



TALYALA EMU OIL



How to use emu oil for psoriasis

The red, flaky patches of skin caused by psoriasis can be embarrassing, itchy and uncomfortable. If you've tried everything to treat your psoriasis without success, emu oil could be a game-changer for you.

What is psoriasis?

Psoriasis is an inflammatory skin condition characterised by red, raised and scaly patches that can be itchy and shed in flakes. They're often concentrated on the scalp, elbows and knees, but they can appear anywhere on the body.

While healthy skin sheds old skin cells to expose new ones approximately every four weeks, people with psoriasis have overactive immune systems that cause new skin cells to move to the surface of the skin every few days. Because the cells aren't shed quickly enough, they form thick patches called plaques.

If left untreated, psoriasis can lead to psoriatic arthritis, an inflammatory condition characterised by swelling, stiffness and painful joints. Psoriasis is also associated with other serious health conditions such as heart disease, diabetes and depression.

Why use emu oil for psoriasis?

Emu oil has shown very promising results in treating psoriasis. A study at Indiana University found that an emu oil-based cream containing a steroid and an antihistamine was more effective in treating psoriasis than another cream containing these same medications in a neutral propylene glycol base. The researchers concluded that the antihistamine and emu oil enhanced each other's anti-inflammatory and other beneficial properties when used in combination.

Emu oil alone may also be effective in treating psoriasis. The components of emu oil that can be beneficial include:

Omega 3, 6 and 9 essential fatty acids:
potent natural anti-inflammatories

Vitamins A and E: powerful antioxidants that promote skin healing

Oleic acid: a deeply hydrating and nourishing fatty acid.

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The most effective approach for treating psoriasis is a total emu oil regimen. Cleansing your skin and scalp with natural, non-toxic products will help you avoid flare-ups. Our emu oil soap, shampoo and conditioner are not only free from harsh chemicals, they also contain pure emu oil to prevent and treat psoriasis and scalp psoriasis at the source.

You should also hydrate your skin with emu oil moisturiser and a few drops of pure emu oil morning and night. You can even apply emu oil to your scalp if you suffer from scalp psoriasis. And if you really want to give psoriasis the boot, take pure emu oil capsules daily to treat the condition from within.

Taking emu oil capsules can help to prevent inflammation in the body, therefore treating the cause of the problem rather than just the symptoms. We suggest 1 -3 capsules, 3 times a day. Start on the smaller dose of 3 capsules daily, and if you don't feel improvement move up to 6 or 9 total per day - even customers with the most severe symptoms report a difference taking 9 capsules a day, but you probably won't need this many.

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