize acidic and high-sugar fruit juices. They may urge the pancreas to produce excessive levels of insulin, which may lead to yeast infection that can aggravate Vitiligo in some cases.

One last recommendation: Try to buy certified organic fruits and vegetables instead of regular ones. Vegetables, especially leafy ones that are not organic, contain a high level of pesticides that get absorbed into your system (see also “Cleaning Your Vegetables And Fruits”). It is a good idea to make your own juices. By no means should you replace freshly squeezed juices with pasteurized juice or V8 bottled juices.

### **The Holy Grail Of The Vitiligo Miracle™ Juicing Plan**

The only way to maximize the effect of juice cleansing is by following the guidelines below. Do this to the best of your ability.

- Consume as many “green” drinks as possible while minimizing fruit and starchy or sugary vegetables. Don’t forget wheatgrass.
- Drink a lot of water (not tap water) and herbal teas, and try to minimize nut milks.
- If you must, take only water-soluble vitamins. Take your EFAs and Primal Defense daily, but don’t take any minerals.
- It’s crucial to stimulate the organs of elimination and help them discharge toxins during the fast (liver, kidneys, lungs, intestines and skin).
- It’s crucial to prevent the re-absorption of toxins into your blood by using daily enemas and drinking bentonite shakes.

### **Cleaning Your Vegetables and Fruits**

Vegetables and fruits that are not organic usually contain high levels of bacteria, pesticides and parasites. Some vegetables and fruits are, however, available in organic forms. For example, it’s much easier to find organic carrots in a local supermarket or health food store. However, finding organic beets or celery is almost impossible.



Agricultural chemicals are hard to get rid of, and some of them are even found in organic vegetables. With proper means and techniques, however, it's possible to clean vegetables from some of their chemicals and parasites.

Use 4 teaspoons of salt and lemon juice in a sink full of cold water – this is the most common method. The vegetables are then soaked in water and rinsed. You can also put your vegetables in boiling water. It will kill most of the germs, but this method isn't suitable for the more fragile vegetables such as lettuce.

### **Basic Juice Blends**

#### ***Fruit Combinations***

- Watermelon, grapefruit
- Apple, watermelon
- Apple, pear, pineapple
- Apple, grape
- Apple, cranberry
- Apple, pear
- Pear, yam
- Watermelon, lemon
- Pineapple, sweet potato

#### ***Carrot combinations***

- Carrot, beet
- Carrot, beet, green pepper
- Carrot, beet, green pepper, parsley
- Carrot, cabbage
- Carrot, spinach
- Carrot, apple, alfalfa sprouts
- Carrot, spinach, kale, red pepper
- Carrot, celery, cilantro, garlic
- Carrot, parsley, cucumber, radish
- Carrot, mango
- Carrot, apple, ginger
- Carrot, celery stick, potato, radish, beet

**Warning:** Never take beet juice alone. Always mix it with other fruits or vegetables. Beet is a very powerful cleanser and if taken alone, it can make the symptoms more intense.



### **Green combinations**

- Celery, spinach
- Celery, spinach, tomato
- Celery, spinach, tomato, cabbage
- Celery, spinach, tomato, cabbage, lemon
- Celery, spinach, tomato, cabbage, dill, garlic
- Celery, spinach, tomato, cabbage, cayenne, dill, ginger
- Celery, fennel (anise), cucumber
- Tomato, cabbage, garlic, lemon
- Lettuce, cabbage, celery, lemon
- Lettuce, spinach, cucumber
- Lemon, radish, beet, slice of Spanish onion, sweet potato, celery

Note: Green vegetable combinations are excellent nerve tonics, detoxifiers and blood cleansers. One drink of such a combination in a day will be enough.

However having said that, it is also true that there is virtually no limit on the green vegetable juices you can take. I usually drink between 1 to 2 liters of green juice daily when I am on a juicing fast.

### **Wheatgrass – The King Of Greens**

Wheatgrass is probably the most powerful juice available on Earth. It has tons of chlorophyll, the green pigment found in plants (this is also called the blood of the plants) that has great healing powers.

Wheatgrass cleans the colon, alkalizes the blood, heals wounds, purges the liver, increases enzyme activity and has lots of vitamin E and antioxidants.

The recommended serving is 2 ounces daily on an empty stomach. Don't drink too much or too soon. It can lead to hyper-detoxification, which can cause nausea.





### **Other Liquids**

Besides juices and water, there are several other healthy options you can choose from. You can drink herb teas or nut milks, for example.

### **Herb Teas**

Herb teas are made of freshly cut dried herbs that are known for their culinary and medicinal values. They contain no caffeine and are highly therapeutic. Some herb teas can help you when you have a feeling of nausea, and some can also help your appetite. Some teas supply minerals and vitamins, and some like comfrey are very nutritional. There is almost no limit to how much herb tea you should drink during the fast.

Examples of therapeutic and nutritional herb teas are parsley, peppermint, cloves, alfalfa, comfrey, capsicum, chamomile, rose hips and kelp.

To stimulate digestion use clove, cinnamon, nutmeg.

To stimulate the bowels use licorice, cascara sagrada.

Liver cleansing herbs: dandelion, burdock, yellow dock root (available separately or in the daily detox tea package at: <http://www.mothenature.com>)

Rich in magnesium: kelp, parsley, garlic, peppermint

Rich in vitamin C: oregano, comfrey, rose hips, strawberry leaves

Rich in calcium: dandelion, chamomile, kelp

### **Nut Milks**

Nut milks are great appetite breakers, and they are usually good for long fasts (more than 2 weeks) when the appetite may become uncomfortable for at least some people. Almond and sesame milks are very efficient at breaking an appetite for protein. They are good as pre-fast diets, especially for beginners.

Mix these nuts with a teaspoon of honey and a cup of water, and drink once in two days only when you have been juice cleansing for long, and only when you start feeling a craving for food. These nut milks are extremely high in protein and fat and are very nutritious.



Avoid cashews as they form a cashew purée (considered a breach of a fast), and their fat may slow down the detoxification process.

#### **Note About Protein and Fasting**

Protein exists in every plant on Earth. It's nothing but a myth that good sources of protein can only be found in rich protein foods such as meat and cheese. Nut milk as well as wheatgrass powder can be good sources of protein during a fast, but they should be taken sparingly. However when you are trying to detoxify, you will not need protein. You can practically live without protein for extended periods of time. An abnormal craving for rich protein foods when you are fasting is a dead giveaway that it's time to end the fast.

#### **Apple Cider Vinegar**

This is a powerful antiseptic and antibiotic drink. You should buy only raw and unfiltered apple cider that has been made from organic apples. This drink will work as a powerful cleanser and will maintain the acid-alkaline balance in your intestines. Add one tablespoon to a glass of water each morning on an empty stomach.

#### **Digestive Enzymes**

To improve the breakup of plaque that builds up in the bowels, take digestive enzymes daily. I recommend: Garden of Life Omega Zyme Caplets. This is available on the web at <http://www.vitaminsandsuch.com/>

Take the enzymes in the morning with a slice of fresh ginger and plenty of purified water.

#### **Water**

Never forget about water consumption and quality. Water is a powerful cleanser that flushes all kinds of liquids from your bladder and kidneys and digestive tracts. Water is extremely nourishing and it also contains lots of valuable minerals.



It's very important to drink only purified water. Remember, no tap water at all. These waters are polluted in ways that make it a global problem. Avoid using distilled water also because this is dead water. Try to avoid drinking spring water, which is what it's named after – spring water. It's not pure like most of our lakes and rivers. Stick to filtered or mineral water.

Mixing lemon juice in water is a good idea because it has a laxative effect and can stimulate the digestive system. Squeeze half a lemon into warm water. Drink your citrus blend immediately after rinsing it in the morning and before having the bentonite clay and flaxseed shake.

## **DURING THE JUICE CLEANSE**

### **What To Look Out For During Juicing?**

Be on the alert for any allergy symptoms. If you have diabetes or low blood sugar, refrain from sweet juices as you do with sweet foods. These are symptoms that may be similar to the symptoms of flu (fever, yeast infection, muscle aches, weakness, bronchitis, asthma). Do keep in mind that this is simply the reaction of your body to the large amounts of toxins that are present in your blood stream, which need to be flushed out. Wherever these toxic materials pass, the organ they're passing through will show the symptoms of that organ-related disease. For example, if they are trying to get out through your lungs, you'll get asthma, if it is the skin, you'll get rashes and yeast infection. But don't panic. These healing events are short-lived, and the more intense they are, the better your reward will be later.

Important note: If your symptoms are truly extreme (for example, if you have a very high fever), it may be time to break the fast. When you consume food, you'll dilute the toxics in your blood and feel at ease.



### **How To Drink Your Juices**

Particularly when it comes to vegetable and fruit juices, it's highly recommended that you "chew" your drink and warm it in your mouth so that it can reach your body's temperature. Your juice will get mixed with saliva, and this will allow your body to absorb all the nutrients of the juice.

Also, leave your vegetables outside your fridge for half an hour before you juice them. It will help the enzymes work even better.

### **Exercise**

Exercise is always good for the body. It provides oxygen to the skin cells, and by increasing the flow of blood, it is able to shorten the healing process of the skin and cleanses it from within.



During fasting and a detox diet, it's important that you exercise too.

Aerobic exercises such as swimming, walking, jumping on a trampoline and biking are the best because they require an effort from the respiratory system, and that too without too much stress and energy outflow. The

lungs are able to increase their activity and expel the toxins because of this. The lymphatic system is also able to get rid of the waste.

Yoga is an exercise that is very effective in releasing the toxins, oxygenating the blood and relieving accumulated tension.

Note: Do not participate in a very extreme physical activity. You must keep in mind that you're on a strict diet, and it can cause fatigue and nausea. This includes running, jogging, weightlifting and others like this.





## HELPING THE ORGANS OF ELIMINATION TO REMOVE TOXINS

### Liver

The liver is an important detoxifier. During a fast, it neutralizes and filters the toxins that are coming from other parts of the body, and the liver is also expelling its own toxins. However, it's also busy processing the food that you eat. This is the time to let the liver rest and clean itself. You can consume juices like wheatgrass, dandelion, parsley, lemon and grapefruit, with a tablespoon of olive oil squeezed into some lemon juice to stimulate the gall bladder to release bile.

Cara sagrada and black cohosh are great cold compresses on the liver and gallbladder.

You can also visit your masseuse and allow him or her to physically manipulate the liver to detoxify. Ask the person to pump the liver slowly and gently – this can also release the toxins.

### Kidneys

The kidney is very important because it purifies the blood and eliminates fluid waste. Drinking a lot of purified water when you are fasting is a real blessing to the kidneys. There are various herbs that can help you clean the kidney and remove stones (parsley and gravel root, to name just two).

Cranberry, wheatgrass, cucumber and asparagus are also effective kidney cleansers. You should take vitamin C if there are any kidney infections.

### Colon

The colon's main function is to eliminate waste. When you are fasting, there is still waste buildup in the colon pockets, and as they begin to empty, they contain a variety of toxins and acids. Unless these are eliminated, they will be re-absorbed into your colon, and this will surely lead to many symptoms such as allergies and headaches.



Using enemas, flaxseeds and bentonite shakes, you can allow the colon to expel most of its toxins.

Wheatgrass and peppermint act as colon healers, whereas cascara sagrada and mandrake can expel the toxins.

Juices from apples and carrots serve as great laxatives. Deep breathing can also help you regulate toxic elimination and heal the colon.

### **Lungs**

The lungs absorb and eliminate a great deal of toxins. Practice deep breathing techniques because they will help the lungs eliminate pollutants more effectively.

Yoga breathing strategies such as nostril breathing can really be beneficial. Drinking herb teas with mild aerobic exercise can also help.

### **Skin**

The skin, which is the largest organ in your body, expels toxins all the time. And so, you should treat it with the respect it deserves. So when you are fasting, it's advisable to indulge your skin – brush it, clean it and scrub it to expel and eliminate toxins effectively.

Make sure that your skin breathes during fasting - avoid synthetic clothing. Take short sun baths (do not get burned). Take daily Epsom salt baths and steam baths to accelerate toxic elimination. Rub vitamin E and aloe vera on the skin to prevent dryness.



## KEEPING A DIARY

When you are fasting, it is a good idea to keep a note of your thoughts and feelings. You can write what you feel like in a diary – such as your deepest feelings, and you'll be able to follow changes in your attitude, notice your weak moments and differentiate between real physical hunger and pure boredom.

You'll be able to observe and educate yourself from your fasting behavior. Note down your interest in food and your anger about not having a "real meal." Usually when real anger attacks you, it's a sign that the fast needs to end.

### **Vitamin And Mineral Supplements During The Fast**

Vitamins and supplements are solid foods and cause a breach in your fast if you are taking them. Besides, you don't need vitamins during a fast as the highly nutritional juices (especially if organic) supply your body everything it needs. Vitamins can also disturb the delicate chemistry balance in your system.

The only vitamins you are allowed to take are water-soluble vitamins such as vitamin C.

## PREVENTING RE-ABSORPTION OF TOXINS INTO THE BLOOD STREAM

### **Fiber and Fasting**

Taking fiber during fasting can slow down the healing process because it stimulates the digestive system to work. By consuming only juice without fiber during your fast, you allow your system to rest, which intensifies the healing process.

However, without fiber, which is essential for sweeping toxins out of your body, they will not be expelled through the colon properly and may get reabsorbed into the blood. The following methods will solve this problem.



### **Enemas**

No matter what negative associations the enema might stir in your mind, doing an enema once a day during a fast is not only compulsory, but also very relaxing, and it is even an enjoyable experience once you get used to it.

The purpose of an enema is to simply rinse your colon with water. Enemas are not intrusive. They are cheap and are done in the comfort of your own home. So when you are opting for them, you are in a way taking responsibility and treating your organs with respect. You must help your body discharge the accumulated waste that it cannot expel itself during the fast, because there is no bulk of food to help the colon discharge this.

One reason why you should pre-fast with raw vegetarian food is that, it makes your stool soft and fiber-rich, which is far easier than flushing with water.

There are several types of enemas, and I recommend using the water bag enema.

### **The Process**

1. Rinse the enema bag and fill it with lukewarm purified water. A mixture of salt and baking soda can be used to stimulate the immune system. About 1 teaspoon is enough.
2. Hang the bladder about three feet above the floor. This height makes the ideal water pressure.
3. Use a lubricant gel to lubricate the enema tip and anus.
4. You can lie on your side comfortably or simply position yourself on the toilet. However the optimal position in my opinion and one that has been proved to be the most effective is when you simply stretch out on the bathroom floor head down, with your buttocks up.
5. Relax and plant the enema tip fully into the anus and put a steady flow of water in. It's normal to feel slight cramps; however, if it doesn't feel comfortable, close the tap temporarily, relax and try again.



6. Repeat the process several times until the enema bag is empty.
7. You can massage your abdomen during the process. This will help the enema fluid move deeper into the colon.

### **Special Enemas**

Depending on your purpose, you can add various mixtures into your enema water to make the procedure more beneficial. For example, you can add wheatgrass to your water – this can be very effective because it stimulates the liver to purge itself and can alkalize the colon. You can add acidophilus to re-establish the friendly bacteria or add vinegar to maintain the proper pH in the colon.

Believe it or not, 2 tablespoons of coffee (organic, fully caffeinated) when taken into the distal sigmoid colon can significantly accelerate the detoxification and cleansing of your liver and gallbladder. This is particularly beneficial before conducting a liver flush.

You can get an enema bag at: <http://www.optimalhealthnetwork.com>.

### **Psyllium, Flaxseeds And Bentonite Shakes**

Psyllium and Bentonite are known as excellent colon cleansers. They create a bulk of fluids as they go through the intestinal tract. And as they move, they are able to absorb and sweep the food materials from the blocked areas.

Colon cleansers will help you get rid of a lot of food debris, which may be accumulated inside your colon. These powders should be consumed with lots of water so that it can soften the bulk and prevent it from becoming too hard, which would make it difficult to pass through the intestines.

Bentonite clay and flaxseeds as a mixed shake also aid the colon cleansing process. The Bentonite-Flaxseed shake works as a laxative in absorbing and binding the toxins, such as pesticides, to form a gel and carry it out of the colon. Flaxseeds alone also absorb water.



### **How To Make The Shake**

Mix one tablespoon of liquid Bentonite with one tablespoon of ground Flaxseed/Psyllium in a glass of water. Take it first thing in the morning so that you don't end up with a glass full of gel.

### **Intestinal Bacteria Replacement**

Hormones, antibiotics, drugs and other toxins have a devastating effect on the friendly bacteria in the intestine which can help the body fight Candida, absorb vital minerals and vitamins, get rid of the toxics accumulated due to constipation, and maintain the proper pH in your GI tract.

When you are fasting, large amounts of toxins are expelled from the lymph glands, and this also affects the survival of the good bacteria. The use of an enema also depletes the friendly bacteria.

Therefore, it's mandatory that during fasting, you must make an effort to re-establish these friendly bacteria in the intestine. The solution is quite simple. Take 2 capsules of Acidophilus and Bifidus together with one tablespoon of goat milk yogurt, and mix them together along with a half cup of warm water. Add this blend to the enema kit, and make an effort to keep the mixture inside your colon for at least 10 minutes.

Make this a part of your daily enema routine, and you can ensure that the friendly bacteria will thrive when you are fasting.

### **Warning about Electrolytes**

As with beneficial bacteria, you want to ensure that your electrolytes are balanced, before and after performing an enema or a liver flush. An electrolyte is a solution or substance that carries electric charges. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate). The salts or electrolytes in our bodily fluids allow our nervous system to function properly.



As such, it is imperative to replace the electrolytes after an enema or a liver flush. This can be done by drinking liquids such as Pedialyte, Gatorade or a glass of water with sea salts.



### **Choosing a Juicer**

When searching for a juicer, you should always consider the quality and price, but you must also consider another very important factor. The juicer you choose needs to work on low speeds, because otherwise, it may lower the quality of the juice by absorbing too much oxygen, and heat up the juice to

deplete it of the most vital fragile nutrients.

While most juicers operate on high speeds from 1,000 to 24,000 RPM (rounds per minute), low rpm speeds will ensure that the quality nutrients are preserved, and that too without destroying the natural flavor of the fruit or vegetable.

A juicer can easily be cleaned and is not limited to juicing only. Certain fruits or vegetables are also important elements you should consider when choosing your juicer.

I found the Omega Model 8003/8005 to be the only cost-effective juicer that has all the above qualities and more.

It juices all types of fruits, vegetables, wheatgrass and even other solid foods such as coffee beans, pasta and nut butters. It has a built-in “reverse” that prevents clogging, turns at a slow 80 RPM, prevents heat from building up, and is very easy to clean too.



You can find out more on the Omega Model 8003/8005 juicer at:

<http://www.wheatgrasskit.com>.





## COLONICS

A colonic is a cleansing procedure where water is introduced through the rectum to clean and flush out toxins from the colon. A typical colonic session may last from forty-five minutes to an hour. This is best done under the supervision of a colon therapist, who is an expert in colonic. This may also be called a colonic irrigation, colonic hydrotherapy or colon irrigation.

The Colonic Procedure - After completion and examination of your complete health history, checkup, and consultation by the hydrotherapist, you will need to wear a hospital gown and lie down, face-up, on the treatment table.

The therapist inserts a disposable speculum into your anus. The speculum is connected by a long disposable plastic hose to the colon hydrotherapy unit. The therapist slowly releases warm and filtered water into the colon, and the water will cause your colon muscles to contract. This is known as peristalsis. This causes the feces to be pushed out from your colon through the hose and it will be collected in a closed waste system for disposal.

Do remember that there could be some discomfort or a weird sensation in the abdomen during the therapy. The therapist massages in and around the abdominal region during the therapy to facilitate the process. The therapist could comment on the color of the feces, although no smell would come out of the closed system. After the session, you may use the toilet to pass any residual water and stool.

### **Side Effects**

Common side effects of the colonic procedure may include nausea and fatigue that can last for several hours. There may be a risk of perforation of the abdominal wall as well. Careful monitoring is required to reduce the possibility of complications like electrolyte imbalance and heart failure due to excessive absorption of water.



### **Who should NOT try the Colonic Procedure?**

People who are suffering from specific medical conditions like ulcerative colitis, diverticular disease, Crohn's disease, blood vessel disease, severe hemorrhoids, heart disease, congestive heart failure, gastrointestinal cancer, abdominal hernia, severe anemia, or intestinal tumors should not try the colonic procedure. You should refrain from this if there has been any recent surgery of the colon as well. Pregnant women should not have a colonic as it could stimulate uterine contractions. Before the colonic is prepared, drink plenty of fluids and just eat light foods.

### **After a Colonic**

After the colonic process, eat very light foods. I also recommend that you eat probiotic foods to restore the good bacteria in your gut. Avoid raw vegetables for a few days.

## **THE HEALING CRISIS AND HOW TO SURVIVE IT**

There is a possibility that every mild cleansing phase such as altering your diet, taking herbal supplements or extreme sessions like the parasite cleanse, 3 day juicing or the liver detox, can and may trigger a healing crisis. When and if the crisis arises, it can cause detoxing or die-off symptoms. The healing crisis is a natural part of the elimination process of Vitiligo, as the body regenerates itself and expels the waste products through all elimination channels.

When bacteria or parasites die during the cleaning process, these microorganisms release toxins and ammonia. The liver releases stored toxins into the blood stream, and this also causes the healing crisis symptoms.

The more intense your cleanse is, the faster the toxins will be released into the bloodstream, and the worse you will feel.



Here are the most common detoxification related symptoms: Headaches, fever, whiteheads and acne cysts, diarrhea, weakness, irritability, mental depression and nausea.

What you must realize is that, once you start improving your diet and lifestyle and begin the process of detoxification, things are naturally bound to get worse before your condition improves.

The intensity of the detoxing symptoms as well as the healing process will depend on several factors: your skin type, your general health condition, your previous lifestyle, the condition of your elimination organs, how much toxins are stored in your system, your energy levels, whether you have allergy to certain foods or not, and how effectively your body reacts to the program.

There are in fact several stages of detoxing, in which the toxins are expelled gradually and in different levels from your system.

There are also three stages of healing that you should know of: At first the body starts to clean up, and rebuild the vital internal organs. This stage depletes energy from your body, and so you can feel weak and tired. My advice is that you should sleep and rest as much as possible throughout this stage. The second phase is catabolism: the body starts removing waste materials, undigested food, chemicals and hormone residues and releases them into the bloodstream and the lymphatic system. During this phase, your condition may get worse, and you may also experience the familiar detoxing symptoms that have been discussed above. Gradually, these symptoms will go and your condition will improve.

The final stage is anabolism: the body starts building new tissues and replacing the old ones. This usually causes your energy levels to increase significantly.

The two most important rules during detoxification are: rest as much as possible during the 3 stages (this will accelerate the healing process), and accept the detoxification process as a natural part of healing. Be happy with it. Embrace it.



While recovery time varies from one person to another (since it depends on numerous individual factors), it usually takes approximately 8-16 weeks for the healing crisis to end and for the detoxing symptoms to abate.

### **GETTING RID OF PARASITES – ONE-WEEK PROGRAM**

No cleansing protocol is complete without killing the parasites that inhabit your system.

Parasites are living organisms that eat, lay eggs and secrete toxins into your blood stream. They live off the food you supply them (especially sugar). They grow healthy and become fat and may remain in your body for decades without you even knowing it.

These parasites reproduce inside your body, feeding themselves from minerals like calcium. They eat essential protein and damage your lungs, joints, nervous system and liver. This causes many illnesses such as severe allergies, arthritis, anemia, digestive problems, hormonal disorders, infertility issues and more.

Some parasites can grow up to 15 inches long, inhabit your digestive tract and secrete toxins that create a toxic overload.

The most effective and natural way I have found to eradicate parasites is by taking wormwood, cloves, black walnut and garlic herbs daily for the whole week. This will kill most parasites.

Note: as parasites secrete ammonia (which is a powerful toxic), you might feel slightly ill in the process, but don't panic. It's only temporary.

An excellent black walnut and wormwood tincture is available at:

<http://www.vitacost.com>.



Note: Start small; take about 5 to 10 drops of black walnut tincture in water. Take a few capsules of wormwood, and a few capsules of ground cloves. Take them all on an empty stomach 2 to 3 times a day. Increase the dose a little each day for six days.

There are other good alternatives for killing parasites. One such is raw garlic. Just be careful though. Garlic can encourage a life of solitude. Raw pumpkin seeds are also a good source – they contain fatty acids that can eradicate the parasite.

Due to its tremendous nutritional value, coconut oil is also highly effective in killing the parasites. It should be added to your menu even if there are no symptoms of parasites.

A good quality extra virgin coconut oil is available at:

<http://www.vitaminsandsuch.net>.

## LIVER DETOXIFICATION

The liver is a remarkably complex and important organ that can help you maintain overall health. This is particularly true for vitiligo patients. Maintaining a healthy liver through liver detoxification is one of the most crucial factors in the successful treatment of vitiligo.

The liver produces physiological substances that are essential for the immune system, and it is also one of the major producers of the lymph and helps remove cellular debris, yeast and viruses from the body (with the help of white blood cells). So a compromised liver function or liver damage can suppress the immune system and contribute to major hormonal disorders.



Improving liver function and enhancing liver detoxification involves 5 protocols:

1. **Follow a healthy balanced low-fat diet** that is based on whole grains, beans, nuts, seeds and non-starchy vegetables. This will provide the liver with the essential nutrients it needs, including super foods such as garlic and onions that improve its function. Avoid foods such as refined carbohydrates, hydrogenated oils, alcohol and saturated fats that compromise the liver.
2. **Take high-potency minerals and vitamins.** The minerals and supplements outlined in Step 2 such as antioxidants and B vitamins will protect the liver from damage and eliminate the toxic materials.
3. **Fasting.** The 3-day juice fasting plan outlined in Step 4 will greatly aid liver detoxification, and it will also remove heavy metals and other toxic compounds.
4. **Taking specific supplements to protect the liver.** This can be achieved by taking the following:

#### **Silymarin**

This is a group of flavonoid compounds that are extracted from milk thistle. These compounds protect the liver from damage (using their highly potent antioxidant properties) and promote liver detoxification. This is achieved by preventing the depletion of glutathione and even increasing its content by up to 35% (the greater the content of glutathione in the liver, the greater will be the liver's ability to detoxify).

Recommended daily dosage: 80 mg- 200 mg

Available at: <http://www.mothenature.com>

#### **Choline, Betaine and Cysteine (Lipotropic Agents)**

These nutrients promote the flow of fat and bile from the liver, improve liver metabolism and function, and enhance liver detoxification.

Recommended daily dosage: 1000 mg Choline and 1000 mg Cysteine

Available at: <http://www.mothenature.com>



## Step # 5: Mind & Body Techniques and Lifestyle Changes for the Vitiligo Sufferer

Everything we do can affect our health, not to mention how effectively our body works. Something as simple as where we work or how much we move around on a daily basis can all impact our bodies. That is why it is so important to attack your Vitiligo with an all-over treatment plan which includes mind, body and lifestyle helps. Even the smallest change can sometimes provide big benefits!

### **PART I: LIFESTYLE CHANGES THAT BENEFIT VITILIGO SUFFERERS**

If you want to give your body the very best chance of getting healthy again and ridding your skin of unsightly Vitiligo there are some lifestyle changes that you simply must incorporate into your daily life. Be warned: some may be harder to do than others. When you find the road difficult, remember that the path to true healing may require some sacrifice. Still, when you see the end results, you know that giving up some of the things you love are well worth it!



#### **Get more Sun!**

Oftentimes, people with Vitiligo shy away from the sun, fearful that getting sunburn or even a tan will only exacerbate their problems and make their condition more apparent to the outside world. The problem is that your skin needs those UV sun rays in order to heal itself!

Your skin can not make more melanin (this is what gives your skin its coloring) without plenty of sunlight!



Some research has shown that taking a Vitamin B12 tablet with folate before going out for prolonged periods in the sun can help to increase melanin production even more.

For those who are not used to being out in the sun much, start slowly – maybe 30 minutes twice a day and then continually work yourself up to as much time as you can dedicate to being outdoors. Over time, you should notice your skin pinking up more.

For those who are unable to get enough natural sunlight UVB light therapy is a good option. Although you can purchase sun lights to be used at home, it is always advisable to begin your therapy under the guidance of a trained physician who can be sure that your exposure is within safe limits and guide you towards the right amount to be used at home.

When used in conjunction with some ointments and medications as described earlier in the book, UVB light therapy can be very effective in treating Vitiligo.

### **Always Use Sunscreen!**

Yes, you want your skin to absorb more sunlight, but you want to do it safely. Always use an SPF 30 sunscreen when in the sun to keep harmful UVA and UVB rays from penetrating the skin and causing new damage.

### **Use Concealing Cosmetics**

Some people use concealers and other types of makeup to help cover up their Vitiligo. Others even use spray tans to help even out their skin tone. Both are acceptable ways to keep others from noticing your white patches while you give your body the other healing aids it needs to reverse your Vitiligo once and for all.

### **Avoid Cigarettes and Alcohol**

Both of these compounds are horrible for your skin, drying it out and causing the cells to stop working properly.





### **Adopt a Healthy Eating Plan**

As we have already discussed in detail, we truly are what we eat and if we continue to fill our bodies with junk, our systems and organs (and cells) will not be able to do their jobs properly and that will cause problems. Feed your body the nutrients it needs and watch as it begins to fix itself in all sorts of ways; including your skin!

## **MIND AND BODY PRESCRIPTION**

As we have already discussed, there are a lot of things (both internally and externally) which can affect – and even cause -- your Vitiligo. Dealing with these triggers requires a full-blown approach to treatment. Drugs alone cannot cure you; but dealing with all aspects of your health can. Now, let us look at some of the things that can help to ease your discomfort; make your body stronger and free you from vitiligo and other auto-immune disorders.

### **A. Relaxation and Stress Control for Vitiligo**

Everyone seems stressed these days and for good reason: we are constantly on the move, moving from activity to activity virtually every day, taking little time to just chill out. Women are especially vulnerable to the effects of stress; maybe because they tend to take better care of others than themselves – until of course, their body makes them stop!

While the debate continues as to whether stress causes Vitiligo, or the effects of dealing with vitiligo and lack of support causes stress, the fact remains that most vitiligo patients do tend to feel an increase in their symptoms when their lives become filled with additional stressors. This makes it increasingly important for Vitiligo patients to find ways to relax and de-stress.

The first step to keeping your stress levels low enough to as not affect your Vitiligo is to learn to detect when you are stressed – and how much. This may sound easy, but for many of us, actually realizing we were stressed can be very difficult. Why? Well, stress is a normal part of life and some stress is actually good for the body.



Problems arise, however, when stress becomes so “normal” that levels rise higher and higher, causing havoc with our bodies.

### *Detecting Stress in Your Life*

Figuring out when you are too stressed can be tricky business. To help evaluate your own stress levels look for these important signs:

- sleep disturbances (either too much or too little)
- a bad attitude
- feelings of anger or hostility
- depression
- feelings of worthlessness
- extreme worry
- a poor diet
- little is any physical exercise
- life changes
- unhappiness
- exposure to environmental pollutants
- smoking
- heavy alcohol use
- long-term medication usage
- bossiness
- tension
- feeling aggravated a lot
- feeling overwhelmed
- feeling alone
- an inability to just have fun
- a dissatisfaction with life





Another way to notice too much stress in your life is by the way it can make you feel physically. Here are some of the major symptoms of stress to watch out for:

- anxiety
- back and neck pain
- headaches
- boredom
- a change in bowel habits
- crying
- dizziness
- dry mouth
- forgetfulness
- an inability to make quick decisions (or any decisions)
- indigestion
- heart palpitations
- restlessness
- tinnitus (ringing in the ears)
- sweaty palms
- teeth grinding

When looking at ways to curb your stress levels, begin by trying to incorporate some basic lifestyle changes into your daily routine like:

#### ***Cutting Back on Non-Essential Responsibilities***

One look at the average to-do list and most of us can see areas where we can cut back. Maybe we don't want to, or we fear that others will get mad at us (or think we are lazy), but the truth is most of us take on far more than we can physically and emotionally manage. Learning how to evaluate your time; prioritize your responsibilities and give away all of the things that don't need you to do them (yes, I mean delegate), or simply say no can all help to relieve a lot of stress in our day.



### *Make a To-Do List for a More Efficient Schedule*

Keeping a to-do list can be very helpful to some people, especially those who thrive on accomplishing even the smallest goal. Make a prioritized list each day or week that clearly outlines what must be done (and in what order). Look for

ways to be more efficient. For instance, bundle errands together, or take one afternoon to handle all of the laundry instead of trying to do one or two loads every day. Also, consider what days or times of day you work best. If mornings are hard for you, find simple tasks to complete until you feel more physically and mentally able to tackle those bigger jobs.

### *Accept Your Limitations*

This one can be really hard for some people, but learning how to accept your limitations is essential to keeping your stress levels – and your vitiligo – under control. For instance, Kathy absolutely loved a spic-and-span house, but when her Vitiligo symptoms flare, she has come to accept the fact that some tasks must be put aside for a time. Where once she would try to keep up, only to prolong her symptoms, she now realizes that by allowing her body to heal, she finds relief much quicker and can get back to normal days that much faster.

### *Learn to Say No*

Whether at home, work, church, school or somewhere else, learning to say no is a wonderful stress reliever. Failing to set limits for yourself will only add to your stress levels and make even the simplest task harder to handle. Whenever someone asks you to add something to your schedule, tell them you will get back to them in one day. This will give you time to figure out if indeed it is something you can handle – or even want to do. And don't feel badly about saying no. Your main priority should be your health and anything that interferes with that should be declined.



### *Remove Yourself from Stressful Situations*

If you recognize that certain situations are so stressful they incite vitiligo, than do whatever you can to remove yourself form the situation; or at least limit your exposure to it. Frank admitted that visiting with his in-laws for long holidays became so stressful that his VITILIGO flared either before they even left home or soon after returning home. It made every holiday something to dread rather than enjoy. Since not going at all was not an option for his family, they decided to limit their exposure by shortening their average 5-7 day trips to just 2-3 days and also staying at a hotel to give Frank a chance to get away from the people and events causing him the most stress. After finding simple ways to alter the visits, Frank soon found his symptoms easing. Like Frank, you need to acknowledge when a stressful situation causes a VITILIGO flare and find ways to remove ourselves either physically or emotionally form the situation.

Once you have worked on some of these lifestyle changes, be sure to give a few of these stress helps a chance:

### *Relaxation Therapy to the Rescue*

Young or old, male or female, it doesn't matter; relaxation therapy works for all sorts of people. Simple and easy to learn and do, relaxation therapy is used to help calm both mind and body. It can be done anywhere, making it an excellent choice for Vitiligo patients, who may need to incorporate it into their workday; on vacation or even at home, to help them keep their symptoms at bay.

Most people find it easier to lie down while they learn how to use relaxation therapy. But, once you get the hang of it, you can use the therapy while sitting in a chair; waiting in your car; on an appliance; or virtually anywhere else. The key is to learn how to relax every single part of your body. Here's how:

1. Begin by imagining that your feet are completely relaxed and tension free. Allow them to grow heavy.
2. Breathe slowly and deeply to help accelerate the process. Take your time.
3. Free your mind of all worries and thoughts.



4. Once your feet grow heavy and relaxed, imagine that feeling making it way up your calves, into your thighs and throughout all other parts of your body, once section at a time.
5. It will take some time until you learn the technique to achieve full body relaxation.

While imagining this feeling of total relaxation and release travelling through your body, some people like to paint beautiful and calming pictures in their minds; others prefer a void of nothingness. Some may use music to help them relax. Others prefer total quiet. These are all very independent decisions. Use whatever sources will help you achieve a mode of total relaxation.

### *Dealing with Life's Stressors*

There's no way to escape all of the stressors life has to offer. But, learning to recognize some of the things that can increase your stress levels and your Vitiligo can help you to limit its effect.

When trying to find the stress in your own life, look at these common areas:

- Finances
- Family Life
- Relationships
- Work
- Health Issues
- Life Changes
- Time Pressures

Once you have pinpointed some of your own personal stressors, it is important to follow these basic guidelines to managing them:

- **Eat Well.** Poor nutrition will only wear your body down more, making it harder to deal with other pressures.



- **Exercise.** Nothing clears the head and relieves stress than regular exercise; especially if you find something you enjoy like gardening, walking, swimming, tennis, etc.
- **Find a Good Balance.** Finding time for both what needs to get done and the things you enjoy can all help to ease the stress in your life and keep you from always feeling under pressure.
- **Stay Away From Sleep Aids.** Many sleep disorder sufferers think they have to have a tranquilizer or other sleep aid to get enough rest. The problem is those medications can sometimes make the problem worse.
- **Learn to Relax.** Finding some good stress relieving techniques is vitally important if you want to control your Vitiligo. Try gentle stretching, listening to nature sounds, meditation, foot massage, a warm bath or even a walk in the woods to help you relax.

#### *Using Biofeedback to Break the Stress Cycle*

When you become stressed, your body reacts in specific ways: your blood pressure increases; your breathing becomes more rapid; your temperate even rises. Those who use biofeedback learn how to control their body's response to stress in order to intercept it. After all, it is difficult to really feel upset or unnerved if your blood pressure drops or your breathing slows down.

For biofeedback to work you first must learn how your body reacts to stress. This is done by graphing your response mechanically using a variety of monitors. By hooking yourself up to a variety of machines you can see how you're pulse races, your temperature rises, etc. when stressed. Then you can begin to train your body to recognize when your stress levels begin to rise so that you can practice ways to reverse those responses in order to lower those stress levels. This of course, takes time, understanding and a qualified biofeedback teacher.

Not always easy for some to learn, biofeedback techniques have been used quite successfully in helping reduce symptoms in many Vitiligo patients.



While the entire process can take months to learn, over time, patients no longer need monitoring or other assistance to talk their bodies into handling stressful situations differently.

As is the case with most therapies, there are several different kinds of biofeedback techniques that can be tied on the vitiligo patient to help better control their stress levels:

**Electrodermal Biofeedback (EDR):** By measuring subtle changes in perspiration, EDR can help patients notice stressful situations they may have ignored before.

**Thermal Biofeedback:** Those who suffer with migraine headaches have used this type of biofeedback therapy with much success. It works by measuring the temperature of the skin and can be used to help teach patient's the benefits of hand warming.

**Finger Pulse Biofeedback:** By measuring pulse rates in the finger patients can understand how their stress levels affect their breathing heart rate and other cardiovascular symptoms.

**Respiration Feedback:** This type of biofeedback measures and records the rate, volume and rhythm of each breathe to make it easier to recognize subtle changes when stress levels begin to escalate.

### **Meditating, Yoga and Prayer**

Sometimes the very best way to deal with the stresses in your life is to shut yourself away from them – even if only for a few minutes. While locking yourself in the bathroom for half an hour may help a little, finding more constructive way to calm your body and mind may include these simple techniques:

- **Meditation:** Meditation really can work to ease Vitiligo symptoms, increase energy and help patients sleep better. One study showed a marked decrease in vitiligo symptoms in patients two medicated for one hour per day for 8-12 weeks. There are several ways to learn proper medication





techniques: you can take a class at your local college or even YNMCA; get a book describing the process in depth or buy some medication tapes. Easy to learn and incorporate into your daily routine, meditation is a low-cost treatment what has shown proven results!

- **Yoga:** yoga can be very helpful in stretching tight and inflamed muscles and soothing sore tender-points. Keep in mind though, that certain yoga poses may take a while for one to master and is usually most effective when used in conjunction with other therapies.
- **Abdominal Breathing:** It is possible to sue your breathing to change your entire outlook and the way your body reacts to different situations. By learning the techniques to deep abdominal breathing, you can actually relax tightened muscles and feel better both physically and emotionally. Not only does deep abdominal breathing help to calm an exited nervous system, but it can keep your body from releasing stress hormones. The easiest way to practice this technique is to lie flat on the floor or the bed. Place your hand on your abdomen and take in a deep cleansing breathe through your nostril. If you notice your hands rising on your belly, then you are breathing correctly. If, however, your chest rises and not your abdomen, try again. Inhale to the count of five; hold your breath for 3 seconds and then slowly exhale. Repeat up to 25 times or until you begin to feel the anxiety leave your muscles.
- **Guided Imagery:** Imagining yourself in a quiet, serene place, is a great way to fool the brain into relaxing. It takes some practice, but learning how to visualize the right setting (complete with relaxing sights, sounds and smells), can be a real stress reducer. Sometimes investing in a CD or DVD training session can help get you started in developing a workable visualization technique of your very own. .
- **Prayer:** Prayer is a large component to many Vitiligo treatments. For some patients, individual prayer is helpful; helping them to focus and concentrate their internal energies on healing their bodies; while others find group prayer (or having others pray for them) more beneficial. It doesn't matter



how religious you are; or even what your religion is; seeking the help of a higher power seems to help MS patients, claim prayer advocates.

#### ***Further Reading Suggestions:***

There are so many different stress relieving methods to try, that we certainly can't cover them in depth here. That is why we recommend these other books for further study:

- *The Healer Within by Stephen Locke MD.*
- *Nutrition and Your Immune System by Carlson Wade*
- *Love. Medicine and Miracles by Dr. Berney Siegel MD*
- *The Success Journal by Dr. Joe Elrod*

#### **B. Controlling Your Emotions**

Ask any Vitiligo patient how they are feeling from day to day, and the odds are good that they will cite emotional strain as a side effect of their disorder.

This does not mean that Vitiligo victims find it more difficult to cope; they just have a lot to cope with. Keep in mind that depression can result anytime during a flare as you struggle with the uncertainty and often misunderstanding of this disease.

Learning to control (and cope) with your emotions is an integral part of maintaining your overall health and keeping your Vitiligo in check. The first step in doing so is dealing with depression

Of course, you cannot deal with something you don't recognize or will not accept. For some people, depression is a sign of weakness. Nothing could be further from the truth. This has absolutely nothing to do with a person's coping abilities.

While some biological causes of depression need medication to take care of it, some forms of depression are well handled with other methods of treatment. But, before we begin talking about how to treat depression, let's look at its symptoms.



Clinical depression is something far worse than feeling blue. It is an intense feeling of hopelessness that can leave a person feeling physically and emotionally depleted. Showing up in many different ways, some of the main signs of depression include:

- Major sleep changes
- Major mood swings
- Anger
- Noticeable weight changes (gaining or losing more than 10 pounds in three months or less)
- A dramatic drop in energy levels
- A lack of interest in activities once enjoyed
- Feelings of extreme guilt

Once you recognize the signs of depression it is important to accept them (after all, the vast majority of Vitiligo patients will experience some form of clinical depression at some point of their disease), and get help right away.

### **Using Food to Boost Your Mental Health and Outlook on Life**

Yes, it is possible to beat stress and depression with the right nutrition – at the very least you can help your body deal with it better to get better faster. Here are some basic tips to using nutrition as part of your stress therapy:

- never skip meals
- avoid sugar and refined food products
- increase you fiber intake
- keeps fats to less than 20% of your daily calories
- avoid red meat
- stay away from caffeine
- take the right nutritional supplements
- drink at least 72 ounces of purified water every day to help clear your body of built up toxins in your system



## One Last Thought ...

Vitiligo may not be harmful to your physical self, but it sure can play havoc with your emotional well being. Leaving you feeling self conscious and worse, Vitiligo often leads to isolation and depression as the symptoms worsen.



I hope that you have learned in these pages that you no longer have to remain a victim of this horrendous disorder. You can break free from the bonds of Vitiligo and reverse your skin de-pigmentation and look like yourself again. Vitiligo does not have to change the way you look and feel about yourself.

Be the person you remember before those white patches appeared. Follow the step-by-step approach found in this guide to heal your skin once and for all and reverse that Vitiligo. Beautiful skin awaits. All you have to do is get started ...



## Appendix I : Homeopathic Remedies for Treating Vitiligo

Homeopathic medicine is having a resurgence of interest in recent years. Maybe because people are tired of the side effects of traditional drugs or maybe because of the simple fact that they work. Either way, the fact remains that Vitiligo responds quite well to a variety of all-natural homeopathic remedies. We have already discussed quite a few in the previous pages. Now, let's talk about a few compounds that can be added to your other homeopathic remedies to help them work more effectively:

### ***Hydrocotyle Asiatica***

One of the best ingredients for treating Vitiligo on a homeopathic level, this compound helps to stimulate pigmentation. This can actually help to completely reverse Vitiligo symptoms. It is usually added to other medications to make them work more effectively.

### ***Arsenicum Sulfuratum Flavum***

Used to treat a variety of skin conditions, this chemical compound is also effective in helping the skin re-pigment the white patches of Vitiligo when other remedies are used to stop the diseases' progression.

### ***Syphilinum***

A potent homeopathic treatment for the treatment of several bodily systems. Syphilinum is especially effective for treating a variety of skin issues as well as digestive disorders.

### ***Silica***

Used as a base element for Vitiligo treatments, Silica has been very effective in treating eczema as well as Vitiligo. Silica deficiencies have been linked to many skin conditions, making it an excellent outside source for treating these types of ailments

**Nitrium Acidum**

A popular ingredient in many homeopathic remedies, this effective compound has shown some positive results in treating Vitiligo.

**Phosphoros**

Used for remedial treatment of Vitiligo, Phosphoros is used to help heal the skin, boost the immune system and promote a healthy blood supply throughout the body. It is a good anti-itching/burning aid when these symptoms accompany the white patches of Vitiligo.

**Treating Vitiligo with Acupuncture**

Many traditional Chinese medical practitioners believe that Vitiligo is a direct response to an unbalance in the body's energies. To them when a buildup of qi (chi) occurs, the body reacts in a negative manner; possibly with ensuring Vitiligo white patches. To help release this energy and rebalance the body, acupuncture is used.

Acupuncture requires the use of certain small needles in various pressure points of the body. Depending on where the energy package is will determine where (and how many) needles will be inserted.

Many people do not believe in this type of meta physical reasons for Vitiligo. Still, patients worldwide have reported improvement in their skin color after undergoing the treatment. Some experts believe that the insertion of the acupuncture needles help to stimulate melanocyte production, this increasing pigmentation production.

Another benefit of acupuncture: it is a well known stress reducer and since Vitiligo symptoms increase with stress, may be a great way to keep your symptoms under control.

A completely safe procedure, acupuncture offers no real side effects. Some people report a stinging or tingling sensation just as the needles are inserted, but say that feeling goes away quickly.



## Appendix II : Sample Meals and Recipes for Vitiligo Patients

We have already talked about a lot of the foods that you should (and should not) be eating in order to help your skin heal and boost your immune system. While lists of good and bad foods are helpful, many people need a bit more help when deciding how to eat in a Vitiligo-free way. That is why we have tried to come up with an eating plan and recipes that have been proven to be great for the skin! Here are just a few recipes and other dietary helps to get you on your way to better eating:

To begin any balanced eating plan, be sure to follow these simple rules:

- Eat a raw, deep green salad at least once a day
- Even whole grains are considered an acid forming food, so eat them sparingly
- Eat lots of vegetables every day
- Make sure to eat fresh fish 3-4 times each week
- Drink 6-8 full glasses of water per day
- Limit your meat intake to poultry (3 times per week) and lamb (twice per week)
- Drink some form of herbal tea every day

### 7-day eating plan

Now, here is a basic 7-day eating plan to get you started and to help you see what types of foods you should be adding to your own menu. Keep in mind if there is a food listed here that you don't like, simply substitute a similar food in its place.

**Day 1:****Breakfast:**

2 poached eggs  
1 slice of whole grain toast with  
unsweetened preserves  
Herbal tea

**Lunch:**

Garden Salad  
Couscous with a small amount of  
lemon  
Grilled portabella mushrooms  
Apricot dessert  
Mineral water or herbal tea

**Dinner:**

Baked chicken  
Roasted vegetables  
Mandarin spinach salad  
Mineral water or herbal tea

**Day # 2:****Breakfast**

Oatmeal-Cinnamon Pancakes (since  
oatamela can cause inflammation, be  
sure not to eat it too often)  
Fresh fruit  
Herbal tea

**Lunch:**

Vegetable soup  
Tuna salad  
Mineral water or herbal tea

**Dinner:**

grilled salmon  
Steamed asparagus  
, mixed green salad  
Unsweetened pineapple chunks  
Herbal tea, decaffeinated coffee or  
Mineral water



**Day # 3:****Breakfast**

1 small pumpkin muffin  
Baked apple with cinnamon  
Herbal tea or decaffeinated coffee

**Lunch:**

Vegetable broth  
Green salad  
Braised carrots and celery

**Dinner:**

Apple-butternut squash soup  
Broiled leg of lamb  
Fresh cucumber and dill  
Pumpkin orange custard

**Day # 4:****Breakfast:**

baked sweet potatoes  
Stewed pears or figs  
Herbal tea or decaffeinated coffee

**Lunch:**

Wild rice and mushrooms  
Vegetable soup  
Cheese cake pie

**Dinner:**

Roasted turkey breast  
Green beans and garlic  
Mixed green salad

**Day # 5:****Breakfast:**

Permitted dry cereal  
1 cup of skim or soy milk  
Herbal tea or decaffeinated coffee

**Lunch:**

Open face melted cheese sandwich  
whole grain bread (be sure to use low  
fat or fat free cheese)  
Fresh green salad  
Baked apple slices  
Herbal tea or Mineral water

**Dinner:**

Garlic and onion pasta  
Broiled chicken  
Steamed carrots  
Mineral water or herbal tea

**Day # 6:****Breakfast:**

2 pumpkin muffins (average size)  
Peaches  
Herbal tea or decaffeinated coffee

**Lunch:**

Tuna salad on a bed of greens  
Whole grain crackers  
Fresh carrot and celery sticks

**Dinner:**

Grilled swordfish with vegetable  
medley  
Hearty spinach soup  
Pumpkin orange custard

**Day # 7:****Breakfast:**

Cream of wheat cereal topped with almonds and honey  
Fresh fruit (your choice)  
Herbal tea or coffee

**Lunch:**

Cold cucumber soup  
Grilled portabella mushrooms  
Whole wheat crackers

**Dinner:**

Grilled turkey cutlets with vegetables  
Steamed asparagus  
Green salad  
Pasta primavera salad

**Snacks:**

Fresh or dried fruits (apples, grapes, etc)  
Fresh vegetables (celery, carrots, etc)  
Non-fat yogurt (frozen permitted)  
Greens leafy salad  
Whole wheat English muffin  
Plain yogurt (eaten sparingly)  
Hard boiled egg



## Recipes to Enjoy

As you struggle to incorporate new foods and dishes into to your daily diet, here are some delicious recipes to get you started:

### BREAKFAST BASICS

#### Oatmeal-Cinnamon pancakes

Serves 2

##### *Ingredients:*

- 1 cup oatmeal
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon honey
- 1 egg
- 1/3 cup skim nut milk
- 2 tablespoon grape seed oil (add another 1-2 tablespoons for coating the pan while cooking)

##### *Directions:*

1. blend oatmeal, baking soda, salt and cinnamon until you have a flour consistency
2. set a side in a medium sized bowl
3. mix honey, oil, egg and nut milk
4. Pour the wet mixture over the dry mixture and stir. Be sure it is thoroughly mixed
5. coat a skillet with grape seed oil and bring to a medium heat
6. pour the mixture in the skillet onto pancake forms
7. cook until golden brown on each side
8. serve with an unsweetened preserve of your choice



### Pumpkin Muffins

Makes 6 individual muffins (medium sized)

#### *Ingredients:*

- ¾ cups whole wheat flour
- ¼ cup honey
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons skim or soy milk
- ¼ cup mashed pumpkin (cooked)
- 1 egg
- 1/8 cup low salt butter

#### *Directions:*

1. Preheat oven to 400 degrees
2. mix together first 6 ingredients and then add milk, egg, butter and pumpkin to the mixture
3. pour mixture into muffin pans
4. bake for 25 minutes



## LUNCH RECIPES

### Chicken macaroni Soup

Serves 6

#### *Ingredients:*

- 2 cups macaroni pasta
- 1 cup diced chicken breast
- 1 cup carrots (diced)
- ½ cups finely cut onions
- 1 teaspoon black pepper
- 2 tablespoons soy sauce (low sodium)
- ½ teaspoon Italian dressing
- 2 teaspoons bouillon
- 10 cups of water

#### *Directions:*

1. Begin by sautéing the chicken and onions in about; 4 cup water.
2. Add the rest of the water
3. when water begins to boil, add the pasta and carrots
4. Stir in vegetable bouillon, soy sauce and other seasonings once the pasta has become al dente.



### Turkey/Vegetable Soup

Serves 6

#### *Ingredients:*

- 8 cups turkey broth (degreased)
- 3 cups of frozen vegetables 9, mixed)
- 2 tablespoons fresh parley (minced)
- ¼ teaspoon basic leaves (dried)
- ½ teaspoon garlic (flaked)
- Salt and pepper to taste
- 1 pound of diced turnkey

#### *Directions:*

1. bring turkey broth to a boil
2. add turkey, vegetables and seasonings
3. simmer for about 1 hour or when vegetables are soft on a low heat
4. serve



## Tuna Salad

Serves 1

### *Ingredients:*

- 6 ounce tuna (packed in water)
- ½ cup low fat plain yogurt
- 1 teaspoon dried dill weed
- 1 teaspoon dried mint
- ¼ teaspoon black pepper
- 4 lettuce leaves
- ¼ pound white seedless grapes (divided)
- 2 slices lemon
- Whole grain roll

### *Directions:*

1. Mix tuna (drained) yogurt and herbs in a medium sized bowl. Cover and chill for about 1 hour.
2. Serve on lettuce leaves and garnish with sliced grapes and lemon or a whole grain roll.





### Chicken Pita Sandwich

Serves 2

#### *Ingredients:*

- 2 slices whole wheat pita bread
- 1 whole boneless and skinless chicken breast
- 3 cups lettuce (shredded)
- 1 tablespoon onion (finely chopped)
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice

#### *Directions:*

1. Cook chicken in water. Shred when done.
2. Toss chicken, lettuce, onions and seasonings in a large bowl. Add olive oil and lemon juice
3. Cut pita bread in half and toast.
4. Add cold mixture to the inside pocket
5. serve



## Green Vegetable Casserole

Serves 4

### *Ingredients:*

- 2 cups leeks (finely chopped)
- 2 cups spinach (finely chopped)
- 1 cup romaine lettuce (finely chopped)
- 1 cup parsley (finely chopped)
- 1 cup scallions (finely chopped)
- 1 ½ tablespoons flour
- 1 teaspoon sea salt
- 1; 2 teaspoon black pepper
- 8 eggs
- 1 ½ tablespoon olive oil

### *Directions:*

1. preheat oven to 325 degrees
2. Mix all vegetables in a large bowl.
3. add flour, salt and pepper
4. mix well
5. set aside
6. in a separate bowl, beat eggs
7. add to vegetables
8. coat baking dish with olive oil
9. pour vegetable mixture into the dish
10. bake for one hour (be sure the top is crisp and brown)
11. can be served hot or cold



### Veggie Melt

Serves 1

#### *Ingredients:*

- 1 whole wheat pita bread (sliced)
- 1 medium carrot (sliced thin)
- 1; 4 cup broccoli florets
- 2 tablespoons celery (diced)
- 2 slices of low fat Swiss cheese

#### *Directions:*

1. preheat oven to 350 degrees
2. bring water to boil
3. cook vegetables until soft and tender
4. strain vegetables in cold water to shock the vegetables
5. place the boiled vegetables on top of the pita and add slice of cheese
6. bake in the oven for 5 minutes (or until the cheese has melted sufficiently for your taste)
7. serve



## DINER RECIPES

### Baked Fish

Serves 4

#### *Ingredients:*

- 2 pounds fish (your choice)
- 5 tablespoons olive oil (extra virgin)
- 2 shredded carrots
- ½ onions (chopped)
- 2 diced celery stalks
- 1 tablespoon dry basil
- 4 cloves of garlic (chopped)
- 2 lemons (squeezed for juice)
- ½ cup dry white wine
- ½ cup water
- Salt and pepper to taste

#### *Directions:*

1. Wash and apt fry fish
2. Cut fish into four equal portions
3. Coat oven dish with olive oil
4. Place fish in pan, coating lightly with olive oil
5. Squeeze the juice from 2 lemons over the top of the fish filets
6. Sprinkle with chopped garlic
7. add salt and pepper
8. set aside
9. Sauté remaining garlic, basil, carrots, celery and onion in a hot skillet (using olive oil) for about 4 minutes
10. add wine and water
11. let boil for about 2 minutes
12. remove from heat
13. spoon moisture over top of fish
14. bake in a preheated oven (350 degrees) for 20-25 minutes



## Tuna Steaks

Serve 2

### *Ingredients:*

- 2 tuna steaks
- 2 cups olive oil (extra virgin)
- 2 bay leaves
- 10 black peppercorns (whole)
- ¼ teaspoon salt
- 4 lemons slices (round)
- Sterilized glass jar (with lid)

### *Directions:*

1. Boil a pan of water
2. add tuna steaks and lemon slices to pan of boiling water
3. Boil for 10-20 minutes or until done
4. remove tuna form water
5. cut tuna into large sized chunks
6. place tuna in a sterilized glass jar and pure olive oil until the tuna is completely submerged
7. Add bay leaves, whole peppercorns and salt
8. Set aside to cool and then refrigerate for at least 24 hours (bit no more than one month).
9. Remove from refrigerator about one hour before use



### Almond Chicken

Serves 2

#### *Ingredients:*

- 2 skinless and boneless chicken breasts (sliced)
- 2/3 cups raw almonds (finely chopped)
- 1/3 cup parmesan cheese (grated)
- 1 cup low fat yogurt (plain)
- ½ cup parsley flakes

#### *Directions:*

1. preheat oven to 375 degrees
2. Mix ground almond, parmesan and parsley flakes.
3. Spread mixture on wax paper
4. whip yogurt with a fork
5. marinate chicken in the yogurt for 15 minutes
6. remove chicken from marinade and coat liberally with almond mixture
7. spray baking dish with vegetable oil
8. place coated chicken in baking dish
9. Bake for 45 minutes



## Chicken and Veggie Bake

Serves 4

### *Ingredients:*

- 1, one 5 lb. oven roaster chicken
- 2 cups low fat, low sodium chicken broth
- 3 large carrots (cut into pieces or slices)
- 3 large parsnips (cut into pieces)
- 1 cup of broccoli (cut)
- 1 cup cauliflower (cut)
- 1 large sweet potato (cut into chunks)
- 1 yellow squash (sliced)
- 4 minced garlic cloves
- Herb seasoning of your choice

### *Directions:*

1. Preheat oven to 450 degrees
2. season chicken and place in a deep baking dish
3. mix sweet potatoes carrots, parsnip and garlic and arrange around chicken in their pan
4. Seasons vegetables with herbs
5. cover and bake for 20 minutes
6. pour 1 cup of broth over the entire mixture
7. bake for 20 minutes
8. add remaining vegetables
9. bake for 20 minutes
10. pour one cover of broth over chicken
11. Bake for 20 minutes or until both chicken and vegetables are browned
12. let stand for 5 minutes
13. serve



## Turkey Casserole

Serves 8

### *Ingredients:*

- 1 cup chicken stock (remove fat)
- 1 medium onion (chopped)
- 1 stalk celery
- ½ teaspoon sage (dried)
- ½ teaspoons thyme
- ½ teaspoon rosemary
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 4 cups butternut squash (diced and cooked)
- 2 cups turkey breast meat (diced)
- 2 cups whole wheat bread cubes
- ½ cup shredded cheddar cheese (low fat)

### *Directions:*

1. Preheat oven 325 degrees
2. lightly oil baking dish
3. Heat ¼ cup chicken broth, onions and celery. Cover Cook for 5 minutes (or until soft)
4. add sage, thyme and rosemary, remaining chicken stock and salt and pepper if desired
5. mix in squash, turkey and bread crumbs
6. place in baking dish and bake for 12-15 minutes
7. sprinkle cheddar cheese over top and bake for another 15 minutes (be sure the cheese is completely melted)
8. serve





### Turkey Pie (with spinach)

Serves 4

#### *Ingredients:*

- 2 pounds of ground turkey
- 1 package of frozen spinach (defrosted and drained)
- 1 medium onion (chopped)
- 2 eggs
- ¾ cups crushed saltines
- ½ teaspoon sage
- Sea salt and black pepper to taste

#### *Directions:*

1. Preheat oven to 350 degrees
2. mix all ingredients in a large bowl
3. press prepared mixture into a pie plate
4. bake for one hour

Note: the mixture can also be shaped into a meatloaf and baked for one hour



## SNACKS & DESSERTS

### Stewed Apples

Serves 4

#### *Ingredients:*

- 8 peeled, cored and sliced apples red or golden delicious)
- Water
- ¼ cup brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

#### *Directions:*

1. Place apples in pot
2. cover with water and remaining ingredients
3. Partially cover and cook until apples are soft
4. add more spice is needed



### Sweet Potato Fried

Serves 4

#### *Ingredients:*

- 4 medium sweet potatoes (peeled and cut into strips)
- 3 tablespoons corn oil
- Sea salt to taste

#### *Directions:*

1. Preheat oven to 450 degrees
2. Place sliced potatoes in a large bowl and drizzle with olive oil. Toss to coat evenly
3. place slices on nonstick baking pan and bake for 15 minutes
4. turn potatoes and bake another 15 minutes
5. add salt to taste



## Baked Pears

Sevres 4

### *Ingredients:*

- 4 pears (Anjou or bosc) (peeled and cut in half lengthwise)
- 1 cup pure white grape-peach juice
- 2 tablespoons fresh lemon juice

### *Directions:*

1. preheat oven to 425 degrees
2. place pears cored side down in a shallow baking dish
3. pour juice over pears
4. drizzle with lemon juice
5. bake for 25 minutes or until pears are tender
6. serve warm or cold

### *Special Note:*

You may notice when reviewing these recipes that some ingredients may be listed on the foods to avoid list in an earlier chapter. Remember, you do not have to completely stop eating certain foods, but should limit their intake to only once or twice a week. In addition, when used sparingly in some recipes can add flavor and nutrients that your body needs without causing a Vitiligo reaction. For instance, yogurt may be used once in a while as a topping, but you should avoid eating a frozen yogurt snack or bowl of yogurt on a daily basis.



## Appendix III : Frequently Asked Vitiligo Questions

Still have some questions about Vitiligo, or simply want a place to go for quick reference? Here are some of the most commonly asked questions about the disorder (along with their answers):

### What is Vitiligo?

Vitiligo: (vit-i-li-go) Vitiligo is a skin condition that causes unsightly white patches on the skin when pigment is lost. Melanin, the pigment that determines color of skin, hair, and eyes, is produced in cells called Melanocytes. If these cells die or cannot form melanin, the skin becomes lighter or completely white.

### What Different types of Vitiligo are there?

The usual type of Vitiligo is called 'Vitiligo Vulgaris' (means: common Vitiligo). Variant types include linear, segmental, trichrome and inflammatory Vitiligo.

### What causes Vitiligo?

No one knows for sure exactly what causes Vitiligo, but links have been made between the disorder and genetics; stress; immune issues; and environmental factors.

### How many people are affected y Vitiligo?

This disease affects an estimated 1% of the world's population. It affects people of all races, ethnicities and regions. Some reports estimate that as many as 60 million people worldwide suffer from some degree of the disorder.

### Can children be affected with Vitiligo?

Yes. Most sufferers report their first flare before the age of 20. However, infants are rarely affected by Vitiligo.

**Are senior citizens prone to Vitiligo?**

Although anyone can get Vitiligo at any age, the vast majority of patients are between the ages of 10-40.

**How does Vitiligo progress?**

Vitiligo almost always presents itself on the hands and feet first, progressing to the face. And other parts of the body. It usually begins with a rapid loss of pigment which may be followed by a lengthy period when the skin color does not change. Later, the pigment loss may resume again causing these types of cycles of pigment loss to come back.

**Is Vitiligo being researched?**

Yes, the national institute of health dedicates \$500,000 every year to its continued research on the subject.

**Can Vitiligo be cured?**

The general medical community says no, but as we have learned in this book, there are ways to permanently stop the progression of the disease and actually reverse its symptoms.

**How many people have Vitiligo?**

Vitiligo affects approximately 0.5 to 1 percent of the population or roughly 1 out of every 200 people in the United States.

**What treatments are available for Vitiligo patients?**

There are two broad approaches to treatment: try to restore the normal pigment (repigmentation therapy), or try to destroy the remaining pigment cells (depigmentation therapy).

**How do patients cope with Vitiligo?**

Patient coping strategies vary and often fall into one of three areas.

1. Approximately 20 percent of Vitiligo patients actively cope with their feelings and learn more about the disease.
2. 40 percent of patients accept the disease, but ignore the lesions and do not make an effort hide the lesions or to learn more about Vitiligo.
3. The final 40 percent of patients are chronically embarrassed by the disease, go to great lengths to hide the lesions and withdraw from social interaction.



## GLOSSARY OF IMPORTANT TERMS

*Acute* -- the term used for a disease or disorder that has become severe

*Adrenal Gland* – a small pair of glands found on top of the kidney.

*Allergen* -- anything that causes an allergic reaction (pollen, dust, pet hair, metals, chemicals, etc)

*Anemia* – a condition which results in less than appropriate amounts of red blood cells in the body.

*Antibody* -- a protein made by the immune system to defend against invaders

*Autoantibody* – an antibody that attacks a person's own tissues

*Atopic* -- hypersensitivity of the immune system usually found on the skin

*Atrophy* -- thinning of the skin

*Autoimmune Disease* -- a disease which causes the body's own cells to attack itself

*Biopsy* -- the removal of a small piece of skin to be studied more closely under a microscope

*Cell* -- the basic structure of a living organism

*Chronic* -- a condition that is long lasting or permanent

*Depigmentation* – the loss of pigment in the skin

*Dermatologist* -- a physician trained in treating disease and disorders of the skin





*Dermis* -- the second layer of the skin (found right beneath the epidermis)

*Epidermis* -- the top layer of the skin which is visible by the naked eye

*Family History* – information given regarding other family members' health issues

*Gene* – the basic biological unit of heredity

*Hormone* – a chemical substance produced by the body that helps to regulate cell activity

*Hyperpigmentation* – dark spots on the skin

*Immune response* – a reaction by the immune system

*Immune System* -- a complex system of the body designed to protect its organs and systems from disease

*Immune Deficiency* -- a deficiency in the immune system which can cause a myriad of other health problems

*Inflammation* -- swelling and redness of any soft tissue or organ in the body

*Lesion* -- an abnormality of the skin

*Melanocyte* – a pigment producing cell found in the skin

*Phototherapy* -- the use of ultraviolet light to treat Vitiligo

*Pigmentation* – the coloring of the skin

*Psoralen* – a type of chemical/drug that reacts to ultraviolet light and helps to darken the skin



*PUVA* – a type of light therapy used to treat Vitiligo

*Red Blood Cells* -- the blood cells within the bloodstream which carry oxygen to cells all over the body

*Remission* -- a period of time in which no symptoms are present

*Skin Biopsy* -- the removal of a small segment of skin to be studied more closely under a microscope

*Striae* – a collection of nerve fibers in the brain

*Stressors* -- anything that causes stress within the body

*Symptom* -- something the patient feels which is abnormal (pain, swelling, fatigue, etc)

*Systemic* -- something which affects the entire body from an internal level

*T-Cells* -- immune system cells that either work to heal the body or may sometimes attack itself, causing health problems

*Topical Agent* -- a medication that is used externally on the skin

*Uveitis* – inflammation of the eye

*White Blood Cells* -- the immune cells found in the body which help to fight infection



## LINKS & RESOURCES

Want to learn more about Vitiligo and its many different types of treatment? Or maybe you simply want to keep up with current research that is being conducted? Here are some places to visit to stay in touch with those in-the-know about Vitiligo, its research findings and new treatment options:

### **American Vitiligo Research Foundation (AVRF)**

PO Boc 7540

Clearwater FL 33758

[www.vitiligo@avrf.org](mailto:www.vitiligo@avrf.org)

### **Vitiligo Support International**

Vitiligo Support International

P.O. Box 3565

Lynchburg, VA 24503

Phone:(434) 326-5380

### **National Vitiligo Foundation**

P.O. Box 23226

Cincinnati, OH 45223

Phone: 513-541-3903

(9 AM - 3 PM EST)

E-Mail: [info@nvfi.org](mailto:info@nvfi.org)

### **Spanish Association of Vitiligo Patients**

[www.aspavit.com](http://www.aspavit.com)

### **Vitiligo Friends Support Community**

[www.vitfriends.com](http://www.vitfriends.com)

**American Academy of Dermatology**

[www.aad.org](http://www.aad.org)

Toll-free: (866) 503-SKIN (7546)

International: (847) 240-1280

Fax: (847) 240-1859

Mail:

P.O. Box 4014

Schaumburg, IL 60168

Locations:

930 E. Woodfield Road

Schaumburg, IL 60173

United States

1445 New York Avenue, NW

Suite 800

Washington, DC 20005

United States

**American Autoimmune Diseases Association, Inc.**

[www.aarda.org](http://www.aarda.org)

National Office

22100 Gratiot Ave.

East Detroit, MI 48021

586.776.3900

586.776.3903 (fax)

800.598.4668

(literature request)

Washington Office

750 17th Street, N.W.

Suite 1100

Washington, DC 20006

202.466.8511

**American Contact Dermatitis Association**

[www.contatcderm.org](http://www.contatcderm.org)

2323 North State Street #30, Bunnell, FL 32110 USA

(386) 437-4405, Fax (386) 437-4427

[info@contactderm.org](mailto:info@contactderm.org)

**American Skin Association.**

[www.americanskin.org](http://www.americanskin.org)

6 East 43rd Street, 28th Floor

New York, NY 10017

(212) 889-4858

(800) 499-SKIN

(212) 889-4959 (Fax)

E-mail: [info@americanskin.org](mailto:info@americanskin.org)

**Dermatology Foundation**

[www.dermatology.org](http://www.dermatology.org)

1560 Sherman Avenue

Suite 870

Evanston, IL 60201-4808

Phone: (847) 328-2256

Fax: (847) 328-0509

**Society for Investigative Dermatology**

<http://www.sidnet.org/>

526 Superior Avenue East, Suite 540

Cleveland, Ohio 44114

Tel: 216-579-9300 • Fax: 216-579-9333